

Synergy of Minds

Newsletter Issue Four

July 1st, 2023



Newsletter brief:

Once again we appreciate you for sticking with us on this amazing adventure. The journey of a thousand miles always starts with a single step and now we are on step 4.

It is great that you are again taking the time to check out our latest Newsletter number four. We are grateful for your continued support and following. Our aim is to produce 1 Newsletter monthly which we will look to email. All subscribers can expect to have our latest newsletter emailed to them directly. Alternatively you can download it now or any other time. All Newsletters will be stored and available ongoing. The aim is for you to fully digest our Newsletter in just a few minutes of your busy Life schedule.

We have a variety of things to interest you. We look forward to you joining us each month. Please feel free to comment on your

findings. Thank you for your continued trust in us and for originally subscribing. We definitely appreciate you!

Affirmations of the Month –

I always have total Confidence in me...

I am a Winner in both my Body and Mind...

I always give my very best effort in everything I do...

Quotes or Tips of the Month:

Endeavour to finish each day with optimistic thoughts so that your dreams have a better chance of being positive and possibly more beneficial in thought and mind when you are potentially reflecting the following day...

Lend a helping hand to others less fortunate than you whenever it is possible. It will help make a special difference both in the lives of others and you.

What does Freedom Mean to YOU?

Freedom is a privilege to enjoy at every given opportunity

Freedom is the ability to walk independently

Freedom is the right to express yourself openly (without government intervention)

Freedom is the time to embrace and enjoy family and friends

Freedom is giving thanks and showing gratitude

Freedom is the life to lead with honour and respect

Freedom is the time to explore other places and other lands

Freedom should never come at a high price as freedom should be for all to enjoy whenever possible...

Short Posts:

Live Life to the full and avoid cheating yourself out of what you truly desire

Communication is 7 percent words, 38 percent tone of voice, and 55 percent non-verbal.

In order to be more Positive in Life eliminate the following 5 negative references in your daily language talk:

Put all negative self descriptions and problems in the past tense

Change "but" to "and"

Change "cant" to "won't"

Change "should" to "could"

Eliminate the use of the word "try"

One of the latest Articles to be uploaded to our Website:

<https://www.personal-improvement.eu>

Mind and Body Healing

There is no substitution for the Power of the Mind and Body and the healing it can deliver to you. There is increasingly more awareness, belief and definite bona fide evidence beyond all doubt of what the Mind and Body is able to produce... It is incredible that the vast majority of people in this world are completely unaware of the pharmacy within the body. It is truly phenomenal what the Mind and Body can conceive and achieve by working in harmony together...

Read the rest of the Article)...

Go to: <https://www.personal-improvement.eu>

>>Helping to put together the Mind puzzle 1 piece at a time...<<<