



“Turning Possibilities into Realities”

2012 “STRIVING FOR OUR SEYCHELLES”

Rio + 20: The Future we want: The Promise

“Working Hard at Working Smart” (part VII)

The Power of Your Uniqueness

Shinning Through



In Our World there are no ordinary moments, no ordinary jobs, no ordinary people and no ordinary skills when we decide to let our soul shine through. Along with that, we will see the amazing ripple effects that we set in motion when we embrace Uniqueness ...how we spread love, joy and make people smile even in their darkest hour.

Self-Motivation gets Stronger as you exercise it.

The briefings are to provide us with down-to-earth ideas and techniques in our endless quest to further develop the important value of self-motivation in solving more problems, obstacles and life's challenges.

They are to assist us in achieving more goals, desires and dreams whereby eliminating the need for incentives, instant gratification, even threats or fear to take action.

THE AUTHENTIC SELF

Embracing Your Uniqueness

Did you know that one of the quickest ways to step into your power as a co-creator is by delivering and expressing your Uniqueness?

Yes we are each unique beings; physically, mentally, emotionally and spiritually. In addition to having a distinctive finger print, iris and voice pattern, we have a unique combination of personality quirks, feelings and thoughts. And **Yes** we each see life through the lens of our own unique experience, beliefs and perspective.

When we embrace our uniqueness, our gifts and talents come to life. Our soul has permission to shine through. But when we conform in order to fit in, be accepted and avoid rejection, we shut down, numb out and give our power away. And as we learn to practice self-acceptance and honor diversity, we do feel safe to be our authentic self.

We all long to be seen for who we really are; not just our physical image and personality, but who we are as spiritual beings expressing our uniqueness in Human Form. Although we are all one at our core, at the same time we are unique vibrations of energy. When someone recognizes and acknowledges this, we feel seen and known on a deeper level.

If we don't embrace our uniqueness we may strive to be Special. Special implies better than, more talented or gifted than others. It stands out from the rest, whereas Uniqueness is a recognition that we are all special in our own way; no one is any better than any other, just different.

One person has a talent for making others laugh, another has the ability to evoke emotions by creating beautiful music, and yet another can listen with such compassion that those close by feel nurtured and understood.

Each human, plant and creature on this earth is unique, just as each planet in our solar system has distinct characteristics, and each galaxy in the universe displays its own brilliance, yet we all share the same divine essence.

I may not be better than other people, but at least I am different.

Jean Jacques Rousseau

Insights into Uniqueness: Matters of the Heart

- **Reflect on your friends and family members and explore what is unique about each of them. Do they have a unique voice and laugh? What are their distinctive personality quirks? Do they see the world differently than you? What unique gifts do they bring into your life and into our world? What is it you particularly like about them?**
- **What is unique about you? Is it your bluntness, kindness, whacky sense of humor? Perhaps its how you blurt out inappropriate comments at a dinner gathering, or see right through to the heart of the matter, or have a calming affect on those around you. Notice what triggers you, what touches your heart and what sets you apart from others. What are you known for? What are your strengths? What about your so called weaknesses, perhaps these are just part of your unique package that makes you perfect as you are. **Embrace all aspects of your unique self.****
- **What happens to you when you try to fit in with a group or blend in with others in a way that covers up your uniqueness? How does it feel? What about when you embrace your uniqueness? How does it feel to be Your Authentic Self?**

Inspiration for Embracing Your Uniqueness

- **What gets in the way of embracing your uniqueness and being your authentic self? What do you need to do to feel safe and acceptant of yourself and others? **Let go of any limiting beliefs or fears that block you from being authentic.****
- **What supports you to be real and authentic? Is it your state of mind and emotions or is it dependent on who you are with? Regardless of how others view you, embrace your uniqueness and let it shine out with friends, family and strangers. **Honor the diversity of others and notice how this supports you to be yourself.****
- **Feel your unique vibration beyond your physical image, thoughts, emotions and personality. Close your eyes and center within yourself. Say hello to your mind and to your body. Notice thoughts, emotions and sensations, and then go deeper into your spiritual self. **Feel your expansive true nature and notice the quality of your unique vibration as a spiritual being.****

Source: Insights & Inspiration - Gini Grey

The Future We Want:

Expressing your uniqueness

So where do you start?

1. Connect with the things that bring you joy.

They are there somewhere, even if they have got buried along the way. We all have psychic energy banks and connecting with what truly brings us joy is the quickest way to fill them up and give us loads of psychic energy to 'spend' on what we want to create.

2. Find your kind.

Group psychology and findings about emotional contagion really demonstrate the importance of the company we keep. No matter how obscure your passion, there are others out there who share it. Connect with the people who love what you love and who inspire and support you. They are out there.

3. Put yourself in alignment with the flow of the universe by being a psychic energy conservationist.

We can hypnotise ourselves with the mantra 'but I just don't have the time'. Keep a journal of how you spend your time just for a few days. The results may surprise you. Maybe there is only an hour a day that you can truly claim as being yours – how do you spend it? Does it truly revive, refresh and inspire you?

Always remember that, whoever and wherever you are, there is something amazing and unique about you.

If you don't feel as though you've found it yet, make this year 2012 Striving for Our Seychelles a time of discovery by trying loads of different things and finding out what truly makes you feel happy.

And that's the best possible place to Kick Start "The Feel Good Factor" of Self, for The Future we want, for our Seychelles.

Michele x

Source: www.micheleknight.co.uk

Tourism... Linking Cultures Horticulture... Our Culture

Kot Man-Ya The Brand



A new and unique Seychelles secret, Eco Lodge Kot Man-Ya a two bedroom self-catering tropical bungalow, nestling in the middle of Kot Man-Ya gardens, 2 acres of floral delight.

The Eco Lodge is barely visible amongst the giant foliage. A green and oxygen rich environment, healthy "stress free" living, just what the doctor ordered.

For more information, and reservation please contact Keven Tolfree or Winselle Marengo-Tolfree, email: [kevinolfree@yahoo.co.uk] or [winselle@gmail.com] -Tel: (248) 2599839 / 4371190.