

Another year has rushed by and what has been achieved? Hopefully, for many, you have manifested everything that you wanted to accomplish and more. But for those of you who are still languishing behind and creating things in your lives that you don't want, perhaps it is time to reflect on where you are going wrong.

The Law of Attraction has a major part to play but this inviolate Law, which is held in the Field of Infinite Consciousness, cannot distinguish between the "good" energy you are putting out or the "bad" energy. Energy just IS - no good, no bad. So, if you are putting out thoughts or words about something you don't want, ie, "I don't want to be poor", "I don't want this cold", "I don't want my partner to be unkind to me any more", then change those thoughts and those words into positive statements of what you do want. However you look at it and however many times you have heard it, the truth of the matter is that positive energy attracts positivity, negative energy attracts only negativity. Past life research in SRT can really help you to understand this principle and how you carry forward your negativity from one lifetime to the next.

I often ask my students to look at the cliches they have learned at the feet of their parents - *bad things come in threes* - for example. So what is our expectation when something "bad" happens to us - yes, there are two more bad things on the way - and the Universe is only too happy to oblige if that is what you want! Another example is - *Friday 13th is bound to be a disastrous day* - yes, well you know the rest!

So think and speak carefully and learn to recognise when you or others are putting out energies that do not serve you. Learn to ask Spirit/God/the Universe for help and for guidance and most of all learn to listen for the answers. Don't ignore your gut feelings/your intuition/the thoughts from the Divine that flow into your mind. In any situation, put out that you want the very best outcome for the greatest good of all involved. Release it, let it go, and allow it to be. Trying to interfere in the outcome only serves to confuse matters.

With every possible loving blessing for a happy and peaceful Christmas and an abundant and joyous New Year.



***Energy cannot be changed. Energy cannot be destroyed but Energy can be transformed.***

<p>SRT Courses for the New Year  <b>Basic Class:</b>                  Friday 7th/Sunday 9th March, 2008  <b>Advanced Classes:</b>                  Friday 25th/Sunday 27th January, 2008                  Saturday 1st/Sunday 3rd March, 2008</p>
<p><b>SRT PRACTITIONERS/                  CONSULTANTS/TEACHERS</b>                  Pamela Murray, an SRA Board Member and Minister will be visiting the UK on Saturday 10th/Sunday 11th May to run a Self Mastery (Leadership 1) workshop. In the very near future, attendance of this course will be a requirement for all Consultants and Teachers, so ensure you put the date in your diary now! Further details to follow.</p>

<p><b>OTHER COURSES:</b>  <b>SOUND THERAPY WORKSHOP</b>                  Friday 1st-Sunday 3rd February, 2008 - Detling, Kent                  Join Bridget Mary-Claire and learn to use tuning forks to help heal and harmonise the body.  <b>MANIFESTATION ACCELERATION TECHNIQUE WORKSHOP</b>                  Sunday 1st March, 2008 - Detling, Kent                  Fun one-day workshop learning Archangel Michael's powerful breathing technique to help you manifest the things you want in your life.</p>
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**For further info. on all courses/workshops visit [www.spiritualresponsetherapy.co.uk](http://www.spiritualresponsetherapy.co.uk)**

**FIND AN SRT PRACTITIONER/TEACHER**  
 Are you looking for an SRT practitioner in your area? Check out [www.spiritualresponsetherapy.org.uk](http://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](http://www.spiritualresponse.com) (our Association's website) to see who is teaching when and where.

<p><b>SRT UPDATE</b>  <b>Sunday 13th January - 1pm/4pm - Detling, Kent</b>                  For Advanced Class students/practitioners</p> <p>What's new in SRT? What do you need to add to your Prep. to Work to ensure that your working practices are up-to-date and that you are doing the very best clearing work for your friends, family and clients?</p> <p>An informal opportunity for students to meet, learn and ask questions!</p>
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According to my experience, it is clear that if each individual makes an effort then he or she can change. Of course, change is not immediate and it takes a lot of time. In order to change and deal with emotions it is crucial to analyse which thoughts are useful, constructive and of benefit to us. I mean mainly those thoughts which make us calmer, more relaxed and which give us peace of mind, versus those thoughts which create uneasiness, fear and frustration.

**His Holiness the Dalai Lama**