



Ananta Jiva News

November 2008



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Gratitude



In these very uncertain times, we have a tendency to focus on the things we lack. We humans have a tendency to allow these thoughts to consume us.

If you follow the Law of Attraction, then you understand that these thoughts come from fear and from focusing on lack which creates more fear and more lack. How do you release this cycle. **FOCUS ON ANYTHING THAT YOU ARE GRATEFUL FOR!** No matter or small or simple you may think it is. For every negative thought you may, take a minute to consciously think two thoughts of gratitude. With practice this becomes an easy thing to accomplish. Over time, you will find that there is less fear and less lack and far more than two thoughts of gratitude happening on a regular basis.

November Signature Service



Reflexology

30 min \$40
added to 1 hour massage \$30

Reflexology is based on the principle that all the nerves in your body end or pass through your feet. This technique is performed on specific points of the foot to affect the internal body, removing blockages and stimulating circulation. This is a wonderful compliment to any massage.

November Signature Product

Dry Skin Balm

10% off 1 oz and 2 oz sizes

*ingredients: Herbal infused olive oil, soy wax, coconut oil, beeswax,
vanilla & grapefruit essential oils*

Aids the skin in it's ability to heal itself. For use on dry, chapped or cracked skin.



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