

# TREE OF PAST LIFE

December 2018

## LADIES HOW ARE YOU DOING?

Are you preparing for the weeks ahead?

Are you feeling you have everything in hand?



*Tears help us to understand ourselves at times*

A great idea as the truth is, we write our very own story each and every day. Some days will be incredible, and some not so. But they are our stories nevertheless.

We take the emotions from the movies and we learn to use them, enjoy them and embrace them as they unfold within our own lives. We adapt, we embrace and we learn to feel them, not just through the telly box.

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## *As we watch the Christmas movies*

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It would be very natural just to feel a teeny weenie bit confused at just how these annual films may leave us feeling. You know what I mean ladies...we find ourselves going through in the space of a two-hour film all the emotions we can muster up. What with the love thingy... the romance... the togetherness and of course the remarkably well-behaved little children who never set a foot out of place. (*and eat all their dinner and say thank you*) The snow always falls bang on cue...the kisses under the mistletoe...the huge Christmas tree where everyone meets below it's finery to celebrate and sing beautiful songs...the thousand twinkling lights and so on and so on... oh and lets not forget the super duper white snow wedding and of course everyone lives happily ever after...amazing and all in a couple of hours.

You won't be the first or indeed the last to nip off super-fast for a heavy date with the bucket and the kitchen floor mop...calling into the loo for some tissue to swipe away the tears up on route.

Then back to earth with a bump to the never-ending list of chores you have gathered up for yourself...hardly leaves you feeling romantic!

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## *Oh, how wonderful life would be to stay in the movie moments*

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So, I guess the answer to this is to make your own movie magic. Where you are both the writer and star. You write your day's plans, your hopes, dreams and inspirations. Your beginning your middle and your outcomes.



*Just spread your wings*

## Contact Us

### Tree of Past Life

[www.treeofpastlife.co.uk](http://www.treeofpastlife.co.uk)

Author of "One for the Ladies"

A great and special gift for all women. Share it with your Grandmothers, Mothers and daughters. Pass it down and pass it on. You are so worth it. Use it as a great reference full of tips and topics all through your year. For your personal and eureka moments

Click the book below for UK

<https://www.amazon.co.uk/One-Ladies-Sally-Lindsay-Davison/dp/1722950641>



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*Because you see we all have wings, we all have within us the full range of emotions to get us through our life. Using them to help us grow help us develop and of course help us be happy.*

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So, ladies, don't just save your emotions for the movies...swallow, choke them back and then cast them aside. Let yours be free to run each and every day, not just Christmas.

Christmas is a time for giving...and giving has a ripple effect that will carry you through the full year ahead.

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*Your wings already exist all you have to do is learn how to fly*

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Thank you to America as you seem to bring us some of the best Christmas movies out there. They can open the heart and pull on our strings.