

# Synergy of Minds

Newsletter Issue Seven

October 1<sup>st</sup>, 2023



## **Newsletter brief:**

Amazingly the momentum carries us forward on this epic journey. We know success will be so because we are very confident of what comes next and what the future holds. We have to be optimistic about tomorrow while at the same time appreciating what we have. Having gratitude and being thankful for the simple things in life as well as family and friends is essential to our future and the survival of our being...

Remember we remain stronger by sticking together. Having trust and relating to each other more. Talking, listening and sharing are all things that are very important and a key part of the future. We are grateful for your continued loyalty and presence. Our words and our actions are focused on brightening your day and helping you to be more aware of what is around you. The day is always brighter when you have like minded people to relate to. Now we advance to step 7.

Our focus is to deliver thought provoking content and endeavour to spread the word of mind puzzling vital information that should be shared and be more readily available. It continues to amaze me as to how many tens of millions of people are denied this valuable information...

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.

Every month we strive to provide you with some thought provoking information as well as varied tips, affirmations and content. We continue to look forward to our onward journey together. Please feel free to comment on how you find the information and content. We welcome any feedback. We stay on point and Thank you for being you and believing in what we do.

### **Affirmations of the Month –**

I am grateful for my Family, Friends and Life

I appreciate my Health and strength

I take full responsibility for all my actions

I am focused on a better life

I am the best I can be

### **Quotes or Tips of the Month:**

Look to be more alert of what is around you and the road you travel. Be mindful and stay in tune and then you realise and appreciate the things around you more. As a consequence you will see more. Welcome to a life where you are more alive...

### **Things to think about and take action on...:**

Carpe Diem – Seize The Day

Make the One Life You have truly count, as it's the only One you've got.

Life is a Self Fulfilling Prophecy

Fundamentals are key to Life – don't try to re-invent them.

If you always do what you've always done, you'll always get what you've always gotten

Learn to be specific by asking others clarifying and qualifying questions

Ensure to be a good listener and you'll hear better what people have got to say

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 “wont”

Change “should” to “could”

Eliminate the use of the word “try”

## **What does Freedom mean to YOU?**

Freedom is a massive word with a vast meaning. Its significance has huge consequences for tens of millions of people around the world. Freedom in its simplest terms is the ability and time to think, speak and act as we want. The time and space to come and go as we please, not being subjected to what the government wants you to do and the chance to be somebody and who we were meant to be...

Our freedom is phenomenally important to us and something we should never take for granted. We must embrace and totally appreciate it's extraordinary value...

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

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

## **Body Language Needs No Translation**

One of the most fascinating languages in Life and the world we live in is Body Language. It's amazing what you can interpret through observing different people's body language and Non verbal communication. Once you learn some of the key skills and learn how best to read the key messages being conveyed then you will overcome many challenges in Life while simultaneously improving your odds of success in what you are striving to do.

People often use Body Language as a kind of defence mechanism under the pretext that you have no idea what they are doing and that you know nothing about how best to read the body language signals. However if you learn about a relevant number of signals and how to translate into the specific meaning the particular body movement conveyed will result in a much smoother outcome. It may well benefit the job you do.

It could be extremely advantageous to know the signs when somebody is not happy with what you propose but does not actually say so however the non verbal communication tells a different story. Then you have a chance once having carefully read the situation to react in a different way and perhaps respond in a more positive way. That person may well be particularly happy with you having paid attention and reacted in accordance with the signal portrayed.

Read the rest of the Article)...

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

Have a good month and stay safe...

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