



# Lucie's News - November 2018

## Healthy Mind, Healthy Body, Wealthy Living!

VOL #7



Dear friends, clients, colleagues, and future readers.

### **What is your relationship with yourself?**

Have you ever noticed how often what you focus on comes into your life? From my experience it happens with both the negative and the positive. Let me explain with a specific example. Last month as you know I went to Mexico on my own for few weeks. The goal was to release stress, rejuvenate, nurture myself (my soul), get clarity, refine my next project, move forward with my business (my life purpose), and finally become who I am supposed to BE. The moment I chose ME, when I chose to BECOME WHO I REALLY WANT TO BE which was in alignment with my deep desires, everything around me aligned to confirm that I was on the right path. For instance; two of my great contacts called me to create business projects that will help thousands of people globally, I was drawn to read books that align with that vision and finally I was in awe with deep feelings of all the potential and possibilities within me.

Many people including myself, have tried to fill the void within with material things, tried to find themselves in the arms of a life partner or within their children etc. The reality is no matter what the others do for us, no matter how much they try to change or please us, it has nothing to do with them but everything to do with YOU.

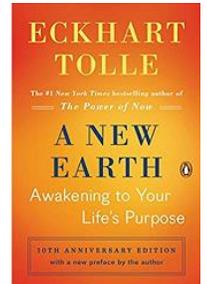
Over the years, I realized that the most important relationship of all is the relationship that we have with ourselves. From there, truth, clarity, compassion, love, self-presence, self-healing arises. Find out who you really are, truly appreciate who you have become, accept "what is" and move from that point to the next.

Doreen Virtue says in one of her Archangel Oracle cards: "As you nurture a child, you nurture your inner child. Both activities are important for you right now." The reverse is true as well. "As you nurture your inner child, you nurture a child." - **What does nurture yourself really mean?** Please find a great video from Adam Roa who inspires people about this.

**How to find the perfect relationship | Adam Roa**  
<https://www.youtube.com/watch?v=bUMFZM5WBrI>

This month, I would also like to share with you an amazing book that I read that was referred to me by my oldest daughter last summer. In this book A New Earth, Eckhart Tolle will guide through a journey to understand *who you are, how you contribute to this wonderful planet earth and how you can find your life purpose.*

<https://www.amazon.ca>



**"YOU"** is the most important subject that connects everything in your life experience. When you begin understanding "YOU" (who you really are) and pay attention to the different "states of YOU"; plus the diverse states of the other persons that you interact with; states like moods, beliefs, precepts, perceptions, communication lines, physical manifestations; you then realize that these states determine how close you are or they are to attain or out of reach from achieving your / their DESIRES in life.

To finalize this month's Newsletter, please find a video testimonial from my client Ryan who has done hours of **"Processing You"** with me. The work done together has helped him realign to who he really is, recover abilities that were out of reach from past conditioning and finally reaches for the next level in his life.

**Video testimonial**

<https://youtu.be/YM-948ZwkdI>

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My work, Mind-Body Success Processing covers 4 basic cornerstones of "YOU" the physical, mental, emotional and spiritual well-being; when one is out of balance for example with stress, anxiety, negative emotions, health issues it affects the other ones. - **"Processing You"** is the fastest, short duration, high impact way to help professional recover their full potential, regain abilities, improve productivity, and reach their wants for life and business.

If you know anybody that you feel this Newsletter could help or if you feel that my work could benefit anyone you know please share this with your friends.

**Previous Newsletters link:**

<https://conscioushealthylives.com/previous-newsletters/>

To Your Mind-Body Well-Being, with Love, Lucie