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The logo for Anji inc. features the company name in a stylized, dark blue font. The 'A' is particularly large and decorative, with a white dot above it. The background of the logo area is a light blue gradient with a white sun-like shape.

Take Charge of Your Health

## A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

November 2005

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**Dear Jennifer,**

Welcome to the inaugural issue of ***A Place of Peace*** from Anji, Inc.!

Over the past several months, I have been working on a new website for Anji - and it's finally ready! With the new home page comes a stronger commitment statement from Anji: It is imperative for your physical and emotional health to learn how to create a place of peace no matter what is going on around you.

**When you know how to do this, the ripple effect through your life will be significant.**

Each time this newsletter is published (the second Thursday of each month), there will be an article detailing a different aspect of learning to create peace. In addition, there will be a self-care/meditation exercise to practice. Each month, the article will be focused on women's general emotional health with additional information for enhancing fertility and pregnancy after infertility or loss.

The rest of this month's newsletter is devoted to giving you a chance to create a place of peace and to learn more about why it can be of benefit to you.

I am very excited about this new direction for Anji - and I would love feedback about the new look and the message.

I look forward to connecting with each of you on a monthly basis!

Warmly,

Jennifer

## *Why is Creating Peace so important?*

When you learn to create peace either through relaxation techniques or through learning to take charge of your thoughts and emotions, you make changes down to the cellular level throughout your body.

Not only that, but you feel better too!

Check out the new homepage for specific information on general women's emotional health, infertility, miscarriage, pregnancy after infertility, and general reproductive health. To see this information, scroll down to Step 2 on the homepage.

[Click here for the new homepage...](#)

## *Free Meditations!*

Want to experience what I mean by a place of peace?

One of the new features of the website is that it allows you to receive three free guided meditations. Each meditation is designed to help guide you to a place of peace.

Since you are already a member of the Anji community, I am going to give you the link to the meditations. You will have the opportunity to download meditations creating a place of peace for: general health, fertility, and/or pregnancy after infertility.

When you click on the link below, you will be asked to insert a confirmation code. Here is the code: SDF342FGS34

**If you find the meditations helpful, please pass the information along to your friends. However, please send them to the Anji homepage ([www.anjionline.com](http://www.anjionline.com)) and have them sign up in the Free Meditations box.**

[Click here for Free Meditations](#)

## *Need help learning to create peace?*

Anji can help! Partner with me and learn how my new services can help you create peace no matter what is going on around you!

[Learn more here](#)

## *Quick Links...*

- [Ceate Peace for Women's Wellness](#)
- [Create Peace for Optimal Fertility](#)

- [Create Peace after Miscarriage or Loss](#)
- [Create Peace during Pregnancy After Infertility](#)
- [Create Peace for Reproductive Health](#)

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