



A Christmas Rose

Hello,

Christmas time sees the spotlight on our relationships with family and friends. Genuine concern for others begins at home. It is there that the real lessons in love await us all.

However in my experience, many struggle to nurture themselves very well - never mind anyone else! Here's a simple yet powerful exercise to help you nurture the gift that wants to come to light in your life now.

The Rose

Life is movement, everything in continuous renewal. Even when at times it may appear that nothing is changing in our lives, Christmas reminds us that hope is very near. Nature knows only too well that in the depths of winter, much is going on underneath the surface.

Dr. Roberto Assagioli (founder of [Psychosynthesis](#)) created the following exercise both to convey the ever unfolding process of growth within our psyche while at the same time enhancing it.

The exercise is best done in a quiet relaxed state, so take some well deserved time away from noise and busy-ness. If there is someone who can read The Rose, allowing you to simply close your eyes and relax - even better.

Exercise: The Rose

If you practice this visualization regularly (preferably daily), you'll be surprised at what will unfold within you and your life.

Enjoy!

NEW!

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A creative approach to stress management

Thursday 28 January 2010

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How to lead, manage and communicate change

Thursday 25 March 2010

More information

Happy Christmas

To everyone who chose to work with me this year, a big thank you! And to those of you whom I have yet to work with, I look forward to supporting you in the future.

Have a truly peaceful Christmas and wishing you much joy, laughter and adventure in 2010!

With love,



Wise Words

"The greatest thing you will ever learn is just to love and be loved in return."

Moulin Rouge

Baz Luhrmann

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Recommended Reading

What We May Be

Piero Ferrucci
ISBN 0-87477-262-1

An illuminating and practical guide for enhancing the process of psychological and spiritual growth. A popular introduction to psychosynthesis...a philosophy in the art of living.

t:01325 489 766

m:07740 416 891

e:juliette@juliettelee.co.uk

www.juliettelee.co.uk
