



Authentic Health Inc.

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# Moving into May with vitality

## Vitality is KEY..

WOW.. Where have the last few weeks gone? I can't believe that since my last newsletter I have turned 40, have started at 2 NEW CLINICS, am about to witness a huge event which will see the world about 1 billion people come together in love and celebration for a moment of history and also have a date with hot coals on Saturday which will be challenging and momentous as I walk across fire!

I have found that I had been 'encouraged' to take some time to settle into my house due to lack of internet. Communications have been difficult to say the least. It makes me remember all the things I used to do when I wasn't sitting at my laptop tapping away or surfing...

**Getting out side**

**Meditating**

**Reading books...**and the like..

Talking of books a dear friend recently gifted me the book 'Conscious Eating' by Gabriel Cousins.. An EXCELLENT book. Very rarely do I actually enjoy reading food books but this one goes in to the ideas of being Conscious with our food, our eating and how this plays a HUGE role in our every day life. Including the principles of weight and food, raw and living foods and the Ayurvedic doshas. I am looking forward to returning from Morocco in two weeks and doing a 12 week cleanse.

Indeed G Cousins is a visionary with food and has a beautiful way of writing. I would love to do his 27 day retreat in The States that he runs sounds awesome.

I ask you—How much time do you spend attached to your phone/

computer? If you were to do that for just one hour les per day what might you achieve? I have enjoyed getting back into the kitchen and creating—certainly an organic veggie box calls for this as you do get some really random things! I have also been experimenting with raw chocolate recipes after spending some time with Dawn from <http://www.rawalchemy.org.uk/> and experimenting with chocolate. The recipe I made yesterday below.

So I encourage you to get out and be free step away from the electronics, give your eyes, hands and systems a break from the EMF'S (I will be writing about these next month) and go do something creative with someone you love..

**Much May magic to you  
With love and blessings  
Sarah**

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### Special points of interest:

- ♦ Save up to £150
- ♦ Train to be the healer you are
- ♦ Dance and open your soul, body and mind

## DELICIOUS RAW HEALTHY CHOCOLATE RECIPE

### Sarah's Pollen rich chocolate

80g cocoa butter  
20g coconut oil  
60g cocoa powder  
20g carob powder  
10g maca  
Agave or raw honey to

taste

Extras—etherium gold and pollen

- 1.Melt cocoa butter and coconut butter SLOWLY on a very low heat
- 2.Add agave or honey and sieve all ingredients (except pollen)

into the melted mixture whisking well until the mix has a 'clean' and shiny texture and look to it

- 3.Add pollen
- 4.Spoon into moulds and refrigerate for a couple of hours then enjoy.. *simples..*



## 5Rhythms in MK! Dance—set free your soul

Saturday 12 February saw **5 Rhythms** FINALLY coming to Milton Keynes I am so grateful to those that came along and joined us and made the experience what it was, especially those that came from as far as London Glastonbury and Norwich!

Catherine played an amazing set and we danced for 2 hours. Some feedback

*It was a fantastic session - thanks so much Catherine, and Sarah for organising it! Exhilarating, yet gentle and sensitive to all the different needs and experiences of the dancers there. May it long continue in MK! Cathi—Glastonbury X*

INDEED...long may it continue in fact it was so fantastic we have set some more dates— the next one being **21 May at 3-5pm at Water Hall School in Water Eaton**. Please see the 'What's on section-Page 4' for these.

Remember **NO EXPERIENCE NECESSARY, YOU DO NOT NEED TO DANCE WITH ANYONE ELSE AND THERE ARE NO STEPS TO LEARN...** simply freeing of body and mind..

<http://5rhythms.weebly.com/>

Or call me 07979 9148223

**See you on the dance floor.**



## 50% OFF ALL TREATMENTS AT TLC NORTHAMPTON

I am really excited to tell you that I have started at two NEW CLINICS, one TLC Gold Street, Northampton, and Boutique Organica, Stony Stratford.

Both are GORGEOUS and just perfect for the work I do.

From 20 May to 24 June I am offering 50% off Fridays at TLC in Northampton. This includes courses of treatments so you could **save up to £150.....INDEED**

**You are your best investment. Time spent investing in YOUR HEALTH, WEALTH AND VITALITY will last you a lifetime....**

### **HUGE SAVINGS**

I am also offering £10.00 off ALL treatments at Boutique Organica in Stony Stratford.

These are all in celebration of my 40th Birthday and also the joy of starting at new clinics. Those that have been seeing me a while know I have been looking for places that are 'just right' for some time. I feel I have now found not one but TWO such places!

I really look forward to working with you soon and remember those that recommend someone get £50 off a treatment!

## STEP INTO AND OWN YOUR OWN POWER

- BELIEVE IN YOURSELF
- TRUST YOURSELF AND YOUR OWN INNER WISDOM
- SPEND TIME EVERYDAY MAKING A LIST OF 10 THINGS AND PEOPLE YOU ARE **GRATEFUL** FOR
- WEEKLY LIST 10 THINGS YOU HAVE ACHIEVED THAT WEEK
- SURROUND YOURSELF WITH PEOPLE THAT EMPOWER YOU AND BELIEVE IN YOU...THOSE THAT DON'T LET THEM GO. WHY WOULD YOU WANT TO HAVE PEOPLE IN YOUR LIFE THAT

MAKE YOU FEEL SMALL/ INADEQUATE ETC?

- MAKE A DECISION TO LEARN SOMETHING NEW AND DO IT
- CHANGE SOMETHING IN YOUR DIET—REMOVED PROCESSED FOODS AND ALCOHOL FOR 1 MONTH AND SEE YOUR ENERGY LEVELS INCREASE
- PRACTISE SAYING 'NO' I FIND



THIS IS **THE** KEY TO LOOKING AFTER SELF—IF IT DOESN'T FEEL RIGHT AND DOESN'T FEED YOU AND YOUR LIFE...DON'T DO IT. SIMPLE. AND YOU WILL FIND THAT THINGS WILL GET A LOT EASIER IN YOUR LIFE..

Practise makes perfect so try it and see 😊

# WHAT IS REIKI? Train to be the HEALER YOU ARE

Many have heard about Reiki and know what it is as it has been mainstream for some time, certainly since my training some 12 years ago many people I encounter recognise the name and know a little about it, which I, myself find really wonderful.

I have found Reiki to be an excellent place to commence looking into energy, how it works and the benefits for both self and others. Also, benefits for animals. Cats tend to love Reiki, I remember my first Reiki Master and her 3 cats—they wouldn't leave you alone!

## **So what is Reiki?**

There are different forms of Reiki the style I studied, practise and teach is Traditional Usui Reiki.

It is said that during the C19th that Dr Mikao Usui, a Christian Proff who when researching in a Buddhist Monastery came across an ancient text containing a formula for healing with symbols. Whilst spending time in meditation on a holy mountain it is said that he had a moment of clear consciousness and the meaning of the symbols in the text were revealed to him.

Dr Usui spent the rest of his life teaching and healing the sick and

## **The Joy Of Chocolate..**

I spent a lovely day with Dawn at <http://www.rawalchemy.org.uk/HQ> and some other equally lovely bods recently.

We learnt the joy and delights of making raw chocolate and I learnt where I had been going wrong with mine... too much haste and measurements wrong!

We learnt that cacao is an excellent food source if used in correct ways—this DOESN'T mean going out and buying inferior quality

troubled in Japan.

## **How does Reiki Work?**

Reiki is a hands-on method of using Universal/Creator/God energy to enhance well-being. Healing and the ability to heal is the birth right of all of us. Reiki teaches us a system of how to use energy to assist ourselves and others to greater feelings of peace and alignment. As with most modalities Reiki cannot claim to cure or 'fix' anything, however, we do know through research that energy flows can be improved with the use of Reiki, thus possibly assisting and improving general well-being.

Reiki practitioners use the Universal energy and let it flow through them to the person who requires the work.

Meridian energy can be moved this way—like in acupuncture, aching muscles can be eased and although the effects of Reiki are not always immediate or obvious some find them dramatic and instant.

Reiki as with all energy will flow to where it is needed or where there is a seeming blockage in the recipients own energy field. People have reported feelings of 'cold, heat, a gen-

tle breeze, bubbling sensations' these are all common with Reiki and how people sense the energy flow.

## **What is involved in a Reiki Treatment?**

People stay fully clothed and are either asked to sit or lie. Either way comfortable, relaxing space is made available for the individual to have a restful session. Often candles, soft music and sometimes scents/crystals/colour are used—all depends on the practitioner you are working with.

Either way Reiki is generally acknowledged to be a very relaxing treatment and I know I actively encourage relaxation with my clients and students alike when we are working.

**Next trainings  
REIKI 1 & 2  
August 27 & 28**

**REIKI MASTER  
TRAINING  
OCTOBER 1 & 2**

<http://www.kiki-health.co.uk/> as it is frozen and of superior quality. Ensure you use UNPROCESSED products for raw goodness.. Detox your world is a good place to get cacao products.

Newspaper coverage of the SUPER-FOOD story.

<http://www.telegraph.co.uk/health/news/8306796/Chocolate-is-the-new-super-food.html>

Happy eating...Sarah ☺

## **Authentic Health Inc.**

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and Northampton

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**Health, Wealth and  
Vitality FOR LIFE**



**Vital Health  
for Life**

**Sarah Bullock**

**Authentic Health Coach**

**Changing and empowering peoples lives through Authentic Health and Well-being..**

***Make your life count....***



**TESTIMONIAL:** *I have become more aware of my true self, I am stronger in myself & I have learnt positive ways to deal with any negative emotions that arise. I love my sessions with Sarah, she always understands and is a great listener and more importantly has a way of getting me to see the deeper issue or reason behind something. I always leave more positive and feeling happier, lighter, with a greater trust in the universe. She has introduced me to so many new things that have really resonated with me and I love incorporating them into my life. Sarah Hook MK*

## **WHAT'S ON AND WHERE IS SARAH?**

**DUE TO LACK OF INTERNET I HAVE POSTPONED ALL TRAININGS UNTIL JUNE SO WATCH THIS SPACE FOR MORE INFORMATION!**

**MAY 2-9 HOLIDAY**

**MAY 21 5 RHYTHMS IN MK**

**JUNE 3-5 5 RHYTHMS in Brighton with Kate Shela**

**June 17-21 2011—Glastonbury**

**JULY 2 5 RHYTHMS in MK**

**AUGUST 20 5 RHYTHMS in MK—ONE DAY WORKSHOP**

**JUNE 25 & 26 2011— MILTON KEYNES REIKI 1 and 2 Practitioner Certificate learn how to apply the wonderful healing techniques of Reiki to self and others.**

**SEPTEMBER 17 5 RHYTHMS in MK**

**OCTOBER 1 & 2 REIKI MASTER LEVEL 3 in Milton Keynes—pre**

requisite Reiki 1 & 2

**OCTOBER 22 5 RHYTHMS in MK**

**NOVEMBER 12 5 RHYTHMS in MK—ONE DAY WORKSHOP**

**DECEMBER 3 5 RHYTHMS in MK**

**MORE CLASSES AND PROGRAMMES TO BE ADVISED**

**If you would like a food class to be held in your area please contact me.. Minimum of 8 people required then we will travel TO YOU**

**2011 is a pivotal time MAKE IT COUNT...**

**COMING SOON A  
SPECIAL 12 WEEK  
PROGRAM OF  
STEPPING INTO A  
SLIMMER,  
EMPOWERED AND  
SACRED YOU!**