

SOLUTIONS

ORGANIZING & STAGING

FROM CHAOS TO ► CLARITY

This month we are profiling:

Connect through your Body & Heart!

As a Spiritual counsellor and Intuitive Massage practitioner, Colleen Wynia of HeartLink Consulting draws upon her more than 10 years experience in Spiritual Guidance and Bodywork to support you in connecting to your Body and Heart for living joyously!

Transform Physical & Emotional Pain
Embrace Loss & Heal Grief

Unleash Creativity & Trust Intuition
Experience Joy & Deeper Levels of Peace



Personalized to you, each session draws from a unique combination of:

ESM – Energetic Self Manifestation, a new way of working with Energy at a cellular level

Spiritual Guidance – insightful messages for clarity in any situation

Acupressure – dissolve physical & emotional blocks, increase energy flow

Rebirthing – relaxation breathing to release discomfort and bust loose

Relaxation Massage – stress relief, with a gentle approach

Deep Tissue Massage – sports & active bodies

To learn more, contact Colleen at 604.984.6202 / email: Colleen@heartlinkconsulting.com or visit: www.heartlinkconsulting.com to schedule your complimentary 15-minute phone consultation.

December Newsletter



This is our last newsletter for the year. I would like to reflect on the success of Solutions Organizing & Staging. We seldom succeed by ourselves. We always have people that believe in us and our work; our cheering crowd.

I would like to recognize my cheering crowd for supporting me and making huge contributions to my company and my life. Here they are:

My family for putting up with me.

My clients who trusted me with their homes and possessions; with your help every project was a success story.

Thank you

Fran Scott - Nurture Services Inc for helping me to grow my business

Richard Tang from Coffee News – Kits and Kerrisdale

Sharon Newberry – Langley Coffee News

Pamala-Rose Combs – Silhouette Computer & Tutoring Solutions

“They always say time changes things, but you actually have to change them yourself.”
Andy Warhol

I am also very thankful to the people who attended my workshops, learned a skill and laughed with me; to all of you who ordered my books and signed up for my newsletters; to all the trades and service contractors for doing a great job.

Are you ready for the holidays?

Decorating your home for the holidays can be a lot of fun for you and your family. But, if you spend hours looking for your holiday decorations your long anticipated fun will be replaced with stress and frustration.

And once you find the things you need to decorate your home or your tree, you find your lights are tangled, burned out or broken; chipped or outdated ornaments and your wrapping paper is bent and wrinkled.

Applying these easy tips this year will smooth the road for years to come:

- Examine your decorations. Write down on your TO-DO list to buy new decorations after the holidays.
- Before you buy new decorations donate your useable old ones to your favourite charity or throw them out if they are broken.
- Take a good look at your storage containers. Are they attractive, durable and easy to stack?
- Buy special tubs for your wrapping paper; plastic containers with sections for your delicate ornaments.
- Use a piece of plywood or plastic board to wrap your lights around. No more tangling.
- Assign a special corner in your home or closet for all your Christmas decorations, gift wrapping etc.

Make sure that your **Special Decorating Corner** has a couple of pairs of scissors, tapes, ribbons, labels and your helpers ready.

The last tip is to limit the amount of decorations in your home. Perhaps choose two plastic bins of your favourites and donate the rest.

Happy Holidays to all of you!

Ranka Burzan

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