Whispers from Tanglewood....
Deep Winter

January 31, 2024

As a collective we feel the cold air and see the gray sky of deep winter. Yes, it is true that there have been moments of pure bliss as the temperature rose to near 70 last week with blue skies all around. Many of us, in fact, found ourselves luxuriating in those hours, feeling lighter and more energized! So now that the thermostat has returned to the norm for this time of year, let us turn to the gratitude in life's simplest moments in hopes of raising our vibration to those higher levels where life feels the sweetest.

When we choose to focus on gratitude we raise our energetic vibration to the highest heights. This matters because as energetic beings, our physical, emotional, and energetic bodies react to that upon which we are focused. Focus on the positive things in your life and do so even if those things do not appear "perfect". In this moment they are as perfect as they need to be to warrant your attention and gratitude. This does not have to feel heavy or complicated.

Feel grateful for the dog or the cat who checks in with you and casually snuggles while you give your attention to daily tasks. Maybe you can focus on the beauty in the way the sun pushes through the gray at the very end of the afternoon reminding us that even if we don't see it, it is still there and days of blue sky and sunshine will be back. Be thankful for dry roads so that travel is smooth and errands or a commute to school or work happens effortlessly. Nod with bliss at the thought of your friends who show up over and over, in good times and in sad, to offer support and love. Smile at those you pass on the street. Thank the clerk at the store and appreciate the work they do. Finally, as you crawl into bed at the end of each day, the covers pulled up to your chin, close your eyes and breathe in the beauty that your life holds for you. As you drift off to sleep, all of those who watch us from beyond will notice your focus on the good in your life and they will begin to conspire to bring you more of the same and then some!

In Gratitude and Peace,
Julie

Tanglewood Services are listed below.....

Or Browse Offerings on the Website

Reiki Energy Healing

Reiki (pronounced rake-ee) is an energy healing technique that transfers universal life energy through practitioner's hands to balance energy, and heal the body and mind. Incredibly relaxing and gentle.
Fee: $80 for 60 Minutes
To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Reiki I & II Certification is Here!

If you are considering learning more about Reiki Energy Healing or have interest in becoming certified to provide Reiki to yourself or others, Tanglewood offers a Reiki Training Program!
Reach out to Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com for more information!
This world needs more healers, let's see if one of them is you!

Adult, Teen and Life Coaching

Do you feel stuck? Do you feel anxious, angry, sad or lifeless? You are not alone. Many wander through their days thinking, "Is this it?" If you have any of these feelings and if you find yourself questioning what you can do to feel better please reach out to me to schedule private coaching. Many times, just a few sessions will allow you to feel lighter and happier, more hopeful.
Fee: $80 for 60 Minutes
To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Event Speaking

If your organization is in search of a speaker for your next event, depend on Julie Cassaday to bring the just right words, compassion, and authenticity to your audience. Available content includes Mindfulness, Healthy Communication, Change Management, or Caregiver Health and Well-Being.
To learn more contact Julie at 443-250-6360 or julie@tanglewoodlifecoaching.com

Special Offerings

Mindfulness and the Law of Attraction
Now Virtual

Dates (plan to attend both):
Monday, February 19, 2024 5:30 PM - 6:30 PM
Monday, February, 26, 2024 5:30 PM - 6:30 PM
Fee: $60 (for 2 sessions)

Tanglewood was founded on the principles of The Law of Attraction and now this Community Workshop Series is back and begins with 2 sessions offered via ZOOM. So get in your comfy clothes and grab a blanket and your Lap Top and let's begin attracting the good stuff!

This content will have you shifting your thoughts, releasing your programming and creating your vision to one that serves your highest purpose! Invite a friend to join us, let's get down to the business of ditching victim-hood and start living our lives in a mindful and grateful state!
Woo Hoo!

Register Here! Mindfulness and The Law of Attraction (Virtual)

Now Virtual - Mindfulness for Teen Girls

Date: Monday 2/19/2024 (President's Day)
10:00 AM - 12 N
Fee $20

In our world, the bombardment of incoming messages can be confusing and hurtful. Anxiety and depression are the results when an individual confuses these messages with the person they are meant to be. This course supports young women by teaching them to create an environment of Mindfulness and Peace for themselves, a place where they can find relief and protection.

Register Your Teen

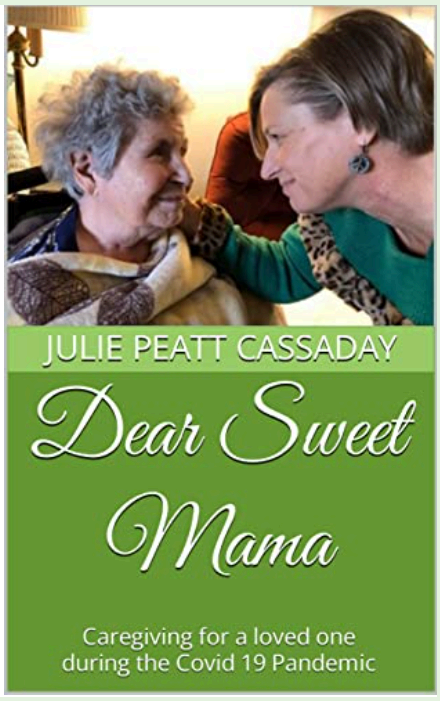
Tanglewood and The Girl Next Door Holistic Beauty and Healing Center Collaboration.....

Love Yourself First

Date: Friday 2/23/2024
2:00 PM - 5:00 PM
Location: 1835 Gablehammer RD
Westminster MD 21157 (The Barn)
Fee $50

We are so happy to announce this special Valentine Event directed to the Love of Self! We welcome into our collaborative spirit a Sister Small Business, ***Love Yourself First*** in Manchester, MD and owner Julie Tringali Mulhern. Julie will guide us through the use of Crystals and how they assist us to heal, to open our hearts, and how to give and receive love. Fun Fact: Did you know that you must first feel love for yourself in order to receive love from others? It's true.

Following Julie's program we will have other fun activities that will have you feeling totally in love with your beautiful, soulful self! A special gift for all who attend as well! Yippee!
To register email julie@tanglewoodlifecoaching.com or call 443-250-6360



This singular story shines a light on the role of a caregiver, the professionals, the family members, and the person for whom the care is needed. Though there is heart break in watching a loved one disappear a little bit every day from dementia, there are equally as many gifts – if you take the time to look for them. Often the gifts show up in hindsight, long after the loved one leaves this Earth. As you turn the pages of Dear Sweet Mama, Julie has this to say: "You will feel your heart on this ride and I hope too, that you will smile as you wipe away a tear. This journey is for you and about you just as much as it is about me. All of us will have a time in life where we care for someone and we are so close to the end of another's journey that it takes our very own breath away."

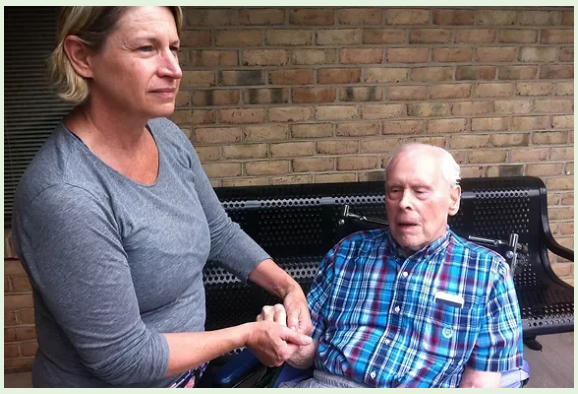
Now at Carroll County Public Library!
Dear Sweet Mama, authored by Tanglewood's Founder, Julie Cassaday is available at *Rudolph Girls* in Westminster, MD or in various formats via *Amazon.*

Rudolph Girls

Amazon

CCPL

Please Note: One of our favorite Workshops, Calling All Caregivers, will return soon.....



***Please do not let fees be a barrier to engaging with Tanglewood. Contact Julie to discuss your needs

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