

Portobello Massage Newsletter

October 2014

Dear lovely Clients

Hello and welcome to the **October** edition of the Portobello Massage Newsletter!

I know I said the last time that I love September and I do, but I really adore October. Following on from last month, I have bought a beautiful notebook, signed up for a photography class and have had my haircut short(er). It feels like a creative time with the world showing us how change can be beautiful.

Monday is Thanksgiving in Canada, a wonderful tradition of bringing friends and family together to give thanks for all the love, joy and beauty in our lives. We live in a consumerist society that tells us repeatedly that our lives would be better with more things, rather than focussing on what we already have, what abundant lives we already live. Just in case this all feels a bit hippy dippy to you, don't fear - there's Hallowe'en next!

What might you do this October? What plans might you make for a brighter future?

Positive thoughts

"Nothing is impossible. The word itself says 'I'm possible.'" - Audrey Hepburn

"Tell the Negative Committee that meets inside your head to shut up and sit down." - Ann Bradford

"Be careful how you are talking to yourself because you are listening." - Lisa M Hayes

"Life shrinks or expands according to one's courage." - Anaïs Nin

The groan worthy jokes...

Q. What is a vampire's favourite holiday?
A. Fangsgiving.

Q. What kind of makeup do ghosts wear?
A. Mas-scare-a.

Q. Why did the skeleton cross the road?
A. To go to the body shop.

Q. What happens when two vampires meet?
A. It was love at first bite!

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

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