

Portobello Massage Newsletter

August 2013

Dear lovely Clients

Hello and welcome to the August edition of the Portobello Massage Newsletter! This newsletter has a twist. I'm heading off on holiday for a couple of weeks and I thought that I would leave you with this passage in the meantime. I hope you, too, get some time off to do whatever you would like to do this summer.

I hope you enjoy this instalment from the DailyOm website.

**Half-Full Consciousness
Starting from Empty
by [Madisyn Taylor](#)**

*Live your life as if your glass is half-full rather than half-empty,
all you need is a change of thought.*

We are all familiar with the metaphorical story of two people looking at the same glass and one perceiving it as half-full while the other sees it as half-empty. As much as we've heard this, it's still a valuable exercise to really observe our minds and notice whether we are engaged in half-full or half-empty thinking. People will refer to themselves as being of one type or the other as if it was a permanent characteristic, but we are all capable of shifting into a half-full consciousness if we simply make the effort.

When we look at our lives with half-empty consciousness, we perceive a lack and think that the other half of what we want is missing. We are coming from a position of expectation and entitlement. On the other hand, when we look at our lives as half-full we perceive fullness. It is as if we recognize that our cup could be fully empty and so we are grateful for what we see as bounty – not something we expect or believe we are owed, but a gift. In half-full consciousness, we count our blessings. When we look at our lives we see all the elements that are in place and all the things we do have. This doesn't necessarily mean we don't seek more, but we seek from a place of fullness instead of from a place of lack. This fullness draws positive energy into our lives and often attracts more abundance.

If you would like to begin to make the shift into half-full consciousness, try imagining your life as an empty glass. This is your life without all the people you know, the work you do, your home, or your current state of physical wellbeing. This is just an empty, open space waiting to be filled. Once you have that feeling of openness in your mind, begin filling it with all the people, things, and places that make up your life. You may be surprised to find your glass overflowing.

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under **Contact**. Please remember that **gift vouchers** are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available **[here](#)**.

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847