



# The Complete You

"...The truth of my being is that I was created perfect, whole and complete..."  
 - Louise Hay

September 08

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### Why become a Completely Human Member?



Membership to the Completely Human community offers a variety of BENEFITS.

You're able to [look after yourself](#) from a complete & whole perspective.

By purchasing a membership, you take the responsibility into your own hands to have your **FITNESS** looked after, your **HEALTH** assessed and provide yourself with regular **ACCOUNTABILITY** with regard to your emotional and/or spiritual wellbeing.

It's a one-stop, simplified package! The more bundled packages offers further **discounts!**

Membership details are available on the website or [contact us](#).

**This month's highlight** for you to consider is our increasingly popular

## CREATIVE COACHING

**WORKSHOPS**. Further information is available by clicking on the following link:

<http://ee.completelyhuman.com.au/workshops/creative-coaching-workshops/>

We present these every Tuesday afternoon from 1pm-4.30pm.

And on selected Saturdays, Saturday the 20th September, 4 October and 18th October.

And 8th and 22nd November!

Please contact Jackie or myself for [bookings](#) or further enquiries. **9284 1095**

## BOOK RECOMMENDATION FOR THE MONTH

[The Success Principles: How to Get from Where You Are to Where You Want to Be](#)

by Jack Canfield, Janet Switzer

I find myself keep coming back to this book. It has heaps of information, exercises and inspirational stories.

It's simple, practical and very helpful.

## Completely Human Newsletter

I appreciate this opportunity to send you a follow up letter about our website launch. You've most likely received a copy of our launch communication in the post. (If all went well with the postal service!)



I've added your detail to my database after having met you at a networking function in Perth recently. As you can appreciate, it's not always possible to ask at such a function "Can I add you to my database?" - hence I've taken the plunge and forwarded this email to you.

But, if you no longer wish to receive communication from Completely Human, please feel free to click the unsubscribe link below. We respect your privacy and time.

## THE MAGIC EMOTION OF HOPE

I've recently been thinking about the concept of HOPE quite a lot. What would we, as humans, be without hope?

Hope for our future? Hope for our children's future? Hope that our love relationship will last forever? Hope that we'll find love? etc... etc.. Hope - largely keeps us alive. It keeps us moving forward and allows us to face each day. And the next.

How do we keep our hope alive however? Is it something we create for ourselves? Or is it a natural part of being alive?

What are your current hopes? What are you doing to keep your hope alive?

As we're responsible for our own lives and the way we feel; it lies within our ability to keep our flames of hope burning.

*"Hope is a belief in a positive outcome related to events and circumstances in one's life. Hope implies a certain amount of despair, wanting, wishing, suffering or perseverance — i.e., believing that a better or positive outcome is possible even when there is some evidence to the contrary."*

Wikipedia explains that, according to mythology, when [Pandora](#) opened her Box, she let out all the evils except one: hope. Apparently, the Greeks considered hope to be as dangerous as all the world's evils. But without hope to accompany all their troubles, humanity was filled with despair. It was a great relief when Pandora revisited her box and let out hope as well.

We obviously don't want to live in a society of despair or despondency, so I've learnt it's important to keep hope alive; but to be aware of what we're hoping for.

I'm half-embarrassed to admit that I've been catching up on all the old 'Sex and the City' episodes. Charlotte specifically has been of interest - she's devotedly held on to her undying hope for "perfect love" throughout the series.

She has pinned her future happiness (and at one stage, success) in finding her "one true love" and settling down as a wife and mother.

But noticeably, if something goes wrong (and it inevitably does - this is Hollywood!); she crumbles. And this slowly breaks down her faith in herself.

As Charlotte unfortunately doesn't do, but perhaps you may want to do, is to understand what the underlying HOPE is/was for.

Is it for recognition? For love? For money? For accomplishment? For self-satisfaction? For perfection?

Once you've understood that, you may want to discover your underlying needs.

Charlotte (my guess) is most likely looking for love and security.

*...For in spiritual terms, we need both elements, the hope and the disillusionment, to see things clearly. (Harry R Moody.)*

My suggestion is that if you find yourself disappointed and disillusioned at all; stop yourself and look at the situation you're in - from beginning to end. What were/are your expectations?

Therefore, through looking at the unsatisfied needs may be a wiser way to re-define what you're hoping for. This may not result in a

I've steadily (although randomly) worked through a variety of the exercises and suggestions. I find them practical and meaningful.

Try them for yourself. Challenge yourself.

[Click here to view & purchase the book easily!](#)

tangible outcome, but rather assist in the development of a better being-ness. A better Self.

This should always feature into your path of hope – to better yourself. To become ***The Perfect You***.

What a beautiful world to live in when you can see yourself clearly. And love yourself completely.

***If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.***

**Andrew Carnegie**

**Forward this newsletter!**

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