

# Conscious Living

Newsletter for Personal Growth & Wellbeing

October, 2008 - Issue 1

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[www.lemontreetours.com](http://www.lemontreetours.com)

[www.con-living.com](http://www.con-living.com)

## A smile for you

We like ... 'the man from Marin'  
<http://www.youtube.com/watch?v=GQUUFg6p0aE>

Books which might catch your attention:

Gideon's Dream, A Tale of New Beginnings  
by Ken Dychtwald, PhD, Maddy Dychtwald,

Dave Zaboloski and Grace Zaboloski, ISBN 978-0-06-143497-6

## Dear Eve,

Today is the day, the first day of a new chapter, bringing the next business step to the public eye. The warmest welcome at the first Issue of 'Conscious Living', the newsletter where bridges are built between "seekers" and "healers" around personal growth and well being.

Leaves are changing colors and falling off the trees, the world is holding on the breath with the drastic change in our economy. Beliefs are shaking, what seems to be strong and trustful is now questioned. And America is waiting and hoping for change around the election.

Is this the right time to expand? YES! We believe that "the change you wish to see in the world, has to be in you". Inside each balanced, happy and healthy human lives the cell of consciousness, the sprout which will throw the switch. We have to pave the path to a new evolution.

For many, healers are still often seen as fairy beings out of space or offering services for bored luxurious beauties. It is time for us healers to step up into a settled, accepted business habit and environment. Conscious Living will offer public marketing tools and consulting for marketing & business development to support you, the healer. The "seekers" searching for personal growth and well being, not knowing which path to go or treatments to choose from, will be soon offered the resource tank of this wide range of amazing practices, schools and systems. Our vision is to create the wikipedia or yellow pages for healing modalities, practitioners, events and wellness products - all in one source.

Would you like to be part in that? We are just a

[www.harpercollinschildrens.com](http://www.harpercollinschildrens.com)

JOY, no matter what by Carolyn Hobbs, ISBN I-57324-968-8 [www.carolynhobbs.com](http://www.carolynhobbs.com)

### Quote of the day

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit.  
--Helen Keller

### Subscription

We hope you enjoy your subscription to Conscious Living monthly newsletter. You receive this newsletter, because you know people in this issue. If you need to cancel your subscription please do so any time. As always, feel free to forward this letter to your friends and expand the circle of consciousness.

phone call away.

Let's set a new course, strengthen our abilities to grow out of our comfort zone and save the place we are in, the existing and amazing destination planet earth. Conscious Living starts with you, so you can be the change you wish to see in the world.

We hope you enjoy the inspirations and offers.

Colorful blessings for all of you!  
Eve Simon (The founder, shaker & maker)

### Creative Business Solutions for a tight marketing budget



In a slow economy we have to create ideas to market our business with an even lower budget than usual. How will we find these solutions and what ideas will we

have?

Please join us for an evening class series to learn creativity techniques combined with business systems and structure. Open up into new ideas outside the box. Share and cooperate with like minded practitioners, coaches, healers or every one who is looking for a new way of thinking.

You will raise your business knowledge without feeling overwhelmed. You will gain tools you can use in the future to market your business in an easy and effective way. Instead of hiring an advertising or marketing agency, be efficient, learn and take the steering wheel of your business in your own hand. And last but not least enjoy an evening of teaching and training with fun.

Drop in class series every Tuesday 6.30pm to 9.00pm starting November 4th till December 2nd.  
Cost \$ 25.

contact [eve.simon@earthlink.net](mailto:eve.simon@earthlink.net) or call 415.246.3605

## 21-day Cleanse



Do you feel tired, sluggish and overweight? Do you feel stressed, and often have restless sleep? If you have answered these questions with YES, a cleansing package is a perfect solution to clean your body from toxins, loose weight, sleep and digest better, feel light and energized and improve your mood and positive thinking.

**21 day cleanse** with nutritional shakes and organic whole food supplements designed by leading health care professionals. (You will not have to starve yourself) including 2x 30 minute nutritional consultation with Dr Katharina Jonson for just **\$ 290**.

The whole food used in this 21 day detoxification and cleansing program are all grown organically, have never seen any pesticides or chemicals and are hand picked and processed at a low temperature to preserve the enzymes needed for the body to absorb the nutrients.

With this program, the entire system is loaded with nutrients, vitamins, minerals and enzymes, which we normally not get from our diets. It is very effective and easy to do.

Nowadays, the topsoil, in which our food is grown, is so depleted of nutrients, that it is impossible for us to get all the nutrients we need for the body to function optimally. The results are so illnesses, like cancer, degenerative diseases, and depression, to name a few.

Many of the conventional detoxification programs on the market deplete the body even further of vital nutrients, and they can do actually more harm than good. This is the reason why it is so important to carefully choose the right detoxification program.

The organic whole foods used in the 21 day program will give the body a boost of nutrients, and by doing so, the kidneys, liver and intestines, which are the main organs of detoxification will get so much energy, that they will start eliminate the toxins that were accumulated over the years.

"I recently had a client who did the toxicity questionnaire on my website, and she scored whit 83 points prior to the program (which is very high) and now, after completing it she is down at only 18 points. Almost all of her symptoms disappeared and she is now able to enjoy her life much more than she used to." (Katharina)

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[www.drkatharina.com](http://www.drkatharina.com) 415.637.3196 \* [Katharina@DrKatharina.com](mailto:Katharina@DrKatharina.com)

Dr. Katharina Johnson is a licensed Integrative Medical Doctor in Austria. She is dedicated to help her clients rid themselves of emotional and physical toxins that so often underline current health challenges. Katharina is trained in emotional release technique and also holds a certificate of postgraduate education in Nutritional Medicine. She lives and works in San Francisco, where she runs a successful holistic health care practice.

## Vacation with purpose



Lemon Tree Tours offers vacations that you can feel good about.

Our tailor-made tour packages pair adventure and relaxation with an opportunity for health and wellness professionals to use their skills and knowledge to help others. We make it easy for anyone to volunteer in a setting that is suited to their comfort level and price range.

By taking a holistic approach that combines sightseeing, language lessons, and a volunteer experience, we make it possible for you to develop meaningful connections with the local community.

Why Lemon Tree?

We take an interdisciplinary approach to medicine. Providers and students from all disciplines of health and wellness are welcome. Alternative volunteer experiences can be arranged for accompanying friends who do not have a health care background.

For more information check out our website at [www.lemontreetours.com](http://www.lemontreetours.com)

## Workshop series "Strengthening our Response-Ability"



How can we move through life in a more embodied, present way? All of us get off Center, but we can learn to shorten the time between reacting habitually and responding in the Present.

Anjali offers "Strengthening our Response-Ability," a four week committed series for those who want to learn to make choices more from their innate wisdom, specifically the belly and heart centers. In this group, we will build awareness of how we get lost in our thinking and conditioned reactions while gaining an understanding of how to move through life from a deeper place. We will discover how we can get back in touch with what we truly want in the now. The group includes guided meditations, centering exercises, heart-connected inquiry, and laughter.

Four Thursday Nights: October 23, 30, November 6 & 13, 8:00 - 9:30 pm  
Series Tuition: \$120 for all 4 classes

Anjali Sawhney is certified as an Integral Life Coach. Her approach includes Cognitive, Somatic (Mind-Body), Emotional, Relational, Spiritual Realms. She supports you in expanding your awareness and acceptance of who you are and what you want including opening sticky patterns and shifting limiting beliefs to have more fulfillments in life. Since Anjali left her corporate job as Director at Charles Schwab, she has focused passionate on Life Coaching & Mommyhood.

For more information on this series, contact Anjali [anjalisaw@yahoo.com](mailto:anjalisaw@yahoo.com) or 415-269-5151 .  
To register, contact Yoga of Sausalito at 415-332-9642

### Kaffeeklatsch - a monthly group for leading ladies in exchange



Come and join a unique circle of women, who have both feet on the ground and yet still looking for new inspirations in their busy daily life.

Whether you are a businesswoman, business owner, full-time mom or simply seeking new inspiration, you are welcome to join this circle of women to share your desires in a sacred circle.

This is an opportunity to exchange your experiences and share your opinions with new girlfriends. The concept of this gathering is to create an opportunity for a great group of women to gather and inspire - discuss everyday subjects, and life possibilities & challenges in an inspirational and loving way.

This circle takes place once a month in Marin or San Francisco with approximately 5 to 30 women. We invite you to bring a friend and make new friends. Each month we will highlight also a different subject or topic for discussion. Subjects in the past were Ayurvedic, Detoxification, motherhood vs. career, intuitive business decisions and fashion. Which subject would catch your attention? We kindly request that you RSVP ahead of time so we can determine the size of the group.

Kaffeeklatsch found its roots in Germany many years ago when women came to gather, have a casual conversation, and just connect with each other about this and that. The Kaffeeklatsch group offered support during a time when women didn't have the right to choose, to be independent, or even have any influence in decision making. Fortunately, times have changed and we can enjoy this time together with coffee and cake and learn from each other to develop a new spirit of womanhood.

Where and when?

First week every month - days will change, so everyone has the chance to participate. Check out the website for more details or subscribe into the mailing list. Location will be announced by registration and is usually in Mill Valley.

We look forward to seeing you at one of our gatherings!

Please call Eve (415) 246 3605 or send an email: [eve.simon@earthlink.net](mailto:eve.simon@earthlink.net)

By reservation only. Space is limited. The event is free. Contributions are welcome.  
For more inspiration check out: [www.con-living.com](http://www.con-living.com)



**Help needed!**

We are starting the journey in Marin, the hub of evolution and will expand soon to San Francisco. And from there on spread the wings to California and out in the world. Please join us. Your impact will bring our vision into reality and shift the consciousness into the next gear of evolution. We need volunteer support in many different fields. A talented native English writer (much better than a German writer fresh of the boat;-) or a web portal specialist would be wonderful to start with. Would you like to join the team?

And for you, we are always here. Are you in Transition and don't know where to go? In our database we will find the right modality or coach for you. Are you a massage practitioner, starting a career and need advertising and marketing advice? We will help you to manage your practice highly efficient.

Please mail us everything which comes into your mind. [con.living@gmail.com](mailto:con.living@gmail.com)

Sunshine from Marin is coming your way!

**Save  
\$10**

Balance, Beauty & Babies - Pamper Day for Busy Mom's with their little ones (0-9month)  
Mondays from 9am to 5pm in a beautiful setting in Mill Valley.  
Bring your girlfriend and your baby and enjoy in a sweet private setting a massage (\$1/min.), a facial (\$30) or further inspirations around beauty & balance even you are still nursing.

RESERVATION REQUIRED. SPACE IS LIMITED  
(415) 246.3605 \* [eve.simon@earthlink.net](mailto:eve.simon@earthlink.net)  
Eve [www.con-living.com](http://www.con-living.com) / Misha [www.mishaspavitale.com](http://www.mishaspavitale.com)

**Offer Expires: December 2008**