

NEWSLETTER OCTOBER 2015



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Nothing lasts forever

Autumn is arriving in the northern hemisphere and the leaves are preparing to fall. Summer is leaving, the seasons are changing, but that's the nature of all things; change!

This is good news if we're waiting for a tough time to pass but we often struggle to let go of the good things (like summer) when they too pass. The nature of everything is impermanence and sometimes we need to accept the rough and the smooth as it comes and go.

Last week I was privileged to see the Dalai Lama speak in London and meditate alongside Matthieu Ricard on World Peace day in Trafalgar Square, London (pictured). I had a great evening speaking to the group Action for Happiness but also had some challenges to face the same week. Read more in my latest blog, rough & smooth, opposite.

Best wishes for a great month

Jess

Recent Inspiration

Here's a summary of what you may have missed this month plus with some new releases.



NEW Action for Happiness talk. Create a life you love [\[read more\]](#)

NEW The rough and the smooth [\[read more\]](#)

Happiness; why wait? [\[read more\]](#)

Making peace with uncertainty [\[read more\]](#)

The art of self care [\[read more\]](#)

Side effects of being your authentic self [\[read more\]](#)

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Without change
nothing in this world
would ever grow, and
no one in this world
would ever move
forward to become the
person they're meant
to be

Forthcoming Events

6 weeks of Mindfulness classes every **Thursday** from **1st October** at Unity Studio, Brighton. Life coaching appointments also available

Sat 24th Oct *Create a life you love!*
Learn the techniques to bring happiness into your life. How to find peace within, be more resilient and cope with change. Unlock the meaning and purpose of your life and live to your full potential.

See the [website](#) for details