

NEWS LETTER

From

JOHN PAUL SUTTON

JOHNS WAX ART READINGS

www.johnswaxart.com

JULY 2009

Hi to all

Welcome to the newsletter for July (a bit late however still here)

Sending these newsletters out over the last couple of months has been an interesting learning curve for me. I have had difficulties with this newsletter as you may be aware of. Firstly, in May having people that don't have Vista program on their computer not being able to open the newsletter. The trouble that occurred in trying to get the newsletter in a format that all could open was interesting, resulting in having sent the newsletter out many times. Got that sorted to have ever more fun in July, not. I used May's newsletter to cut and paste so as to create June's newsletter. This resulted in all my corrections being seen in the newsletter that I sent to you, even though the newsletter that I saw on my computer was right. Then one of my beautiful friends corrected the newsletter and sent it back to me.

This was an amazing learning curve in seeing what the dilemma was all about. Firstly, I learnt more about using my computer. Secondly, it brought about an amazing clearing of an issue that I was holding onto and not aware of. What occurred was that I was working on getting the newsletter right each month. This was a big thing for me as I always struggled with Spelling, English, etc at school. In having all the dilemmas with the newsletter it brought an emotion to the surface for me to let go of. There was a time in school when I was given an assignment to do by my teacher, I made a big effort in getting the assignment right even making it

attractive by colouring it (my creative side). The teacher upon marking the assignment basically covered the page with red marks correcting my spelling and grammar and even criticising me for adding the colour. Then to make it worse he paraded me in front of the class and told them how dumb I was.

This and other experiences at school then set the emotional struggle that I have had to go through throughout my life, not that I was consciously aware of it until now. What it did as a result of this was to create a subconscious fear that to do any writing meant having a struggle to get it perfect otherwise I might get in trouble. So, therefore, every time I did any form of writing it was an effort. The gift that having all of the dilemmas regarding the newsletter gave me was that I was able to recognise the subconscious fear that I was holding onto and able to use the processes that I use to let the fear go. Remembering that all our fears create our reality, if you fear something that fear will be the lesson that we have to learn.

In conclusion to all of this I now feel freer within myself as a result of letting go of the buried emotions that I was hanging onto, as a result boy is this newsletter getting done a lot easier. All is grand

In Love and Light

John

PS

After many people asking if I had a Facebook page I decided to look into it and open a page. So if you would like to connect to me on facebook and Myspace you can

Facebook:- John Paul Sutton

Myspace:- myspace.com/jps4angels

Also if you have missed any insights from past newsletter please let me know and I will send a copy of them to you

March 2009, April 2009, May 2009, June 2009

INSIGHT FOR THE MONTH JULY 2009

This month I am going to tell you about Affirmations.

When we talk about ourselves or even our thoughts about ourselves can create a reality. For an example, if you tell people or even think something such as say, I'm not good enough to do a set task, you will never be good enough to do that task. As by putting that out there you are creating that as a reality. If you believe in yourself and affirm to yourself that you can do anything that you want you will be able to achieve the task even if you stumble on the way in doing the task. Is it not better to try and grow from the lessons that you learn by trying than to not even try because you don't feel that you are good enough. Every experience in life is one big lesson. Even if in our eyes we fail at a said task, is it not the growth in ourselves from the learning that we get that is more important than whether we failed or succeeded.

I have come up with an exercise that is to help us stay in the positive rather than being our own self critic

AFFIRMATIONS

What I would like for you to do is to give yourself a new positive affirmation about yourself each day to be done in the following format always using the word "I".

Day 1:- Affirmation 1 (eg:- I believe in me)

Day 2:- Affirmation 1 (eg:- I believe in me)

Affirmation 2 (eg:- I love me)

Day 3:- Affirmation 1 (eg:- I believe in me)

Affirmation 2 (eg:- I love me)

Affirmation 3 (eg:- I can achieve - _ _ _ _)

Day 4:- Affirmation 2 (eg:- I love me)

Affirmation 3 (eg:- I can achieve - _ _ _ _)

Affirmation 4 (eg:- I am able to do _ _ _ _)

Say the affirmation for three days, having three affirmations to say each day. Your experiences each day, especially where self worth issues present themselves, will be your next affirmation.

What you are doing in saying affirmations in a positive way is letting go of your negative way of thinking about yourself. The more you affirm yourself in the positive the better your life becomes. As your thoughts create your reality

FESTIVALS

Festivals That I will be attending in August, September and October

SPIRITUAL PSYCHIC FAIR EXPO, Nelson Bay NSW

Saturday 8th to Sunday 9th August

Marina Resort Nelson Bay

Mandy Coles, email:- info@mandycoles.com.au

WHITE LIGHT FESTIVAL, Toowoomba

10am to 6pm

Saturday 29th to Sunday 30th August

Burke and Wills Hotel

544 Ruthven Street Toowoomba

www.whitelightexpos.com

CONSCIOUS LIVING EXPO, Perth

10am to 7pm

Thursday 3rd to Sunday 6th September

The Robinson Pavilion

Showgrounds Exhibition Centre

Graylands Rd Claremont WA

www.conscious-living.com.au/expo/

HEALTH HARMONY SOUL EXPO, Brisbane

10am to 7pm

Friday 2nd to Sunday 4th October

Brisbane Convention Centre

Cnr Merivale & Glenelg Street

Southbank, Brisbane

www.healthharmonysoul.com.au

HALLOWEEN 2009

10am to 11pm

31st October

1 Parkridge Rd Jiliby (Central Coast NSW)

Marg Hogarth 02 43247846

Festivals That I will not be able to attend in June, July and August

CENTRAL COAST'S PSYCHIC & ALTERNATIVE FAIR

10am to 5pm

Sunday 30th August

Doyalson RSL Club NSW

Lambeth Bennett 0243931100

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