



Ananta Jiva News

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Renewal

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In our busy work lives, there is a conspicuous absence of scheduled blocks of planned fun or down time. Taking yourself away from your normal environment for a personal retreat is highly recommended. You find you come back clear-headed and refreshed, and your work time will be more efficient and productive. Take time out for regular renewal. The result will be greater effectiveness with less effort. As you become more comfortable with this process, you will notice that working longer and harder is actually counter-productive. Take the time you need to rejuvenate, to clear your head and get off the treadmill of busyness - for this is the only life you'll have. Give yourself a break!

How are you doing on your New Year's Resolution to take better care of yourself? Many are experiencing an evaluating period as spring and summer approach. Are you meeting those goals or are you finding the same old excuses are repeating themselves?

Did you know.....

I have a program called Wonderful Wednesdays. On Wednesdays, you can receive a 30 minute **Massage, Reiki or Intuitive Guidance Session**

Payment is by contribution

I encourage you to take advantage of this offer whenever time and or money interferes with your ability to take care of yourself.