

TREE OF PAST LIFE



The sun is out and the sky is blue...but are you under a grey cloud?

ARE YOU IN TOP FORM?

Do you wake up with a zest
for life?

Are your future plans exciting
you?

Do you feel you have so much
to offer?

Are you reaching your full
potential?

Are you happy?

Simple enough questions but
do you have your answers?

Are you emotionally drained?

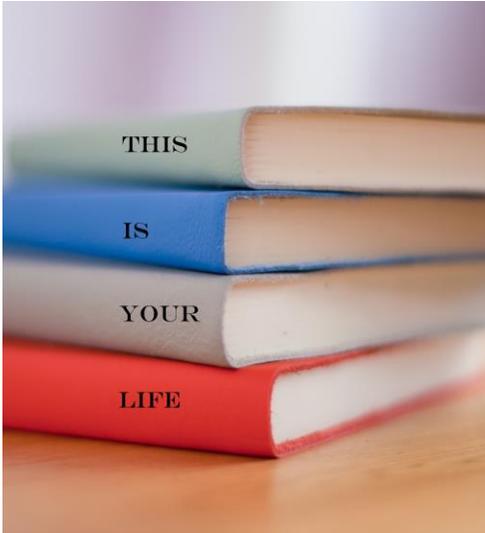
Very often you can be experiencing all manner of symptoms yet just can't get to grips with where or why you have these feelings... it can all be very confusing.

You may be experiencing a sense of hopelessness and feel everything around you just doesn't seem all that important any longer. You begin to retract into yourself almost as though you are pulling an invisible cloak all over you. You may feel your energy has been sapped and it's easier for you to adopt a couldn't care less attitude. You feel even more drained when certain people are around you, life just appears to be going through the motions and passing you by somewhat. Happiness becomes a stranger.

You may find you are tired, even after a decent quality normal sleep. You lack any zest any enthusiasm, all your get up and go has well and truly got up and absconded. Your body may be suffering with various different aches and pains seemingly every day in different ways. You feel heavy, lifeless and with a sense of just giving in to everything around you. Anything for a quiet life! You are despondent and view your life as empty, drained of any joy. No amount of sleep will help when you are emotionally drained.

Not pleasant is it? Now is the time to take a good long look at which elements in your life are causing these feelings. One such example, but certainly **not** the only example, would be to make sure your closest partner is indeed the right person who should be in your life, and sharing your life. Your immediate relationship, your chosen partner will have an enormous influence in all areas of your life. Now that is not to say that close person is bad, of course not... it is more to say you may possibly not be compatible for each other. It is very important for your wellbeing and happiness just the same as your partner, that you are both equally happy. Everyone has ups and downs, part of life's rich tapestry. However, if your downs are definitely very down and your ups are very rarely up... then that may be your answer. Deep down we will know our answers.





FALLING DOWN IS AN ACCIDENT, STAYING DOWN IS A CHOICE

We are not given a good life

Nor are we given a bad life

We are given a life

It is up to us to make it

Good or bad

Some of your chapters may be sad, some of your chapters may be challenging, some of your chapters may be dam hard work and some of your chapters will be happy...

but if you never turn the page you'll never know.



Regards to all from

Tree of Past Life.co.uk

Bristol, Somerset Author of "One for the Ladies"

Available on Amazon <https://www.amazon.co.uk/OneLadies-Sally-LindsayDavison/dp/1722950641>

One For The Gentlemen...coming soon

