



It's still raining where I am up on the North Downs in Kent and even in a couple of weeks the garden looks overgrown and is now in need of some quality attention. Still, it's given me - and a lot of others - a good opportunity to address some of the things that needed to be done indoors. So I've been having a wonderful clear out of all the stuff that I had accumulated and didn't need. I haven't finished yet but it's a great feeling getting rid of the old and creating space for the new.

When we take time out to reflect, we realise that we've all been holding on to a lot of old stuff. Not just old papers, old books, old clothes, junk in cupboards but maybe even old relationships! Now I'm not suggesting you take your partner or friends off to the charity shop or down to the council tip but perhaps a little healthy thought about why you have those people in your life may not come amiss. Relationships are not static and need working at. Some people press all our buttons and drive us to distraction but what can we learn from those experiences? Are we seeing ourselves mirrored as we criticise others for their failings? Time to step back then and take a good look at your own personal housekeeping. Is it time to clear out your old programming and to replace it with a new positive you?

SRT is a wonderful tool to help you do just that. *Remember* - everything you have ever thought, said, been and done is contained within every cell of your body so you may be holding on to a lot of stuff that isn't serving you or helping you achieve a joyous life.

Affirmation: *I release that which doesn't serve me and open my heart to new and good experiences.*

MANIFESTATION ACCELERATION TECHNIQUE

Manifestation seems to be the "buzz" word at the moment and there are books galore out there which give great guidance on how to achieve the things you want in your life.

Way back in 2003 I learnt the MAT technique from Gregory Ashid Possman who had channelled it from Archangel Michael. Suddenly it seems that everyone wants to learn how to manifest, so I have reintroduced the workshop into my programme.

The next one will be taking place at the end of November, so if you want to learn a simple breathing technique which will help you bring the things you want into your life, come and join me. Booking form in the Newsletter section of the website.

After many months of work by the Curriculum Committee, the Spiritual Response Association has just released to all certified teachers a new teaching curriculum for both Basic and the Advanced classes.

These have been put together in an endeavour to standardize the teaching of SRT and to ensure that all students receive good quality materials, duly authorized by the SRA.

If you want to learn SRT, remember to check on the SRA's website that your teacher has been certified to teach, otherwise you won't get the new materials nor any recognition from the SRA!

FIND AN SRT PRACTITIONER/TEACHER

Are you looking for an SRT practitioner in your area? Check out www.spiritualresponsetherapy.org.uk to "Find a Practitioner" near you. If you want to learn the process there are eight SRT teachers in the UK, most of whom are listed on the website, or you can go to www.spiritualresponse.com (our Association's website) to see who is teaching when and where.

SRT MADE EASY!

This one day's workshop is available for advanced students only and is specifically designed to help practitioners achieve quicker and more effective results with their clearing work. Incorporates the new techniques made available at the May Intensive Skills Class. If you want to update your working practices email for further details to linda@spiritualresponsetherapy.co.uk



Words of Wisdom

The secret of making something work in your lives is,
first of all the deep desire to make it work:
then the faith and belief that it can work:
then to hold that clear definite vision in your consciousness
and see it working out step by step
without one thought of doubt or disbelief.

EILEEN CADDY
Footprints on the Path