

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



VOLUME 1 – NUMBER 12 – DECEMBER 2006

*'We need quiet time to
examine our lives openly
and honestly... spending
quiet time alone gives
your mind an
opportunity to renew
itself and create order.'*

- Susan Taylor

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My Beast - Mind, Body
and PMS](#)

You can listen to Pauline in an interview from
Bonnie D. Graham, New York.

Good day dear woman reader! And all your loved ones...

This month of December brings the end of my Monthly Newsletter's first year. In the beginning, I wondered how I would come up with material to write about each month. The year passed very rapidly and I have remained open, calling for inspiration to write and I have been happy with the process.

December brings along a plethora of feelings and emotions, in everyone. Holidays do not have the same meaning for all of us. From compulsive buying to total indifference, each will try to reproduce or forget their past.

I have decided to put the focus on a somewhat different topic.

Einstein once said:

"A life without cause is a life without effect."

What is your purpose in life? What is the effect you have, first in your life, and second around you?

What is your Mission?

This is a question I have asked of myself over time and still continue to practice in whatever difficult moment I go through. The beauty is in learning to listen to the appropriate answers and go from there.

This is also I question I have asked of all my readers, clients and friends, often

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disguised in many different forms and ideas. Even after a trauma of any type, once the dust has settled in, I will always ask what could be the blessing and the positive aspect of such a situation. What is the blessing?

Without asking empowering questions, one remains without help from the invisible source or from within.

It is with Einstein's quote that I invite you to end this year 2006 in hope that you put an emphasis on all you have to be grateful for... and all you can envisage to better in all areas of your life for the coming 2007.

I also have the wish to introduce you to a producer I met last September and she is a wonderful being. Her name: Donna Seebo*. She has a radio show and has many other paths as well. A Spiritual Minister, a Mental Health Practitioner, a radio host, a psychic and then some... I borrow some of her writing from her December Newsletter.

"Daily we are bombarded with how bad the world is. The truth is the world of human experience has frequently been one big mucky mess. However, if we aren't careful we can be sucked into the muck of feeling powerless and end up just dragging ourselves along without paying attention to something that can change it all."

*"What is it that makes the difference? It is the individual. The individual who decides that there is a different way to do things, a better way to feel, express and design action, to create new opportunity. Each and every one of us is unique, endowed with our own particular talents and abilities and the ability to demonstrate them. Each of us has the 'power of one'. That makes a tremendous difference. Every great achievement, every stride of action that moves us forward started with one person taking a stand, daring to be different, daring to challenge, daring to change." **

What could be that 'something' that could change it all? And... maybe not all, but at least, change something that would make an important difference in your life and the life of others?

I wish to invite you to reflect on all that happened this past year, all the people you are come in touch with, all they brought to you in all aspects of what we call 'living' and all you have given back in return.

Sometimes you have given without any return or gratitude from the ones you have helped.

Sometimes you have been ingrate yourself.

Sometimes you have smiled and it made a total difference in that person's life.

- I wish to thank all my difficult moments that pushed me to another level.

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on Migraines...](#)

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- I wish to thank all the people who have said 'No' to me for I might not see the Big Picture just yet.
- I wish to thank all the people who have needed me in the past year for they reinforced I am on the right path of service.
- I wish to thank all the clients who have chosen me to be helped and chosen to help themselves because they believed I could be an inspiration for them to find their truth.
- I wish to thank the Universe for all its wealth, beauty, source of life and divine pleasures.
- I wish to thank my loving partner and my loved ones (and they are many) for their patience with my imperfections and lacks.
- I wish to thank all my debts for they have furnished me with an expansion and new experiences to follow up.
- I wish to thank God, whomever she-he is for thinking of such mysteries to ponder on.
- I wish to thank Life for its sufferings for they pushed me to become a better person and to change.

Your turn to make your list and for what reason?

I wish you all to allow yourself enter in the shadow for without it, you will not see the light.

I wish you all the blessings your heart desires.

Merry Christmas and... see you next year.

Warmly:

Pauline Houle

Therapist – author

pms@paulinehoule.com

* "The Donna Seebo Show" is 'live' on HYPERLINK "<http://www.BBSRadio.com>" www.BBSRadio.com, 3:00pm to 4:00pm, Monday through Friday, Pacific time. Callers are welcome. The call in number toll free from anywhere in the world (877) 876-5227 or (530) 876-3222.

Donna Seebo's link: <http://www.delphiinternational.com/>