

**From:** joyologist [joyologist@humour-resources.com]  
**Sent:** Friday, 23 November 2007 12:53 p.m.  
**To:** Rodney Times Helena Gane  
**Subject:** Glad mail from the Joyologist Pat Armitstead

# Glad Mail

Authored by the Joyologist Pat Armitstead



The Surgeon General advises that this information  
could be beneficial to your health, wealth and sense of well being.

Please use the information only as directed and see your Doctor if you are not inspired and amused!

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## Xmas gifts that defy mediocrity and boredom?

John Bishop Business speaker and commentator said “ Pat commits the cardinal management sin of spreading joy and making people smile. Ultimately she is a dangerous subversive to dullness, mediocrity and boredom. Why cant we have more like her ?”

Well, so far there is only one of Pat but you can access her humour in her book “Humour Works”. At only \$35 including P&H it's a great choice to amuse friends, family of colleagues !  
Hit reply to order your copy or you can order online [www.joyology.co.nz](http://www.joyology.co.nz)

## Is wealth a criteria for joy?

Where did that question come from? The lips of many people and in the search for the answer I discovered this. Not having all you want is one of life's constants. It is an ongoing criteria for the human experience, explained best by the fact that as one dream comes true another swiftly takes its place. The trick is learning to be happy while not yet having all you want. If you can nail this one, for the rest of your life people will be asking what it is about you! It is a choice we make in each moment and is kept alive by staying connected to all the senses. It requires the physical body to be in alignment and healthy for the

optimum emotional experience of “joy” to be manifest. See my friend Wilmas blog to see her mind gym exercise ! <http://www.wilmasblog.com/category/trek-education/>

### **You were born rich says Rosemary Teed**

You attract what you think about the most and in that space you can also attract what you need to know. I recently was gifted the program “ You were born rich” by Caroline from Wisdom Seekers who received 2 FREE tickets. A quote of Earl Nightingales was used :- “ “Most people think they want more money than they really do, and they settle for a lot less than they could get”. The amount you want has to reach your subconscious mind and the first thing you must do is decide HOW MUCH MONEY YOU WANT! Write that down now for yourself. How much is enough for you ?

Here is an exercise I will support you to achieve in the next 28 days.

Write out a goal in less than 60 words beginning “ I am so happy and grateful now that.....”

And put a date on it one month ahead, and email it to me !

I will commit to helping you stay focussed to achieve it.

### **How to get wildly wealthy fast**

I have yet to meet Sandy Foster the author of the book of the same name but have signed up for the millionaire money game. [www.millionairemoneygame.com](http://www.millionairemoneygame.com)

My reason for doing so was to achieve higher levels of wealth consciousness and to find support through a new growth stage in my business.

*“Wealth consciousness is so much more than simply having the ability to make money. It's a mindset that involves seeing life, not as a struggle, but as a magical adventure where our needs are met with grace and ease. Wealth consciousness is a state of mind, a sense, not of believing, but really knowing that what we need is available to us”*

**Richard Carlson in 'Creating Affluence' by Deepak Chopra**

### **What happened when Linda Proctor married her husband Bob?**

Well, I guess they lived happily....actually, she found someone who could show her how to get what it was that she wanted. He saw something in her that she could not see. To me that is the essence of our being here!

Linda also speaks about a time when she was the only person enthusiastic about what she was doing. She realised that was all that was necessary and in the self belief found the way forward. Linda sent me last week her book “ Does your DNA create wealth” in which she covers six areas of learning;- making decisions, being responsible, developing self discipline, taking risks, and being in action all the time. You can find out more on [www.lindaproctor.com](http://www.lindaproctor.com)

Bob Proctor recently took 2000 people on a cruise. Many of the people off the Secret DVD were on that cruise. I did not go but did send my business cards with a friend. From that approach I have connected with 160 people from around the world! Including Linda Proctor!

### **Last program for 2007**

The Hope seminar series will run the next few Monday evenings .

**In this ongoing series of 2 hour seminars you will learn how to transform your life in all areas by shifting your point of view**

**You will leave with tools that will consistently support you to:-**

- **Be consistently more optimistic**
- **Flow with the stressors in your life**
- **Develop mental hygiene and resilience**
- **Move through grief and loss and find the pearl**

- **Implement the power of the law of attraction**
  - **Create an extra ordinary life**

Hit reply and type Hope in the subject line for an information pack

Yours in humour, joy and creativity

Pat



"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." - John Eldredge

**Watched "The Secret"? Learn how I used it... [www.wealth.joyology.co.nz](http://www.wealth.joyology.co.nz)**

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