

From My Desk

By
Michaela Scherr



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ABN 77 357 710 454

Brisbane Queensland, Australia
P: 61 7 3863 0688 M: 0402 208 577
W: <http://www.michaelascherr.com>
E: enquiries@michaelascherr.com

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"Every person has free choice. Free to obey or disobey the Natural Laws. Your choice determines the consequences. Nobody ever did, or ever will, escape the consequences of his choices."

Alfred A. Montapert (b.1906-) American author

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Welcome to Issue 5 of From My Desk!

Greetings and welcome to you all.

During the past month my website was successfully migrated over to its new home, Zen Cart™, and I believe Greg Hooper (webmaster), has done an outstanding job - thanks Greg, particularly for your patience! My website address can be found at the same place <http://www.michaelascherr.com> and I invite you all to come and visit and if you have feedback you'd like to share let me know.

Last weekend I spent 3 fun-filled and enlightening days completing the DNA 1 & DNA 2 Thetahealing™ Workshop. The time was spent learning something new and quite different, with an amazing bunch of individuals; I honestly haven't laughed so much in years. My love of learning continues and have started writing down other areas of interest which I'm going to pursue, just won't mention anything to Said Spouse...yet.

In this month's issue you'll find an article on consequences, the result of our actions and a great article called 'Are you Living Your Dream?' written by international artist Emelisa Mudle. I'd like to add that my latest e-book is now ready for purchase however the consequences of doing many unrelated tasks has resulted in pushing my deadline even further forward (yes, the e-book does exist)!

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A while ago I mentioned one of my articles on flower essences, healing and children was going to be published in online publication, Vibration Magazine. Well the latest quarterly issue is out now and for those interested in complementary therapies you can find my article at <http://www.floweressencemagazine.com/> I hope you enjoy it!

Until next month, may abundance of all that is good and wonderful find you wherever you are!

Michaela

Consequences, the result of your actions

Maybe you're looking at a sea or green change, career change, further education or something else. Regardless of what changes you have in mind it helps if you take time to consider the consequences of this change, particularly if you're in a relationship and have children - when it's no longer just about me! Whatever you decide to do there will be consequences and they may not be in your highest good.

For instance you decide to accept a new job in a different state away from family and friends. When you get there you find to your dismay how isolated you are, your children (if you have any) cannot settle into their new school, your partner is unable to secure employment, and you miss the security of family and friends.

When you write down goals, considering a career change, further education, or any change really, consider and ask yourself the following questions with the big picture in mind:

- Does doing this (xyz) serve me well or does it only serve others?
- What reason am I really doing this (xyz) for? What do I want to accomplish?
- Is it (xyz) really in my best interest (and those closest to me) or is it something I want because it distracts me from xyz?
- How will what I want, affect those nearest and dearest to me (partner, children, parents etc) on a social, financial, and emotional level? Alleviate assumption; ask those involved directly for their opinion also.
- What are the potential positive consequences of xyz?
- What are the potential negative consequences of xyz?
- Is there room for compromise?
- What would be the worst case scenario for doing xyz? Would pursuing this be worth it in the short and long term?

Include other questions if you like to the above checklist, the more you questions you answer the greater your overview will be.

Words also, when spoken aloud and in haste can also bring about far reaching consequences. Take several deep breaths and count to 30 before speaking. By the time you've reached 30 you may find the *moment* has (thankfully) passed. An expression I heard many years ago and which I still use to this day is "You can either choose to be happy, or choose to be right" and I know what I'd rather be. It's not about conceding defeat; it's about keeping the peace until such a time when it's safe to resume the discussion.

Everything we do in life has a consequence and it all starts with an action. More often than not the trick is to do a 'consequential analysis', basically this means to future pace what could happen, what could go wrong and whether you're really willing to accept the consequences of your actions. So next time a potential life changing opportunity presents itself, spend some quiet time with pen and paper and start writing your 'consequential analysis'.

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Intuitive Readings

Need answers to questions you have? Welcome greater clarity and self awareness into your life and open the door to new possibilities, greater success, and a new way forward through an intuitive reading.

As an intuitive I connect with you at the soul level to receive insights and messages. What is revealed may include past life issues, future possibilities in accordance with your current mindset, as well as become aware of personal obstacles and patterns.

All sessions are confidential, enlightening, and empowering.

For an appointment with Michaela, or an email reading or more information call 07 3863 0688 or email enquiries@michaelascherr.com



Advertising space for sale

Do you have something newsworthy you'd like to share with readers of *From My Desk* or for those who visit <http://www.michaelascherr.com>? Maybe you have a future event, a workshop, group meeting, or website launch you'd like to announce?

Text only advertising space is now for sale on my website <http://www.michaelascherr.com> and within *From My Desk* (advertising space is limited to four or five only and conditions apply).

For information on advertising rates and special conditions email enquiries@michaelascherr.com

Testimony

Recently I had a reading done by Michaela. It was the first time I have had a reading, so I was completely nervous and skeptical. I was amazed when I received my emailed reading as it detailed what I had been through and what I was going through. I was amazed that locations and feelings were actually picked up by Michaela as all I communicated with her was an email. I live in Sydney and this was all done through correspondence from her Brisbane office.

I would recommend a reading by Michaela to anyone - especially those who are skeptical!

A.H. Communications Officer, Sydney

I've had the greatest pleasure in knowing Michaela since she began working with 'Spirit' many years ago. I know she loves working with 'Spirit' and has complimented her skills so that if you have a real problem, Michaela can help you.

I have been blessed by Michaela's advice over the years and know there are many times where the night would have been that much darker had it not been for Michaela's help and support. If you're confused or even lost and you genuinely want to explore your personal challenges and find solutions, then I would definitely recommend that you contact Michaela.

Michaela's helped many people over the years enhance their lives and maximise the opportunities that present themselves in our everyday lives. I know I have certainly benefited from Michaela's help - Thank you Michaela, *for everything!*

Cathie, Sydney (Solicitor)

Testimony

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Performance tip:

Before going into a meeting, interview, or other situation where you need mental clarity, place a drop or two of basil (*ocimum basilicum*) essential oil on a tissue or hanky and inhale. This is said to reduce performance stress leaving a clear head and strengthening the mind.

For your work area leave a bottle of basil in your top draw and inhale whenever mentally fatigued. Basil and lemon (*citrus limon*) are both known as useful study oils so place a few drops of both in an oil burner during study time - less drops is more, particularly with basil which can be quite overpowering (*please always read instructions for use first*).

"The key to realizing a dream is to focus not on success but significance - and then even the small steps and little victories along your path will take on greater meaning"

Oprah Winfrey (b.1954-) US Actress & television talk show host

Are you living your Dreams?

by Emelisa Mudle

So many of us walk around in a bubble living a life that could be so much more than what it is. Are you waiting for your knight in shining armour or are you waiting for someone to recognise your talents. Did you possibly have a tough childhood which left you with thoughts that you're going to be rescued by someone because you're owed this? Maybe someone will save you, and maybe not.



The question is "What is it you love and how do you go about manifesting this?"

Start your list:

Start first by writing down a list of anything you think you're good at. For example you could write about:

- ✎ Communicating;
- ✎ Creating a safe place; or
- ✎ Delegating.

When you have done this I want you to write down a list of what makes you passionate, what makes your heart sing. When you've completed this you could also add what your dreams were as a child.

Now that you have your list, are you doing what makes your heart sing or just what you're good at? Your mind is possibly racing to a 100 different places, "I could never do what makes my heart sings, there's no money in it" "I love to work with people in a hands-on caring way but I work as an accountant." "How can I make changes at 42?" and the list, I am sure you know, is endless.

The reality is you have to start somewhere, and as they say it starts from one little seed, so focus on something that makes your heart sing and start creating some changes to your life.

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Say you picked travelling and your destiny is a beautiful island holiday. You love the sand, the ocean, and snorkelling. Exploring this further you might find you really love the idea of being a tour guide. So how does one go about creating this? There are many ways and I'll show you one of them.

What you'll need...

What you'll need are: some magazines, glue, a large piece of blank paper, a spare hour, a cup of your favourite beverage and if you want, some lovely, calming instrumental music.

Look at your list of what it is you love then look through the magazines and pull out anything that you're drawn to. Don't cut anything yet! You must rip it out when you feel you have enough pictures and words to fill your blank paper, then start pasting your pieces and create your beautiful dream collage.

Use your senses to manifest your dreams...

One of the beautiful keys to manifesting and unlocking the door to your real dream potential is to not only visualise it but feel it, see it, smell it, sense it, taste and hear it. Using all these senses helps you to manifest your dreams.

When your map is done sit back and look at what your story is telling you. Is it positive, beautiful, are you surprised? Does it make you smile? What you have just done is sent out a message saying this is my dream - this is what I want.

Focus each day on your passion map...

The key here is to now focus each day on this picture. Keep it where you can see it, and open yourself up to the signs that come your way. It may be a pamphlet saying come to our video night on island holidays in the Pacific. Be open to anything and make sure that each day you do put some energy into your dreams.

Emelisa Mudle is an Australian Artist and international Workshop Facilitator who runs regular workshops from her beautiful home in Currumbin on the Gold Coast, as well as other venues. In August 2006 Emelisa will travel to the USA to facilitate her workshops in the East Bay area California. Please visit her website <http://home.iprimus.com.au/emelisa>

Introduction to Buddhism

Have you ever wondered why the Dalai Lama is always happy and smiling or how Buddhism deals with family conflict, illness and challenges?

This taster course will run once a week for 6 weeks. We will look at how to use Buddhist ideas and techniques in daily life, to understand and deal with the issues we face from a different perspective, using the qualities of compassion and wisdom.

Anyone who has an interest about some of the basics of Tibetan Buddhism will find this course of great benefit.

Where: Karuna House, 27 Cartwright St, Windsor
When: Mondays for 6 weeks; July 17th - August 21st
Time: 6:30pm - 8:00pm
Cost: \$90



See Karuna's website for all current courses at <http://www.karuna.org.au>. For bookings and information please phone 07 3263 8300.

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Self Help Tool Gallery



AUD\$24.95



AUD\$24.95



AUD\$19.95



AUD\$14.95

All prices are GST inclusive.

For more information on purchase details email enquiries@michaelascherr.com or visit <http://www.michaelascherr.com/shop/pages-main/category-9/e-books.html>

"Life's disappointments are harder to take when you don't know any swear words"
Calvin & Hobbes (Fictional characters from the comic series created by Bill Waterson)



E-Book coming soon!

More than 60 pages of useful information for those considering working online and developing their own website. The small stuff does matter when it comes to starting up.

Read about keywords, keyword tools and where to find them, blogging, 54 article sites, PR sites for your press release, monetizing your site, setting up your newsletter (ezine), brainstorming, comprehensive glossary and much more...

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