



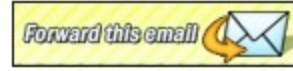
# Jodi's Art of Healing

Good News Edition  
October 2008

### Dear Sarah,

So many of my clients are asking, "What's going on with your CJEA work?" Now, with this newsletter, they'll know! Every month I'll share upcoming events, an article or two about CJEA and let you know of any specials or promotions available to you.

I really hope we can see each other soon. By the way, can you do me a favor? If you like what you're reading, forward this to five of your friends. If you use this link, I can thank you personally.



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### Jamie Gets Her "Groove" Back

Jamie walked nervously into the room where she saw tables set up and what appeared to be arts and crafts materials spread out on the tables. "This is the class that is supposed to help me understand my life better?" she questioned.



What Jamie didn't realize (yet) was that she was on the verge of a new direction in her life. She would leave those "arts and crafts" that day, having had a needed breakthrough in her life.

How could Jamie take a piece of poster paper, a set of markers, a pair of scissors, a glue stick and some magazines and change her life?

Read the rest of Jamie's story on my website by clicking below:

[Jamie's Story](#)

### Getting Your ZZZZ's

You're getting sleepy . . . You're getting sleepy. For a great many of us in America, this is only a wish. According to the experts, America is not getting its sleep!



The research is clear - getting enough sleep is vital to our physical and emotional health. The lack of sleep is a surprisingly big contributor to problems in relationships as well. Most of us agree on this, but this knowledge doesn't seem to change our habits. In fact, we're getting less sleep than we used to, even while stress is on the rise. The results?

- more illness and injury
- lost productivity
- damaged relationships
- more prescription drug use

So what can we do?

Read on for some ideas: [Sleep Article](#)

### Special Thanks to Marsha Lyle

"This is some of the most fun I've had in a long time!"

"Wow! I never realized I had so much creativity inside me!"

What are they talking about? These were comments heard following our "Unleash Your Creativity" Workshop on September 20th.



There were eleven fun-loving, creative and passionate people in attendance and they learned how to:

- Access hidden creativity
- Use "integrated brain" methods to problem-solve
- Re-discover the passion they had as children

Many thanks to Marsha Lyle who allowed all this craziness to take place in her huge kitchen (and thanks to her patient husband, Mark). I think all would agree it was well worth the time!

I'd love to talk to any of you about doing a class for you or a group of your friends. If you act as a host, your participation in the workshop is free. Call me and let's set up some times.

Sincerely,

Jodi  
CJEA Practitioner

*The Art of Healing*

### Special workshop for JOB-SEEKERS: Sign-up Now



The **economy** getting you down?

Now is the time to take action! You can survive these difficult times and the key is already within you!

This could be the most important workshop you ever attend. Do you need a new vision for your life?

Sign up now and get 25% off. Space is limited, so hurry!

[Jodi's E-mail](#)

### Quick Links

[My Website](#)

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## Save 25%

As a special thank you to those on my newsletter list, I'm offering a 25% discount on any workshop. This can even apply to some of the major events I'm planning, including my spring Women's Retreat.

Offer Expires: September 30, 2009

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