

Portobello Massage Newsletter

October 2016

Hello lovely clients!

Welcome to **October** and the Portobello Massage newsletter. As I'm writing, the sun is shining, there's a touch of crispness in the air and I'm glad to be alive to witness it.

I've got that first day of school feeling today and want to start this month off making some small but important changes. Any day can be New Year's Day and we can make resolutions or promises to ourselves whenever we like. What might you start afresh?

Positive Thoughts

Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy. - Sarah Ban Breathnach

The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life. - Steve Jobs

There are two mistakes one can make along the road to truth... not going all the way, and not starting. -Buddha

Start wherever you are and start small. -Rita Baily

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect. - Alan Cohen

I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning. -J. B. Priestly

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. -Saint Francis of Assisi

Groan-worthy Jokes

My friend says that I am rubbish at drawing large, African, swamp-dwelling mammals, but I think he is just being hippo critical.

Whenever people start to get tired of being single, they should go and sleep on the couch to remember what being in a relationship is like.

I've been looking forward to work this morning. I've set the laser printer to "stun".

A friend of mine only likes painters born in Paris in 1840 who were founders of French impressionist painting, but Monet isn't everything.

If monkeys are related to humans, how come we never see them at weddings?

I look forward to seeing you soon!

Annie Milović

Advanced Clinical Massage Therapist

www.portbellomassage.com

m: 07854 916 847