

Portobello Massage Newsletter

September 2016

Hello lovely clients

Welcome to the Portobello Massage newsletter for **September** and happy autumnal equinox when it comes.

How did it get to be September? And what happened to August? Many of you will know that I moved back to my old flat in the middle of Portobello in late July. I'm afraid all thoughts of a newsletter flew out of my head until we were already well into August. I hope you managed to take in a bit of the festivals, enjoyed some of the sunshine and generally enjoyed summer. There's often a bit of a nip in the air but I'm resolutely holding on to summer until it's clear it's well gone.

Positive Thoughts

"As long as our orientation is toward perfection or success, we will never learn about unconditional friendship with ourselves, nor will we find compassion." - Pema Chodron

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection." - Buddha

"Things are as they are. Looking out into the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations." – Alan Watts.

"If you are always trying to be normal, you'll never know how amazing you can be." - Maya Angelou

"Everybody loves something, even if it's only tortillas." - Pema Chodron

Award Winning Jokes from this year's Fringe

1. "My dad has suggested that I register for a donor card. He's a man after my own heart." *Masai Graham*
2. "Why is it old people say 'there's no place like home', yet when you put them in one ..." *Stuart Mitchell*
3. "I've been happily married for four years – out of a total of 10." *Mark Watson*
4. "Apparently one in three Britons are conceived in an IKEA bed which is mad because those places are really well lit." *Mark Smith*
5. "I went to a pub quiz in Liverpool, had a few drinks so wasn't much use. Just for a laugh I wrote The Beatles or Steven Gerrard for every answer ... came second." *Will Duggan*
6. "Brexit is a terrible name, sounds like cereal you eat when you are constipated." *Tiff Stevenson*
7. "I often confuse Americans and Canadians. By using long words." *Gary Delaney*
8. "Why is Henry's wife covered in tooth marks? Because he's Tudor." *Adele Cliff*
9. "Don't you hate it when people assume you're rich because you sound posh and went to private school and have loads of money?" *Annie McGrath*
10. "Is it possible to mistake schizophrenia for telepathy, I hear you ask." *Jordan Brookes*
11. "Hilary Clinton has shown that any woman can be president, as long as your husband did it first." *Michelle Wolf*
12. "I spotted a Marmite van on the motorway. It was heading yeastbound." *Roger Swift*
13. "Back in the day, Instagram just meant a really efficient drug dealer." *Arthur Smith*
14. "I'll tell you what's unnatural in the eyes of God. Contact lenses." *Zoe Lyons*
15. "Elton John hates ordering Chinese food. Soya seems to be the hardest word." *Phil Nicol*

I look forward to seeing you soon!

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