July Newsletter for Ancient Pathways.

Follow Your Heart and Live Your Dreams.

Welcome to Ancient Pathways June/July Newsletter

Well time really got away from us in June and so now we are combining two newsletters. We are making this a very brief letter and will include our special for you and complete the Metaphor from our May newsletter.

Been very busy in our clinic and getting ourselves prepared mentally, physically and spiritually for our up coming 10th Sacred Stone journey to Canada, Newfoundland, Labrador and Greenland.

We will in fact be taking off on the first leg of our journey on Saturday morning the 16th July....just three more sleeps.

Seven flights and 13 stop overs later we will have arrived in a little town in Labrador called Makkovik and from there we board our sailing ship to begin our voyage up the coast of Labrador stopping in on Inuit Villages and the Torngat Mountains on the way up to Baffin Island in the Arctic circle and then a 3 day dash across the open sea through icebergs to Disko Bay in Greenland....we are so exited.

The Wanderbird..

Just a couple of pics for you courtesy of Captain Karen

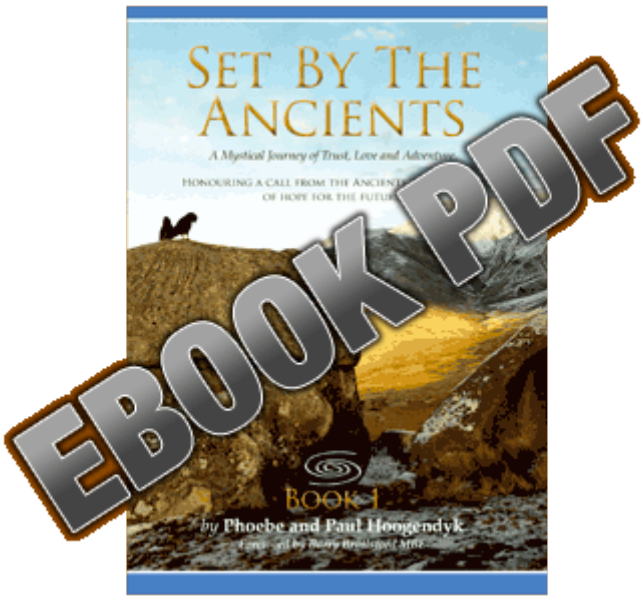
Greenland Community

Wild Polar Bear or as they are called there Water Bear

Our new CDs are just about here and so they will now have to wait until we get back for us to be able to get them to those who have already pre-ordered.
and do we have a special for you this month.

To celebrate our 10th Journey and the successful completion of our 5 new cds we are offering for our readers this month "Set By The Ancients" book 1 in E-book form for an amazing deal at
only
$9.95. normally $15.
This offer is open only until August so get in now and grab your copy as we may never offer it at this price again.

To grab your copy just click here.



Paul has done a You Tube recording just for you, all about our journeys and if I get the technology correct you will be able to click on the link below to view it.
We plan to keep you updated with little clips as we journey..given all being equal.
so keep an eye out for them.

http://www.youtube.com/watch?v=9JbbRhnA4ag

As out feature article we have also put together for you *5 Tips to an Amazing Life.*
For now we wish you all safe journeys and love.
ENJOY
Paul and Phoebe

FEATURE ARTICLE FOR JUNE/JULY: FIVE TIPS FOR AN AMAZING LIFE.

1. **Have a Beginners Mind.**
Why would you have a beginners mind? The beginners mind is open to all possibilities. The experts mind is open to few. Remain the student and keep learning.

2. **Live Your Life On Purpose**.
You were born for a reason..a good reason. Find your passion, trust your instincts and intuition. Follow the things you are naturally good at and love to do...these are your clues to your special and specific purpose.

3. **Forgive Yourself and Others.**
Not because they should be forgiven but because there is not point to holding on to the burden...it will only serve to make you miserable and sick.
Take the positive learnings from your mistakes and move on. Anything else is self indulgent.

4. **Everyone is Terminal.**
No-one gets out of here alive so get over it and go and LIVE your life. Live each day to the full. Let go of fear for it is just an emotion that will cripple your ability for life, love and joy.

5. **Look after Your Earth Suit.**
It is the only one you will get. It allows you to live on this planet and it has the most amazing array of inbuilt software which needs to be updated and purged regularly.....we are all different so work out what works for you.

A bonus tip:
Remember to celebrate our differences and rejoice in our similarities.

Children at Tsaatan Camp Mongolia.

Pic courtesy of Jo Elliott

Metaphors for Change:

Continuing the story of THE EAGLE AND THE FROG from the Touching the Earth Series of CDs: "Stories of Hope for a Changing World" by Paul Hoogendyk.

The Eagle looked at the frog for a moment, cocked his head to one side and with a great rush of air underneath his mighty wings he flew off.

The Frog looked sad and wondered if he would ever see his new friend again.
The Eagles visit had affected him greatly.

Meanwhile the Eagle flew to a farm where he knew that there was a rope hanging on a big red barn door. He grabbed the rope with his mighty talons and flew quickly back to

the well. He worked skillfully and swiftly attached one end of the rope to a tree.

"Hello, you have come back" exclaimed the Frog.
"Yes" said the Eagle and I have brought a gift for you." and with that he dropped the other end into the well.

"What's that?" asked the frog, looking rather puzzled.

The Eagle looked intently at the little frog and answered slowly, "It is a rope."

"What is it for" the little frog asked.

"THAT is up to you." was the Eagles reply.

Until August.
P&P