



Alive Awake!
Feeling great!



RITUAL OR ROUTINE?

Out on my bicycle ride, along the way my mind switched into my chant "Easily and Effortlessly, relax your shoulders, relax your hands, relax your feet" this takes hold when my body recognises the aches that are beginning to develop and as hills make themselves known to my legs.

I came back from my ride today eager to read more of [Lee Milteer](#)'s new book called '[Reclaim the Magic](#)' and thought I'd share this excerpt because it resonated so well for me and explains the difference between something that is routine versus a ritual.



Reclaim the Magic

People often ask me what the difference is between a ritual and a regular chore or task. A chore or task is something you "have to do" and a ritual is something that has meaning to you—it becomes sacred to you. Rituals can cover a wide expanse of physical, mental, emotional, social, spiritual, and business success.

Ritual is often mistaken for routine, but it is actually the opposite. Routine helps us do things without thought, such as brushing our teeth. However, when we act consciously with rituals, we are seeking change, a desire to experience the unknown, or perhaps a new way of seeing life.

Most people never think about the rituals that we perform and how many are infused with the sacred dimension. Most people live their lives unaware of what their rituals mean or how powerful they can be in creating a magical life.

Each society has its own rituals. We pray over food, break bread to recognize good fortune, and celebrate certain religious rituals surrounding Christmas, Hanukkah and other festivals, all designed to bring like-minded people together. These holiday rituals connect us with our broader support groups.

Personal rituals help you heal yourself. They can be very powerful and helpful in dealing with life transitions. I personally started to understand the power of rituals when my husband was killed many years ago. I reached out to many healing groups and found that rituals strengthen human bonds, provide a support system, honor the sacred, and encourage expression of our deepest self. [Lee Milteer](#).





NLP FOR LIFE COURSE with RICHARD BANDLER

Becoming a Licensed NLP practitioner has certainly unlocked the many levels of language individuals use...translation has become so much easier...

Neuro-linguistic programming (NLP) is an approach to communication, personal development and psychotherapy created by Richard Bandler and John Grinder in California, USA in the 1970's. NLP is recognising that there is a connection between the neurological processes (neuro) language (linguistic) and behavioural patterns learned through

experience (programming) and that these can be changed to achieve specific goals in life.

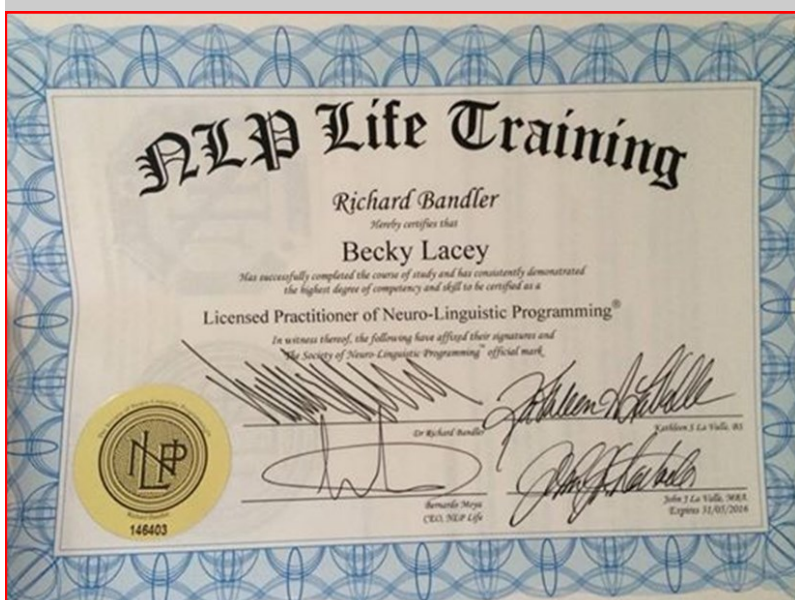
I wanted a greater understanding of what did NLP mean and to give me a greater insight into how the brain processes different information through the senses and how that translates into the action. NLP gives you the tools to click into the brain to help yourself and other people to find the meaning, find your meaning, your reaction and change your response.

Many companies have license to run NLP courses but I wanted to go to the source, so when I heard Richard Bandler was running a course I had to go.

My personal coach and mentor, Lee Milteer an incredible Marketeer, also uses NLP in a business/spiritual way and shows me regularly how to translate NLP into business to

help companies/employees attune to change and discover the way they work in order to achieve their goals whilst growing their business.

It's not just the business sector, it is applicable to, people in all different areas of employment, those in vocational roles for example, will benefit where heightened understanding of the motivations behind the patient or pupil is essential in how best to communicate to achieve success for all.

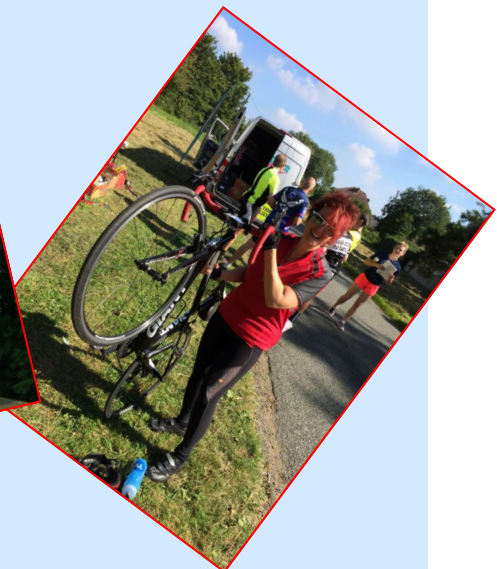




Becky's Amazing Adventure Part 2 UPDATE

As I have already said this year I have taken up the new challenge of cycling from London to Amsterdam, from 8th September to 11th 2015. This will be four grueling days cycling from England through France and Belgium and into Holland ending up at Amsterdam. I am working hard on my training making sure my inner core is strong and my legs can cope with the strain that will be put on them. I have weekly visits to my wonderful chiropractor to keep my back in the best form as the strain on your shoulders and neck is immense. So this month I would like to high five my chiropractor Lee for making my adventure bearable and achievable!

If you would like to make a donation towards my chosen charity and to sponsor me on my next adventure please go to www.justgiving.com/s42queenb4ms/





Make A Difference Today

At Clifton Gate, Bristol, last weekend I was enjoying these fabulous, enormous, doorstep sandwiches from Arch House Deli.

I wanted to thank them in print as I offered to buy a sandwich for a homeless chap and they offered to donate one instead.



It's good to make a difference to someone's life today.

"This may shock you, but I believe the single most important decision I can make on a day-to-day basis is my choice of attitude. It is more portent than my past, my education, my bank account, my successes or failures, fame or pain, what other people think or say about me, my circumstances or my position.

This quote seems apt for me this moment..

Attitude is the "single string" that keeps me going or cripples my progress. It alone fuels my fire, or assaults my hope. When my attitudes are right, there's no barrier too high, no valley too deep, dream too extreme, no challenge too great for me. *Dr Wayne Dyer*



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