

Purpose Passion Peace

With Joanne Sumner



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The choices we make

Sometimes we feel as if we have no choice, as if the scene has already been written and we have to play it out. There are no options or only bad ones. We are bowed down by expectation. The consequences of making a different choice are too difficult or unknown. We feel tired, trapped, or fed up. Perhaps we fight; perhaps we give up.

Do you recognise this? A situation in which you feel stuck that drains you of your power. I do.

But what if I were to tell you we always have choice, whether or not it's the one we want and whether or not we can see it at this moment in time. Because that is one of the lessons we can learn from our elders as they look back on life – there is a choice even

when you don't think there is. It's a question of changing perspective.

One of the most important things meditation does is to insert a space between action and reaction, in which you regain your ability to choose what you do next. Let that sink in for a second. There is a space within which you choose. Between every action and reaction. Can you feel your body responding? There is a *space* (expansion) where you can *choose* (lightening).

Now, I'm not denying that there are some awfully hard situations and decisions to be faced in life. But if you have a space in which to choose how you face them, you have gained perhaps more than you think.

How can I find the space to choose?

Meditation is a process of becoming present and connected to who and what you truly are. What does it mean to be present? Each person might describe it differently, but we all know it. For me, it is when I feel alive, connected, easy, at peace. I might be doing something, I might not. I don't have to be sitting down and meditating – I could be walking, working, typing, talking. It's about the quality of attention in the moment, with no thought other than for the activity I'm doing or the person I'm with. In that moment, there is no question about who or what I am. I just am. In my body, in my mind, with you, with this world. Meditation helps us to be present more of the time, and in the present we find our space.

When I find it, what do I with it? Appreciate it. Breathe into it. Make it a little larger. Acknowledge that this is the space in which you get to choose what happens next. It might only be for a flash of a second but in that second you choose to avert an argument, to stop playing games, to work on what's really important.

Can you feel the freedom? (back straight, shoulders down and spread, chest open)

Can you feel the self-worth? (I know what's right and I have the strength to do it)

Can you feel the love? (I see where you're coming from and I love you for it)

From this space of presence things look different. Truth is easier to speak, actions are easier to take and are more successful (however you want to define success). Relationships are clearer, conversations cleaner. You know exactly where I am coming from and I know where you are.

You see, you do always have a choice. Even if it is only the tone of your next words or the choice to reach out. But it could be the choice that changes your life. That sets you free.

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise."

-- Robert Fritz



Classes & Events

The following exciting events have been selected to support making new choices and are both my own and from other trusted providers.

Meditation and Relaxation Classes

Meditation is a simple and effective way to improve your health and wellbeing. It also increases creativity and positivity, and improves your ability to focus. Try our local drop-in classes to experience the benefits for yourself. Price: £6 per class.

Mondays, 7-8pm, The Hobbayne Centre, Lower Boston Road, Hanwell W7

Wednesdays, 6-7pm, Northfields Community Centre (Room 5)

NLP Key Skills with Elizabeth Cairns.

Learn how NLP can help you achieve personal goals more quickly and effectively with NLP Master Practitioner Elizabeth Cairns of Amovita Ltd. More details here www.amovita.co.uk

Wednesdays from 3 June for 6 weeks, 7-9pm, Friends Meeting House Ealing, £120

A Crystal Healing Day with Caroline Frost.

Experience the wonder and inspiration of healing with crystals in this workshop led by a deeply intuitive and insightful healer. More details from Caroline Frost at caroline.frost@btconnect.com

Saturday 6 June, 11-5.30, Brighton, £45

A Journey through the Chakras with Joanne Sumner, Tuesday McNeill & Vena Ramphal.

Learn how the chakra system provides a way of understanding and managing your energy and your relationship with yourself, others and the world. More information on this powerful collaboration from www.joannesumner.com

Sunday 7 June, 11-5, Welcare, 26 The Green, Twickenham, £60

Learn to Draw & Experimental Drawing with Tara Langford.

Change your perspective by literally changing your perspective with talented artist and teacher Tara Langford. More information from studio@taralangford.com

4 & 5 July and 18 & 19 July, London

International Training: Learning to Use Bach Flower Remedies

This 6-day course (also available as a Distance Learning Programme) provides a comprehensive introduction to the Bach Flower remedies. For a relatively small investment of £495 you will gain a deeper awareness of emotional and psychological processes and a skill-set for life, both personally and professionally (e.g. Bach Flowers work well when integrated into coaching, psychotherapy, nutrition, homeopathy). Further details: www.joannesumner.com/bachflowers.

26 & 27 September

24 & 25 October

21 & 22 November,

Regents College, NW1,

£495, Distance Learning £350



About Me...



I'm Joanne Sumner, and I help busy women, and men, rediscover the purpose, passion and peace in their lives. Health and harmony, fuelled by a compelling vision of the life they want, has enabled many of my clients to live a life of greater purpose meaning and joy. Making small changes to the way **you** live can have a significant impact on your wellbeing and that of your family and your business.

I offer a range of simple and effective holistic services that facilitate your body and mind's

creativity and healing power to increase your health and happiness. My own journey has brought together the ancient wisdom of the East with the very best in modern science.

I have been meditating since the age of 9 and worked in the biomedical research field for ten years. This drives my commitment to seeking the best in both approaches so that I can offer just the right synergy to you.