



Authentic Health Inc.

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# Moving into Spring

**Vitality is KEY..**

WOW.. Where have the last few months gone? SO much is happening and SO quickly have you noticed too?

So I have moved again, been to America to do some dance training which was BEYOND amazing and am back in the UK enjoying the delights of Spring as she begins to show herself.

I have noticed that there are big shifts within myself and my clients too. Many people wanting to learn so much more about health, vitality and how to **BE THEIR OPTIMUM** self so I have dedicated this newsletter to some of my proven insights, recipes and healing techniques.

I have a very busy cou-

ple of months ahead before I head off to the desert in Utah for 3 weeks and am SO excited for this opportunity. I do feel I have a soul appointment with this red earth and really look forward to sharing some of the beauty with you when I return.

My main aim this year is to step more and more into my full authentic heart self and this means that some elements of my work are shifting too. It is the **LAST time I will be teaching Reiki** and as such I am doing the one this month with a bit of a difference incorporating some **advanced techniques** so if you want to learn and get some added benefits of advance training then join us.

I have also recently had the amazing opportunity to be an emergency Raw Food Chef at the award winning [www.village-barn.com](http://www.village-barn.com) was amazing and has relit my fire and desire for healthy eating and all things simple with raw food. So much so I am doing a **one off day on 25th March** just so people can see how **EASY it is to be healthy**.

I also speak about my desire to move away from the mass conscious PANIC about money and how **we are worth more** than a 'figure' so am moving my sessions to a **donation basis**—this opens it up to so many and so much more than just money!

**Much March magic to you, With love and blessings Sarah**

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### Special points of interest:

- ♦ Donation only sessions
- ♦ Train to be the healer you are
- ♦ Dance and open your soul, body and mind

## 5 Tips into how to manage stress

1. **BREATHE**—breathing is the key to life. Learn to breathe properly and things settle and become so much easier

2. **PRIORITISE**—what REALLY is important? Make a list and then look at it honestly—what 5 things REALLY

matter?

3. **MOVE**—your body—so much stress and tension is stored in the physical body. Dance, swim, walk, go to the gym, run what ever and how ever appeals to you just **MOVE**

4. **EAT WELL**—get at least 50% raw and living foods into your diet and you will see amazing results in how you cope with stress and your energy levels will soar.

5. **TAKE TIME OUT—PLAY**...learn to play again and bring joy into your life. You will find that stress seems to disappear so be it blowing bubbles, playing with animals, dancing, spending time with children, loved ones....make time every day or at least 3 times per week and see the difference it makes...life is too short!

## DANCING FREEDOM...Dance Your Divinity

*I LOVE TO DANCE! It frees my mind, it frees my soul and I love the fitness and freedom it brings to my body—I have dropped 2 dress sizes and am feeling AMAZING!*

*I went to California in November to do some training with Samantha Sweetwater and the Dancing Freedom Tribe. It was amazing...life changing and very humbling. Check out [www.danceyourdivinity.com](http://www.danceyourdivinity.com) and [www.dancingfreedom.com](http://www.dancingfreedom.com) for more information.*

*I am running monthly classes in Northampton and Milton Keynes and invite*

*you along if you LOVE TO DANCE or simply want to meet open minded great people.*

*I am also running some women only sessions once per month near the new moon which are beautiful, deep and liberating*

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.. and FUN!

[Www.danceyourdivinity.com](http://www.danceyourdivinity.com)  
Or call me 07979 9148223

**See you on the dance floor.**



## MOVING TOWARDS DONATION ONLY SESSIONS...

I have seen so many people over time struggle—myself included with the whole concept of 'SELF WORTH' and money. I could write a paper and maybe will one day on this but for now I wanted to share some of my thoughts.

**There is no figure that can say how much I am worth.** I am an individual, I am compassionate, I am GREAT at what I do and I LOVE what I do. I make a difference to peoples lives...how can you put a price on that? With this in mind and the mass conscious as it is currently about MONEY I wanted to experiment with

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

something and begin to offer my sessions by DONATION...YES this will trigger many people....myself included...how do I cover the mortgage? Will I survive? How much do I pay? What does she do? So it is from 1 APRIL for three months I am offering my time and expertise as follows:

45-60 Minute sessions **MINIMUM** donation suggested £37

1/2 hour sessions **MINIMUM** donation suggested £27

Many of my clients have said this is great and still continue to want to pay me over my 'normal charge' of £50+ per hour so I hand this over to you ...**WHAT IS YOUR HEALTH WORTH?**

Lets see how it goes...if you want more info on exactly what I do or how I can help you then call me on 07979914822

**BODY WORK/MASSAGE**  
**ENERGY HEALING AND GUIDANCE**  
**HEALTH COACHING**  
**REIKI**

## 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

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  
MARCH 31 and 1  
APRIL  
EARLY BIRD £197 till  
15 March then £257  
Places going fast  
www.authentichealthinc.com under events for more  
info**

## **The Joy Of Healthy Snacks**

**LOVE HEALTHY SNACKS....?**

### **Lemon 'Cheese' cake**

This is DELICIOUS, EASY and QUICK

½ cup cashews soaked in water for 2 hours.

The peel of 1 large lemon

½ teaspoon vanilla

Agave or raw honey to taste

Put ingredients into a blender.

Add water gradually until a

smooth cream is formed.

Layers....

Sliced or chopped berries

Buckwheat

Put into a glass dessert dish:

A layer of strawberries

A layer of buckwheat

A layer of Lemon Cheese

Repeat and decorate with strawberries.

Happy eating...Sarah

## **Authentic Health Inc.**

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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?**

Sunday March 15th—7-9pm Dance  
Your Divinity—evening of dance  
Northampton

Sunday March 25—Introduction to  
Raw Food MK—ONE DAY WORK-  
SHOP 10-2pm

Sunday March 25th 4-6pm Divine  
Feminine —  
[www.danceyourdivinity.com](http://www.danceyourdivinity.com)

Saturday March 31— Sunday April  
1st Reiki 1 and 2—LAST EVER see  
[www.authentichealthinc.com](http://www.authentichealthinc.com)

Friday 13th April 7-9pm Dance  
Your Divinity—evening of dance  
Northampton

22 April—15 May—UTAH USA

Friday 25th May—7-9pm Dance  
Your Divinity—evening of dance  
Northampton

September 15 and 16th—WALES  
teaching Anger Workshop with  
dance

**MORE CLASSES AND PRO-  
GRAMMES TO BE ADVISED**

**COMING SOON A  
SPECIAL VIP  
PROGRAM**

**FOR A MORE  
EMPOWERED AND  
SACRED YOU!**

**2012 is a pivotal time MAKE IT  
COUNT...**