

INJECTION OF LOVE



Volume Two

January 2005

HAPPY NEW YEAR



An other year passes and we all pinch ourselves that it is mid January ALREADY. So much of life becomes a blur in our busy lives. If we are not careful we can become consumed by the hustle and bustle and do not

stop long enough to contemplate the reason we are here. This on its own is no tragedy. It is when we forget to spend time with our loved ones that we are at risk of missing the whole point of our existence.

What is it that gives your life meaning? Are you so busy making a living that you are forgetting to live?

Events like the Tsunami put our lives into perspective. We never know when something could happen to us. We need to live

every moment of every day in the best way we can.

Life is too short for arguing over silly things. And yet, we can spend much of our time upset over minor details.

Use the message held for us in this global tragedy and give more love to others as part of your daily routine.

Cheers
Robyn

INJECTION OF LOVE

The Tsunami victims need our love and support. What they don't need is our misery. Feeling miserable for them does not help them in any way.

Give money, give time, give whatever you are able to give that will help them.

Feeling depressed about their situation is of no value to them at all.

The global soup is in need of our love. Send your prayers of hope and send your love and compassion.

We can only give them aid if we are in a strong posi-

tion ourselves. If we all fall down, we are unable to help them.

Think of all the positive things you can do to help. When we are in positive action it is difficult to be miserable.

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Food for thought?

- It's not what you gather, but what you scatter that tells what kind of life you have lived.
- All of us could take a lesson from the weather. It pays no attention to criticism.
- You may be only one person in the world, but you may also be the world to one person.

UPDATE

The Centre of Infinity now has a working on-line shop. We have called it the Cofl shop although we do not sell cappuccinos. Currently available are laminated posters and books. We hope to extend our range in the future to include meditation CDs and poetry DVDs.

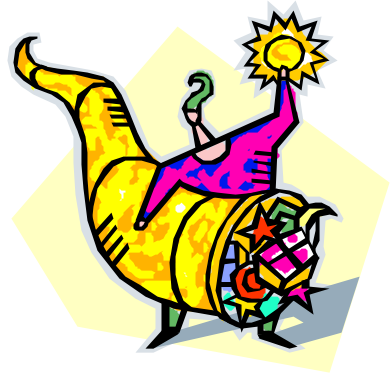
We also have included a page about EFT (Emotional Freedom Technique). I learnt EFT in May 2004 and have used it with great success with family, friends and a growing client base.

Gary Craig created this technique in the mid nineties and has a huge database of information at his site www.emofree.com. This site is a great resource for those who are interested in learning more. Gary's attitude to sharing information is

extremely generous. He has a free download manual where you can learn all the basics to get you started.

His DVD sets are the best value for money I have ever seen. He is entertaining and shares a wealth of knowledge with anyone who is interested.

Thank you Gary for your compassion and desire to help people. It is people like you on this planet that give us all hope for a better future.



JUST FOR LAUGHS

The Washington Post asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and then supply a new definition.

Here are the winners:

Intoxication: Euphoria at getting a tax refund, which lasts until you realise it was your money to start with.

Reintarnation: Coming back to life as a hillbilly.

Foreplay: Any misrepresentation about yourself for the purpose of getting laid.

Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.

Karmageddon: It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

Decafalon (n.): The gruelling event of getting through the day consuming only things that are good for you.

Glibido: All talk and no action.

Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.

Arachnoleptic fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.

Caterpallor (n.): The colour you turn after finding half a grub in the fruit you're eating.

Hipatitis Terminal coolness.

COOL SITES TO VISIT

A fun site to visit is www.tickle.com. This site has IQ tests, personality tests, ink blot tests to name a few. I am not entirely certain how accurate they are, but it is all very interesting. The internet is a wonderful tool for bringing the world together, if you have a favourite site let us know so we can share it with our readers.

LIFE IS BEAUTIFUL

Life is beautiful when we can sit quietly and admire an ant
Marvel at a grain of sand and find splendour in a spider's web

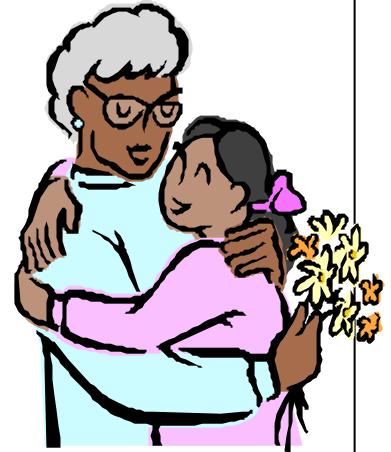
Life is beautiful when we can sample nature's garden
Watch the glistening ocean and walk amongst the trees

Life is beautiful when we can laugh with friends
Share with strangers and have compassion for our enemy

Life is beautiful when we can create our dream
Pursue our passion and share our wealth

Life is beautiful when we can read to a child
Listen to a friend or volunteer our help

Life is beautiful when we can smile at our mistakes
Forgive others for letting us down and heal past hurts



Life is beautiful when we can love and be loved
Break free from oppression and embrace the miracle of our own existence

Life is beautiful when we can stop long enough to understand
That our presence on this planet is a privilege what we make of it is our legacy

Life is beautiful when we can appreciate the diversity of life
Respect and accept our differences and be humbled by our own magnificence

Robyn Dear

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To infect the world with love
by making a positive difference

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The mission of The Centre of Infinity is to offer a range of resources to enhance our ability to perceive and appreciate pleasure.

- Free Newsletter
- Free Flash movies
- Inspirational Poetry Book & Posters
- EFT
- On-line Shop (www.thecentreofinfinity.com)

AWAKENING

Here is a simple exercise that you can do everyday to help you remember to stop for a few moments and give thanks for all the positive experiences you have in your life. Try it and see just how it impacts of your life. You will be amazed.

Every time you go to the toilet you will have a few moments of solitude in which to take a deep breathe and give thanks for those wonderful gifts at your fingertips. One that immediately comes to mind is the ability to control your bladder and the relief you get from being able to empty it at will. Not all people on this planet have this luxury and if this is something that you take for granted then just take a mo-

ment to imagine what life would be like without such a simple pleasure as this.

Anything that we take for granted which, if taken away, would cause us distress, is a source of pleasure we need to remember to acknowledge (at least occasionally). If you get in the habit

Contentment comes not from attaining that which you desire, but from appreciating that which you already have.

o f every time you go to the toilet you find something in your life to give thanks for, then you will find this has a positive effect on how you feel, even if the day is a challenging one. Our life will gravitate to where we place our focus.

So many people only focus on the things that they don't have in their life, forgetting to give thanks for all the good things that are with them, 24x7. The ability to see, feel, smell, touch, taste, love, sing, think, read are all things we can celebrate.

When you place your focus on what you do have, rather than what is missing in your life, then you will find that life is richer, more joyful and, ironically you will find that you actually attain your goals sooner. Don't take my word for it, give it a thirty day trial and see for yourself what a difference it makes.

