

Spice Girl relaxes



Spice Girl Mel B relaxes using the MindLab while on the film set for one of their videos

good. It's quite calming' She loved it and said she was going to get one. The photo I took of her trying the MindLab was used, along with many of my others of the band, in the book *Girl Power: The Official Spice Girls Book*, and was one of the cards in a set of 100 cards you could collect of the band.

"Tony Mortimer, the main song writer in East 17, was really into the MindLab too [The band's top 10 single 'House of Fun' sold 600,000 copies in the UK]. He thought that the sound of the binaural beats on one of the sessions would be a brilliant way to start a stage set. The picture I took of him with the MindLab was used in one of the band's tour programme.



Tony Mortimer formerly with top chart band East 17, tries the MindLab

"I work very long hours, especially when I'm away filming, so the MindLab is my constant companion as it really helps me switch off and chill out. Also when I'm changing timezones it sorts out my bodyclock, removes the 'fuzz' in my head, and gets me focused on the job in hand.

"Two weeks ago I bought one of the first MindLab Proteuses to arrive in the UK. I tried one of my favourite MindLab sessions that had been converted for the Proteus, and found it to be even better than before. It really is superb – better than I imagined."

Got a great story? We will give you up to five Paraliminal Tapes, worth over £100, if we use it.

Calm and confident



Phil Longhorn

Phil Longhorn from Stockport, Cheshire was one of 19 people who attended Chris Payne's first, practice Sedona Method seminar, March 16-18.

He writes: "As a result of the course I have found a genuine, quick method whereby I can achieve a state of calm even in the most stressful situations.

"As I let go of the frustration I felt at not truly understanding

what my goals in life are, they suddenly became clear, plus, by expressing my goals in the 'now' I realised I will probably reach them.

"I now feel more confident and relaxed about myself in the knowledge that I am in control of my life.

"The gains I felt were almost immediate, but I believe that my journey has just begun, and that I can Release and have many more insights to a higher level."

s newsletter was written and produced by Chris Payne and Nigel Singer at LifeTools. If you have any stories or ideas, drop Chris a line at: Sunrise House, Ley Road, Macclesfield SK10 2LP. Sales office tel no: 01 189 483444. Or email is directly at cpayne@lifetoolsdemon.co.uk. The best submissions win free Paraliminal Tapes. (PhotoReading is a trademark of Learning Strategies.)

More help at lifetools.com



About 70% of LifeTools customers have a PC at home according to product questionnaires we've had back.

So, with so many customers online, we've recently made some great improvements to the LifeTools website, which is at www.lifetools.com, to help you get even more out of your purchases. (By the way, if you're thinking of buying a computer, Internet-ready PCs are now selling for as little as £399 including VAT!)

Free reports: there are currently eight reports including the complete transcript for the PhotoReading FollowUp tape we used to sell: Paul Scheele and other PhotoReading trainers provide 60 minutes of tips for getting more results with the course. There's also a document which tells you how to get deeper results from the Sedona Method.

Contact list: do you want to speak to other people in the UK who use, say, the Sedona Method? You'll find a list of products, people, town and telephone numbers. You can add your own details easily so other people can contact you.

Free newsletter: you can add your email address to get monthly emails about new products (often ahead of our postal mailings), seminars and special offers.

Brilliant books: we recently stopped selling books like MegaBrain because they're so easy to get from the likes of amazon. So we've listed the most life-enhancing books we know with links to amazon.co.uk for you to order if you're interested.

Session downloads: we will soon be adding some fabulous

new sessions which you can download to the MindLab Proteus if you have one.

New shopping cart: we've linked up with ezestore.com to produce a dynamic database-driven shopping section which lists all 100+ products which we currently have in stock. The range is divided into 10 groups, and some of these have sub-groups too so you can narrow in to your area of interest, whether that's lucid dreaming or products for 'letting go'.

Search routine: in the shopping section you can enter keywords like 'mind' or 'lucid' and you will get a listing of every product that has that word or phrase in its title or description. If you leave the window blank and click search, you'll see a listing of every product in stock.

Additional search facility: on the main site there is a different search facility which allows you to search for words or phrases in the 100+ pages of info on the site. So if you type in PhotoFocus, you'll find 11 stories from previous Book Blaster newsletters which mention this element of the PhotoReading whole mind system.

Special offers: we do have a number of special deals on the site which may be of great interest to you, including some great end of line bargains.

Daily news: every day on the site you'll find a list of new news stories from around the world on the subject of improving your mind and natural health.

We'll be adding more useful stuff on a regular basis, so add our site to your list of Favourites!

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N E W S L E T T E R



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'FREE' £149 CDROM with ThoughtStream



The best-selling ThoughtStream biofeedback device now comes with a powerful CDROM called Mental Games, created by Andrzej Slawinski, the German designer of the AudioStrobe encoding system which is used in the MindLab Orion and now the new MindLab Proteus.

Mental Games takes up 100 megabytes of the CDROM and has eight different games, which you control using the sensors which fit on your palm, to help you learn to quickly access states of deep calm, concentration and focus. Mental Games has been on sale for nearly two years at £149, and is used in clinics and sleep labs in Europe.

But Andrej has signed a deal with Robert Austin, designer of the ThoughtStream and MindLab range, which means that every ThoughtStream now comes with Mental Games for a total of £149 – that's a saving of £129!

What's more, the MindLab Proteus has additional circuitry so that you can connect it to ThoughtStream. This means that, as you relax into a ThoughtStream session, the Proteus' lights pulse slower, which slows your mind down further and takes you into a much calmer state.

If you already have ThoughtStream, you can obtain

Deep inner peace and confidence in 2½ days

Would you like to...

- let go of any fear, stress or tension – instantly?
- let go of any resistance you have to people or situations around you?
- improve relationships, health, weight and prosperity?
- remain calm and free during challenging situations?
- feel a deep sense of peace and inner happiness?

You can learn the incredible Sedona Method and experience the miracle of 'letting go' live at two upcoming seminars. Whether you are completely new to the Method – or you may have the best-selling Freedom Now tapes – you will leave on Sunday night feeling calm, clear about what you want for the future, and with a deep inner knowing that you really can create the life you want.

Both seminars are being run by managing director of LifeTools, Chris Payne, who has completed the training in Sedona, Arizona with Hale Dwoskin, and recently lead a very successful practice seminar in Cheshire.

The Sedona Method Courses

the Mental Games CDROM from LifeTools for £39. You will also need a serial cable to connect to your PC which costs an extra £10. (If you have the original PC link floppy disc software you already have the right cable.) Ring 01189 483444 for more details.



Two of the many games, with adjustable difficult levels, which are built into Mental Games

take place at the end of March and April in the Gold Room at the newly built Total Fitness complex on the A34 between Manchester and Junction 17 of the M6. It's easy to get to, and there is plenty of low-cost accommodation nearby from £25 a night. (You can also book Chris to train you and your friends or work colleagues in your area.)

Each seminar starts on the Friday evening, then carries on all day Saturday and Sunday. You will be given a one-day guest pass worth £25 to use all the gym facilities including giant jacuzzi, sauna and steam. The complex includes a low-cost restaurant open all day, and a well-stocked Juice Bar

Class numbers will be kept small enough so that you are guaranteed personal attention. The weekend is made up of short talks, group interaction and partnership exercises. You will not be challenged in any way, nor will there be any need to divulge any of your personal history. You will be in a relaxed, safe environment.

During the breaks you'll be able to watch rare video footage of Lester Levenson, the creator of the

Method. You will also be able to try out the new MindLab Proteus and other LifeTools products.

Both seminars comes with a 100% satisfaction guarantee: if you don't feel light, happy, free, inspired and full of energy at the end of Sunday, speak to one of the helpers and you will receive a full refund. We look forward to seeing you there!

booking information

dates March 30-Apr 1, 2001
April 27-29 2001
(Friday: 7.30pm-10.15pm,
Saturday and Sunday:
9.30am-6pm)

place Total Fitness, Handforth
Dean, Wilmslow,
Cheshire

cost £249 (tape set owners),
£299 (non-owners),
£124.50 (attendees of previous
Sedona Method seminars).
All prices include VAT

Ring 01189 483444 to book or ring
01782 849433 for more information.

(Office hours: 9am-5.30pm)
50% of fee retained if you cancel less than
7 days before the event

We're sorry!

We had a number of major challenges at LifeTools which started at the end of July and spread into August and September. We are very sorry if you left a message and didn't get a return call. If you have an issue from last autumn which has not been resolved to your complete satisfaction, please ring 01782 849433 and talk to Nigel.

To speak with Chris Payne, please ring 01189 483444. You can also email him directly at cpayne@lifetools.demon.co.uk

We have now moved offices. All customer service and product despatch is handled from: LifeTools, 230 Peppard Road, Emmer Green, Reading RG4 8UA. The new telephone number is 01189 483444, and the new fax number is 01189 462505.