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January 2007

News You Can Use... ***...To Make New Decisions***

Greetings!

For many of you this is the first newsletter you have ever received from me. For others, it has been a long time since a newsletter from me has crossed your in-box. Your positive response to my test email was overwhelming. Thank you so much for taking time to reply to me. It really meant a lot. I truly hope you enjoy the premier copy of "News You Can Use..."

I launched a new website last year. Please take a peek at it. I'm really proud of it and grateful to have it up and running. I decided to do the work myself and web design is not my specialty! In the beginning, it felt like an overwhelming process. I knew if I broke the the big project down into smaller pieces I could make it manageable. It took a longer than I would liked, but I was gentle with myself in the process. I still have plenty of "to-do" lists. I've learned to give myself a lot more room on deadlines. Life keeps happening and doesn't pay much attention to my "deadlines." So rather than "kill" myself to make the "DEADline", I take it easy on myself. That way I'm still alive when I get to the finish! It also helps me stay more present with life and enjoy the journey.

My plan is to have newsletters come to you several times a year. Since I'm not making a schedule for them just yet, their arrival will be a surprise! Current information about my practice is available for you on the website. You never know what might show up there, but I know it will evolve. If you think others you know might enjoy this newsletter, there is a link for you to forward them a copy at the bottom of this page. The more the merrier!

In closing, I leave you with my current favorite quote:

"The courage to be - is the courage to accept oneself, in spite of being unacceptable." – Paul Tillich

Warmly,

Gayle

Relationships: ***How fast is too fast?***



I'm a people magazine subscriber. I love it and my clients seem to love it too. Maybe it's just an upscale version of the Inquirer, but it is the most read

magazine in my waiting area. Usually I recycle the old copies, but I've saved one as a tool to use in therapy sessions.

Romance is a common topic in my office. When I hear a client is about to do one of the 3M's early in a relationship (less than 6 months), I pull out my treasured copy of People. The headline reads "WHAT WENT WRONG". The picture on the cover is of Kenny Chesney and Renee Zellweger on their wedding day. You can tell from the picture they are madly in love. Yet the cover story is about their breakup. So what did go wrong? People magazine doesn't have a good answer, but I believe I do. The answer lies in the 3M's.

- [Read the Article Now](#)

Is There A Gorilla In Your Doorway?

The Varieties of Fear



There are two kinds of fear, the "gorilla in the doorway" variety and the "I scare myself breed". In the natural scheme of things, fear is our warning system. If we walked into our living room and found a gorilla in the doorway, we would have good cause for alarm. It would be time to get out of a dangerous situation in a major hurry!

- [Read the Article Now](#)

What's On My Nightstand?

A glimpse at the things that are helping me walk the walk.



I know that I cannot help others if I do not continue to help myself. Believe me some days I would rather take a vacation than work on myself. But inevitably I find myself needing to move forward and find new sources of information and inspiration.

Near my bed you will find a basket loaded with books, DVDs, and CDs. In October I went to Orlando for an "I Can Do It" convention Sponsored by Hay House Publishing Company. I was so grateful to get to hear Wayne Dyer, Doreen Virtue, Suze Orman, Sylvia Browne, Esther Hicks, and many others speak over the weekend.

My basket is overflowing with books purchased during the weekend. Here's what's at the top of the basket:

- The Secret (a movie on DVD)
- At Home With God by Neale Donald Walsh
- The Power of Deliberate Intention by Esther and Jerry Hicks

I saw the movie The Secret several months ago and I have watched it over and over since then. It launched me into a feeding frenzy on the law of attraction. You've heard me say "your beliefs create your reality". Well the movie takes this statement to a whole new level. [To visit The Secret Movie Website click here.](#)

If you are looking for something to get your moving toward your dreams and goals, this movie is worth seeing! A book by the same name has recently been published. I've got my copy on order from Amazon.Com. I'll keep you posted. I imagine it will quickly find it's way to the top of my bedside basket!

"Everything in life is a choice and every choice has a

email: gayle.luster@verizon.net consequence."

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