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The logo for Anji inc. features the company name in a stylized, dark blue font. The background of the logo area is a light blue gradient with a white sun-like circle and rays.

Take Charge of Your Health

A Place of Peace

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

April 2006

in this issue

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Dear Jennifer,

This month I am starting a series of articles that will talk about the fundamentals of creating A Place of Peace (*use the links at the end of this newsletter to learn why this is a MUST for fertility, pregnancy after infertility, and women's health*).

At the end of the series, you will have my blueprint for creating emotional and physical health and wellness.

One small change to the newsletter is that it is now going to be published the first Wednesday of the month (instead of the second). Then, the rest of the month, the weekly meditation and self-care tips will give more specific ways of practicing the ideas in the monthly newsletter articles.

One final note, the brand new IVF CDs are finally ready! **Thank you** to all of you who participated in the survey at the end of 2005. See the description below to see all the new features.

Have a great month!

Warmly,

Jennifer

Just the Facts! Step 1 - Relax

The Anji system for creating **A Place of Peace** teaches you a simple 4-Step process. When you are finished, you will have an entire tool box of skills which will put you in control of your physical and emotional health. The 4 step process is:

Relax

Release
Renew
Reconnect

This month's newsletter is all about Step 1: Relax

Relax often has negative connotations. Think "Just Relax, honey, it's not as bad as it seems." Or "If you'd just RELAX, you'd be fine, you'd get that (baby, job, partner, money). Yeah, right.

But, the truth of the matter is that the physical and emotional act of relaxing is imperative for your body to function at it's best.

So, think about relaxing in terms of providing your body with a break - rather than 'forgetting' your troubles. Think about relaxing as an essential element in the lifecycle of your body's systems instead of a thoughtless 'truism' that gets thrust at you when someone really doesn't know what they are talking about!

Here are three tools to create a break for your body and mind - the first step in creating A Place of Peace:

Tool #1 Breathe

Yes, I know that this is something that you do on a regular basis. And, yes, I **know** this sounds simplistic. But, the type of breathing I am talking about is deep, abdominal breaths. These types of breaths are a signal to your body that you are in a rest phase ~ and your body **will** listen.

Generally, we are shallow chest breathers, especially when the stress is mounting. Take a minute to close your eyes and just notice your breath. Is your chest or your belly moving?

A simple way to give your body rest breaks is to sprinkle 2-3 min of deep breathing throughout your day - standing in line for your coffee or lunch, at red lights, before a meeting.

To learn how to do deep diaphragmatic breathing visit the description on my website [here](#)

Tool #2 - Give Yourself a Break

We all want our goals and dreams to happen now, if not sooner. When they don't happen as quickly as we want them to, we tend to try to find the meaning in the reason why they haven't happened - or we double or triple our efforts to work harder to MAKE them come true.

But both of these are traps.

Generally we look for negative reasons why we haven't met our goals - and underneath whatever the language happens to be is generally the emotion of feeling unworthy, unloved, or unlucky (think victim). None of these are actually true - but, boy, does it

sure feel like it

Doubling or tripling the efforts looks like a great idea at first. But, usually what this means is that we take absolutely no time for ourselves, we slip into desperation and then work ourselves so hard that our bodies and minds can't keep up. We end up working twice as hard for a half, or a third of the results.

When you find yourself slipping into one of these traps, do 2-3 min of deep breathing. Then, come up with a reminder phrase that keeps you from getting caught any deeper. Something like: Even though I am anxious to have this happen right now, I know I deserve to have this happen. Or, Even though I feel anxious about this, I am confident that things are working out in the best way for me possible.

Tool #3 - You are in charge

Want to believe it or not, you alone are responsible for your emotions. This has been one of the hardest lessons I personally have learned. But also THE most valuable.

Oh, I know that it feels like someone else is responsible for how you feel. After all it is the someone else that says the cruel things, or does the mean action, or creates the bad situation.

But when it comes right down to it - you are choosing how to feel. Once you get over your irritation and anger at me for this statement, step back. How much power does this give you? You can't be a victim of someone else if its you who's in the driver's seat. Notice how you can let your guard down when you realize this.

Now you have three tools to begin to work with the first step of the blueprint for creating A Place of Peace.

As you practice with these tools, you will find yourself gradually relaxing into your daily life. You will find you have less resistance and less angst about your life. From this point, will be able to allow your body and mind the break they so desperately need.

Now remember, this is just the first step. Allow yourself time to learn. Step 2 allows you to let go at an even deeper level. Then Steps 3 and 4 allow you to rebuild and create your wellness.



Meditation and EFT to support the Meditation

Close your eyes and take several deep breaths

Imagine for a moment that a cloud of warm, fluffy cotton begins to encircle your body from the waist down. It is gentle and non- restrictive.

It looks so soft and so inviting that you decide to sit down. The cloud contours exactly to your body. It feels so good that you decide to lay back, just allowing your body to be completely supported. There is no effort on your part, just simply to enjoy.

Feel the total relaxation that begins to wash over you as you simply enjoy being supported fully and completely. Allow the relaxation to continue to deepen with each breath.

Stay as long as you would like, giving your body and mind this gift of relaxation and a break from day to day living.

EFT to support Step 1: Relax

Even though I know that relaxing won't really do anything for me long term - or really bring me wellness, I deeply and completely love and accept myself.

Even though I don't really believe that my life is really working out in the best way possible for me, I deeply and completely love and accept myself.

Even though I just can't accept that I am the only one who is truly in charge of my emotions - after all, what about the people who make me feel guilty or angry or sad, I deeply and completely love and accept myself.

Tapping in Affirmations

I am allowing myself to take a break
I am feeling the power of being in charge of my emotions
I am relaxed
I am giving my body exactly what it needs to relax
I am giving myself a break
I am relaxing into my life more each day

[Tapping Points and EFT Explanation](#)



Brand New IVF CD!



They are here! After listening to your feedback about the IVF CD, I have created a CD with all new scripts and all new music.

New Feature #1

The CD now contains 4 tracks instead of 3. The new track supports you during the time in between retrieval and transfer.

New Feature #2

I have taken the instructions off of each track and created a different beginning relaxation portion for each track.

New Feature #3

Each track has different music. There is a similar theme that runs through all the music so it is cohesive, but each piece of music is different.

[See them in our store!](#)

Quick Links...

- [Ceate Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)

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