

## 2012.....we are here!

### Such exciting times of change for many

Wow! Here we are in 2012 and already 3 weeks in so much has happened.

I notice from many of my clients that many of us are undergoing huge shifts in our lives and have been for some time. Marriage, divorce, moving work, house and countries. It seems we are all being encouraged to relinquish control and learn to go with the flow more. An interesting challenge for many of us.

At this time I have found to stop, wait, see the transition unfolding and take time to make decisions recognising what feels correct and where my bliss can be found. Then chase that bliss and grab it with both hands. In our fears we have purpose. I have found that when I face my fears, own them, grab them and em-

brace them things begin to unfold in my life so quickly and beautifully.

As we speak of bliss.. some of you may be aware I spent some time in the US last year training in Dancing Freedom a form of free dance. An opportunity to get in touch with ourselves, our bodies, a place to get fit, sweat our prayers and meet like minded people in community.

I feel my energy has shifted up such a gear since the beginning of this year. I feel more positive, alive and energised than I have for a long time, long may it continue.

I know that sometimes during my own personal times of transition I find it really beneficial to seek guidance and assistance from some-



one that is capable of taking you along your journey, clearing blocks and enabling you to get to the other end healthy, whole and empowered. I work with lots of clients in this capacity as they journey through the unknown to a place of bliss and joy. Call me to see how I can help.

Good journey to all Sarah

### IN THIS ISSUE

#### Special points of interest:

- Why are we here? A look at Soul Plan Readings.
- Dancing Freedom a FIRST TO THE UK.
- Yummy green juice
- Exciting workshops and potential for growth

### DANCING FREEDOM...NEW TO THE UK

Some of you may be aware I went to California last year to begin my training in an ecstatic dance form called DANCING FREEDOM. You can see us in the picture by Mount Shasta an amazing area in Northern California and I was with some phenomenal people.

I am the only one in the UK

teaching this form of ecstatic dance - how exciting is that!

What Is Dancing Freedom?

Dancing Freedom is a practice of liberation. It is a somatic, ecstatic and shamanic dance practice supporting the emer-

gence of living oneness. It is fun, easy, elegant and empowering. It heals. It reveals. It welcomes. Any person of any age, size, colour or creed can do it. When we come together we come in peace to create a deep space of shared practice, transformation



## SOUL PLAN READINGS –why are we here?

- Do you know your life purpose?
- Are you still searching?
- Do you have a sense there is something more for you in this life?

Do you keep facing the same challenges and are not sure how to make shifts in your life to overcome them?

At this time many of us are experiencing some or all of the above. Understanding ourselves at a deeper level helps us gain clarity and direction

Soul Plan Reading is a channelled system of soul direction analysis. Individual readings are based upon the sound vibration of your birth name (as it appears on your birth certificate) and may also take into account the name you are now using.

Soul Plan Reading has been derived from ancient texts such as the Zohar and the Sefer Yetzirah which explores creation of apparent reality through sound, letter and word. It also includes a method of gematria

channelled by Frank Alper 1930-2007 in his Spiritual Numerology of Moses work. In the Soul Plan system the interpretations have been modernised, grounded and expanded by HHC founder Blue Marsden who has been guided to channel and integrate material that highlights the theme of non duality.

Soul Plan Reading is a remarkably powerful and accurate system of life purpose guidance, spiritual counselling and healing. Furthermore this work has a relevance to all aspects of life and amongst many possibilities can be employed for name optimisation, business readings, relationship compatibility and healing of core limiting beliefs, old patterns and issues. Now is a good time for many more people to have their Soul Plan fully activated.

**What does it give you?**

An explanation of your challenges you may have been facing and challenge management tools and coaching to assist you in overcoming these

An explanation of the talents you have and how you can integrate them into your life

A clearer sense of your **LIFE PURPOSE**

An understanding why you have experienced life the way you have to date, how you can make subtle shifts in your life to improve your well-being, harmony, health and wealth

**Gain more clarity about your life and your role in it**

**Clearing of outmoded patterns and limiting beliefs**

**Healing and clearing of redundant blockages**

Many report significant shifts and changes in their lives from receiving a Soul Plan Reading.

Now is a good time for many more people to have their Soul Plan fully activated through these



## Soul Plan Reading cont.

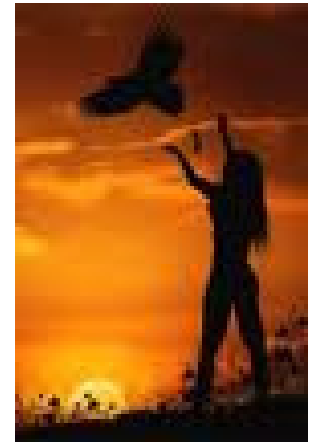
somewhat changing times.

Time to take a look and own our lives so that we may move forward with awareness into your Soul Purpose.

Readings are £67.00 this is a one off session although follow on coach-

ing and support are offered if required/wanted.

Contact Sarah Bullock for more information or to book your SOUL PLAN READING 07979 914822 or email [sarah@authentichealthinc.com](mailto:sarah@authentichealthinc.com)



## DANCING FREEDOM contd.

and communication. Dancing Freedom is a moving meditation a place and practise for you to deepen into yourself. A place to deepen into our own sense of belonging and place in our lives and the world.

I love to dance I find it nourishes me on every level. **Physically** I get fit and ditch excess weight, **psychologically and emotionally** I get clear on my aims, goals, worries and fears. I face my body pains and release them in the dance.

I get clear on where I am holding myself back in my life, where I have blockages and can recognise them in order to release them.

I find that the more I dance, the more centred, grounded and at peace with myself I become. I love it and can not think of a better way to exercise my body.

Dancing Freedom is a transformative practise one that holds us within the elements of earth, water, fire, air and ether. How we can relate these to both within our bodies and outside of ourselves. I find great healing and beauty in the dance.

CLASSES RUN:

NORTHAMPTON—FRIDAYS

STONY STRATFORD—THURSDAYS

please see [www.danceyourdivinity.com](http://www.danceyourdivinity.com) for more information and times.

You can also see [www.dancingfreedom.com](http://www.dancingfreedom.com) for more information on Samantha Sweetwater Founder.

If you like to move, if you like to sweat, if you like to laugh, meet great people and dance then I look forward to dancing with you on the dance floor.

With forever moving feet, Sarah

To dance is to liberate the soul, to dance is to pray, to dance is to BE our true Divine Selves..  
SJB



## Authentic Health Inc.



### Vital Health for Life

CLINIC TIMES IN STONY STRATFORD

TUESDAY—BY PRIOR ARRANGEMENT  
WEDNESDAY-FRIDAY 10-5  
SATURDAY 9-4

I AM AVAILABLE FOR ONE TO ONE SESSIONS  
AND YOU CAN BLOCK BOOK FOR  
DISCOUNTS.

Mobile: +44 (0) 7979 914822  
Email: sarah@authentichealthinc.com

### Health, Wealth and Vitality FOR LIFE

## What's on?

**THURSDAYS:** DANCING FREEDOM 7-9  
FROM FEBRUARY

**FRIDAY:** DANCING FREEDOM 7-9

**WOMEN'S ONLY NEW MOON CELEBRATION** SUNDAY 22 JANUARY

SEE [WWW.danceyourdivinity.com](http://WWW.danceyourdivinity.com) for more information

**REIKI ONE AND 2 FEBRUARY 25 & 26TH** see [www.authentichealthinc.com](http://www.authentichealthinc.com)

**COMING SOON—INSPIRING TRANSFORMATION**—a group for women in the 21st century.....an opportunity to meet like minded women explore health, vitality and personal empowerment...watch this space

**MARCH 10 & 11 EXPLORING THE FORGOTTEN FEMININE**—an opportunity to explore your Divine Feminine though



### A SPECIAL NEW YEARS JUICE:

It is at this time of the year that we all think to get fitter and healthier after the December excesses. I had the MOST amazing juice this morning:

- 1 x cooking apple
- 1 x cucumber
- 4 x cabbage or kale leaves
- 1 x lemon
- Good piece of ginger
- 4 sticks of celery

Juice and enjoy—feel the goodness.

I am off on a detox retreat next week with some of the leading experts in healthy eating and detox at [www.thevillagebarn.com](http://www.thevillagebarn.com) take a look it is beautiful and just won Tatlers Award For Best Detox Spa 2011 no mean feat I can tell you. It looks likely that I will join the team there this year too so watch this space for more helpful tips.

journey work, meditation, dance, breath and visualisation. CHECK OUT [www.theforgottenfeminine.com](http://www.theforgottenfeminine.com)



AWAKEN TO YOUR FULL POTENTIAL

*I look forward to seeing you at some point in the year and wish you a journey of health, happiness, inner peace and joy.*

*Blessings and love*

*Sarah*

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