

Zelda Hall Psychologist and Therapist



THE POWER OF DREAMS

For a **FREE** copy of my dreamwork booklet [email](#) me your name and address.



AGENDA 2010

LECTURES:

Unfolding Destiny -Your life's purpose (English)
17 June 2010

WORKSHOPS:

The Dancing Goddess
7 August 2010
(English)

De Kracht van Dromen
10 October 2010
(Nederlands)

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Welcome to Zelda's e-zine

I've been living in Amsterdam for more than 30 years now. Through my work, I've met many people from all corners of the globe. My e-zine provides the opportunity to stay connected with people from past, present and future, where ever they may be on their life's journey!

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"Our task must be to free ourselves – by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty." Albert Einstein

Cleaning up our act

As we come to the end of the garbage collectors' strike here in Amsterdam, it's an opportune moment to launch my new e-zine!

It's been a couple of months of interesting developments, in terms of what is going on with our planet. Interesting in the sense of the old, purportedly Chinese curse: *"May you live in interesting times."*

A volcanic ash cloud wreaked havoc with my travel plans and those of many others. There was yet another earthquake, in China this time. And the attempts to stem the enormous oil spill in the Gulf of Mexico have failed.

As my hairdresser remarked last week, it looks like Mother Earth isn't very happy. Although my hair turned out okay. *"Als je haar maar goed zit"* as the Dutch say (as long as your hair's alright).

The gigantic piles of rubbish around the city confronted us with just how much we throw away. In certain circles, we hear a lot about 2012 with dire predictions about the end of the world as we know it.

I believe it is a chance to wake up. And to quit our act of being the only species on earth that is plundering non-replenishable resources and poisoning a lot of what's over. Using Darwin as an excuse: "survival of the fittest", "it's a dog- eat- dog world" etc. I was touched by this video. [Dog rescues dog!](#)

Let's get conscious! I think we need to take much more responsibility for our role as co-creators in the future of our planet. And I'm not only talking about living more sustainably. I am talking about how our thoughts and acts directly affect our world.

We can't keep on blaming someone else. Not even our genes! Need convincing? Listen to [Bruce Lipton](#), a recognized authority in bridging science and spirit.

In the meantime - keep smiling

Scientists revealed that a smile gives the same level of stimulation as eating 2,000 chocolate bars or receiving £16,000 in cash!

The clinical tests, carried out on volunteers in Scotland, measured brain and heart activity as participants were shown pictures of people smiling and being given money and chocolate.

Smiling raises your endorphin levels and releases serotonin . Mind you, the smile must be a genuine or [Duchenne](#) smile. The characteristic of this smile is that it activates a muscle around the eye (the same one people pay to paralyse with Botox). You can literally make yourself happy by smiling!

You cannot fake happiness, but you can create it within yourself. And when you do, you touch those around you. Research in Scandinavia shows that perceiving smiles in others triggers the release of the neurotransmitter dopamine. Even when the smile is perceived on an unconscious level.

So to change your world - smile more often. That's a start. Then come to my lecture: [Unfolding Destiny - Your Life's Purpose](#).