

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



VOLUME 1 - NUMBER 4 - APRIL 2006

*"Intense love does not
measure, it just gives."*

Mother Teresa

Yale University

Research on PMS

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Good day dear woman reader!

This month, I invite you to take a new look at what Spring means.

For most of us who are aging, and even some much younger persons, we may have lost the spirit of what Spring really represents.

It was found years ago that the majority of suicides happened in the Spring! Although it might be surprising to most of us, for these lost souls, Springtime meant they had to face their fears of reconnecting with a new growth, a new sap emerging from the center of the earth.

For most of us, Spring brings a new air, a new growth, new leaves, new actions to do to prepare the garden and the nature's beauty we want to surround ourselves with. Women are looking for a new wardrobe; a new beauty becomes inspired.

What if we all took a serious look at all the new growth that happens to us on a daily basis?

What if we looked at this new Springtime to do a ritual and become grateful that Mother Earth never forgets to come back, never forgets to create growth, to help all the tiny buds grow into beautiful and magical plants.

What if in spite of the age that shows in so many signs, we all took the time to be grateful for the experience, the growth, the wisdom that hides behind those signs.

Even though we do not see growth happening inside a seed until it is way showing its signs of maturing, we are intimately connected to our own inner growth and may not always allow ourselves to connect with it.

What if I became the inner gardener inspired by gratitude and wisdom to become who I really want to be and become?

I will be delighted to hear from you and your commitment to start a new action that will undoubtedly create a new result.

In *My Beauty & My Beast, Mind, Body and PMS*, I have written and encouraged women to stop their three and four jobs and take time for

themselves.

How many of you take a time each day to simply BE?

I urge you to rekindle Springtime in each day and become totally grateful for each breath of life that is within you and around you.

Have Fun!

On a last note for this month, and at the risk of repeating myself from the previous month, keep in mind that YOU HAVE A LOT MORE POWER THAN YOU THINK. **You can read and hear some testimonials that may “speak to you.”** [**\(Visit My Beauty & my Beast – Mind, Body and PMS\)**](#)

I WISH YOU A WONDERFUL MONTH.

[\(Read a book review\)](#)

NEXT MONTH: Where do I want to go from now?

P.S. Invite your friends (women and men) to fill out my surveys on my website for they help me continue my research.

Warmly:

Pauline Houle - Therapist – author

pms@paulinehoule.com

http://www.womenshealthmatters.ca/facts/quick_show.cfm?subject=Premenstrual%20Syndrome%20%28PMS%29