

Autumn 2011

Moving through autumn with grace



My goodness where has time gone?

I can't believe it has been so long since I sent a wee newsletter out—with that in mind HELLO!

Hope you are all wonderful and moving through autumn with grace and enjoying the beautiful season changes.

I have seen SO many changes this year it is indeed time to begin to consolidate and nourish myself. Autumn is such a wonderful and timely season to release that which is no longer required and move into a place of stillness and reflection as we move into winter.

I know I am purging LOTS from my life... new house (twice)...new work location...new skills...new ideas...new

places to go and new friends made...phew it is no wonder I have been a wee bit slack on the newsletter front!

Purging seems to be the name of the game for many and I find myself clearing my wardrobes, ridding my book shelves, dusting off juicer and taking on board lots of juices and fluids to rid my body of excess toxins and boost my immune system.

I can not enthuse enough about HOW GREAT JUICES ARE FOR YOU! Such an excellent, easy and natural way to keep your immune system topped up.

womb, heal and release blocks and perceived restrictions giving power and voice to their authentic and divine selves. Close attention will also be paid to the relationship with the body, working with dance, breath work & meditation.

We will also be working with Goddess energies and archetypes, explor-

ing the divine and primal aspects of womanhood ending in a ceremonial celebration to call back power and inhabit the divine countenance.

Quick one for you..
1 cucumber
2 cooking apples
1 lemon

Big handful of greens

Juice and enjoy—heaps of silica, vitamin C and



Amazing colours all around inspire and nourish the soul

other delicious things great for you...

Wishing you an inspiring and nurturing autumn..

In Grace and gratitude

Sarah

ing the divine and primal aspects of womanhood ending in a ceremonial celebration to call back power and inhabit the divine countenance.

The Play-shop will be held on 26 and 27 November 2011 in Northampton – strictly women only and maximum of 6 participants

WARNING.....This WILL BE A TRANSFORMATIONAL weekend.....

Volume 10, Issue 4

October 2012

Special points of interest:

- *Dancing without ego, release your soul and step in to the dance...Bare Heart Shuffle*
- Save the Trees—new Hiring of books/CD service
- Soul Plan Reading...why are YOU here?
- Forgotten Feminine—play shop

Inside this issue:

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Embrace the Forgotten Feminine..

THE FORGOTTEN FEMININE <http://theforgottenfeminine.com/>

The **Exploring the Forgotten Feminine** Play-shop aims to create a space for women to explore and reunite with their hidden selves and celebrate what it is to be a Woman.

By diving deep within using Shamanic journeying and meditation practices, participants will be encouraged to discover the power and spirit of their

Bare Heart Wave....move yourself...and dance into joy

Barefoot dance and freedom in the body

No steps to learn, this is all about finding your own inner rhythm. It's not 'doing' a dance, it's just about 'being' the music and finding your inner sound deep in the physical body. Come along, free your body and mind.

Venue – OM Studio

Friday 4th November 7-9pm

Friday 11th November 7-9pm

Friday 2nd December 7-9pm

Friday 16th December 7-9pm

First dance (Nov 4th) is by donation only.

No experience is required, just the willingness to let go.

Guided by Sarah Bullock.

Introductory price £7 (£10 in the new year).



Friday 11th Nov we will dance for 1 hour then a special quiet meditation time 8.15

<http://www.theomstudio.com>

"To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking."
~Agnes De Mille

9.15pm for those that just want to join us for the 11.11.11 Love Shine Meditation. Bring a blanket.

<http://www.theomstudio.com>

SAVE THE TREES <http://www.authentichealthinc.com/books-buy-hire/>

I decided that I have SO many amazing books that often people think about buying but don't I would create a wee library so I have composed a list of some of my books and CD's that can be hired or some bought if you would prefer at a good rate.

I ask for a deposit which is refundable on return of the book/CD in good order or you can use it against hiring another item.

Items can be picked up from Stony Stratford or posted (at an additional cost) to you so you can enjoy and experience something new.

In a world of increasing environmental issues it seems so important to save our valuable resources and share... **Contact me 07979914822 FOR FULL LIST CLICK BELOW**

<http://www.authentichealthinc.com/books-buy-hire/>



Try a new book and save trees...

SOUL PLAN READING

- 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 somewhat changing times.

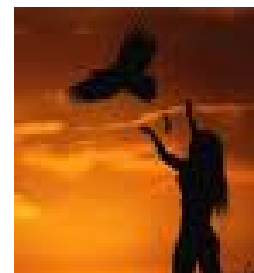
Time to take a look and own our lives so that we may move forward with awareness into your Soul Purpose.

Readings are £67.00 this is a **one off session** although follow on coaching and support are offered if required/wanted.

HOLD A SOUL PLAN PARTY...AND RECEIVE A FREE READING...

Contact Sarah Bullock for more information or to book your SOUL PLAN READING 07979 914822 or email

sarah@authentichealthinc.com



FIND OUT YOUR SOUL DESTINY MESSAGE

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We are on the web..
Www.Authentichea
lthinc.com

*Health, Wealth and Vitality FOR
LIFE*

**Where is Sarah and
What's on?**

**NOVEMBER 4th Bare Foot Shuffle
Om Studio Northampton**

**NOVEMBER 11TH Bare Foot Shuffle
Om Studio Northampton**

**NOVEMBER 12th in London Dancing
Awakenings with Katarzyna
Pugowska**

**NOVEMBER 26 & 27 THE FORGOT-
TEN FEMININE PLAY-SHOP**

2012

FEBRUARY 25 & 26 2012

**REIKI 1 & 2 UNLEASH THE HEALER
YOU ARE**

**MARCH TBC THE FORGOTTEN
FEMININE PLAY-SHOP**

**MARCH 2012— MILTON KEYNES
Reiki 3 Master Class—Advanced
Master Class for Reiki 3. Learn ad-
vanced techniques and an attune-
ment to Reiki 3 symbols.**

Sarah Bullock
Authentic Health Coach
Changing and empowering peoples lives through
Authentic Health and Well-being..
Make your life count....



REMEMBER you can always call me
for a free 10 minute consultation to
see how we might help you step into
your potential, shed limiting beliefs
and embrace your GREATNESS...

AMATSU £45/£30

MASSAGE £45/30

REIKI £45/30

COACHING BY REQUEST

MONEY COACHING

NLP/TIMELINE

SOUL PLAN READING £67

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

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

**2011 AND 2012 is a pivotal time
MAKE IT COUNT...**

Today I choose
to live with gratitude
for the **LOVE** that fills
my heart, the **PEACE**
that rests within my spirit,
and the voice of **HOPE** that says...
all things are
possible.


PEACE