



MINDFUL MELODY

Fall 2013

Vol. 39

And the times they are a'changin'

As I typed the title of this post I just realized how long it's been since I've played this song on the guitar. I'll definitely have to fiddle with the Fender later and see how I make out with that.



watch ourselves in the midst of change.

There is so much we can learn simply by being and watching.

The trick is to do so without giving our inner critic energy; without judgement as we allow the process of change to unfold within our lives and our hearts.

Embrace the changes around you with an open heart and an open mind; knowing that some changes can result in our largest amounts of growth.

Trust you are being guided and remember you have so much potential in there!

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Yes change, it's that time of year - change in so many ways.

Children are back to school so it's a time for change with students, for parents and for teachers. As a Yoga teacher its time for me to get back to the mat with my yoga tribe (something I've truly missed over the past month and can't wait to get back to). It's growing close to a change of season and the energy of the planet is also in it's state of change and flux as we embrace a cooler climate

in Ontario.

It's how we show up for the changes that is significant.

How are we embracing change?

Are we able to show up fully? And if so do we do with tired feelings, anxiousness or happiness?

It is interesting to become an observer and simply

Special points of interest:

- TLC Services offers meditation CD's, ebooks and programs. Check out the website for details!
- www.reikiandyoga.com
- जीव हस अनुरज
- May this fall find you well, full of passion, love and healing. May you fulfill your every desire and be guided along the way!

Fall is on its way

I'm a tad late in getting the newsletter out this year and it's funny and as I write this we are experiencing one of the hottest days of the summer. Seems strange to be wishing you a fantastic fall season! Whatever the season is we

can be rest assured it too shall pass. I've discovered one secret to getting back to a normal state of sleeping this week... work. I can honestly say some of the best sleeps I've had have been since I started back to teaching. What can

I say, I spend most of my time encouraging you to relax, let go (and yes some of you sleep). Guess this is your cosmic payback? I appreciate it! Insomnia sucks. LOL Thank you for your support and the zzz's ~Namaste, Tammy



HypnoDoodle© making
the unconscious,
conscious

**"I love
HypnoDoodle© not
only can I relax, but I
can also get control
of my monkey
brain!"**

Featured Product: HypnoDoodle©

HypnoDoodle© combines two favourites... hypnosis and doodling!

Our subconscious minds believe everything we say and for the most part is in control of our everyday experiences; our health, our wealth and our happiness.

This is one reason I created the product HypnoDoodle©. In this program you will be the artist not only of an affirmation page which you colour, but also in your mind while we help you to shift and change your beliefs and improve your life!

Here's what's included:

*A 5 minute hypnosis script which you will personally design using a chosen affirmation

*Instructions on how to

use the program along with 10 colouring pages in .pdf format with the following affirmations:

- *Be awake, alive in the present moment.
- *Today I choose love
- *Inner Peace
- *All in good time
- *I am safe
- *Bright Angel blessings
- *I am healing my inner world
- *I love myself just as I am, Namaste
- *Peace starts with me
- *I am so very protected
- *Today I choose to let go and trust

Let's use this system, fill it in and create miracles together!

Om Shanti Om

Here is some feedback from students who have used HypnoDoodle© in past:

"I loved working down to where I forgot all about my problems!"

"I loved getting lost in the moment not thinking of anything while colouring."

"Found the sayings were less important than the art but I adored this program."

"This reminded me of my young self, a good way to reach my subconscious because I was drawing/colouring them when these ideas were originally forming."

"What an enjoyable exercise!"

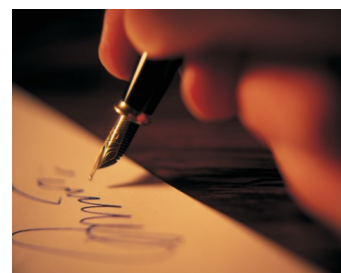
Mindful Thoughts

"Every experience no matter how bad it seems holds within it a blessing of some kind. The goal is to find it."
~Buddha

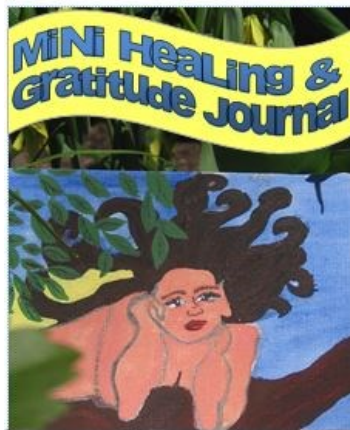
Spend a quantity of time with those who enhance your best qualities. Make every breathe count.

"Kindness is the light that dissolves all walls between souls, families & nations."
~Yogananda

True support comes without conditions. Support someone you love unconditionally and in truth.



Journal your way to healing and gratitude!



Mini Journals shown are available from my YoginiTLC shop on Etsy

Journaling has been around for eons and many have found the value of a great journal entry. We've even seen this become common place with blogs, apps and other social media networks where people share their life experiences. I'll admit I'm guilty myself of having to go back and look up on my blog to see where I was last Christmas and to see whose family we are going to for this year. Blogging and journaling have so many benefits. I had someone tell me recently they plan on journaling everyday for the next 5 years. To some that may seem like a feat or an undertaking that seems too large.

For others the thought of journaling that much may bring feelings of comfort, of ease. Regardless of your journaling style and be it on or offline it is a great way for us to clear our heads and create space for the new. It reminds me of a pranayama or asana practice truly as we can expand our being and delve into the wonders within. If you haven't journaled in some time you may wish to give it a go!

So I said to myself, Self, you need to journal. And self said.. _____

Exercise and Wellbeing

If we wish to create positive change we need to re-install into our minds what we wish the changes to be. Say you wish to get more exercise into your life. Some may wish to run a marathon, while others simply wish to add an additional walk. If you haven't gotten much physical

movement in some time think of starting by taking a small change in your behavior. Simply making a commitment to going for a five minute walk may be all you need to begin. Then you can build on this the next week a 10 minute walk etc., And in this way you won't set your-

self up for failure. One different behavior pattern may be all you need to make a huge and significant change in your life!



E is for Etsy

As some of you know I've recently moved some of my products over to an Etsy shop.

Please have a look at some of the offerings over there!

<http://www.etsy.com/ca/shop/YoginiTLC>

You will find some of the products listed as an automatic download. There are journals (Exercise & Wellbeing Mini Journal and/or the Mini Healing & Gratitude Journal). There are digital downloads featuring the Astrology signs and also some artwork which is mixed media: watercolour, acrylics and markers. I'll be adding more items to support your healing over time.

Creativity abounds! Be sure to have a look around the site—there are so many creative artists on the planet and so many great hand-made/homemade things you can purchase (or maybe you'll get busy thinking of what you could make yourself).

Oh and btw if you see something you'd like but do not wish to purchase online, let me know and we can make other arrangements.

333 William Street
Cambridge, ON
N3H 3W4

Phone: 519 650-3560
Email: reikiandyoga@yahoo.com



LET'S CONNECT!

TWITTER: @TLLC

FACEBOOK:
[WWW.TINYURL.COM/
FACEBOOKTLC](http://WWW.TINYURL.COM/FACEBOOKTLC)

ETSY:
[HTTP://WWW.ETSY.COM/CA/SHOP/YOGINTLC](http://WWW.ETSY.COM/CA/SHOP/YOGINTLC)

We are on the web at
www.reikiandyoga.com

TLC Services offers:

- *Yoga
- *HypnoBirthing ® (Natural Childbirth Classes)
- *Reiki Master/Teacher
- *NLP
- *Hypnosis for change
- *Ayurveda Lifestyle consultation
- *Meditation

Visit the website for further details or call to book your appointment today! <http://www.reikiandyoga.com>

*See time/spaces for availability below

TLC Services Schedule

Monday:

Alternative therapies*:
9:30-11:30pm
William E. Paulter Center
2:30-3:30pm
David Durward Center
5:30-6:30pm

Tuesday:

Chaplin Family YMCA
10:00-11:00am
HopeSpring (YMCA)
1:30pm-3:00pm
David Durward Center
6:00-7pm &
7:00-8:00pm (Power Yoga)

Wednesday:

HopeSpring (meditation—
biweekly): 10:00-11:00am
David Durward Center
1:30-2:30pm
2:35-3:35pm (Meditation)
Allan Reuter Center
7:00-8:00pm
8:15-9:15pm (Meditation)

Thursday:

Chaplin Family YMCA
10:00-11:00am
William E. Paulter Center
2:30-3:30pm
Alternative therapies*:
4:00pm-8:00pm

To book your Alternative
therapy Appointment call
(519) 650-3560

To Register for Yoga or
Meditation contact:

YMCA:
(519) 623-9622

City of Cambridge:
(519) 740-4681

HopeSpring
(519) 742-HOPE(4673)



Twisting in Lake Erie,
Sandhill park
Summer 2013