

MINDFUL WELLNESS

massage & bodywork LLC.
HOLISTICALLY CENTERED...ON YOU.

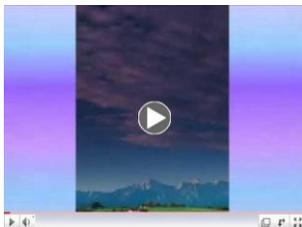
October 2012

Speaking of...Mindful Wellness

Creating Balance, affirmations...

 Forward to a Friend

Healing Light Guided Imagery



Healing Light Meditation

This newsletter is all about helping you feel better.

I created this FREE Healing Light Meditation to give you a glimpse into how relaxed you can feel using a "Guided Meditation" also known as Guided Imagery. Please take a few moments to enjoy and bring a sense of calm to your hectic life.

I know I enjoy watching and listening to this imagery.

Exclusive [Mindful Wellness Guided Imageries](#) are available for purchase or download. These make

Dear Jacky,

Affirmations help you create "balance" in your life. In this newsletter you'll find affirmations to help you feel better, printable holiday gift giving words of wisdom and so much more....

These easy ideas are the perfect way for you to give and receive that warm, special feeling. Look for so many more ideas to feel better by visiting my website www.MindfulWellnessMassageandBodywork.com. I'm delighted to bring you so many suggestions to help you create something special for your friends and loved ones.

Jacky

Affirmations for you, your friends, loved ones and kids...

Affirmations, really, are simple. They are **you** being in conscious control of your thoughts in a positive way. These short, very powerful statements offer a way to overcome all of the negativity that often streams through our minds. Repeating positive thoughts has a huge benefit on our overall well-being.

I'm just tickled pink to provide you with so many affirmations to "stay balanced", show your children how special they are, stay on track with your fitness goals, overall just "Be Well" and so many, many more....

To help you show how much you care, I created cards that you can print to carry with you when you need to remember why it's important to take time for yourself...send in your child's lunch to remind them how much you care...or to create your own gift. Try printing them on colored or fun card stock. Sometimes, it can be helpful to "pull" a card from the deck and see what comes up for you. I've found a fun little stand I keep on my desk and change the affirmation daily.

a wonderful gift or treat for yourself. Halloween isn't just for those little ghosts and goblins.

Special Offer



Hurry this special 25% offer won't last long!

Click here to save 25% on EXCLUSIVE Mindful Wellness A Guided Imagery 3 Part Series CD.

Enter coupon code Guided25 at check out.

I created this CD to help you feel better when I can't be there to work my magic massage hands. Buy one for yourself and don't forget this makes the perfect gift for your stressed out loved one!

Fine print...

Enter coupon code Guided25 at checkout. Offer is available on-line and in-store on the purchase of Mindful Wellness A Guided Imagery 3 Part Series CD. Not available on MP3 downloads. Discount will be applied before shipping and taxes. Coupon expires November 15, 2012.

Balance...

- *I create and enjoy a well balanced life.*
- *When Life gets a little crazy...I take time for a deep breath!*

These are just a few of the "Balance Affirmations" [click here for more you can print...](#)

For the student in your life...

Sometimes it just takes a little nudge to get your student over that hump. Slip a special card in their lunch or text book to show your student how much you appreciate the effort they've put into studying.

- *I believe in you!*
- [Click for more printable affirmations.](#)

Weight Loss/Fitness . . .

Committing to a fitness or weight loss regimen is never an easy task, but one that is worth every bit of time you put into caring for yourself. Sometimes it's just nice to give yourself a little encouragement to keep working hard. [Find more inspirational messages.](#)

- *My body is fit, strong and healthy!*
- *I am getting stronger everyday!*

Health Affirmations...

Some may look at a health challenge as doom and gloom but having a healthy "positive" attitude can have a tremendous effect on the outcome.

[Take a few moments to relax and repeat these affirmations. Plus, find even more by clicking here.](#) The power of positive affirmations can transform your life.

- *Positive thoughts lead to inner healing.*
- *With my heart open, I accept my healing now!*

Words of Encouragement...

An encouraging word can go a very long way in making your day and those who are close to you. Give your loved one a bit of encouragement and show them how much you care. [More inspirational thoughts can be found by clicking here.](#)

- *Only good things come to me and through me.*

I'm grateful that I'm able to share such positive thoughts with you as a gift. [Create your own affirmations by clicking here.](#) Keep the gift going by incorporating positive thoughts into your day or create a gift for someone special.

Non-Toxic Cleaning Spray



Tea Tree Essential Oil is a must have due to its variety of uses. I've talked in the past about how you can use Tea Tree to help allergy relief.

But, you may not know it is also a great non-toxic essential oil for everyday cleaning.

Add 20-30 drops of Tea Tree Oil into 16 oz of water. Put it in a spray bottle and use everywhere; kitchens, bathrooms, floors, spot cleaning, etc. Gently shake first.

Tea Tree acts as a wonderful non-toxic disinfecting spray.

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Don't worry just be happy!



Starting in September of 2003, smile cards began appearing all around the world. They are markers of a newfangled game of tag, where "you're it" because someone has done something nice for you. Then it's your turn to do something nice for someone else and, in the process, pass the card along. This is a game of pay-it-forward: anonymously make someone smile, leave behind a card asking them to keep the ripple going. It's easy and fun. Is kindness truly contagious? There's only one way to find out ...

Join in the fun! Get your smile cards, read up on some kindness ideas, and get started!

[Click here to download and send "happiness cards."](#)

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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