



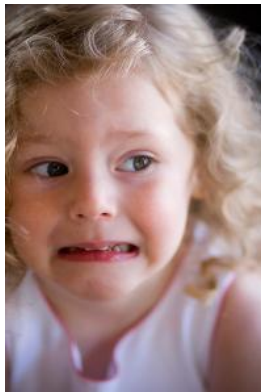
VeraCity Newsletter - *the gift of awareness*

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Insights: Fear & Procrastination

Are you having difficulty making up your mind? Are you putting off starting something new? Fear is one of the biggest reasons we don't start something new, or put off a brilliant idea until later. Later rarely, if ever arrives. Eventually we look at our life and wonder what would have happened if....

Fear about making the wrong decision is the number one reason we don't act.

This doesn't mean you should act irrationally, making decisions without thinking things through. Identifying the fear as the underlying reason you are being held

hostage by a limitation is the beginning of changing your thought process and energy field. Feeling the fear and doing it anyway changes your karma. What do you need to feel to heal the fear?

Fear is learned. We learn to stay safe through fear...fear of being hit by a car if crossing the street recklessly, burned when we touch fire. We witness horrendous, fearful events through news, movies and media. We learn through observation and decide we wouldn't want something awful to happen to us. This information leaves a subtle imprint on our thought process, and rests within our energy centers. The tightness in your chest or stomach is fear or anxiety and is easily misunderstood as "I shouldn't do this". Because fear is learned it can be unlearned. By taking a step into the direction that frightens us, such as public speaking, telling someone something difficult, asking someone out, or taking a business risk, we transform the fear. When we transcend fear we are no longer held hostage by it. We act with conscious awareness, knowing we are experiencing the experience of fear with spiritual seniority. We use positive encouraging self talk and deep breathing. Everyone experiences fear in different forms in different areas of their life. It's still just the energy of fear.

This article aims to help you identify the fear behind your procrastination in starting something new.

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Identify the fear behind the procrastination

- Are you afraid of leaving someone or something behind, losing money, etc?
*Change your perspective. What thought pattern can you change?
EG. I can't do this because...to I can do this by...*
- Share your fear with someone you trust.
Sharing your fears with someone trustworthy and neutral, offers support and releases the hold fear has on you.
- Honour the support others give you to grow and expand on all levels of awareness, physical, emotional, psychological and spiritual.
*Take advantage of the opportunity fear presents as you and transcend your fears.
What would you do if money didn't matter?
What would you be doing if fear wasn't standing between you and your success?
What would your life be like without this fear?*

Fear is a common underlying reason we do not start something new or finish something.
Confront your fears and free your Self. *Light, Laughter and Love, Regina*

Insights is written by Regina Kaiser, based on Veracis Meditation™ program. Submit your comments to regina@veraciswellness.com

June Features

10% OFF Energy Readings

Aura Reading or Spirit Rose Reading (past lives) 30 min. SALE \$54
Spirit Energy Reading; combination Aura & Spirit Rose Reading 60 min. SALE \$99

Energy Readings with Regina or Janice offer insightful information about the dynamics presently influencing your life, generally helping you understand yourself with greater clarity. Focus is placed on your ability to access and know your own truth. No predictions or advice is given. Your session is recorded for you to take home.



50% OFF Add On with Serenity Massage

50% off Seaflora Mini Facial or Enlightened Feet 'add on'
with 90 min. Serenity Massage (reg. \$35 - Sale \$17.50)

Allow 1 3/4 hour session \$142.50

Massage & Readings by appointment **604.461.5511** or regina@veraciswellness.com



SpaRitual - Conscious Beauty

Nail Polish

Vegan, free of DBP, toluen, formaldehyde & formaldehyde resin

Pretty Summer Colours - Sale \$9.99

Base, Top Coat & Dry & Shine Drops - Sale \$14.99

Calendar of Events

Meditation Workshops - one hour, \$15
Discussion, Guided Meditation & Debriefing
Registration appreciated - drop in welcome 604.461.5511

Saturday 10-11 am

June 5	Potentiality
June 12	Anger
June 19	Anxiety
June 26	Forgiveness

Fitness and Yoga - 8 for \$88 Summer Special

Spirit Fitness Classes

Wednesdays, 6-7:15 pm, June 30-Aug. 25, 2010, *no class Aug. 11*

Yoga with Kathryn, on Tuesday

Hatha	10-11:15 am	July 6 – Aug. 24
Restorative	7:30-8:45 pm	July 6 – Aug. 24

Yoga with Marian, on Thursday

Hatha	6-7:15 pm	July 8 - Aug. 26
Restorative	7:30-8:45 pm	July 8 - Aug. 26

Don't wait to register: 604.461.5511 or regina@veraciswellness.cm

All information presented, as part of Veracis Wellness Inc. is intended as a reference only, not as professional medical advice or diagnosis. Prior to all spa sessions, yoga and meditation classes, clients are required to complete a confidential waiver and client record form as issued through Veracis Wellness Inc. The information provided through Veracis Wellness Inc. is designed to help you make informed decisions about your health and well-being. It is not intended as a substitute for any diagnosis and/or treatment that may be or may have been prescribed by a medical doctor.