

Helena Paris News

Resolve right now to make a change in your life!

June 09

A message from Helena

Hello there! Welcome to the June issue. The last few weeks have seen so many serious issues in the news with possible threats to our health as well as the continued uncertainty of the current economic climate. We all worry about such issues but it is important to keep things in perspective which is why this month we focus on how beneficial it is to remember that we are all in this together and that by talking about our problems we won't feel alone with these issues.

Continuing on this theme, we also look at why so many of us focus on the negative aspects of our lives and, at times, struggle to recognise any of the positives that are all around us. However, with a shift in our own perspectives, we all have the power to make ourselves happier if we just recognised the positives already there!

With (hopefully) some sunnier weather on the way, let's get a sunnier outlook from within us by focusing on the positives and do remember my readers are always there to help you whenever you need them!

Have a great June!

Love Helena x



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Why not call today on
0800 970 2100



Relationships....

A problem shared...

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Unfortunately there are indeed many problems in our world today – not just those we see and feel in our own lives and those of our friends and neighbours but also uncertainty relating to both our health and wealth. It does seem like there is a new problem every day on the news. It's easy to feel troubled and overwhelmed by the problems that we not only face, but also those we anticipate.

The key to happiness is maintaining a healthy balance and outlook, finding joy in what we have and placing what we fear into context. So how do we keep these worries in perspective and continue a balanced approach enabling us to lead full lives in the face of such adversity?

The answer is simple; we need to talk! Talking is a great way of sharing our worries and quite often, as soon as a worry is shared, it doesn't seem as bad! Talking to others stops us feeling alone with our problems which can so often lead to negative feelings of isolation and disconnectedness. Bottling problems up can be such a terrible strain which is damaging to both our emotional and physical health.

A problem left unshared, continually mulled over, can soon build into a much larger issue in our minds and soon grow out of proportion. Talking to someone else can help relieve this burden and could be the first step to finding a solution to your problem as well as gaining vital perspective. It seems that the actual process of explaining the issue to someone else and externalising it can often lead to a greater sense of clarity, empowering you with a fresh comprehension of your own problem. If nothing else you will no longer feel so alone and that no-one understands. So go on talk through your problems – a problem shared is definitely a problem halved and you're sure to feel loads better!

Relieving the burden – top tips for sharing your problems

- 1 Recognise when you are persistently worrying about a problem – perhaps you aren't sleeping or it may be making you stay away from your friends as you don't feel like having “fun”
- 2 Think about who you might like to share your problem with; your partner, a trusted friend, your boss (if appropriate) – all dependant on the issue and what you feel comfortable with
- 3 Pick your time – no use gearing up for a lengthy conversation when time is short
- 4 Make any confidentiality requirements clear – remember not to “reveal all” if you are unsure if you can trust the person to respect your wish not to repeat what you tell them as this will only cause you further worry
- 5 Remember you are NOT ALONE and that talking about our problems gives us perspective as each of us are part of a wider universe!
- 6 Remember that most problems are surmountable and to be able to let others help is a wonderful part of being a member of the human race! think, this is your life!

Astrology 06/09

by Sally Kirkman

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ARIES (21 March-19 April)

It's an excellent month to focus on the practical side of life and to be realistic where work and money's concerned.

Key dates to sort out your career or finances are the 4th and 22nd. Take note of any bright ideas after the 15th and you'll benefit if you invest in new ways to network and communicate. If you're in a relationship, encourage one another to get on in life.



TAURUS (20 April-20 May)

You're back where you were at the end of April and there's a chance to reconnect with a colleague or contact and catch up where you left off. Your Taurean persistence will work wonders this month so don't give up on anything but try and try again. One area of your life that will flow easily is love as Venus and Mars make sweet music in your sign of Taurus on Sunday 21st.



GEMINI (21 May-20 June)

It's your birthday month and there's double reason to celebrate as your planet Mercury picks up speed and helps you to make things happen. You'll have the gift of the gab from the 14th onwards as well so speak up for yourself and ask for what you want. The quicker you move the more you'll achieve. Only your love life's on go slow as someone close isn't ready to commit.



CANCER (21 June-22 July)

The summer solstice coincides with the Sun's move into Cancer on the 21st of the month. This is your cue to socialise, enjoy the sunshine and have some fun. Show your friends how much you appreciate them by throwing a summer party and catch up with old and new friends alike. There's no need to rush anything right now so take your time and savour all the good things in life.



LEO (23 July-22 August)

It may be mid-summer but this month you can get ahead at work or in your chosen career. Other people are on your side and it's a great time to mix work and pleasure. A summer ball is the perfect excuse to let your hair down and enjoy yourself. As the month progresses you need to find a balance between work, play and time to think. Seek out a quiet place where you can be alone.



VIRGO

(23 August-22 September)

Life picks up speed this month and if you're on holiday, you'll have a fabulous time. If you're also looking for love, keep your eyes peeled for a foreigner or student with a winning smile. There's a chance to progress at work as well so write down your good ideas, especially if they involve communication and online marketing. Life will become much easier from November onwards.



LIBRA

(23 September-23 October)

The love planets, Venus and Mars, move on in the zodiac together this month which suggests you can move a relationship on to the next stage. You may decide to live together or want to discuss the financial and practical side of your relationship. A keen desire to study should be pursued enthusiastically as you'll find the perfect course and will want to sign up straightaway.



SCORPIO

(24 October-22 November)

The spotlight's on your love life and this is the perfect month to mend a broken relationship, to strengthen a life-long bond or to find new love – take your pick. The key date for love is Sunday 21st when Venus and Mars dance alongside one another so make it a day to remember. A business or financial partnership will begin to prosper and you'll realise there's good money to be made.



SAGITTARIUS

(23 November-21 December)

You can't avoid work and chores this month and at times you may feel as if you're getting nowhere and fast. The key to your happiness is to live and work alongside other people in harmony and to learn to delegate and to source the help you need. The full moon in your own sign of Sagittarius on the 7th promises to be a momentous date for a significant relationship. Enjoy!



CAPRICORN

(22 December-20 January)

It's a solid month and there's plenty you can achieve but do think carefully about where you want to target your energy. Put less focus on your work if possible and consider your creative and artistic side. Pleasure's there for the taking whether you begin a love affair, have a child, go on holiday or discover a new skill or talent. Make the most of life and enjoy yourself.



AQUARIUS

(21 January-18 February)

The pace of life slows down a little and you must turn your attention to home and family affairs. Make any domestic problems a high priority and find a way to sort out any disagreements or difficulties between you. If you're a parent, the kids will ensure you have a lot of fun so make the most of the good weather and arrange some fun days out where you can all relax and laugh out loud.



PISCES

(19 February-20 March)

There's a lot to say this month and you'll be busy whether you're teaching, writing letters or simply speaking your mind. Clear communication will bring results so stand up for yourself and what you believe in. Your family will back you all the way and it's at home or with your favourite people around you that you'll feel at your happiest. People are important to you now so let them know.



Your letters....

As always your letters are such a great source of inspiration to me and I always appreciate the time you take to get in touch. I hope you find something in this selection will inspire or remind you that you're really not alone with your problems.

Dear Helena,

After a bitter divorce two years ago, I was left feeling unattractive and unconfident about myself as a woman and my self-esteem was at rock bottom. A friend of mine said she had contacted one of your readers who had given her hope for the future and that I should do the same. With nothing to lose I made the call and was so excited to be told that there would be a chance meeting that could change my single status permanently. A few months later I was asked to a BBQ by a friend which, due to lack of confidence, I normally wouldn't go to. However, off I went and I'm so glad I did because I met my new partner John there and I'm so happy as we have so much in common and we have just decided to move in together. I thank you for giving me the hope and confidence to know that my circumstances would soon change for the better.

Margaret, Kettering

Hi Helena,

My teenage daughter has recently been the victim of bullies at her school and she has become very withdrawn and was worryingly losing weight. Several attempts to get to the bottom of what was troubling her failed so I turned to one of your readers for guidance. After my consultation, I was convinced that a fresh start for my daughter was required so together my

daughter and I agreed to look at different schools for her. After viewing a few, my daughter picked the one she liked the best and we moved her. I am delighted to say she is now thriving in her new school and has turned into her former spirited and lovely self. Thank you again for giving us the insight into making such a positive change!

Jane, Tyne & Wear

Dear Helena,

My husband has recently lost his job and this put quite a strain on us. We had to cut back on many of the things that we liked to do together such as skiing and going out for meals with friends. In many ways we learnt how to 'make do' and this could have really become a strain. I made a conscious decision to change the way I look at my life now and choose to measure it not in terms of what I can't do but to slow down and really appreciate what we can do and the fact that I am still lucky enough to have my loving husband. The reality is that we still have a great life together and have made some wonderful new friends, it's just taken a new perspective to achieve it!

Julie, Northampton

Why not email me your stories?
stories@helenaparis.com

A day that changed my life....

When everything in your garden isn't rosey

I'd like to tell you about Sam, a 44 year old lady with a small business making garden ornaments. Sam's designs were selling well and she was beginning to see her orders were growing. The local newspaper even ran a story about how she was injecting some vitality into the world of garden design. The problem was that Sam wasn't feeling any of that vitality in her own life.

Sam reminded me of an article I read a long time ago saying that optimists live longer than pessimists. Why do so many of us focus on the things that are going wrong in our lives and not those that are going right? It's the old adage, "is the cup half full or half empty?" Perhaps it's some survival instinct that we're somehow programmed to expect bad things to happen and perhaps that gives us a better chance of survival. Applied to our modern lives though, this negative approach can lead to lost opportunities, blocked energy, unfulfilment and anxiety.

When Sam contacted one of my readers she said that so many things in her life were making her unhappy. "When will things change?" she asked. Her list of "if only this area of my life was better..." was lengthy and she was clearly feeling overwhelmed and disappointed with her life. Our reader felt some strong signals of success from Sam

and that's when she began to talk about her business. Our reader could see that Sam was simply focusing on what she didn't have today and was able to convince her that there was much joy ahead in her journey through life. 'I began to see that now is just a moment in time and I can change things to create a different type of future.'

Sam had got into a rut with negative thinking, always comparing herself to others and what they have, believing that more money, a different partner and 'a proper job in the city' would lead to ultimate happiness.

Sam thought hard about her life, the good and the bad, and realised that she herself had the power to make herself happier by making a few adjustments. "I sat down with my partner and we agreed some changes to our relationship and adjusted my working hours. This allowed me to take up a new hobby and achieve some new goals and it has made such a wonderful difference to my life!"

(Sam spoke to Rose)

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a change in your life!

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question to 78887

Helena Paris

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Text cost £1.50 per message.

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