

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



"If you are single there is always one thing you should take out with you on a Saturday night... your friends."

Sex in the City

In this issue...

Happy Being Single

Top 5 Mistakes When Attracting Your Life Partner.

Competition feedback

What's new?

Stories –

Artist – Outback Artist;
Business – Supporting Singles; Story –
Marvelous Madness

July Workshops –

Spiritual and Psychic weekend retreat.

Reiki 1

Self Discovery and Spiritual Enlightenment

Be Yourself Retreat

Single Savvy – July Edition 2009

I am not a single woman, but have been. I know how scary and depressing it can be. I have also felt great being a free spirit for many reasons. Though most people I know would choose to be in a relationship. I think how easy or difficult it is to navigate the single scene has a lot to do with our attitude toward it. Like anything in life, if you focus on the positives of the situation the negatives fade into the background. Having organizations like 'Table for 6' (see the business feature) certainly help to create positive environments to meet new people. And with the internet there is a whole new arena for dating. However you choose to meet new people either for friendship or something romantic; keep your highest good in mind. Honour yourself so that others can do the same.

Natalie

Happy Being Single

By Ruth Purple

Being single is a great concern for a lot of people. It may cause loneliness, depression and unhappiness, especially in women. Scary thoughts of getting old and still flying solo are enough to drive a young girl frantically looking for the perfect partner before her time runs out. The concept that being part of a couple makes us a complete person is quite ridiculous, but that is what society dictates. We are born and bred in a society where the norms are to get on our own feet when we are old enough, have a great career and eventually get married.

It seems that every young girl's ultimate dream is to have a perfect wedding one day soon. Have you ever read a fairytale without a Prince Charming and a "happy ever after"? While some view being single as still socially unacceptable, more and more women opt to live without a spouse mostly by their own choice. The notion that marriage is the only way to give meaning to one's life is becoming outdated, and a lot of women today feel that being on their own could be the best thing that ever happened to them. This new breed of women pursue rich, fulfilling lives and know that in order to have a healthy relationship, they must learn how to be happy on their own first.

Although it is true that having someone can help add to your happiness and personal fulfilment, being single can be more fun and has a lot of great advantages too:

1. You are free as the wind. Party all night or shop till you drop - you decide what time you're going home and you don't have to explain to anyone.
2. More time for pursuing personal interests and hobbies. If you miss the outdoors you can pack your camping gear anytime and not worry about the laundry at all.
3. More time for self-enhancement. Get a manicure or spend a whole afternoon having your hair done. Go to an art class and discover your hidden artistic self.
4. Your job can eat up your entire life, and its okay. You won't have to deal with a break-up or divorce soon because you haven't been neglecting anyone.
5. Cleaning the house requires minimal to no effort. There's nobody to mess it up, no breadcrumbs on the coffee table or stale chips and beer cans hidden under the couch.
6. You get to keep the remote all to yourself. You can flip channels all night or watch re-runs of Beauty and the Geek without somebody trying to steal the remote.
7. Every inch of the closet belongs to you, and you can buy and store as many

Intuitive Energy Healing

Sandplay

Check out the events calendar for more details.

Links –

www.citytolongreach.com.au

www.wildlifewarriors.org.au

This Month's Recipe Single Serving Banana Protein Pancakes

Ingredients

1/3 c. fat free cottage cheese
2 egg whites
1/2 c. oats
1/2 mashed small banana (or 1/4 c. any other fruit)
dash cinnamon
dash vanilla extract
1 tsp sugar

Directions

1. If the banana is not ripe, puree it in the blender first.
2. Add all of the other ingredients (if using blueberries, leave out and stir it in once everything else is blended).
3. Pour the batter onto a skillet sprayed with nonstick cooking spray.
4. Serve warm with sugar free syrup. Enjoy!

Number of Servings: 1

This Month's Poem

Bedtime Prayer

Now I lay me down to sleep,
I pray for a man who's not a creep.

One who's handsome,
smart and strong.

pairs of shoes that your budget will allow. No one will ever ask you why you have more than 5 pairs.

8. Eat, sleep or live in the bathroom. Stay there all day-there isn't anyone getting in the shower after you.

9. You can sleep in any position, on whichever part of the bed. It's all yours! Plus, you can have a snore-free and dream-filled beauty nap anytime.

10. You can choose from a lot of men. There are plenty of singles out there, just waiting to hook up. A person's self-worth is not measured by his or her relationship status. Yes, you can be happy being single- and whole. It's your choice.

The author of this article **Ruth Purple** is a Relationship Coach who has been successfully coaching and guiding clients for many years. Ruth recently decided to go public and share her knowledge and experience through her website <http://www.relazine.com>. You can sign up for her free newsletter and join her coaching program.

Top 5 Mistakes When Attracting Your Perfect Life Partner

By Sasha LeBaron

Let's face it if finding your perfect life partner was easy everyone would have done it. That being said, it is by no means out of the range of possible for anyone who is sufficiently motivated. Today we are going to look at some of the most serious mistakes you might be making when attracting or as I prefer, manifesting, your perfect life partner.

Mistake 1.

Trying too hard

This is a "no brainer" but you wouldn't believe how many questions I get from people struggling with these simple concepts of attraction. The key here is to relax. The more relaxed you are the deeper you will breathe and the more energy you will have and from those two actions the more charisma you will have. So for example, if you are fond of the library and you feel this would be a likely place to meet your soulmate; go volunteer there!

Your being there on a regular basis will create comfort for you, allowing you to relax and from this relaxed place you will naturally become 100% more magnetic to your future life partner. Who knows he or she may be volunteering there right now!

Mistake 2.

Not being patient

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life.

~ Chinese Proverb

Who ever came up with this was on the right track! Also "Good things come to those who wait." and other such sayings are all pointing at the same thing; patience. So when you are on the "hunt" what do you radiate? That's right! Impatience. Maybe even... desperation? And nothing will make you miss those "chance" encounters faster than being in a hurry or being desperate, in your life or in your quest for the perfect life partner.

So when you have set the wheels in motion to magnetizing your perfect life partner, give your self room to breathe! You wouldn't rush a fine wine would you? Or a Rembrandt painting? No, you would allow the forces of the universe to work in the way they are supposed to and you would be patient. Your relationship with your perfect life partner is as important as any fine vintage or masterpiece of art so don't rush it!

Mistake 3.

Keeping your "blinders" on.

In the old days of horse and buggies in the city the horses would be fitted with flaps beside their eyes so they wouldn't be spooked by things happening "out of the corner of their eye" these flaps were called blinders. Humans have them too, only they are in your head and sometimes around your heart.

There you are in a place you have been "a thousand times before" your potential perfect life partner is standing right next to you and you are so "caught up" in doing your important business that you don't even notice him or her!

Can you imagine how painful this would be if you were "that close" and you let

Who's not afraid to admit
when he is wrong

One who thinks before he
speaks.
When he promises to call,
he doesn't wait six weeks.

I pray that he is gainfully
employed,
Won't lose his cool when
he's annoyed.

Pulls out my chair and
opens my door,
Massages my back and
begs to do more.

Oh send me a man who will
make love to my mind.
Know what to say when I
ask "How fat is my behind?"

One who'll make love till my
body's a' itchin'
He brings ME a sandwich
too, when he goes to the
kitchen.

I pray that this man will love
me to no end,
And never compare me to
my best friend.

Thank you in advance and
now I'll just wait,
For I know you will send him
before it's too late.

Amen

(Unknown)

Single Minded Reading.

Get on with It!: How to Be Sassy, Successful & Single

By Sue Ostler

Being Single in a Couple's World: How to Happily Single While Looking for Love

By Xavier F. Amador

your perfect partner slip away because you had your blinders on? So keep your eyes wide open! Look at each person you interact with, in the eyes! Not only will you get a better sense of who they are, but people will like you more too! And when you feel that click... you won't be too busy to notice!
and truly care about yourself this is when your magnetic power of attraction kicks in and from

Mistake 4.

Looking a gift horse in the mouth

This one has actually happened to me. Your friends know you are "looking" and they set you up, but being stubborn you decide ahead of time that its not going to work or that you won't like the person. Result? Even if they were a potential perfect life partner for you your mental outlook has doomed you to failure before you even meet them!

The next time someone invites you to a friends place to meet "someone who would be perfect for you" be grateful! This is the abundance of the universe flowing your way! Be open to it. Welcome it. And if there is a connection, go for it!

Mistake 5.

Failing to look out for number one

I have saved the biggest one for last because I want you to remember it. Not taking care of yourself - by that I mean truly caring about yourself, loving yourself and accepting yourself, blemished and all - is the single biggest reason people fail to attract the perfect life partner of their dreams.

But there is hope! When you look inside and come to terms with your "rough edges" and truly love yourself you begin to literally radiate confidence, passion, joy and power. This is the ultimate aphrodisiac love potion that you could find anywhere in the world! Do what ever you need to do to clear out your "baggage" be it therapy, coaching or even lots of exercise and meditation. When you clean house in this way there is only a matter of a short time till you meet, connect and join with your perfect life partner.

We have all met people who are physically unattractive, handicapped or otherwise challenged and yet in spite of these drawbacks they have fantastic personalities, great friends and loving relationships. Why? Because they have done the work and they look out for number one. In many cases that one simple fact may have literally saved their life. So as soon as you finish reading this, take some action. Book a treatment, a massage, a long walk in the forest, anything as long as it is for YOU and will nurture and grow your love for your totally unique and special self!

Sasha LeBaron is the author of two books and many articles on the specific techniques and tools of finding your perfect life partner. He lives on the gulf islands of BC, Canada with his perfect life partner and a large fluffy cat. Learn how you can find YOUR perfect life partner in as little as ten minutes per day at <http://www.FindYourPerfectLifePartner.com/>

Competition Feedback

I recently won the Spirited Women's Network competition for a free Kinesiology session with Bronwyn from Innate Kinesiology. I had never had a Kinesiology session before, but had lots of friends who had been, and it had been on my 'list of things to do' for several years.

My first session with Bronwyn was fantastic! Bronwyn was very warm and friendly, and was very happy to explain how Kinesiology works. She coped wonderfully with my many questions and made me feel involved in the process.

I was fascinated by what Kinesiology was and how Bronwyn determined what my body needed. Essentially, Bronwyn 'listened to what my body and mind wanted and needed' (this is my wording - I am sure she could explain it much better!) by testing my physical muscular response to various questions. I was amazed by how obvious my energy and strength changed in response to these questions - I could visually see the difference! I also discovered that Kinesiology does more than just address physical issues, but also emotional issues - as both are interrelated.

Even though the session was a free one that I had won, Bronwyn set aside a full two hour session for me, and was genuine about ensuring that I had the best session she could provide. This attitude really impressed me and showed her passion about what she does as well as her desire to positively assist others through her practice.

I will definitely return to Bronwyn, and thoroughly encourage anyone who has never experienced Keneiseology first hand to give her a ring and try it out!

Thank you Bronwyn and the Spirited Women's Network!

Tiffany