

From My Desk

By
Michaela Scherr



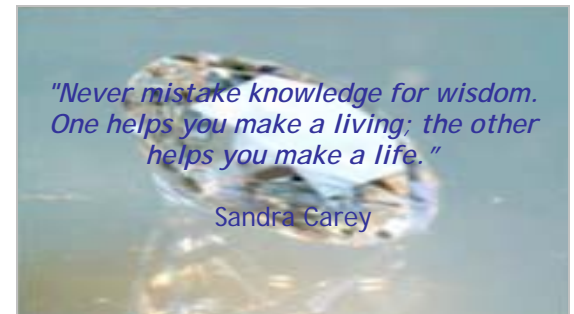
ISSN 1832-9888

Vol 3, Issue 6
30 June 2006

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

| Content | Page |
|--|------|
| Welcome | 1 |
| Book Review - Screw It, Let's Do It, Lessons In Life, by Richard Branson | 2 |
| 5 Simple Strategies for Stress Management | 3 |
| TAA40104 RPL RCC | 4 |
| Intuitive Readings | 4 |
| Theta Healing Workshops | 4 |
| Performance Tip | 5 |
| Self Help Tool Gallery | 5 |



Welcome to Issue 6 of From My Desk!

Greetings and welcome to you all and hope you've had a great four weeks!

Earlier this month I flew down to Sydney for a lightning visit. On the return flight my natural curiosity got the better of me when I noticed the cabin crew spending a little more time than usual with the fellows I was sitting with. Not one to let an opportunity like this pass, I asked the gentleman sitting next to me whether he was in the entertainment industry. Turned out his name was *Greedy Smith* and was the lead singer of an Australian pop group called **Mental as Anything**. Time passed quickly for the rest of flight as I was totally engaged in lively and interesting conversation. If flying is not something you enjoy, why not strike up a conversation with the person next to you - it's a great way to focus on something other than your flying experience.

Recently my son and I stayed at the Q1 residential tower which is currently the tallest residential building in the world. It was a shaky start because I drove into the wrong carpark and then found ourselves inadvertently in the staff elevator which catapulted the two of us to Floor 49. It was with immense relief that a maid was able to escort us, our luggage, as well as their own huge plastic trolley, safely down to Floor 13. This was a great example of not being in the present moment and not listening to instructions with more care...

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Articles may be reproduced as long as they remain intact, the author is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com
To unsubscribe email unsubscribe@michaelascherr.com from the email address you'd like to unsubscribe from.

From My Desk

By
Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 6
30 June 2006

Finally the first draft of my new e-book has been completed and is currently away for comments, suggestions, deletions, and anything else. All I need now is an appropriate title and then I'll be happy...well at least until I start my next e-book.

Until next month, may you have many wonderful moments!

Michaela

Book Review - Screw It, Let's Do It, Lessons in Life by Richard Branson

Recently I bought my son a little book written by Virgin founder, Richard Branson, called 'Screw It, Let's Do It, Lessons in Life', Random House, Australia. What a great little book! I loved the simplicity and powerful message of this book. It's a little bit autobiographical, a little bit business, and a little bit life.

The readability level of this book is for the 9 to 12 year olds however found it appropriate for anyone that wants a powerful and fast paced read, or simply to revisit what's already known.

Richard Branson has certainly had some great hot air ballooning adventures, challenges, huge successes, as well as losses. He has no regrets and believes in learning from past mistakes and getting on with it, as a matter of fact he says the best lesson he learned was to *just do it*.

I've included a few other basic key points he writes about in this book:

Just Do it! Richard Branson doesn't say "I can't do this because I don't know how to". He says if you lack the right experience to reach your goal find another way to get there. You can have amazing experiences if you just do it, have faith in yourself, prepare well, and never give up.

Have Fun! This is also one of my highest values in regards to my philosophy on life - it's got to be fun and if it's not, move on. Making work fun won't mean hard work isn't required because it is. Branson writes that he didn't set out to be rich, what he wanted out of life was fun and challenge, and that's what he ended up with and when no longer fun, he asks why.

Be Bold Life is full of choices. Branson takes risks however he takes calculated risks and weighs up the odds of all he does. He says "Be bold but don't gamble." He also says to beware if risks are too random

or too hard to predict, on the other hand if you'd rather a safe life you'll never know what it's like to win.

Challenge Yourself His philosophy is that if you challenge yourself you'll continue to grow. He challenges himself not only at work but also through his many adventures.

Stand on Your Own Feet From a young age Branson was trained to think for himself and to get things done, and went from small cottage industries to setting up Virgin globally. He listens to what others have to say however relies on himself to make up his own mind.

Have Respect One of the stories he recounts in this chapter is about the time he did something illegal. Branson's motto is "Never do anything if it means you can't sleep at night."

I highly recommend this book to young readers (and the not so young) as well as anyone with children in their charge. *Screw It, Let's Do It* is published by Random House, Australia, the ISBN is 1 74166 565 5.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Articles may be reproduced as long as they remain intact, the author is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com
To unsubscribe email unsubscribe@michaelascherr.com from the email address you'd like to unsubscribe from.

From My Desk

By
Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 6
30 June 2006

5 Simple Strategies for Stress Management

By Robert Monteux

As a hypnotherapist, my goal with clients is to help them discover both internal and external resources for dealing with their lives. In addition to work done in trance I always try to give clients homework- strategies, tools and techniques to use consciously on a day-to-day basis.

Stress is unavoidable in life. Some days even getting out of bed in the morning can be stressful. Managing the stress in your life is one key to staying healthy.

1. MANAGE SELF-TALK. What you say to yourself is important. We each have an ongoing internal dialog of between 150 and 300 words a minute.

This works out to between 45,000 and 51,000 words a day. Most of our self-talk is harmless thoughts that serve our daily activities such as, "I need to stop at the cleaners. "The danger is when inner dialogue becomes primarily, "I'll never be as good at this as he is," "This is going to be a lousy day," or "I'll never get this done. "What you think about regularly in your life tends to appear in your life.

Pay attention to what you say to yourself. When you notice negative thoughts, put up a mental STOP sign and say to yourself, "I'm better than this, I don't need to think this way. Is there another way of looking at this?"

2. STEP ASIDE. Imagine yourself walking down a long, straight road. You can see a good distance ahead and you notice a large truck coming straight at you at high speed. What do you do?

Try the following exercise and see how you feel: Breathe in for 4 counts, hold your breath for 4 counts, breathe out for 4 counts, and hold for 4 counts. Do this 3 times.

After the odyssey through the Magic Theatre, the hero in Herman Hesse's *Steppenwolf* laughs out loud as he realizes that reality is nothing but the free choice of one of the many doors that are open at all times. --Paul Watzlawick, *The Language of Change*, 1978.

This article appeared in the Winter 2003 issue of *The APHP Journal*, a publication of The Association for Professional Hypnosis and Psychotherapy (www.aphp.co.uk)

Robert Monteux is a Certified Hypnotherapist and HypnoCoach with Portland Hypnotherapy in Portland, Maine. He can be contacted via <http://www.hypnosis-now.com>.

Article Source: http://EzineArticles.com/?expert=Robert_Monteux

Step out of the way! When heading into situations you know might be stressful, take a moment to mentally, or physically, step aside and review your options for dealing with the situation.

3. CHOOSE. There is nothing in your life that can MAKE you angry, glad, sad, fearful, or happy. You choose to react in the manner that fits your belief system.

Take a moment to ask yourself, before or after, "How could I react (have reacted) differently to this?" and make a conscious choice.

4. PERSONAL TIME. Take breaks. In a busy, sometimes stressful day, schedule time for regular breaks. Take a walk, meditate, or just get up from your desk and go somewhere else for a few minutes.

5. BREATHE. Follow the old advice and "Take a deep breath" before you act. Breathing helps to center and calm the body and mind. We often forget to breathe in moments of stress.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Articles may be reproduced as long as they remain intact, the author is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com
To unsubscribe email unsubscribe@michaelascherr.com from the email address you'd like to unsubscribe from.

From My Desk

By
Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 6
30 June 2006

TAA40104 RPL RCC

Do you have a Certificate IV in Assessment and Workplace Training? Is it the just 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.

"The highest form of ignorance is to reject something you know nothing about."
Dr. Wayne W. Dyer



Intuitive Readings

Need answers to questions?

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.

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

Testimony

I came to Michaela to help me find my \$4000 diamond ring I had lost over my Christmas holiday on the coast. I was sure I had lost it forever! She told me it was in a blue bag with lots of zippers, and was caught inside. I was sure I had looked through every compartment of my suitcases. Trusting her advice and ability to predict, I looked in the bag she described, and also looked in the zipper. It was there!! It was strange, because since Christmas time I have had 3 moves, and travelled interstate.

If you have lost an item, I recommend you ask Michaela! Thankyou so much for helping me find my ring ©
Bindi, Kingsford NSW



BASIC DNA SEMINAR

This fun seminar teaches you an easy and powerful technique called *Thetahealing™*.

You can learn to remove blocks that prevent you from achieving your goals and dreams and witness instant physical and emotional healings. The basics are taught in a three day seminar.

Instructor: Davina
When: Fri 25/8/06, 6.00pm - 10.00pm
Sat 27/8/06 and Sun 28/8/06,
9.30am - 6.00pm

Investment: \$330.00

Information & Bookings: 0438 59 89 95

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Articles may be reproduced as long as they remain intact, the author is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com
To unsubscribe email unsubscribe@michaelascherr.com from the email address you'd like to unsubscribe from.

From My Desk

By
Michaela Scherr



ISSN 1832-9888

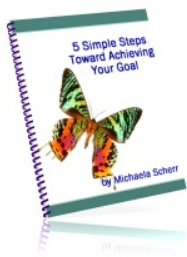
Vol 3, Issue 6
30 June 2006

Performance tip:

Before a meeting or interview, take at least three, slow deep breaths to centre yourself. Then, close your eyes and focus as if you were looking straight ahead. As you do this, keep your mind blank for at least one minute. If thoughts and images return refocus and concentrate on your outward breath until the mind is once again blank. This exercise will help centre you and allow for greater mental clarity and focus.

"You know you've read a good book when you turn the last page and feel a little as if you have lost a friend."
Paul D. Sweeney

Self Help Tool Gallery



AUD\$24.95



AUD\$24.95



AUD\$19.95



AUD\$14.95

Website e-book here soon!

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>

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

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Articles may be reproduced as long as they remain intact, the author is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com
To unsubscribe email unsubscribe@michaelascherr.com from the email address you'd like to unsubscribe from.