

In the last couple of months, I have read for quite a few parents who have been asking me about their young Sons and Daughters being Psychic, asking what can they do to understand what their Children are experiencing.

The most important thing is to not be frightened yourself, so as not to pass that fear onto your Child.

Then I would call in your Childs Spirit Guide, just like saying a prayer to them, asking for their Help in protecting your Child as your Child is learning how to understand Spirits energy, and all the other different energy's that they are experiencing. Every person has a Spirit Guide, from the moment that we are born, until the moment that we pass over. A Spirit Guide helps our Soul to experience in this life, the experience that our soul needs so as we can move forward into our next life experience.

Before a Child is born, it is already predestined that a Child will be psychic, so they do have the coping strategies in their Soul to know how to handle their Psychic abilities as they get older.

Like anythina in a Childs life. when thev don't understand something, they look to their parents for security, safetv and Love. Magical Blessings!



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The Fitness Club for EveryBody

Genesis Fitness in Tweed Heads have just gone through a full renovation expanding the club in every way, offering a new and large free weights room with state of the art equipment, a brand new Group Fitness Studio which holds the latest in Les Mills Classes from Body Balance, yoga to RPM and Body Pump just to name a few. Genesis has a fantastic Functional Training Zone known as GenFit and the gym also covers a full range of Cardio Machines and normal weights machines.

The changing rooms have had a revamp with NEW Infrared Sauna's being installed in both the ladies and gents. The renovations also include a new boxing studio and the expansion of the Child Care (Crèche) facilities that now runs six mornings and four evenings a week.

Genesis Fitness Club really is the club for everyone and with short and long term membership options, the team can help you make that first step to achieving your fitness goals. Every membergoes through a complimentary gym induction, were you will meet with a dedicated personal trainer who will write a personalised program for your fitness goals and show you how to use the machines and what to do.

Members have access to the club 24/7, so there is no excuse for "no time to exercise". The club is fully staffed 6 days a week from 7am, so we are always on hand to help and support our members in every way.

Call 5523 3438 today!!



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