

JULY 2007 - A LONG LIFE

Once again, this newsletter consists of my thoughts and reflections on life in general.

Over the years I have met many people. I have formed friendships with those in my own age group and some very much younger. Despite the, sometimes, vast gap in their ages their main ambition seems to be to retire ... to put their feet up, relax and take things easy.

I can quite see that they want to get out of the rat race. But I also believe that we all need a reason to get out of bed in the morning - something fulfilling and meaningful. I was told that by someone I knew quite a few years ago and I believe it has a lot of value and merit.

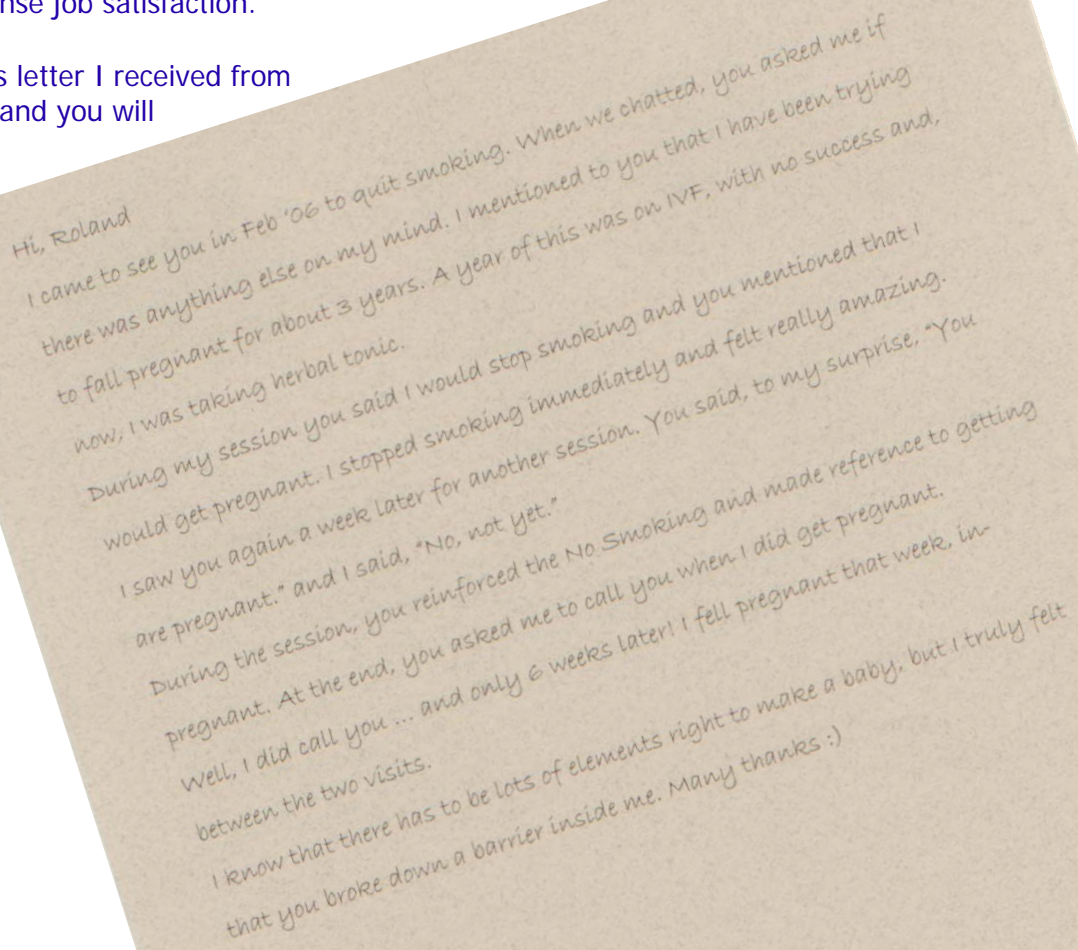
In my opinion, we're best off to do a job, or run a business, until the excitement has gone out of it and it has become a bore. Then, pack it in and do something different. Something different, with a whole lot of new challenges ... that will give you back that zest for life again.

Sure, your next job or business may not be a runaway success. But, no matter what, you will have gained experience and a wealth of knowledge along the way. I believe the aim is to end up with a profession or job that gives you a sense of satisfaction and fulfillment. Something you can do at a pace with which you are comfortable.

Only recently, I read an article about retirement in one of the major newspapers . After much research, the conclusion was drawn that **people who carry on working ... live longer!**

The work that I do gives me immense satisfaction. And I plan to carry on working as long as I am able to. It has so many different aspects to it and the different challenges that arise regularly keep me on my toes. And I enjoy immense job satisfaction.

Take a look at this letter I received from one of my clients and you will see why.



Hi, Roland
I came to see you in Feb '06 to quit smoking. When we chatted, you asked me if there was anything else on my mind. I mentioned to you that I have been trying to fall pregnant for about 3 years. A year of this was on IVF, with no success and now, I was taking herbal tonic.
During my session you said I would stop smoking and you mentioned that I would get pregnant. I stopped smoking immediately and felt really amazing. I saw you again a week later for another session. You said, to my surprise, "You are pregnant." and I said, "No, not yet."
During the session, you reinforced the No Smoking and made reference to getting pregnant. At the end, you asked me to call you when I did get pregnant. Well, I did call you ... and only 6 weeks later! I fell pregnant that week, in between the two visits.
I know that there has to be lots of elements right to make a baby, but I truly felt that you broke down a barrier inside me. Many thanks :)

Kind Regards

Lisa

Till next time

Roland James