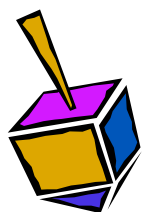


HORIZONS

Congratulations! It takes courage and work and determination to choose to do something about your company, your staff and your corporate health and well being. What is health? How do you define it? Is it a physical thing, a mental thing, a spiritual thing, or an emotional thing? Well, you're right. It's all of the above. Health is the integration of all of these things in order to make you a complete and whole person.



It is a square needing all four sides. And while you may choose to work on any one of these things, in order to achieve and maintain balance in your life, you sooner or later have to work on them all.

And it is the same for any business, because each business is a living organization. Its physical health is a product of its financial situation which in a large part is a product of its employees, and the healthier they are, the healthier the company is. Its mental health is found through its strategic planning and again, the healthier the employees, the clearer they see the vision of the company's directions. Its spiritual health is how it relates to the society that serves as its market. Is the company in tune with the needs of its customers and its relation to the whole. And its emotional health is a direct product of the emotional well being and morale of its component parts, the people.

We design programs to achieve all of these, to allow your company to move forward in the best health it can be.

Alexandra Gellman

President, Guru & Associates Wellness Services



**Achieve your wellness goals
for your personal and business life.**

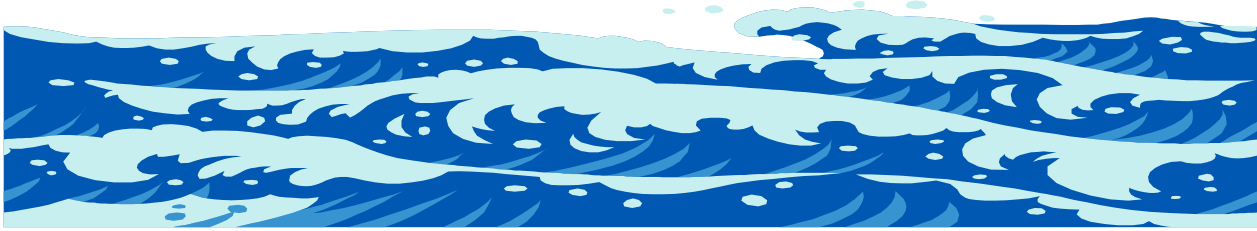


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1. SERVICE HIGHLIGHTS & BENEFITS

As we enter the new millenium, with new thoughts and ideas, we see this is a great opportunity to offer your employees and colleagues “Wellness Services”. Guru & Associates Wellness Services is a forward thinking company **specializing in bringing individuals and corporations to their maximum potential through:**



- ◆ Increasing productivity and morale
- ◆ Team building
- ◆ Reducing staff burnout and turnover
- ◆ Improving employee physical, mental, emotional and spiritual health
- ◆ Teaching staff to balance professional and personal needs and achieve greater congruence.

This is achieved through interactive participation and presentations that offer stimulating and fun learning opportunities using traditional as well as innovative techniques and forums. We can customize a program for small or large groups over lunch or at meetings, workshops, seminars and conventions.

Some of the tools we use are:




- ◆ Stress Management
- ◆ Determining the untapped skills and gifts employees have
- ◆ Teaching people to access their left and right brain hemispheres
- ◆ Design of excellent employee incentive gifts
- ◆ Development of simple key Eastern Physical Meditation movements to benefit mind and body.

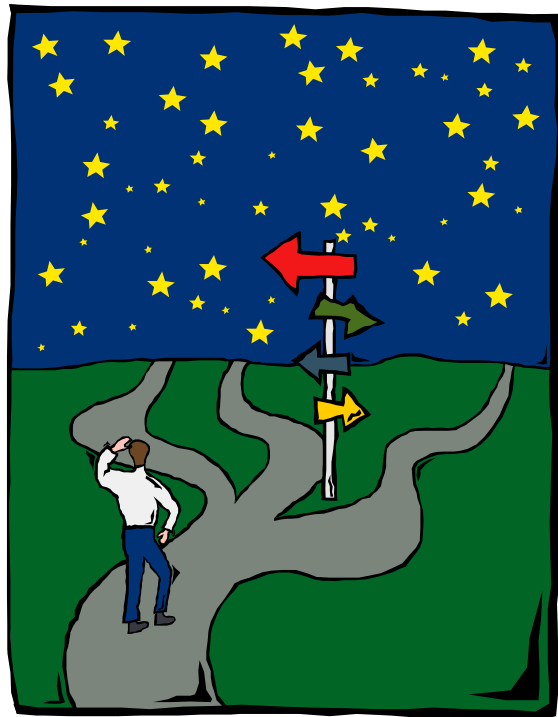
Services we offer include:

- ◆ **“The Six Ancient Keys to Joy and Health”** in your Personal and Business Life for the 21st century and age of Aquarius - a very exciting and dynamic presentation to teach individuals ancient secrets from a variety of cultures to help them in coping with the stresses of modern life and how appropriate they are in the new millenium.
- ◆ **“Emotional Iridology”** - a premiere service that reveals your personality, life mission and the special gifts you were born with.
- ◆ **“Stress Management and Creative Visualization”** - to help individuals deal with the daily stressors of life and still feel motivated, creative and happy.
- ◆ **“Golf the Game of Life”** - an exciting and stimulating presentation that will improve your game of golf, and how you deal with challenges in your business and personal life.
- ◆ **“Relaxation Oasis”** - massage, aromatherapy, shiatsu, reflexology (foot massage), and many more relaxation services.
- ◆ **“Creative and Fun Events”** - Putting contest, Henna tattoo artist, Belly dancing, Psychic readings, Art reproduction.

Some ways you can incorporate our services at your company are:

- ◆  **EMPLOYEE of the MONTH** Wellness fair over lunch hour – gives employees an opportunity to experience mini sessions of the different services, or give them as gifts to special employees or at special times e.g. “Secretary’s Week”
- ◆ At receptions, cocktail parties, coffee breaks, or during any evening function we can offer interactive activities and relaxation treatments.
- ◆ Seminar presentation during a lunch hour, a conference, or at your weekly department meeting.
- ◆ Another specialized service is a “Relaxation Oasis Booth” at your exhibit hall offering mini massage and relaxation treatments.

Enable your staff and company to achieve their maximum potential. The future is now. Please review this booklet and call us today to hear more about our services and see how we can design a program for you. Wishing you a very healthy day and success in all your ventures.



Providing guidance and direction on physical,
mental, emotional and spiritual wellness
for your company and staff.



2. OUR KEY PRESENTERS

ALEXANDRA GELLMAN DHM, C.C.Ir., M.Ir.

A Doctor of Homeopathy and an Iridologist Alexandra has a lifetime steeped in complementary wellness, and over ten years experience in the hospitality industry, guiding both corporations and individuals to rebalance the mind, body and soul for optimal wellness. President of the corporate consulting company Guru & Associates Wellness Services offering companies innovative wellness and relaxation services. Alexandra is a dynamic keynote speaker at charities, many health shows and conventions, and a frequent guest on both local and national radio and television. Her second publication “The Bible of Healthy Living” is a great resource guide on Complementary Health and is now available in Japanese.

DAVID LAWRENCE GELLMAN CA, CPA

David Gellman has over twenty years experience advising both corporations and individuals. Five years ago he began exploring different types of counselling to help his clients deal with the stress of life. Since then he has developed a private practice specializing in exercises known as NLP (Neuro Linguistic Programming) to shift individuals out of a difficult emotional place. He excels at resolving conflict between individuals, transforming anger and not letting stress get to a person in a negative way. David runs many of our workshops teaching people how to de-stress, transform emotions like anxiety, fear and anger into motivational energy and help individuals realize their full potential.



2.1 ALEXANDRA GELLMAN DHM, C.C.Ir., M.Ir.

Presentations by Alexandra Gellman - Iridologist, Homeopath & Wellness Consultant:

1. **“The Six Ancient Keys to Joy and Health”** - In your Personal and Business Life for the 21st century and age of Aquarius teaches individuals ancient secrets from a variety of cultures to help them in coping with the stresses of modern life and how appropriate they are in the new millenium.
2. **Emotional Iridology** - Learn more about who you are through iridology. Your eye will reveal insights into your life journey with an understanding of the special gifts you were born with, and the life mission you were born to fulfill.
3. **Homeopathic Remedies** - Enhance your life journey through using homeopathy for first aid and to help reduce mood swings, stress and depression.
4. **Bach Flower Remedies** - Learn how to use this collection of 32 flower essences that will banish negative feelings like fear, anger, lack of confidence and much more.
5. **Nutritional Wellness** - Demystify current eating myths and trends learning what to eat for energy throughout the day and for long term health. Discover how to easily incorporate foods that will boost your stamina, emotions and well being. Take the mystery out of fats and their effect on cholesterol, arteries and heart.
6. **Dream Talk** - Learn how to receive answers through your dreams. Discover the fascinating world of dreams and what they mean and are trying to tell you. (Alexandra was the keynote speaker at the National Homeopathic Convention 1997 and spoke on Dreams and Healing).
7. **Parenting Skills** - Planting seeds for the future and positive discipline for pre-adolescent children. Learn how to effectively communicate with your child so they will listen, including tips on how to avoid nagging, criticizing and lecturing. Improve communication with your child while encouraging their autonomy and self-esteem.



2.2 DAVID LAWRENCE GELLMAN CA, CPA

Presentations by David Lawrence Gellman - Psychotherapist & Stress Management Consultant:

1. **Stress Management** - Learn to manage the daily stressors in your life and how to turn them into positive, not negative forces.
2. **Anger Workshop** - Understand where anger comes from and how to process it. Learn how anger can be a positive emotion in your life.
3. **The Role of Emotions** - How our emotional state contributes to our physical well being, and learn how we can explore our emotional reactions to situations.
4. **Effective Communication** - Many problems stem from poor communication. Learn about language traps we encounter everyday and how to avoid them. This presentation helps interpersonal and inter-departmental communication.
5. **Relationships** - Who doesn't want to get more out of any relationship? This is an exploration of the conscious choices you can make to enhance all of the relationships in your life.
6. **Breathwork and Meditation** - Explore how breathing changes the mental and emotional state of your life - how to use it and benefit from it. From breathing comes simple meditation - a coffee break in your mind!
7. **Creative Visualization** - Accessing the right side of the brain and untapped creativity - Do you ever wonder where great ideas come from? Learn how to access the creative side of your brain. The light bulb symbol we all know as being representative of an idea is a graphic description of right brain thinking.
8. **Healthy Lifestyle - Moderation & Balance** - Learn to be truly healthy in mind, body and spirit.
9. **A History of Spiritual Practices** - Incorporating spirituality into your life today.
10. **Golf - The Game of Life** - The game of golf is like the game of life. Knowing how to approach and evaluate your options in playing golf, is no different than knowing how to approach and evaluate the choices you make in life.



2.3 Patient Consultation

Presentations by a Natural Health Practitioner

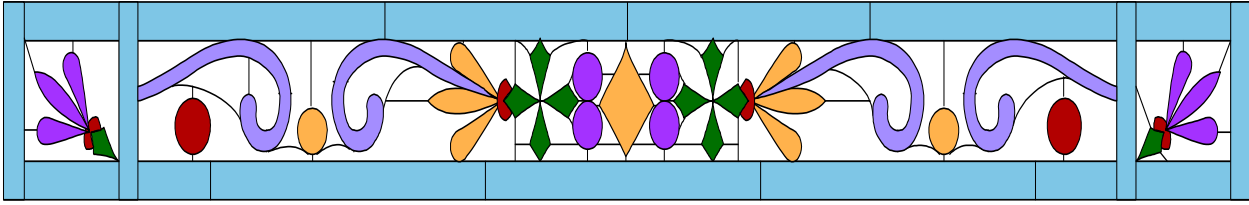
1. **The Body-Mind Connection:** Understanding the connection between our body and mind – the difference in our conscious and subconscious/unconscious beings. How our thoughts and actions play inter-related roles with each other. The role our five senses play in keeping memories alive in our bodies. How to create better habits and lose undesirable ones by understanding how and what brought them into our lives.
2. **Aromatherapy – What it is and What it can do for you:** De-mystifying the word “Aromatherapy” with its widespread use in today’s market. Explaining the use of essential botanical oils, how they can help relax and remove stress in our everyday lives as well as their use in “home remedies.” The significance of our olfactory system (sense of smell) and the role it plays in our lives.
3. **What is Bodywork?:** An understanding of all the various types of bodywork available today (massage, reflexology, aromatherapy.....). What they can provide for you, and how they can help decrease tension & stress, aches & pains caused by your daily routine/activities, and increase your energy, vitality and health. Which modalities can help with specific physical ailments and when certain types should not be used. What you can do for yourself (or a friend) at your desk to benefit from different types of bodywork.
Introductory practical courses also available for massage, reflexology (pressure point hand or foot massage), aromatherapy, ear candling and energy work (including Reiki).
4. **Exercise and Fitness:** With several years experience in teaching physical and health education, Ofra can explain the current “fitness crazes” and “trends” and help you to better understand and create your own fitness regime.
5. **Nutrition and Supplementation:** Understanding the benefits of proper nutrition and eating habits. The various supplements available today – when and why to take any. How these can help you to increase energy, vitality, health and decrease stress.

A personalized presentation can be done on the topic of your choice covering nutrition, parenting, wellness, fitness and stress.



2.4 OTHER SERVICES AND LECTURES

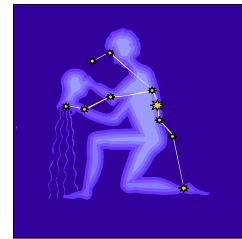
1. **Relaxation Oasis:** comprised of complementary health services that will aid an individuals overall well being. This service can be provided for a lunch hour wellness fair, at receptions, seminars or conventions,
2. **Creative Fun & Relaxation Event:** fun and entertaining to interest and delight your group. This service can be provided at any reception, seminar, party, convention or evening function.
3. **Wellness Journal of Life:** a workbook of exercises to help individuals with stress, well being and nutrition. This booklet is broken down by monthly meditation, aromatherapy bath, chackra and seasonal foods to complement the month.
4. **Energy Healing Rituals:** we have designed these seven rituals to be religion neutral, and to encompass the key ingredients of all prayer type rituals to help in removing the negative, while enhancing and fostering positive feelings and motivations in order to make changes. We have included elements to please all the senses.
5. **Bible of Healthy Living:** The Bible of Healthy Living is Guru's latest book designed to aid individuals on their healing journeys through life. The Bible of Healthy Living guides us by informing us on: Why we get sick, How to get well, Physical and Emotional Therapies, Menu planning, Eating out, Plus over 200 delicious healthy recipes.



3. “THE SIX ANCIENT KEYS TO JOY AND HEALTH” - Our Star Presentation

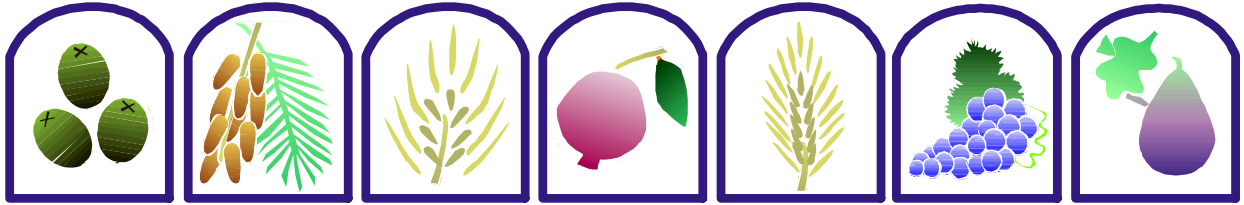
- Presented by Alexandra Gellman & David Gellman

“The Six Ancient Keys to Joy and Health”
in your Personal and Business Life for
the 21st century and age of Aquarius.



Alexandra and David put on a very exciting and dynamic presentation to teach individuals ancient secrets from a variety of cultures to help them in coping with the stresses of modern life and how appropriate they are in the new millenium.

1. This presentation will teach individuals how to relax, take the mystery out of meditating and bring greater balance into their lives.
2. Learn how to make easy food modifications that will begin to fuel your brain and soul.
3. Discover your special connection to the universe and learn to refuel your passion for life.
4. Discover the special creative outlet that will make your heart sing.
5. Enhance your skills to handle stress by learning techniques to release past emotional baggage.
6. Realize which of five personality types you are and what its strengths and weaknesses are.



4. NUTRITIONAL WELLNESS

Learn how what we eat and drink is key to balancing our day to day energy, mental alertness, mood and wellness, as well as our long term health and well-being. This simple, common sense approach will clarify the sometimes contradictory messages we receive on the path to nutritional wellness and a balanced lifestyle today.

1. Demystify current eating myths and trends to determine the common sense keys to nutritional wellness backed up by the latest findings.
2. Discover how to easily incorporate foods that will boost your energy and stamina throughout the day, and balance the emotions avoiding mood swings after eating.
3. Take the mystery out of good and bad fats and oils, as well as their effect on cholesterol, blood pressure and heart disease.
4. Understand the common pitfalls that impact the energy pathway to peak physical and mental performance.
5. Review five tips to improve lifestyle and health through easy food choices at home and on the road.
6. Learn what to eat for long term health and well-being.
7. Explore the stress response cycle and how to build your stamina and endurance to handle stress better.
8. Examine the role of fitness on wellness and long term health.
9. Use a nutritional wellness questionnaire to give you some guidance and direction on where to start refining your personal journey for health and well-being.



5. IRIDOLOGY - PHYSICAL & EMOTIONAL

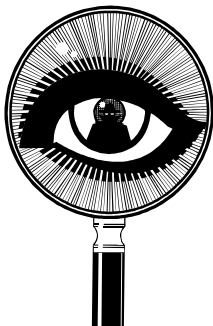
Discover what your eye reveals through the personalized markings in your eye which are as unique as your fingerprints. Physical Iridology will reveal the body constitution, inherent weaknesses, and levels of health and how to rebalance the body to achieve maximum vitality.

In addition, the Rayid or Emotional Iridology method reveals your personality, strengths, fears, natural gifts untapped and tapped. This is a wonderful tool to remove blocks, which often have hindered personal progress, creativity and well being. This system will reveal how you related to your mother and father between the ages of birth to seven and how the events during those early years contribute to how we react and handle stress as adults.

Alexandra Gellman, Iridologist since 1982, does an exciting slide presentation illustrating the different types of eyes and how to read the markings. This is a fascinating presentation that will intrigue all your delegates.

Iridology for large groups can be addressed by:

1. Personalized appointments are available ranging from 10 minutes to 2 hours. The time allotted to the consultation is determined by your personal goals.
2. Photographs can be taken of all the delegates prior to the event. Alexandra reviews and returns them to each delegate in an envelope with the key highlights of their eye structure. During the presentation when eye types are discussed everyone will know what type they are.
3. Alexandra can take a one minute look at all the delegates' eyes and let them know their basic eye structure, so that they can relate when she discusses eye types.



Iridology was discovered in 1881 by Dr Ignatz von Peczely. Ignatz found an owl who had a wounded wing. He nursed it back to health. In the process he noticed that the owl had a sharp black line in the eye corresponding to the side of the broken wing. As the wing healed the mark faded until it was nothing but a tiny dot.

Ignatz later became a Doctor and was the first to document this fabulous science into a more basic version of the iridology charts we use today.

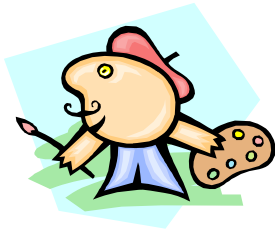
5.1 EMOTIONAL EYE TYPES

ANALYST



Analyst people are analytical and have strong gifts in the areas of leadership, attention to detail and clarity. They are precise verbal communicators. Their deepest fears are intimacy, letting go of control and the unknown. Their lessons include getting in touch with their emotions, trusting others, and becoming more expansive. An analyst under stress will become anxious, frustrated and will lose their confidence.

CREATIVE



Creative people are deeply emotional and tend to be artistic, creative and expansive. Their deepest fears are being criticized and abandonment. Their lesson is to learn to take responsibility for their problems rather than blame others. They live in the moment and have difficulty with details and planning for the future.

HUMANITARIAN

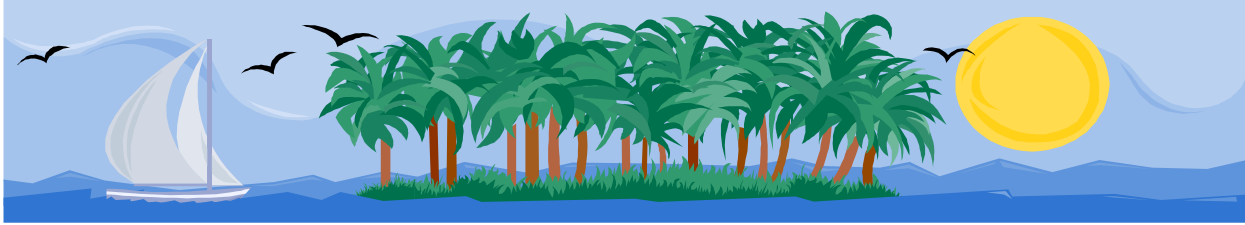


Humanitarians are known for their love for people and nature. They are gifted in their ability to connect with others because of their deep empathy for humanity. They excel in healing work and service to others. Their deepest fears are firstly hurting others and secondly being hurt themselves. They need to learn to trust their feelings and release past negative experiences.

CATALYST



Catalyst people trigger change in our world, sometimes before other people are ready to change. They are there to make things happen. They are driven, highly motivated, dynamic and expressive people. Their deepest fears are of being controlled, intimacy and failure. Their lessons are learning consistency, how to relax and moderation. A Catalyst under stress can often become tyrannical.

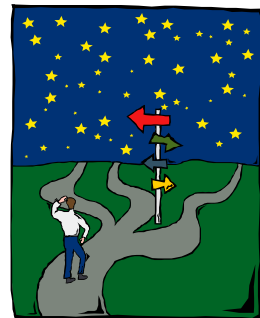


6. STRESS MANAGEMENT

“As a man thinketh, so will he be”
- The Bible

“The man is not sick because he has an illness, but he has an illness because he is sick” - Thomas Paschero

“Man is, in essence, no more than a product of his choices; a collection of his experiences.”



What on earth do these sayings have to do with health, and particularly with the role of emotions, spirituality and the mind with health?

Perhaps it's because they all point to the same thought, which is, the mind and body are interconnected and so there is a strong role for emotions, spirit and the mind in healing. Perhaps, even stronger than people had realized.

When you think of health do you think of the physical condition of the body or do you also consider mental, emotional and spiritual health? People have used the word “health” in connection with each of these four elements - physical, mental, spiritual, emotional. And just as there are four elements which make up life (earth, air, fire and water), these are the four aspects of health we must maintain in order to be “healthy”. Each of these forms of health are interrelated in our process of “healing”.



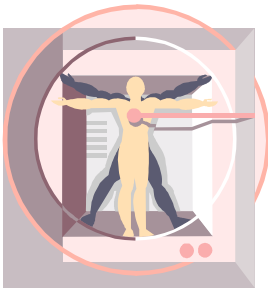
When we think of healing, do we think of isolated healing or do we think of healing as being a process involving all of these aspects or elements of life. Sometimes we forget and merely focus on the one area that needs the immediate attention. That's o.k. to do when necessary, but it is usually only necessary when we have let balance diminish. Healing is balancing and when we have balanced all aspects of life, we are “healed”. And it is to this state that we as human beings aspire.

Just think about how many times someone has told you to relax and take it easy? Why is this such a common response from people when we start to feel upset? Because the stress and tension you put yourself under leads to some form of physical health manifestation, whether it's a headache, a backache, an ulcer or even cancer.

Tension builds as you are exposed to various stressful situations during the day. It's one thing if it's the minor stresses that keep life interesting, it's another if it's enough stress to build up chronic tensions, and those tensions will manifest, they always do.



If these stresses, which tend to be of an emotional or mental nature build up in the body and ultimately manifest in the physical deterioration of systems, then think about the depth to which these feelings may go. The physical problem, or manifestation, is the last step in the process. The emotional or mental trauma was the first step, and while you were being warned to deal with the issue, you ignored the warnings. It's harder to ignore the physical manifestation. How much better we would all be if we learned to listen to ourselves earlier.



And so, in the examination of any illness, psyche (the mind, spirit) and soma (body) cannot be separated. While we are learning to take greater responsibility for our own health, how much have we examined the role we play in our recovery from illness? There has been a tradition of placing ourselves in the hands of the medical community while tending to ignore the most powerful medicine of all - ourselves.

In his book Love, Medicine and Miracles, Dr. Bernie Siegel suggests: *accepting illness allows you to see the illness as one thing to deal with and not as something that rules your life, and in placing trust in a higher power as well as your own ability to cope, frees your ability to focus on other things; see the illness as a growth opportunity because physical challenges offer the opportunity for psychological and spiritual advancement.* Dealing with the emotional roots often fosters recovery. He also suggests viewing illness, not as a punishment or judgement, but to focus on self-love and self-esteem. These are tools which are invaluable as life skills.

All cultures subscribe to a belief that the physical body possesses a “vital energy”, which pulses and flows through the body throughout your life, and the life energy of the individual is connected to the universal energy of the entire cosmos. At birth, the energy is strong and it diminishes over the course of life, and the conservation of this energy extends life and you can learn to protect it from stresses and depletions. This is an especially common thread throughout eastern medicines and philosophies: the sooner you release emotions, the healthier and calmer you will be. This philosophy is also deeply rooted in western spirituality. The ancient Egyptians believed in the incarnation of the universe within man.

All religions point to the human body as being the synthesis of the vital force of the universe and the temple in which the age old struggle of antagonists - light and dark, yin and yang, good and evil - takes place. It represents the opportunity for people to again reach the stage of Adamic or Cosmic man, perfect and in balance.



The belief in emotional reactions having a direct affect on the organs of your body is not new. Louise Hay, among others has written volumes of work on the subject.

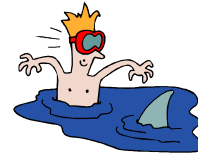
Examples of some of the effects of basic emotions are:

anger: your energy congests, initially in the head, evidenced when one becomes “red faced”. This leads to: confusion, poor reasoning, sinusitis, tinnitus, headache, sore throat, neck pain. If this state is prolonged it can lead to: ulcers, digestive problems and all upper abdominal organs.



excessive excitement (fright or joy): affects the heart region, which unless calmness is reestablished can lead to heart stresses.

fear: affects the pelvis, prostate, bladder, lower intestine. It may manifest as “butterflies in the stomach”, diarrhea and urinary infections because the kidneys and bladder may not eliminate excess bodily fluids (and in most spiritual work, fluids represent emotions).



grief: affects the lungs and is evidenced by stooped shoulders which results in the chest cavity being constricted and therefore the lung aeration is restricted. The individual may suffer from shallow breathing and the need to sigh frequently in order to intake enough oxygen, and the breathing needs to be full in order for vital life energy to enter the body. Grief stricken people are prone to lung infections.

mental constriction/worry: affects the stomach and digestive organs. The stomach region relates to intellectual functions and the assimilation of ideas. Problems may manifest in bloating, loss of appetite, ulcers and diarrhea and may affect the spleen, which is next to the stomach.



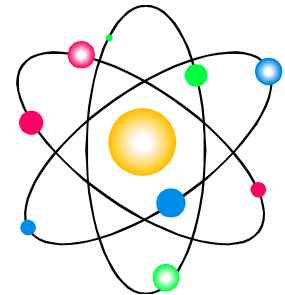


mental/physical overwork: a lack of rest affects the kidneys and adrenals. These organs balance the body's energy by regulating "glucose" (sugar). These represent foundational energies since the adrenals regulate body energy as needed during times of stress, and so when they are depleted, fatigue sets in.

There has been a revolution in medicine that the onset and evolution of illness are under your control. An illness is a direct reflection of the human mind, emotions and spirit. Our bodies mirror the activities of our minds because thoughts are things that must manifest somewhere and somehow. In treating yourself to good health, you must not forget to treat your soul. The soul inhabits everyone and, mind, emotions and spirit are its component parts; therefore, a healthy soul = a healthy body; what's inside = what's outside and what's above = what's below; therefore balance your soul and balance your life. One of the goals of the soul is to learn all forms of love, for love is the glue holding the universe together, and so you want to learn the true nature of sensual love, self love, brotherly love, unconditional love, universal love, love of god.

Mental health is absolutely required for healthy bodily functions. Our minds control our bodies and the relationship of the mind to the body is more important than that of the body to the mind. The mind controls the body, not vice versa. Your mind is a computer and like any computer, programming is everything, and you are the sum total of all your programming, however, you can change the programming any time you like.

Many people wonder how thoughts and attitudes influence the body functions. Physicists have concluded matter is made up of particles which seem to have their own consciousness. What occurs in one particle is influenced by events in other particles, therefore, physical things and space are part of a giant web of consciousness. Your brain acts as a receiver, which then transmits instructions to the body's glands.



As the energy around you is affected, you are affected, and there are myriad tools for you to use to control the flow and effect of the energy around you, and therefore its manifestation within you. Meditation is a wonderful way of slowing the heart rate and the breathing, and by altering these physiological states, you alter your emotional state.

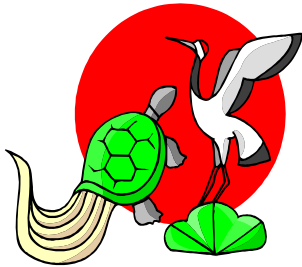
Sitting in a traffic jam may evoke the same feelings of a cave man being attacked by a bear and the body will react the same way. The messages go from the brain to the pituitary gland which sends out the necessary hormones, which are regulated by the hypothalamus (which is deep within the brain), which acts as a thermostat regulating the automatic body functions such as respiration, sweating, pupil dilation, heartbeat, etc. All of these are part of the fight or flight functions, but what you think and feel controls the fight, flight and pleasure aspects of function. The body knows how to deal with day to day events as well as illnesses, you just have to listen to what it tells you and know how to read the signs it gives.



Sometimes it seems like you are trying to read hieroglyphics, they may make no sense until you learn the language. You can also learn the language of your own system. You may also want to learn not to ignore what you're being told. How often do you second guess yourself, only to later say: "I should have listened". Call it intuition, or whatever, but learn to listen to yourself. Your higher self always does know.



It's not even important or essential to take courses in meditation, yoga or breathwork in order to relieve yourself of symptoms of stress. Think about how often you have found yourself, after a long drive, wondering how you arrived at your destination or find yourself smiling because of a song you hear on the radio. These reactions take place subconsciously, you didn't have to think about it. You could instead choose to think about some of these things. The next time you find yourself getting upset, think about taking a few deep breaths. Change the physiology of your body. Your mind gets bored very quickly.



Don't be afraid to pick some little thing to focus on, you will find your mind getting bored enough to wonder off and that's o.k. Let your mind think about what it wants to. It will change how you feel. Medicine, whether eastern or western, traditional or complementary, is a fairly new science and no one knows how the whole system works. Only nature has the wisdom to maintain balance.

Such powerful connections between the psyche and soma have been discovered that some of the most powerful gains in physical illness management have been made through the use of hypnotherapy. It is now being used in: pain management, control of bleeding, as preparation for surgery, almost all anxieties and phobias, dentistry, cancer (for both self healing and chemotherapy side effects), nausea, dermatological disorders, burns, psychosomatic conditions and auto-immune diseases, neurological conditions, sleep disorders, urinary retention, asthma, seasonal allergies, tinnitus, hiccups, obstetrics, gynecological disorders, relationships and sexual dysfunction, obesity, habits, academic performance, tourette syndrome, dyslexia, age regression, headaches, colitis, rashes, and warts, to name but a few. As we learn to understand the mind and spirit, we learn to understand and control the body. In order to maintain a proper balance in life, you work and play, you exercise and relax. In order to maintain health you must do the same - you must exercise your physical bodies, your spiritual and mental bodies and your emotional body.

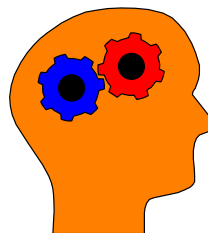
Have you ever wondered why you do the things you do, why certain things bother you, why the emotions you don't want to feel, you do feel? People tend to think in terms of good or bad, positive or negative, and as a whole, people feel they don't want to repeat patterns they view as negative.



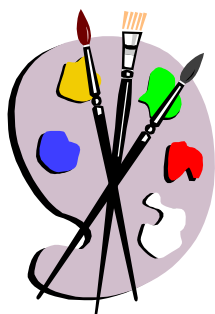
Your whole life is a series of patterns and behaviour, most of which were incorporated into the essence of your being by the time you were seven or eight years old. Most of these patterns have been helpful and healthy, but many are not. Not psychologically, not spiritually, and not necessarily emotionally.

They were once, or you would not have incorporated them. Everything you do and think and feel, you do for your own good, in one way or another - you cannot really harm yourself, but what was once helpful, for whatever reason, does not always stay so. And yet you carry these throughout your life, programmed deeply into the subconscious mind, until you make the conscious choice to do something about them.

One of the reasons you look at things the way you do, and not necessarily the same way as someone else does, is because we all look at life through a structure. Instead of examining the events of life and then determining a meaning, we tend to predetermine a meaning and look for proof in the things we see.

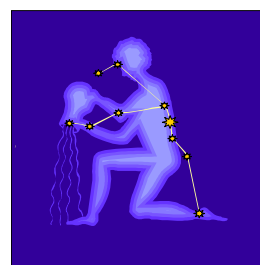


But we are trained to do this. This is the scientific method where you state a hypothesis and then set about trying to prove it. You do this with your emotions. Instead of examining the process of what you feel and why, an incident occurs, your mind makes a judgement in a nanosecond, generally that some injustice has taken place, and then you come up with an emotional conclusion. You then spend whatever time is necessary proving you are right, sometimes disregarding contrary evidence, sometimes twisting that contrary evidence to suit your hypothesis, which you probably are not even aware that you have chosen.



You have the opportunity, not just each day, but each moment of life to create the life you want to have. Like an artist facing a blank canvas, you have the opportunity to create, by sheer force of will, the life you want to have. And you are presented with this opportunity over and over again. Sometimes you take it, sometimes you do not. But rarely is the decision made consciously. Something happens to trigger change, and usually it is after repeated warnings to change. It doesn't really matter when you choose to change, it's the ultimate choosing to change for the better that counts.

Every 2140 years we enter a new age. We have now entered the age of Aquarius. This will be an age of enlightenment, emotional warmth and a greater view of the workings and inter-workings of the universe and for the last several hundred years we have begun to feel the effects of the changes coming.



The rapidity of change since the mid 17th century has been heralding this new age, and as the time approaches, we are skyrocketing into a desire to change ourselves, our environments, our world and our relationships to all of these things, and to each other.

It all starts somewhere, and that somewhere is with each of us as an individual.



6.1 DETERMINE YOUR STRESS INDEX

Do you frequently:	Yes	No
Neglect your diet	<input type="checkbox"/>	<input type="checkbox"/>
Try to do everything yourself	<input type="checkbox"/>	<input type="checkbox"/>
Blow up easily	<input type="checkbox"/>	<input type="checkbox"/>
Seek unrealistic goals	<input type="checkbox"/>	<input type="checkbox"/>
Fail to find humour in situations others find funny	<input type="checkbox"/>	<input type="checkbox"/>
Act rude	<input type="checkbox"/>	<input type="checkbox"/>
Make a big deal of everything	<input type="checkbox"/>	<input type="checkbox"/>
Look to other people to make things happen	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
Complain you are disorganized	<input type="checkbox"/>	<input type="checkbox"/>
Avoid people whose ideas are different from your own	<input type="checkbox"/>	<input type="checkbox"/>
Keep everything inside	<input type="checkbox"/>	<input type="checkbox"/>
Neglect exercise	<input type="checkbox"/>	<input type="checkbox"/>
Have few supportive relationships	<input type="checkbox"/>	<input type="checkbox"/>
Use sleeping pills or tranquilizers without a doctor's approval	<input type="checkbox"/>	<input type="checkbox"/>
Get too little rest	<input type="checkbox"/>	<input type="checkbox"/>
Get angry when you are kept waiting	<input type="checkbox"/>	<input type="checkbox"/>
Ignore stress symptoms	<input type="checkbox"/>	<input type="checkbox"/>
Put things off until later	<input type="checkbox"/>	<input type="checkbox"/>
Think there is only one right way to do things	<input type="checkbox"/>	<input type="checkbox"/>
Fail to build relaxation into your day	<input type="checkbox"/>	<input type="checkbox"/>
Gossip	<input type="checkbox"/>	<input type="checkbox"/>
Race through the day	<input type="checkbox"/>	<input type="checkbox"/>
Spend a lot of time complaining about the past	<input type="checkbox"/>	<input type="checkbox"/>
Fail to get a break from noise and crowds	<input type="checkbox"/>	<input type="checkbox"/>

TOTALS

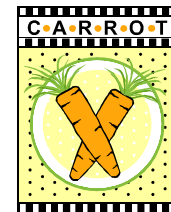
Score : 1 for each "Yes"
 0 for each "No"

What your score means based on the number of Yes answers:

1 - 6 : There are few hassles in your life. Make sure that you are not trying too hard to avoid problems or that you shy away from challenges.



7 - 12 : You have fairly good control over your life. Any work you could do is on the choices and habits that could still be causing you unnecessary stress.



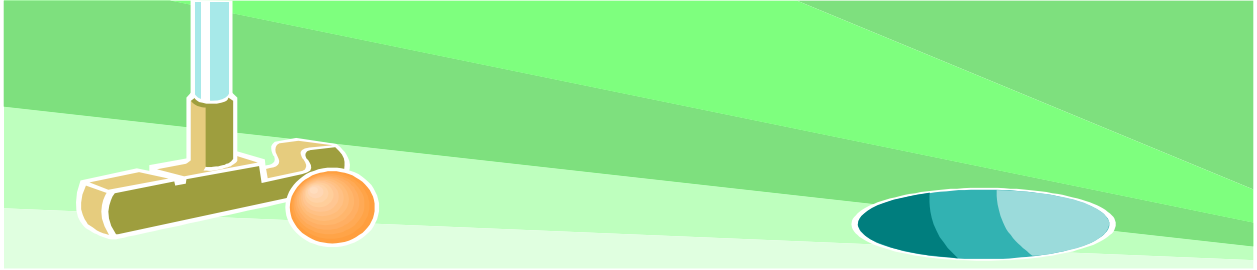
13 - 20 : You are approaching a danger zone. You may be suffering stress related symptoms and your relationships could be strained. Take relaxation breaks daily and think about the choices you have made.



➤ 20 : Get help. Rethink how you do things and how you live. Pay attention to diet, exercise, attitude and relaxation.



Lowering your stress level is only one part of the equation. Begin to explore ways to prevent this from happening again. The best alternative is truly prevention.



7. GOLF - THE GAME OF LIFE

Guru & Associates Wellness Services now has available an exciting and stimulating presentation that will both improve your game of golf, and how you deal with challenges in your business and personal life.

The game of golf is like the game of life. There are risks and rewards. In fact each golf hole is designed with two routes in mind. There is the risky route, which, if successfully attempted, leads to birdies and eagles. There is also the safe route, which results in par. Knowing how to approach and evaluate these options is no different than knowing how to approach and evaluate the choices you make in life.

In life you take risks because there is a strong relationship between risk and reward. In business, you do this all the time. There is a process you go through in making these decisions. We will teach you how to integrate the same process into your game of golf.



Life is a game of balance. You balance your physical, emotional and mental states and you balance your work, family life and recreation. Golf is also a game of balance. Your physical state, your mental state and your emotional state all contribute to your success or failure on the course. More than anything else, golf is a state of mind.

Do you play within your own game when golfing, or do you attempt the impossible, where the likelihood of success is marginal at best? Are you setting yourself up for unattainable expectations in golf when you would never do this in life? Can you hit the shot you want to hit? Do you know how to hit that shot? Too often the answer is no, but you do it anyhow. When the results aren't what you hoped for, are they actually what you expected? Expectations and wants are two different things. We will teach you how to integrate these. We will also teach you to have the necessary skills to make these decisions and these shots.

Is your personality the same on the course as it is off the course? To be successful in life, as in golf, you must learn to be congruent. We will teach you how to attain this. Golf Improvement for the game and for the state of mind.

This presentation is taught by a CPGA, Class A Teaching Golf Professional, and David Gellman our Stress Management Consultant. The Golf Professional will coach you on how to improve your game. David will teach you and coach you on how to free your mind of stress, doubts and negative thoughts, plus use breathwork and creative visualization to create the ideal shot. Learn how to use golf to improve your successes in your business and personal life.

The Golf Clinic offers four stations to learn or brush up on:

- The Full Swing
- Putting
- Chipping and
- Bunker Play



Our capacity for the Golf Clinic is 30 participants with our head teaching golf pro and up to three other golf instructors available to coach your delegates.



The combination of golf pro and stress consultant gives your delegates, employees or special customers a foundation for balance between technical support and mental frame of mind.

Think of this service also as an opportunity to offer your employees and clients a chance to learn to decrease the level of stress in their lives by the skills they will take away with them.

Ways you can incorporate this and other services at your office or next golf tournament:

1. Offer the “Golf - The Game of Life” seminar in your office after work, during lunch or at any other time that it is convenient.
2. Set aside one hour prior to the tee off time at your golf tournament for the presentation. We also offer hands on instruction from a Class A golf professional for groups, or individuals.
3. Offer the services of massage therapists at a par 3 or after the tournament. This is very popular during the period when all the golfers are coming in.

We are happy to have on our list several golf professionals. They will coach you and teach you aspects of the game such as how to improve your short game, sink more puts, using the correct club to maximize your level of play, how to analyze the shot - wind speed, lie of the ball, distance to the pin, and how to overcome the potential hazards

We can also assist in organizing your next golf tournament. To book or get more information call Alexandra Gellman (416) 787-4357 (HELP).

HORIZONS

8. CREATIVE VISUALIZATION

David Lawrence Gellman, CA, CPA, a master practitioner in Neuro linguistics is our star consultant in the area of stress management and creative visualization. David also specializes in anger management. Learn how to transform anger into a positive motivational emotion.

Creative visualization is a tool that will teach your delegates how to access the beauty of the mountains and the peace of the dove, through learning how to slow down the speeding of the mind after a stressful day. This is a wonderful tool to help with sleep, increase health, vitality, creativity and performance at home and at work.

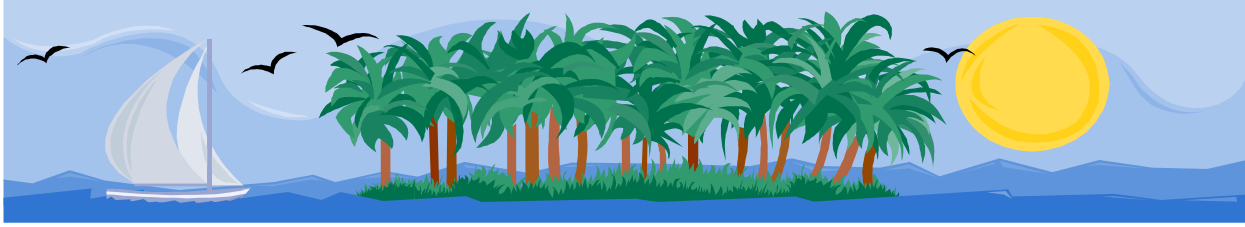


Our society functions primarily in the left side of the brain - learn through the techniques of breath work, acupuncture points and creative visualization how to rebalance your life by accessing the right side of the brain which will bring you creativity and greater emotional fulfillment.



Discover how you can have a greater impact on your universe! Learn to access the feelings of the mountains, the wind on your face as you hear the softness of the creek trickling in the background.

Creative visualization is a gift from nature that we can access when stressed, worried or need a good nights' rest. Banish anxieties and worries through learning how to access beautiful pictures in your mind!

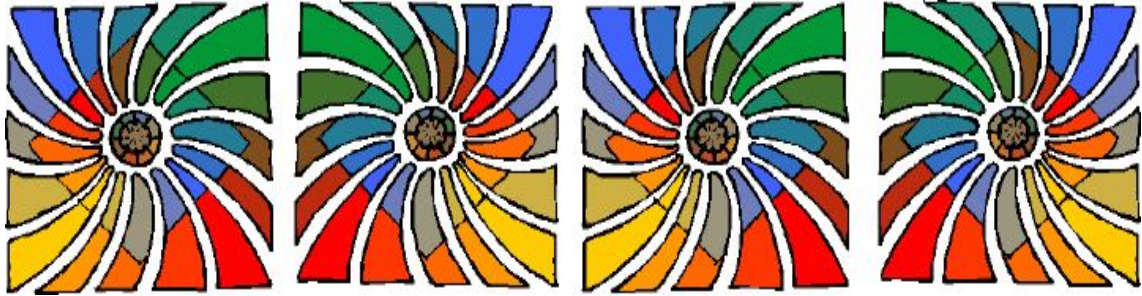


9. RELAXATION OASIS

Relaxation oasis services include a variety of complementary health services that will aid the overall well being of individuals.

These services include:

1. **Iridology** - This fascinating service will highlight the key gifts you were born with. Discover what your eye reveals through the personalized markings in your eye which are as unique as your fingerprints.
2. **Acupuncture** - an ancient form of Chinese medicine to clear the energy pathways in the body known as meridians, thus boosting energy. It aids with relaxation, weight loss and acute health ailments.
3. **Massage Therapy or Shiatsu** - to entertain and relax tired shoulders and feet releasing tension and stress from key muscles.
4. **Reflexology / Aromatherapy** - Key aromatic botanical oils are massaged into your hands and feet by a massage therapist to boost energy, relax and heighten the senses.
5. **Therapeutic Touch & Reiki** - an energetic system to relax and balance the key energy pathways throughout the body boosting physical, emotional and spiritual health. This form of treatment is a no touch process that accomplishes the same as a massage or a mini-holiday.
6. **Spa services** - manicures, pedicures and facials for private companion programs.



10. CREATIVE FUN AND RELAXATION EVENT

For your next reception / dinner:

1. **Putting contest** - Offering two stations where delegates participate in a putting contest. Individuals putt into house like boxes that indicate how many points they got. This determines their position in the putting contest and the evening will conclude with a final putt off.
2. **Henna Tattoos** - Chinese and exotic patterns and pictures are applied to arms or legs for entertainment purposes. Henna tattoos give pleasure and enjoyment and are easily removed when you choose.
3. **Nutritional Tips** - A Registered Nutritional Consultant will offer individualized suggestions on the latest findings to improve the quality of your delegates nutritional wellness and lifestyle.
4. **Discover Your Creativity** - An artist will be available to teach individuals how to produce paintings reflecting your chosen theme such as Picasso or Monet.
5. **Numerology** - Discover what your birthday and name reveals and get a mini-reading of your life path in 10 minutes from a professional numerologist.
6. **Shoe and Lip Readings** - A unique mini-reading from your shoe for the men and from your lips for the ladies.
7. **Your Place In The Universe** - A reading from the ancient Tree Of Life stemming from the Garden of Eden revealing the path you are on, where you have come from and what lies ahead.



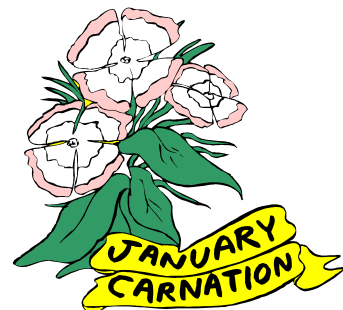
11. THE WELLNESS JOURNAL OF LIFE

We offer a workbook of exercises to help individuals with stress, well being and nutrition. This booklet is broken down by monthly meditation, aromatherapy bath, chakra, and seasonal foods to complement the month. A sample of two months meditations follows. These booklets can be personalized with your company name and logo. In addition the exercises can reflect the purpose of your event.



This is the month that governs the transformations of your lives. Just as fall becomes winter and the old dies in anticipation of new growth, concentrate on smooth transformations, ever higher and higher, for your highest and greatest good, knowing you will be further developed along the path of your own destiny, and that you tap into the potential you all have within you and continue to live the divine plan of your lives.

The new year brings you an opportunity to create all the security this month can promise; the strength of will to avoid self-imprisonment; the faith to face the fears and devils of your lives, defeating them through knowledge, love and understanding; crossing the abyss and not looking back, and may you all live in understanding - of yourselves and of others - for they are one and the same.





12. WELLNESS AROMATHERAPY RITUAL GIFTS

Rituals form the backbone of all organized religions, and the prayers said in them, which are the means of communication between the individual and the higher spiritual force that person believes in. This process usually involves a request for forgiveness or peace, or perhaps to remove any negative thoughts or energies you have so you may open yourself up to receive positive, more harmonious thoughts and energies, often focussed on specific matters.

We have designed these seven rituals to be religion neutral, and to encompass the key ingredients of all prayer type rituals in that they are intended to help in removing the negative, while enhancing and fostering positive feelings and motivations in order to make certain changes. We have included elements to please all the senses. While the rituals are designed to be done once, we recommend you read the prayer meditation daily for at least 30 days following the bath, to allow you to enhance the positive effects of the work you are doing. Rituals are available to:

- ♥ Obtain Abundance
- ♥ Enhance Personal Empowerment
- ♥ Holiday Magic
- ♥ To Attract Romance for Singles
- ♥ Bring Spring Renewal
- ♥ It's my Birthday
- ♥ Romance for Couples
- ♥ plus other special Holiday Rituals.

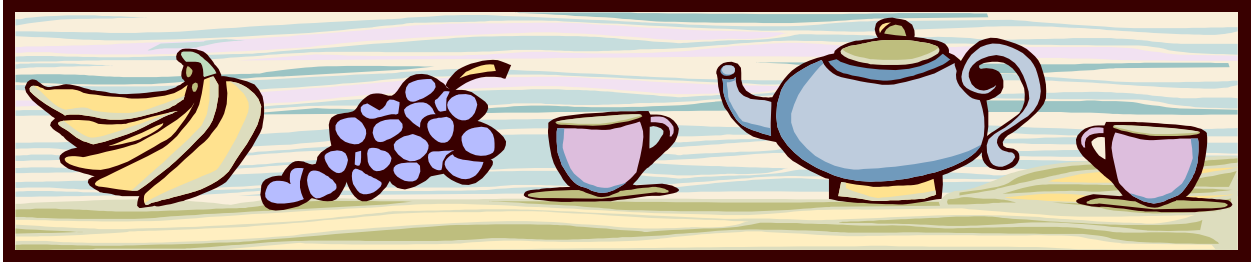
Each ritual package is comprised of:

- ◆ A sachet of carefully chosen herbs designed to begin to open the paths on the physical plane that will help clear the way for your healing.
- ◆ An expertly blended 15 ml aromatic essential botanical oil blend to help bring positive energy and stimulate the olfactory senses which releases positive hormones in the brain.
- ◆ A parchment with affirmations to read and meditate upon to help foster positive thoughts and reinforcements on the mental plane.
- ◆ Two beeswax candles to assist bringing in light. The colour of the bags and candles have been carefully chosen to enhance the therapeutic elements of positive energies.

Each and every package has been potentized with Reiki / Radionics to help clear the energies on the spiritual plane.

Personalized rituals can be created for your next special event!





13. THE BIBLE OF HEALTHY LIVING

The Bible of Healthy Living is Guru's latest book designed to aid individuals on their healing journeys through life, now in its 4th printing and encompasses:

- ◆ Why We Get Sick
- ◆ How to Get Well
- ◆ Physical and Emotional Therapies
- ◆ Menu planning
- ◆ Eating out
- ◆ Plus over 200 delicious healthy recipes.

Some highlights of this wonderful book are:

- ◆ A handbook for the 21st century for healthy living and healthy eating.
- ◆ A cookbook designed to make healthy eating a glorious and satisfying experience.
- ◆ Discover the contribution of elements such as: dental, refined foods, vaccinations, water, hereditary toxins, emotional trauma and the way we think to our health.
- ◆ Learn about healing paths to correct stress, physical and emotional illness.
- ◆ Indulge in physical treatments like massage, aromatic oils, aromatherapy, therapeutic touch and learn the benefits to the body and mind.
- ◆ Explore the connection between physical and emotional therapies.
- ◆ Recipes to overcome a feeling of deprivation.
- ◆ Creative foods to assist in healing a wide array of problems ranging from constipation, headaches, irritable bowel syndrome, arthritis to heart disease and more.



14. A PARTIAL CLIENT LIST

2000

PriceWaterhouse Coopers
Toronto Tours
Deloitte Touche
Alcon Canada
Association for Women in Sports Media

1999

Nesbitt Burns
CMIT Canadian Meeting & Incentive Travel Symposium
Tourism Toronto
Canadian Association of Exposition Managers Canadian Franchise Association

1998

National Association For The Education of Young Children
McMillan Binch
Whole Life Expo
Board of Trade - Golf & Country Club
CITY TV

1997

The National Association of Homeopaths
CITY TV

1996

The International Convention for Family Health & Harmony Conference