



Healing from the Heart

Heartsong Healing Newsletter - Tiger Talk

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April/2009

Dear Joy,

What do you see when you look around you? Do you see lack, fear or problems, or do you see new growth, renewal and possibilities? What you see shapes your dreams, your future and your happiness.

I choose to focus on abundance, opportunities, assisting others and being peaceful and joyful in this moment. I trust you will find peace, joy and a sense of purpose by letting go of fears, trusting in abundance and connecting with your guidance.

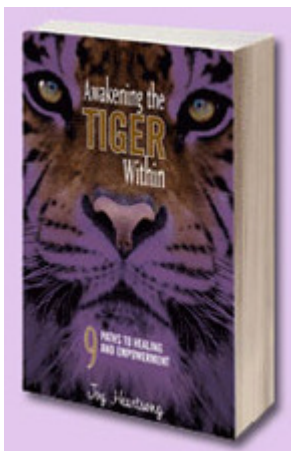
This month's issue of Tiger Talk is filled with ways to help yourself and others. Share the information with those you know on upcoming workshops and how to help children and adults with allergies using non-medical alternatives. For more information on how to bring more peace, joy and passion into your life, see www.awakeningthetigerwithin.com or call Joy at 719-328-9143.

From my heart to yours,

Joy Heartsong

Healing Touch Certified Practitioner
Intuitive Energy Healer

Awakening the Tiger Within: 9 Paths to Healing and Empowerment



Get your copy now from the author at www.awakeningthetigerwithin.com or from www.amazon.com

Meet Joy



Joy is a Healing Touch Certified Practitioner and intuitive. She is passionate about helping others

Message of Joy

Five Tips for Allergy-less Living

Can you get quick relief from allergies without pain, pills or punctures? The answer is a resounding, "Yes!" First, I'll share a little information on allergies; then I'll show you how you can help yourself or your loved ones.

You, or someone close to you, are among the 20 percent of Americans who are affected by allergies, according to an American Academy of Allergy, Asthma and Immunology report based on 2006-2009 data. They cite one nationwide survey that found 54.6% of the U.S. population tested positive for one or more allergies. One other statistic I

claim their true power by connecting with the wisdom of the Tiger within. Her message is that we all have the power to heal that comes from a higher source manifesting through each of us. Her writing includes stories, insights, and techniques from successes with her clients and her own healing journey.

Share Your Thoughts

I'd love to hear from you. Share your feedback, ideas and suggestions for future topics. How can I help you? What would you like to know more about? Email joy@awakeningthetigerwithin.com.

Tiger Talk Tip

"You, too, can reap the benefits of bringing body, mind and spirit into harmony."

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found of interest is that, "Allergic diseases are the sixth leading cause of chronic disease in the United States."

The number afflicted with allergies may be even higher because some people don't go to the doctor for help and others aren't aware of the source of their symptoms. Both adults and children are doing their best to cope with the miserable, restrictive and, sometimes, debilitating symptoms of allergies. You are, most likely, aware of the most common ones: runny nose, sneezing, itchy, watery eyes and sinus congestion, often referred to as "hay fever."

You may have allergies and not know it. Examples of lesser known symptoms that can be related to allergies include: digestive upset and cramping, headaches and migraines, fatigue, lethargy, anxiety,

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What's the News?

Manifesting Your Heart's Desire

Use the energy fueled by your passion to attract more of what you desire in life and business ventures. Joy Heartsong will share ideas and techniques in an interactive format to guide you in this process.

This free event will be held from *6:00-7:15 p.m. on Thursday, April 16* at Black Cat Books. The address is 720 Manitou Avenue, Manitou Springs, CO. Invite a friend and join us. Space is limited, so pre-registration is required. Call Joy at 719-328-9143, [send email](#) or contact Natalie at 719-685-1589.

Healing Touch Videos

For a great presentation of Healing Touch, check out these two ten minute videos on [You Tube](#). If you have questions, contact Joy at **719-328-9143** or [email now](#).