

From My Desk

By Michaela Scherr



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"At this festive season of the year, Mr. Scrooge," said the gentleman, taking up a pen, "it is more than usually desirable that we should make some slight provision for the poor and destitute, who suffer greatly at the present time. ... We choose this time, because it is a time, of all others, when Want is keenly felt, and Abundance rejoices."

Charles Dickens (*A Christmas Carol*)

Welcome to Issue 11 of From My Desk!

Greetings and Welcome to you all!

Well Christmas is almost upon us and I'm finally organised in readiness for the holidays. I love this time of the year and can't wait for the family to be together again, to celebrate the festivities, and to welcome the New Year in. The only thing I really have difficulty with is the heat - I find the heat quite challenging!

Last month I briefly wrote an article on communication and thought I'd include an article on assumptions this month. Assumptions are easily made and pretty well common place. Basically, it's when we attempt to piece a story together without having all the relevant information that makes it (the story) true. When in doubt, take the time to ask some pertinent questions (and ask for a truthful answer). That way you'll know what's going on.

November was certainly a huge month for me with many decisions made. One such decision is to put this newsletter to bed for good after Issue 12. My life is now taking a new direction and so I need to make room for things that have become more important. The first is to dedicate more time to writing, the second is to increase my intuitive readings, and the third is to spend more time with family. Because I locked myself away for so long, I'm also venturing back into the workforce so I can again work in a team environment.

These decisions weren't easy to make but now that they're made, I'm very happy with the knowledge that with new beginnings, new doors open which attract new opportunities and a new way of life! How cool is that?!

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Now for some web news: My latest website, <http://www.quickclickinternettips.com> has been uploaded and the e-book, Quick Click! Internet Tips! is now available for purchase. Also completed in the past month has been another e-book called *Meditation for the Self-Directed Learner* - find out more on page 6.

I hope you enjoy this second last issue of From My Desk, and until the New Year's issue, wishing you all a Happy Holiday with many wonderful moments!

Enjoy your festive season wherever you are and whatever you do - Peace on Earth and goodwill to all!

Michaela

Christmas Action Plan

With Christmas 24 days away many people would have completed their shopping and preparations for the holiday season. Here in Australia the party season has well and truly begun with Christmas decorations up, so too the heat, and for the children (and big kids) the countdown has started.

I love this time of year! For me it's about the spirit of Christmas, that feeling of peace and good will to all, and that of spending precious time with family and friends. It's a time where I pause and reflect on the 12 months gone by, remember those no longer with us and count my lucky stars for the blessings in my life.

Organisation is something I'm pretty good at and so finished my shopping in October! When I spring into action, I really get going.

For those of you who are time poor and have yet to start, I've listed a few dot points to try and help with last minute preparations:

1. If you buy for others make a list of everyone and include the amount you're going to spend on each *before* going shopping;
2. The night before you start your last minute shopping spree, set your intention on not only finding the year's greatest bargains, but also the most interesting and unique to whomever it is you're buying for;
3. Determine which shopping precinct is the best match for your shopping list;
4. Go alone. You'll be less distracted; and
5. Get all the shopping done in one hit - it's possible and once it's done, it's done. Reward yourself with some Eggnog though I could be kidding.



Budget a problem?

1. Let family and friends know that this year *you're not* buying for others, instead you're contributing to your favourite charity.

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2. If *you are* buying for others determine a ceiling amount and stick to it. Ask family and friends if they could do the same for you.
3. Consider making something for your loved ones. One year my son gave us a painting he did which now hangs pride of place in my office.
4. Start your shopping *this week* if you haven't already done so. You can get away with gifts \$10 or less - step into your creative genius - there's lots to choose from these days.
5. If Christmas dinner is at your place this year, enlist the aid of other family members (or friends) and delegate tasks. Also ask each person to bring a dish - bread rolls, pudding etc.
6. Still on Christmas dinner, if you're short on tableware instead of buying extra, ask family members if you could borrow what they're not using.
7. No tree? It's amazing what one can do with tinsel, a pot plant, shrub, or tree branches. For a traditional Christmas scene, place white cushion stuffing beneath your creation include a few mandarins or oranges as well as nuts in green or red bowls, and scatter some glitter. Include pine cones if you can get them.
8. Reassess your personal Christmas card list. Who do you really want to send cards to?

I've spent many fabulous Christmases with my family over the years and have had my share of strict budgets. It's not a fancy tree or presents I remember, it's the company, the laughter, and joy found within the spirit of Christmas that makes all the difference.

"Assumptions are the termites of relationships"

Henry Winkler (b. 1945 -) US television actor

**Don't Doubt,
Just Check it
Out!**

By Barbara
White

Life would be difficult without the blessing of significant relationships as an integral part of our lifestyle. However although relationships can be the source of much joy and happiness, they also can frequently be a source of pain, stress, conflict and anxiety. It is a sad factor that when we have a close relationship the openness and vulnerability

"Personal relationships are the fertile soil from which all advancement, all success, all achievement in real life grows" - Ben Stein

that we share with that person has the ability to bring both happiness and also pain.

There is a natural response when we feel hurt to protect ourselves from being hurt again. Frequently this protection involves creating a wall around the heart, distancing the emotions to avoid pain. This very act may well protect a person from feeling more pain, and keep it at bay, but also means shutting out the potential of enjoyment in the relationship as well. A wall keeps out both good and bad!

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Unfortunately it is a fact that too many people become detached from potentially meaningful relationships through misunderstanding and assumptions about the other person. The reality is we can never fully know a person and understand them, and often we see things from a totally different perspective, and even speak a different emotional language. A tone of voice, a look, or a comment can easily be misinterpreted, and our response is to feel hurt or offended. If this happens it is all too easy to get into a pattern of assuming and responding to that assumption until the whole incident becomes a large issue.

How does this situation occur? The basic problem arises from the fact that people are afraid of what they don't know. They assume facts that may not in reality exist, and then build prejudices around those assumptions. Bad decisions are then made based on those assumptions, on rumours, other people's opinions or perceived behaviour.

Many of these situations could have been non events, if time had been taken to check out the actual facts. If a person is aware of the actual facts about a situation, person, problem or opportunity, then decisions can be made based on what is real rather than what is being perceived.

"There may be some substitute for hard facts, but if there is, I have no idea what it could be."

J. Paul Getty

For example, I go to a social function and meet my friend. She has a scowl on her face, seems aloof and practically ignores me and my efforts at friendly conversation. It would be easy for me to assume that she is made at me, and spend a lot of energy wondering

what I had done to upset her. I may start tiptoeing around her anticipating a blow up.

A healthier alternative for our relationship would be to say "You don't look happy, what's going on?" By checking out what the real facts I will either discover whether I really did do something wrong, or that something has happened that I don't know about that is totally unrelated to me. Either way I am in a better position to help lighten her mood as I know the actual facts.

When communication issues occur in a relationship the best way to find out the truth is to ask questions to discover what the other person actually means. What a person means can be very different from an interpretation from your different perspective. Sometimes people may make a statement, and not tell you the reasons why they said it. This can lead to a minefield of speculation and assumptions. This can often happen when communicating with men. A man tends to answer questions with a 'yes' or 'no', (or a brief response) and not give any explanation for his position. Women are more likely to give reasons. So by asking questions such as "Do you mean...." you will get more clarity and will not be left wondering what is going on.

It does take more commitment to the relationship to push through communication difficulties and not rely on assumptions. We prefer to not speak or confront when we sense an atmosphere, or feel hurt by a comment. However if you keep to the adage "When in doubt, Check it out" and push through those uncomfortable feelings you will reap the benefits in the relationship. Your relationship will become stronger and you will gain a greater understanding and appreciation of each other. So.....Don't doubt, Check it out!

Barbara White is the President of Beyond Better Development, a company which inspires and empowers individuals and organizations in their personal and professional development. For more self improvement articles visit her websites <http://www.livingbeyondbetter.com> and <http://www.articlesbeyondbetter.com>

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"Christmas is a time when everybody wants his past forgotten and his present remembered. What I don't like about office Christmas parties is looking for a job the next day."

Phyllis Diller (b.1917-) American comedian

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Upgrade your
Certificate IV
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& Workplace
Training

Do you have a Certificate IV in Assessment and Workplace Training? Is it the recently replaced BSZ40198 and you would like to upgrade to the new TAA40104 Certificate IV for just \$500?

You may have seen many advertisements offering upgrade training, however if you have current training and assessment experience you could get full RPL/RCC from a highly skilled TAA40104 Trainer and Assessor on behalf of an RTO delivering in all States.

Contact David Scherr on 0412 788815, or e-mail dscherr@tpg.com.au. Alternately visit our website at www.dimitriou.id.au for further information.

Psychometry Readings

Jewellery or a personal object provided by the client can yield considerable information regarding individuals, places, events (including past lives) and their past (current), present, or even future.

Discover what story your jewellery or other personal object has to reveal by having a psychometry session with Michaela. For more information or a booking (including a telephone reading) please send an email to enquiries@michaelascherr.com or phone 0402 208 577.



And the Grinch, with his Grinch-feet
ice cold in the snow, stood puzzling,
and puzzling, how could it be so?
It came without ribbons. It came without
tags. It came without packages, boxes, or
bags. And he puzzled and puzzled 'till his
puzzler was sore. Then the Grinch thought
of something he hadn't before. What if
Christmas, he thought, doesn't come from a
store? What if Christmas, perhaps, means a
little bit more?

~ Dr. Seuss

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Self Help Tool Gallery



*AU\$24.95



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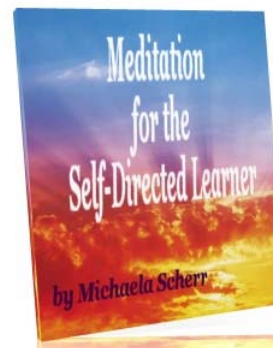
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Meditation for the Self-Directed Learner is a 41 page 'how to' e-book written in easy to follow language.

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