



Solaz intuitive

► for the purpose of spiritual development

July 09

In this edition:

- win a limited edition Solaz pen & upgrade/extend your gold membership - value \$30.
- find out why the next 3 months are important
- relationship tips & how to attract a soul mate
- find out why ASKING & GOAL CHARTS are so important!.....

What have you done today to make you feel proud?

In the spiritual development workshop one of the tasks is to practice random acts of kindness. The students are to be ready and aware to help anyone in any way they can.

Another task was to randomly give \$10 to another person and watch their reaction. Below are some of the reactions:

- Wow thank you that's twice today!
- Thank you very much I need it
- No I couldn't take that I don't even know you.....

Interesting responses, did you know that income is income, it doesn't matter how you receive it, it's how you use it and what you do with it.

The universal law of tithing is a great thing, tithe something and the universe will reward you times 10!

Image someone randomly giving you \$10, what would your response be?

Why don't you randomly give someone \$10 and experience their reaction and your reaction to them!

Email me your experience once you've given \$10 away.
anjie@solaz.com.au

Between now & November

its extremely important to ensure that whatever you do between now and November this year, is exactly what you want to be doing for all of next year.....

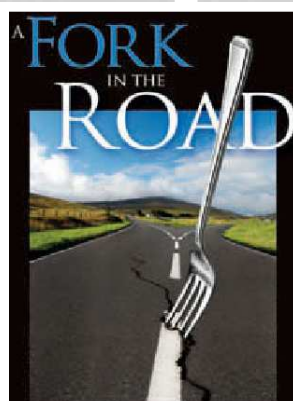
Apparently the next 3 months is the set up phase. So if there is anything you don't want to be doing for the next year, then let it go, give it up or simply quit asap.

If you are courageous enuff to start "designing your life" and following your dream take this opportunity and trust.

My favourite quote..

Whilst at the gym yesterday I saw this quote.

When a fork in the road comes....take it!



Solaz Recipe

If you would like to make a yummy stir fry for winter in under 9 mins then here is a recipe I created.

Ingredients

Udon Noodles
 1 breast Chicken
 Sesame Oil
 Sweet Chilli Sauce
 Nandos honey, soy, ginger marinade
 hand full Snow peas
 " " Green Beans
 " " Baby Spinach
 " " Basil
 1 bunch Spring onions
 .5 teaspoons garlic
 .5 teaspoons Sambal Olek
 Salt

Method - do this on the go and in order and be quick!

Turn frypan on high, place in sprinkle of salt, garlic & sambal olek stir around and add chicken.

Chop spring onions - add in
 Chop beans - add in
 Add 1/4 bottle of marinade
 Add sweet chilli sauce - 5 splashes
 Add snow peas, basil & spinach
 Stir & mix for 15 seconds

By the time you have done this everything should be cooked perfectly.

As you serve add about 10 snow sprouts on the top!

P.S if you don't like spice, don't add the Sambal Olek.

Solaz Retreats



After 3 years of renovations the Solaz Healing House is ready to begin it's true purpose and open as a Healing House.

Please visit the website to view all the retreats we will offer soon and register your interest.

http://solaz.com.au/page5.asp?active_page_id=104

Dynamix Kits

The popular Dynamix Kits are back in stock.

Designed to create inner harmony as it works on 12 dynamix with the conscious mind and universal energy. Great if you are feeling scattered and unfocused.

I do one every couple of months AZ it re-focuses and balances my mind allowing me to move forwards and achieve my goals easier and faster.

Check it out on the web

<http://solaz.com.au/cat.asp?id=23>

Membership Quiz & Prize

The Solaz Logo is made up of Native American symbols, each one has an individual meaning.

If you email me what each letter stands for I will upgrade/extend 1 year of gold membership worth \$25 and send you a limited edition Solaz pen.



Hint: website
Competition closes Tues 4 Aug 09

ASK

I can't tell you the number of people who have been ringing me saying the following":

I have no direction, I don't know where I'm going or what I'm supposed to be doing....I feel blocked.

my response is:

1. Get yourself a dynamix kit
2. Start asking
3. Do a goal/manifestation chart

Asking for what you want is very important, it sets the intention.

Too many times we wait and go with the flow and whilst this has a big positive to it, I found the last 2 years of going with the flow has produced different results to ASKING.

ASKING is about putting your wants, desires and needs out there.

It's asking any one, any thing. It also sets up your commitment level and once you commit to something the universe will then come in and assist in creating what your goals.

So if you haven't been getting what you want, have you stopped asking?

GOAL CHARTS are so valuable because it gets what you want out of your head and onto paper. It also then moves down a level in your mind to allow others and the universe assist you. Trust me the students in Spiritual Develop't workshop are doing this and creating their goals with ease and grace!

BOOKS - COMING SOON

Solaz webshop will soon be selling spiritual books with gold member discounts and we'll deliver them to your door.



RELATIONSHIP TIPS

I've started writing a book called "why most relationships don't work" and in this process I've been able to identify some of the common mistakes people make when meeting a potential new partner. Here are a few..

1. Thinking "he/she is the one" and then putting all your energy and thoughts into that person. Losing focus on your own direction and losing yourself. Trying to please them and be what u think they want u to be & giving all the time.

Outcome: they don't get a chance to give back and you can't receive. They don't see the real you and you lose direction. They get confused and move on coz they don't know who you are.

2. Assuming they are in the same place as you, i.e. they would want what u want and are ready for it.

Outcome: This sets up false expectations. Just because you may be looking for your soul mate doesn't mean they are, they may need a transition experience or a one night stand. Don't assume anything....communicate & listen.

3. Know exactly what you want! Have you listed over 60 things you want in a partner.....are you clear what you are looking for? If not you will attract someone else who doesn't know what they want!

The booklet below is an easy step by step process in attracting your soul mate and has a cheat sheet with over 68 qualities... and is now available in the Solaz webshop.

SOLAZ
Your soul AZ it should B

How to attract your soul mate



WORKSHOP BOOKLET

<http://solaz.com.au/cat.asp?id=23>