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**ImaniCoach™**  
News & Inspiration

*Life...it's for Living*



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[www.imanicoach.com](http://www.imanicoach.com)

## Recharge & simplify your life

Hey, hope all is well with you and yours...

### Do you remember when?

When we didn't have to open the post, pay the bills, do the food shopping or think 'it's cold' when the ice cream van appears down your road when its not yet summer or even spring officially! When all we had to worry about was which clothes to put on. How times have changed, how the High St has changed!

Isn't it all just way too much now. Too many adverts, too much choice in the shops, too much information to look at, too many rules and regulations, too many bills, too much news (& bad news), too many robot customer service people (aarrggh!) and it goes on and on...Don't you just want to scream sometimes?

So where do we go to recharge our batteries, to declutter our minds, spring clean our thoughts, emotions, lifestyles? What keeps you going?

### Recharge & simplify your life

Is it your ambition, the kids, the family, 'it's just what we're supposed to do'...a dream, the hope of a better day, the money, everyday fun & laughter? Whatever it is, if it is wholesome, good for you & yours, hold onto it...recharge your batteries in whichever way you can and keep going.

For there IS more love, more laughter, more fun, maybe more pain but more sunshine, more dancing, more music, more poetry and more romance...don't stop hoping, visualising, taking action. It may not come the way you expect it, after all who would have thought we could fly in the sky within a 'metal' container! Anything is possible!

Ways to recharge:

- Go away on holiday (you earn it, so spend some)
- Take a day to do exactly what you want (you know when you see those people at lunch time enjoying their coffee and you wish you could stay and do that, well now's your chance!)
- On the weekend do something totally different, break the cycle

## Woman to Woman

Last time the question was 'Is your intimate space available for true love?' What was your answer, yes, no, sometimes...

Is it true what they say, 'you attract the person you are ready for?' If that's the case what's your magnet? Desperate, not quite ready, in love with yourself, Ms Controlling 'can't find any one that fits', ready willing and able or none of the above? Do you attract unavailable men? Does that mean all the good men are taken? Is it because you are unavailable? Or is it that you just need company?

There is no right or wrong as long as you are being true to yourself and your needs...be honest about it (at least to yourself)! If it's company or bed warming, tell it like it is! If it's not what you really want, if it's not honouring you or you are 'waiting' for him to change, tell it like it is and know that the only controls you hold, are your own. Accept that, be true to you and in the meantime, get to know yourself and fall in love all over again.

For those in partnership, we as women will sometimes have our 'quiet, hideaway' times and think that this man just does not 'get us'. Hey wake up! Men and women are different! No man can satisfy all our needs, so maybe we need more girlfriends to listen to us instead of our man who will only try and 'fix it' for us! Men are men and women are women, there is no need to penalise our man by shutting him out of our intimate space. Take a day off or whatever time you can and deal with you, reconnect with you. Maybe then we can see & appreciate (and tell him!), the things he does or the person he is. Maybe then, before we can accept it from him, we will allow true love to enter into ourselves again....

The Modern woman...control freak? More next time ☺!

- Visit somewhere (take a flask and sandwiches to save money)
- Visit someone & reconnect, have a laugh—it can lift empty feelings and break up the monotony
- Pick up the phone and chat to someone (break this email/txt habit and stay in 'touch')

**Simplify your life**

This is spring clean season, now its getting lighter, time to clear not only your rooms but your house, car, friends, lifestyle. Who's toxic? Who's uplifting? What energy do you have around you...your home? Either move it, change it or sell it, after all its your space...your energy. Other ideas include:

- Throw or give away old magazines & newspapers, especially if you know you won't get around to read it, its just added pressure to try!
- Are those pots n pans, clothes or other items in any room always getting in your way? Clear it out!
- Friends not uplifting...move them to an outer circle or way out there...
- Toxic dates or someone in your intimate space that shouldn't be there? Shift them to friendship or a 'smiling memory' and leave it there. Think how long you will try and make it something its not.
- Need to spice up your relationship...do it...there are lots of ideas on the net
- Stressed? Why not go for a run, have a massage, get out into the sunshine, schedule in more belly laughs, less work hours, more fun, family, dancing, music. Volunteer, join a club, class, read more, sleep more!

Life can be short so enjoy it while it is here. There is no point 'wasting hours' conflicting with your true self when you can make a choice to change or pursue something you've only dreamed about. It is never too late. Even if you add it to your weekend or evening for now, its a start, it breaks up the week, helps to keep you going. Everyone had to start somewhere. Start by being true to what makes you happy, what your good at, what you were born to do and be truly ALIVE.



Picture by Rochelle White

**Ode to our Mother**

Nappy changing,  
 Child feeding,  
 Nose wiping,  
 She was there.  
 Hearts broken,  
 Tears shedding,  
 Children bearing,  
 She was there.  
 Woman to Woman,  
 Over tea and cake,  
 Grandkids sitting,  
 She was there.  
 She was, She is,  
 And always will be  
 Because her legacy is here.

*PS. LOVE YOUR MOTHERS...*

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 BE THE OUTCOME  
 OF TODAY.  
 You choose."**

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