



Committed to giving you back your Personal Power



NEWSLETTER MARCH 2010

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"Everything in your life is there as a vehicle for your transformation. Use it!"

Ram Dass: Author and spiritual teacher

Hello Readers, welcome to Beyond Your Boundaries March Newsletter.

I hope you all enjoyed last month's Special Edition Newsletter. In fact, I know you did. I got some really positive feedback. Some of you even said that my Newsletters are getting better. That's great. I don't know if I am doing a good job if you don't tell me. If there is anything else you can think of that will make this Newsletter stand out even more, then please, let me know.

The essence of March is here and as spring dawn on us all, we look to its energy to revamp once again our desire to tackle our obstacles, complete our unfinished tasks and/or fire up our simmering aspirations. I know that there are some of you who are still waiting for that someone, or something to make your goals happen. I can tell you from personal experience; no one can make your goal happen but you. No one can achieve your goal but you. No one can set that goal in the first instance but you. No one said it was going to be easy. *The difference between where you are now and where you want to be is YOU.*



For those readers who are determined to make this year, a year of change, of action, of making a difference, of plugging into your own resources and Personal Power, then read on and gain insight from Beyond Your Boundaries.

Dora Martin

Beyond Your Boundaries

Life Coach/NLP Master Practitioner

Perseverance – *"In the confrontation between the river and the rock, the river always wins.....not through strength, but by perseverance".*

Perseverance is one of my core qualities. It resonates with me. I remember when I first started my business in 2007. One of the things I said I would do, is to produce a weekly Newsletter, but as the weeks went by so quickly, I decided to make it monthly.



I would go to my office in the evenings, produce my Newsletter and email it out to the world (well, those on my mailing list) as well as my website, every month. I always invited anyone to give feedback. (Else how would I know if I am doing a good job or writing what people wanted to hear.) A year went by and not one return call or email mentioning any topic on my Newsletters. And I thought to myself "Is anybody reading this?" I even began to feel like a 'mad woman' going to the office every week to produce a Newsletter that supposedly nobody read.

"You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile."

Nonetheless I was determined. I had to do it. I was driven to produce my knowledge, my experience, my expertise and my wisdom in the form of my Newsletter and give it out to the world. I was compelled to go to my office every week and write all and anything that I knew. So I persevered and just like that, one day I got one email saying how amazing my newsletters were and how much the person enjoyed reading them. And I thought "YES, YES. There is life out there, someone IS reading them." I was so happy. I was even happy to continue producing them even if only one person read them. As time went on, I got another email and another from people who had decided to 'get up' and set some goals and make it happen. Or they would pass it on to someone who needed to hear what I had to say.

I knew I was doing this for a reason. Now, if I miss a month, my readers want to know what's going on. **It's good to make a difference.** And like I stated above, no one said it was going to be easy.

Dora Martin - Beyond Your Boundaries



"Where some people go you cannot follow ...Let them go....."

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."

Earl Nightingale:

Was a motivational speaker and author, a radio personality, and the co-founder of Nightingale-Conant



Beyond Your Boundaries is committed to inspiring you to living Your life and achieving your goals.

To helping you get past and over those obstacles that hold you back.

To giving you back your Personal Power.

Invest in Your Life.



**STORYTELLING – LETTING IT GO
(the Power of the Unconscious Mind)**

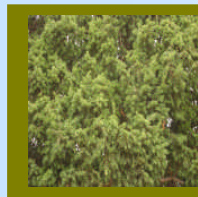
Sometimes when we try hard to change our lives or achieve a goal things get in the way. It may be an unresolved issue deep within yourself. Or maybe something else. Let me tell you a story.....

Years ago, my elder sister died. As you can imagine it hit me very hard. She was 11 months older than myself and we were like twin souls. When she died, half of me died with her. And my whole world fell apart. As the years went by, I did not heal. Maybe I did not want to heal. I continued to ask myself how and why and I looked for her in every female that looked familiar. I tried to befriend them but without success. And for years after my sister's death, I had the same reoccurring dream. If I did not dream every day, it was every other day, or every week...

...I would dream I was in a hospital where my sister was taken. I would find myself in the back exit stairs of the hospital. I was only a small child in this dream. I would be climbing the stairs. The stairs seem to go on and on and up and up forever. After a while, I would come to a door, the door would always be hard to open. When I entered from behind the door, I came onto a ward. It was a huge ward and there were lots of corridors, rooms and beds with curtains drawn around them. I would be looking in each one trying to find my sister. When I thought I found her, without warning, I would find myself back in the exit stairs of the hospital; climbing up the stairs, trying to get to my sister.

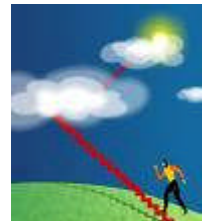


This reoccurring dream went on for years, more years than I can recall. And still I would not heal from the loss of her in my life. I just could not, or would not, move on.



The years went by and I grew older, life and opportunities passed me by until I became aware that the grass was growing tall, above and over me and I was becoming invisible, or obsolete. I was becoming a speck. I soon came into a realisation that the Universe, maybe even my sister was telling me that she was in a safe place, and where she was, I could not enter. I had to Live, I had to live my own life, I had to move on. I never understood this before.

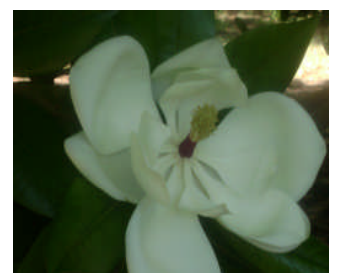
I did not understand that for many years, my unconscious mind was trying desperately to help me to heal, the Universe was trying desperately to help me to heal, my Sister was trying desperately to help me to heal. And after that realisation, I did. She was gone and it was OK. It happened. I knew my Sister WAS in a safe place and that she was being looked after and being cared for.



And so, I began to live. I began to grow; taller than the grass that was once above me. Opportunities came to me, I met some wonderful people along the way who, just by being who they are helped me to grow, mentally, emotionally, and spiritually and ultimately inspired me to live my life to the full. Now, I LIVE for my Sister. I hope she is proud of me and all my achievements over the years. And you know, it's good to let go. It's OK. I can now make my goals and make them REAL.

If you find you have a problem getting that 'thing' started. Maybe you are hanging onto something that has past. It's time now, to let it go....let it go. Listen to your unconscious mind....let it go...listen to the Universe....**let it go.....let it go.....let it go.**

And you know, once you let it go, it becomes easier to let other things go. And the pain becomes less, and all other pains lessen and life becomes easier, brighter, better. And good things begin to happen....**Let it go....Now.....**



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