



Hello you fabulous, successfully sensational people,

I am so happy to get this chance to connect with you in this, my first newsletter... I have so much to share with you, regarding Life's Incredible Mysteries, and how to use your Inherent Creative Power to forge an exciting and rewarding reality. So this is just to say hello, and embrace the possibilities .

You know the saying 'this is the first day of the rest of your life'? Well, I've always thought that to be a ridiculously obvious statement of fact, but I guess the implication is spot-on: where you have been is not necessarily a directional arrow to where you are heading.

You are not your history. You are not your family. You are not your name tag. You are not your paycheck. You are a constantly evolving Being of Light, whose birthright is the Absolute Ability to choose Joyful Abundance in every area of your life. So – watcha gonna do with your power baby? For me, it is my path, my passion and my privilege to pass on the lessons I am learning on my own life-quest for happiness, fulfillment and self-improvement.

After 20 years in the entertainment industry I have recently moved from the stage to the speaker's platform. It was a choice that I took a while to commit to... you know how we make decisions and then have to remake them only to find that we have reneged once again and are now having to make that same decision just one more time? (Well... it's perfectly human, I tell myself lol!.)

And now that I have taken the leap, I hope we can fly together. I offer a variety of workshop and seminar modules, under the banner of my Enrichment Events. It is my mission to offer practical, quick and effective skills for transformation, right-here right now.

You can see more about Enrichment Events, and also my Enrichment Audio titled Love, Fun & Money, Honey, on my website www.iritnoble.com.

As I am looking to expand my circle, I would appreciate it if you could forward this letter to anyone you can think of who would enjoy or benefit from it. If you do not forward it to 26 people in the next 12 seconds, nothing at all will happen to you.

If you do forward it you may find gold on the pavement, or you may be struck with an incredibly lucrative, fantastically fail-safe new business idea, or get an unexpected sexy surprise ... all of which could happen for you regardless ... and I hope they do! ... and for now, in my quest for balance, I am off to the beauty and quiet of the Knysna Forest where I will spend some time decompressing and reconnecting.

I have been extremely busy and self-important these last few months, taking myself way too seriously, and my health not seriously enough. So I will be back at my desk on 4th May, when I look forward to hearing from you, hoping that you will have checked out my website and sent me your input and inspirations...

Thank you for reading this, I wish you much love & de-light

Irit

If you are in Cape Town on 19th June, be sure to book your seats for THE PINK LUNCH at Pigalle in Sea Point. Irit will be emceeing and cabaret styling for this renowned celebrity charity event. Bookings through info@ninamonda.com

I WANT FABULOUS, & I WANT IT NOW!

There are many wonderful practices that will uplift and energize you. You will most definitely get change flowing in your life through a commitment to certain exercise and eating plans, meditations, yogas and other established disciplines that will work when you work with them...

How many of you have 20 minutes each day to devote to your self-work? If you think you don't, let me gently disagree...

You know all these pockets of time that we call 'wasted'? I believe that these are gems, they are jewels they are gifts to be used wisely So I encourage you to offer yourself a present of the present and use those little 'wasted moments' while you are in a queue, or driving, or washing your hands or doing whatever you were doing before you had to wash your hands.

In these newsletters I will offer you 20-120 second exercises that you can utilize throughout your day, to feel great right-here, right-now.

My credo is CONSISTENT INSTANT GRATIFICATION LEADS TO LASTING TRANSFORMATION.

Instead of constantly being ahead of yourself, always pawing the ground to be at the next place and cursing the time it takes to get there, you could use those nuggets wisely and to great effect.

- in the 20 seconds waiting for someone to answer their phone: take a deep and conscious breath. Then another. Slooowly...

- in the 2 minutes of an elevator ride: do your Kegel exercises (yes, boys, you too!)

- for the 30 seconds it takes to walk the stairs, do this simple thing: relax your face.

Do it right now: just drop your mask, allow the skin to settle naturally, feel the skin settle and release the tension in your tongue in your mouth... ah, bliss!

Everything you need, really is within you... so...

If you want change, change.

If you want control, control yourself!

If you want power, power yourself.

If you want love... love your beautiful self.

READ IRIT'S LATEST INTERVIEW

http://www.women24.com/Women24/Wellness/BodyAndSpirit/Article/0..1-4-61_22325.00.html

LISTEN TO CHAPTER SEVEN OF IRIT'S AUDIO LOVE, FUN & MONEY, HONEY

http://www.spice4life.co.za/downloads/Irit_Noble_-_Rock_Star_Park.mp3

CHECK OUT IRIT'S SPICE4LIFE MOUNTAIN ADVENTURE

<http://www.spice4life.co.za/largeVid.asp?VidID=13>

www.iritnoble.com has relaunched, come visit!