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Want a mind-blowing experience?
Hold a conversation with the universe.



REBECCA DETTMAN editor/journalist

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CAREER

- **Who** magazine (Fashion, Health and Beauty Editor / staff reporter, 2 years)
- **Bride to Be** magazine (Features and Travel Editor, 3 years)
- **Freelance** (*Sun-Herald* newspaper, *Famous*, *Esprit Beauty* and *Girlfriend* magazines)
- **Radio interviews** (ABC Perth, ABC Overnights, 774 ABC Melbourne, Classic Hits 1071)

EXPERTISE

- Celebrity interviews/press calls (Hillary Duff, Nicky Hilton, Princess Mary, Priscilla Presley etc)
- Media launches and red carpet premieres
- **Melbourne Cup** and **Mercedes Australian Fashion Week** reporting and backstage
- Styling/directing still-life photo shoots
- Travel writing (Mauritius, Vanuatu, Qld etc)
- International PR, celebrity and media contacts



features



fashion + beauty



travel

Monthly Guest Columnist



Karen Whitelaw Smith

She runs a Hypnotherapy and Positive Thinking Centre in Glasgow, UK, and now author Karen Whitelaw Smith has an important message to share with you.

"Think about what you really want out of life. Abundance lies within each and every one of us. It lies deep inside. We all *think* that if we had all the abundance in the world we would be happier, more content and more successful. You cannot find happiness outside of yourself. Through working with The Law of Attraction you can learn to find out more about yourself and attract a better life..." [more](#)

The Law of Attraction



This month, author and spiritual healer Karen Whitelaw Smith shares some powerful, positive thoughts for you. Karen is an inspirational speaker and specialises in transforming peoples lives using her own devised, tried and tested techniques to help people achieve happiness, fulfilment, contentment -- and have all the abundance in the world!

"The Law of Attraction says like attracts like. What you think, you create. When you think a thought, the Law of Attraction brings you more thoughts like that thought. Think about where you live, your career and your lifestyle. Are you truly happy and content in your life, or is there a feeling of wanting more -- but not sure how?

I'm here to tell you how to transform your life. Today is the start of a new beginning. When you make your mind up to be happy, then you will become happy. It's that simple. When you tell yourself that you can live an abundantly healthy and happy life then you can set your goals and look at moving forward. Let's get started.

Open your eyes and look all around you. The blue skies, the green grass and all the abundance that you have. Your family, your friends, your home. Ask yourself what is it that you are really looking for?



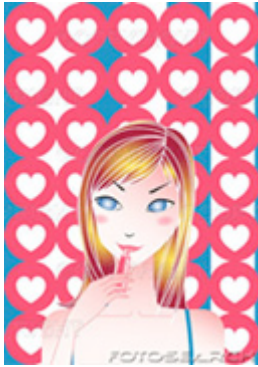
If you are feeling low, then you will attract negative people and situations like a magnet. It is your energy that is attracting this. The good news is you can easily raise your vibrational energy by using self-relaxation, visualisation and affirmations; your life will be enriched and enhanced. Regular practice of self-relaxation for 15 minutes each day has astonishing results - you will attract happier partners, have more positive friends, financial abundance and more opportunities.

Include visualisation of what you want in your life and reaffirm this with your affirmations. For example, 'I am open and willing to change'. This will help you to start to become more intuitive and help you to be more aware of your gut feelings. You will become more open and focused in all that you do.

Imagine what it would be like to create unlimited abundance of health, wealth, prosperity and happiness. How would it feel to have everything you have ever dreamed of? I want you to hold that thought, because you can. Where would you be living, what would your career be, would you be married, have a partner, owning your own business, have a car, be abundantly happy and healthy...? How does it feel to be living that life? You can have all of that and more.

Think about what you really want out of life. Abundance lies within each and every one of us. It lies deep inside. We all *think* that if we had all the abundance in the world we would be happier, more content and more successful. You cannot find happiness outside of yourself. Through working with The Law of Attraction you can learn to find out more about yourself and attract a better life.

Make your list today and send out your orders to the universe, believing and trusting that they will be delivered in exactly the right time. You deserve them. You can have that life. Why not start with something small. Take 15 minutes each day to create your life and watch the magic happen.



Your thoughts are vibrations sent out to the universe. Remember, what you think you create. What vibrations and orders have you been sending out? Look at your life and you will see. Now is the time to really start to move out your comfort zone and achieve what you want. Your life is waiting. Make the choice today to set your goals and reach for the stars. Think Big. It's only a thought away."

Karen Whitelaw Smith is a clinical hypnotherapist, personal coach and author of The Butterfly Experience: Inspiration For Change. She runs her own Hypnotherapy and Positive Thinking Centre in Glasgow, UK. For more information.

visit www.karenwsmith.com www.thebutterflyexperience.com