

December
2013



The Raymon Grace Newsletter

Howdy Folks,

Here are a few thoughts that you can take for whatever they are worth.

We are in the season that seems more stressful than fun for most people. While I'm in favor of good will toward most people, I don't need an official day to practice it. Why not do a random act of kindness for someone every day?

Have said for years that your head listens while your mouth is talking. I also believe that your body listens while someone else is talking. Let me explain.

Each atom is composed of protons and electrons which are charges of electricity. The space between these protons and electrons is filled with energy that has intelligence that responds to human thought.

Atoms make cells and cells make tissue and tissue makes body parts and all combined make a human body. Seems it would be reasonable to think that each body part has intelligence.

Have heard people talk very disrespectful of their body. In class, I ask the question, "If you have arthritic knees, do you think they will improve because you cuss them?" No, probably not, but they may improve if you THANK them.

In my opinion, one of the first things to do to improve your health is to appreciate your body and your body feels it. If you compliment someone else, their body feels it too, you can see it in their facial expression.

Why not do an experiment and compliment people and see how they respond and see how you feel by making them feel better.

Have heard that in some areas of business, compliments are pretty much forbidden. This seems like a strange way to live. Why should we let other people prevent us from being nice to someone? Maybe it's the way the world operates but do we really have to go along with it?

In my opinion, doing a random act of kindness every day would help raise one's self esteem, and there seems to be an epidemic of low self esteem. The reason I say this is because people contact me to do things for them, saying they don't feel capable. No wonder they don't feel capable, they haven't practiced enough to get good results.

You can go to www.raymongraceprojects.com and watch a short video on balancing your brain. It's free and one of my ways of doing a random act of kindness several times a day. You can use it to help your family and friends who might need some help.

Have received emails of news stories telling of massive rescues of exploited children and arrest of the abusers. Maybe it's my imagination but seems these things have increased since we made the film 'Blueprint For Freedom' available for free to anyone who wants to use it to stop

abuse. You can go to www.raymongracefoundation.org and click on 'what we do' and watch this and direct it to any abusive situation you know of.

These are just some suggestions to help you get through what has become a season of insanity and they really don't cost anything.

On the news front.....

GOOD NEWS Folks,

Many of you have attended class with me and spent quite a bit of money for travel and accommodations. You spent far more than the class cost and you lost time from work.

While I appreciated your attendance, I wished you could have gotten the information for less money. Now you can!!!

On February 7 at midnight EST USA, we are going to make available the class as it was filmed in Tennessee. We did not film break time, lunch time or question and answer time. I held questions till the cameras were off and kept it blunt and to the point with enough stories to make it interesting. Some of my friends are in the class telling their success stories. As a result, the 2 day class now only requires 9 hours of your listening time. (you will want to schedule more of your time so you can stop the video and do your dowsing)

We will make it available for 48 hours giving you time to watch it, get some sleep and watch it again, all in the comfort of your home.

You also have the opportunity to email us your questions and Faye and I will do a recorded phone session answering them. You will be notified when this will be available and it is included in the price of the seminar.

So for the same price of a class, \$250, you can now attend the class twice and have plenty of time to think over your questions and have them answered~~~~assuming I am able to answer them. Please hold your questions to the subjects discussed in the webinar. Additional information at www.raymongracefoundation.org/class.html

**Enjoy the Holidays,
Raymon**

And from Faye.....

And now....it is that time and the energies are high...so put them to good use as you join us for the Call to Action....December 21. 8:00 pm local time, where ever you are. You are powerful so please join in. You do make a difference!

For full details visit

<http://www.raymongraceprojects.com/calltoaction.htm>

Please feel free to forward this newsletter to anyone you like, as long as you leave it just as it is in its entirety. Please do not edit, forward as is. Thanks.

It is available here as a printable pdf file for download.

