

SAVE A BUCK

A MESSAGE ON MAIN STREET
 Certified & Professional Massage Therapist/Licensed Esthetician

GIFT CERTIFICATES AVAILABLE ONLINE OR CALL TO SET UP IN OFFICE PURCHASE!



Exfoliating Massage
 1 Hr. Massage & Salt Glow (1 1/2 Hr.)
 Only **\$80**
 with coupon • purchase by 9-30-09

1/2 Hr. Massage
 reg. \$40
 Only **\$35**
 with coupon • purchase by 9-30-09

1 Hr. Massage
 reg. \$60
 Only **\$49**
 with coupon • purchase by 9-30-09

1 1/2 Hr. Massage
 reg. \$85
 Only **\$75**
 with coupon • purchase by 9-30-09

PREGNANCY MASSAGE
 Custom prenatal massage table
 Lay face down up to 9 months
 1 Hour Only **\$49**
 reg. \$60
 with coupon • purchase by 9-30-09

NEW CLIENT SPECIAL
 1 Hr. Massage
 Only **\$45**
 reg. \$60
 cannot be combined with any other offer with coupon • first time visit • purchase by 9-30-09

www.AMessageOnMainStreet.com • (248) 652-0511
 By Appt. Only • Monday-Friday A.M.-Early Evening
 414 Main Street Suite 204 B • Main Street Plaza
 Downtown Rochester

NOW ACCEPTING FEMALE CLIENTS

RESALE CONNECTION
 Managed & Operated by the Volunteers of Assistance League®

5 DOLLAR END OF SEASON SALE!

Select Consignment Reductions Home & Decor Specials

Thursday thru Saturday August 27, 28 & 29
 *Before 6pm
 Bring in this ad for a \$5-\$9 September Coupon!

\$5.00 or LESS
 Women's, Men's, Children's, Jewelry & Accessories*

204 S. Main St. • Downtown Rochester 248-656-0414
 www.gamich.org/volunteerleague.org



Carrie Brown is welcoming **NEW GUESTS** with a **FREE Haircut** with any color service
 first visit only expires 9/7/09



Sherry Church is welcoming **NEW GUESTS** with a **FREE Manicure** with Pedicure
 first visit only expires 9/7/09

Vedro AND ASSOCIATES Salon
 628 Main St. Rochester (248) 652-4309
 call for an appointment.

Celebrate With Us!

Send your birth, wedding, engagement or anniversary announcements to us to for our monthly Celebrations Feature.

E-Mail: communitylifestyles@inbox.com
 Send To: Community Lifestyles
 P.O. Box 82512

COLUMN

S.O.S. – Success Of Self

It's Your Choice ... To Thrive or Just Survive!

Life tough? Economy got you down? Lost your job or business not going great? Your relationships stink? Going through some sort of transition ... divorce, empty nest, career shift, business changing? Is life not what you had planned or hoped for at this point in your life? Is it hard to get up every day and you feel like you're just hanging in there?

Well, get over it! Wow, that sounded harsh, didn't it? But it's time to move on, stop listening to the stories on how the government and economy sucks or that your company, your spouse or family and friends are the ones to blame that your life isn't working. Everything is transitory, where you are today will be different tomorrow, a month, six months, a year or five years from now, it will be different and it could be better. Here's the deal, it's your choice to do something about your life and to choose if you want to just survive or do you want to thrive despite what surrounds you? You know the old adage, make lemonade out of lemons.

If you continue to focus on what's wrong in your life, then it's going to be the same day-in and day-out. However, if you are clear on what you truly desire (and I do mean what you want, not the old conditioning, programming or family pressures) you can let go of the 'shoulds'. I'm not saying it's necessarily easy to shift your life but you are the co-creator so you decide, you make the choice.

When Plan A, whether in your career, finances, marriage, or relationships, isn't working out, then what's your Plan B? Holding on to the past, or what you thought your dreams were, doesn't serve you. To change the feelings of being lost, depressed, discouraged, disheartened, you must let it go and close the door on the old.

When you do this, then the other doors open, you can see new possibilities in how to re-define, re-purpose, and re-create you and your life.

Have you ever really thought about what you really want? If you had a blank canvas, what you paint? If you had all the time and money in the world, what would you do? What would you create? What would you manifest and contribute to your Self and others? I would do what I'm doing now – helping others live fuller and happier lives.

Guess what, it's your choice to change now. We've all been given an opportunity to shift our lives since the old paradigm in econo-

my, business and in general life isn't succeeding. Some of you may find it hard to believe that your life can improve and be better than ever when you are sweating over the bills, your savings and investments are dwindling and your relationships are struggling.

But here's the fact: you've created everything and everyone in your life. You may say, "No way, I wouldn't do this, it's not my fault, it's what's going on in the world; it's my wife or husband, my boss." Well, unfortunately, that's not how it really works. Ultimately, it's your creation and your responsibility, but I'm going to give you a new definition of responsibility – it's the ability to respond. It's your choice as to how you deal with life.

If you finally accept that you are responsible for every little thing in your life then wouldn't you want to make different choices? Every relationship is any relationship whether that is with your Self, at home or work, with your money, with your creations ... the reality is you can make a different choice in how you are relating to life and choose to live a life in freedom, thrival and success rather than struggle, survival and fear. Here are tips on how:

5 Tips to Make A New Choice & Re-Design Your Life

1. Get clear on what you really want – personally and professionally. If you can't do it yourself then hire a coach to assist you – we all need help at times.
2. Allow yourself to take care of you first then others; let go of guilt, shame and pressures from your 'I'm not enough, worthy or deserving', 'shoulds' or others.
3. Release, heal and forgive judgments about yourself and others; be kind, patient, compassionate and loving.
4. Set goals and design a one-year plan; it's not an overnight fix or take a magic pill plan – it's take it one step at a time which will eliminate the tendency to feel overwhelmed.
5. Take actions despite your fears and focus on what you want, not what was or what you don't have.

Article submitted by Amanda Butler. Butler is dedicated to helping individuals become empowered to create their Diamond Life™ Success. She currently teaches a FREE S.O.S. – Success Of Self – Generate Your Own Stimulus Plan class and other Diamond Life™ workshops. For more information or to contact Butler, visit www.keenawah.com, call (248) 761-9568 or e-mail amanda@keenawah.com.