



## ‘Time for myself has made life better for my whole family’

**Dini Church, 41, a businesswoman from Suffolk, is on her way to realising her dreams of being a writer after a Dawn Breslin/Here's Health Zest For Life workshop in January.**

‘My husband and I had been through a separation, and were trying for a reconciliation, but we were both feeling quite down. When he heard about Dawn Breslin's Zest For Life workshop, he thought it would be an ideal present for me, to help us get back on track.

‘It was a workshop for women, to challenge old perceptions and turn negative thoughts into positive ones. Watching Dawn speak was like watching someone dive straight into a clear pool and we all wanted to follow – there was so much energy and positivity around her, which really summed up the feeling at the workshop.

‘Positive thinking was a key element of the day. At one point, we wrote down all the negative words we used to describe ourselves – things like lazy and fat. In groups, we discussed why we used them,

then banished them. Instead, we used positive phrases such as: “I am kind” and “I am clever”. It made me think: “Yes, I am kind, actually”. We also wrote down power statements like: “I can have time for me without feeling guilty,” which I can look at whenever I feel negative, and start to feel better about myself.

‘One of the best things I've taken away from the day is that I'm now writing a script for a competition – something I had always wanted to do, but never had the courage to before.

‘A big part of what I learnt was that I wanted to give my children two parents, and to be a good parent to them, and a good partner to my husband. It helps to know that it's okay to take time out for myself without feeling guilty. For most of the time, I give myself to my family, but now I also put time aside every day just for me.’

● **Turn the page for details of the latest Here's Health/Dawn Breslin workshops.**



## ‘It was full of positive energy – I cried so much during that week’

**Chris Colgan, 38, from London, left his job as a customer relations director at an internet company to teach holistic therapies, after visiting Sedona in Arizona.**

‘I was working for an internet company but I'd been interested in complementary therapies for a while, and practised reiki. One day, I read about a Soul Recharge day run by spiritual fitness trainer, Caroline Reynolds, and felt I could really do with it. I just along looking for some clarity, I ended up being cleansed of some really powerful, negative energies. It was this day that changed the course of my life by opening up my mind to new possibilities.

‘On that day, I picked up a leaflet about a trip that Caroline was arranging to Sedona in Arizona, and I felt a tremendous pull to go. Sedona is a deeply spiritual place, and I knew I had to join the trip, so I booked straight away.

‘I had no expectations about the trip – I just trusted it was the right thing to do. It was amazing in Sedona's red mountains. We did meditations, energy and vibration work, and auric readings. The place was full of positive energy – I cried so much during that week.

‘While we were in Sedona, we met a Native American couple and ended up helping them to tear down their old sweat lodge and build a new one. We went into the new lodge on the first day of the new millennium, and people were there from many different nations, which made it a truly magical and profound

experience. Within a week of returning from Sedona, I resigned from my job. I didn't know quite what I would do but I couldn't work at an internet company anymore.

‘While I was in Sedona, three words kept coming into my head: “Releasing the warrior”. I didn't know what they meant, just that they would be significant. A few weeks later, I joined another of Caroline's personal development courses. The homework included writing about: “What I'd love to do in life”. Rather than write down my thoughts, I decided to be creative and mock up a flier for some reiki workshops. I put my three words on it: “Releasing The Warrior”, and some dates – and suddenly people started turning up with cheques, wanting to go! At that moment I realised that this was where I wanted to be.

‘Now I do reiki and space clearing, where I go in and heal people and the space they live in, such as after a relationship break-up.

‘I'm going on the next trip to Sedona to help lead a vision quest. This is the life I used to dream about, and now it's real – and it's much more worthwhile than staring at a computer screen all day.’

■ **Call Chris Colgan for reiki and space clearing on 020 8660 3889, or e-mail [chris@spiritwarrior.co.uk](mailto:chris@spiritwarrior.co.uk).**

■ **Caroline Reynolds' next trips to Sedona are *The Native Spirit Experience* (September 25-October 4 2001) and *The Vision Quest*, (October 8-16 2001) – call 020 8248 3655 for further details.**