

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



VOLUME 4 - NUMBER 6 - JUNE 2009

"Our greatest battles
are that with our own
minds."

Jameson Frank

Visit:

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Visit Pauline's book: *My
Beauty & My Beast - Mind,
Body and PMS*

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Women and Men

Read an article by Pauline
on Migraines...

Good day dear reader!

This month brings me to suggest another great book for your healing path.
The author: **Brandon Bays** with her book: *The Journey*.

I will be brief for the simple reason I need to grant myself some time off and I feel this book will incite you to explore your healing in a somewhat different manner. This author brings in a new eye on our body-mind-soul connection and she is doing a magnificent task.

Brandon Bays succeeded in healing a basketball size tumor within 6 weeks in allowing herself to dig into some past unresolved issues.
We all have some, don't we?

So many years ago it seems, in my real beginnings of searching for my own healing, I had been guided in a very similar introspection path and I use a similar approach with clients who are willing to pull up their sleeves to really get to the core of their wounds.

I can only hope her book will help you understand we cannot dissociate our emotions from the final product of our health. Our emotions are there whether conscious or unconscious.

So, get that book and as always, I invite you to share your findings on your own healing.

Have a wonderful month of July.

Warmly:
Pauline