

Living Your Fullest Life Newsletter



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Massage, BodyTalk and Clairvoyant Readings & Energetic Healings—3 ways to get in alignment!

My 2nd year of massage school is almost done!

The 2nd year program is actually 15 months but who's counting right?

I will be done January 2011 and once I have completed my case studies I will be certified in Structural Integration and Movement.

I am in the midst of Chinese medicine theory, meridian dredging and acupuncture—not to mention integrating all that in someone's structure and posture.

The last part of the program is learning what's known as the 10 Series. It is a series of 10 massage sessions done over the course of about 10 weeks (or less!). Each session consists of a specific area to be worked on (i.e. torso, lower leg, etc.) in about 90 minutes. By the end of the 10 Series the structure of your body will be remarkably different (and better) than before.

Hello!

After many attempts and zero completions, this is my first newsletter. I'm very excited to finally deliver this to you!

My intention with this newsletter is to bring you:

- Updates on services & products
- Tips for healthy, happy living
- Insightful Information via *Ask the Expert*—Q&A section (coming soon!)
- And more items that are sure to develop!

Meditation For Living Weekend Workshop—September 18 & 19

This workshop is an accelerated version of the 5-week class that is normally held in Lakewood.

My intention of putting this into a weekend format was to teach those who could not commit 5 weekday evenings due to family, work and other factors.

This workshop will give you visualization tools so you can be the mindful creator of your life, instead of being at the whim of circumstances.

Most of us are walking through life with a lot of energy (emotions, thoughts, physical sensations) that is not benefiting us, inhibiting our growth and preventing us from living

a fulfilled life.

These visualization tools will allow you to release stress, worry, anxiety, pain and other energies that do not benefit you.

As a result you will move into greater, joy, ease and creativity!

The topics that will be covered will address stabilizing the chakra system and physical body; opening and clearing your clairvoyant abilities; discovering and clearing the energy channels of the body; protecting your physical and energetic space; filling your body, aura and your life with the energies you want; and manifesting your goals and what

you desire out of life.

Using these tools will change your energy and in effect change your life!

This is a great introduction to a mindful practice for your life! The tools work—I've seen it because I do it—and I've seen it in the people who take this class.

The next workshop will be held September 18 & 19th, 9am—1pm at 2730 S. Wadsworth Lakewood, CO. To register please call (303-210-3752) or email me at jen.moses@live.com.

P.S. I am also working on expanding this to 2 full days so I can teach it in the farther places in Colorado and out of state!

Guided Meditations Now Available Online

In August, I did a guided meditation titled Speaking Your Truth. It went wonderful and I am very excited to do more!

I have put the recording on my website for anybody interested in purchasing it. Right now it is available for \$10.

In the meditation, I lead you through a series of visual exercises to clear out energy from the throat chakra (and other areas) that can be inhibiting you

from communicating and speaking your truth.

It is easy and gentle and you will feel great afterwards!

I intend to record more guided meditations on various topics, all with the goal of promoting healing and creating health, well-being and happiness.

Visit my website www.jenmoses.com to purchase.

Feeling Stuck?

How to get unstuck!

There is a cycle to everything. In Chinese medicine, summer is a time of when things are at their maximum expansion or growth.

However, if we're not in balance we can feel like we've hit a plateau or feel like we're in maximum contraction (winter) all the time.

So how can we move through these times with ease and grace?

I would recommend either **BodyTalk sessions or Clairvoyant Readings & Healings**. They will address any resistance, fear and anything else that is blocking this natural flow.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find

“filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the

business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands

of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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We're on the Web!

[example.com](#)

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Caption describing picture or graphic.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.