

# Re-Emergence

Your Way ... the **ONLY** Way!

## Inside this issue:



- Care for a cuppa?  
Carrot, egg and coffee
- Thoughtful Moments:  
Life's many Wonders
- Guest Article:  
Juice Plus +
- Life lessons:  
Teacher in every  
child
- Life Between Lives
- Re-Emergence Therapy  
Professional Training
- A Personal Note:  
Pauline's Update  
Change of Name

### Newsletter Publications:

Please register your interest to receive future newsletters by emailing Pauline at [therapy@trueessence.co.nz](mailto:therapy@trueessence.co.nz) or call her direct with your details on 0800 377 363.

## *A carrot, an egg and a cup of coffee...*

You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity ... boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I?

- Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?
- Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a break-up, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?
- Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases its fragrance and flavour.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity?

Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

Source: Email distributions – source unknown.



## Life's Many Wonders

Sit back and look at the road that lies ahead. This rainbow emphasises the many miracles of life that humankind cannot make or create to the intensity and splendour as nature can. This picturesque setting reminds us of the knowledge that sometimes, while the most beautiful things in life may only last a little while, the impact of it may nourish and nurture us for the rest of our lives.

Life just happens at the right time at the right place, just like this rainbow. Sometimes the barest and most tedious of roads capture the most amazing outcomes.

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### Juice Plus+ by Joanna Hartley



We all know that good nutrition is important to good health and eating plenty of fresh, raw fruits and vegetables everyday is essential to good nutrition. The daily recommend amount that we all need is between 5-9 servings daily of fresh fruits and vegetables for disease prevention and being healthy. Researchers continue to find elements in fruits and vegetables that strengthen our immune systems, impede development of disease, and contribute to good health in many ways. We all know better, so why don't we eat better?

Convenience, expense, and taste seem to be the reasons for most New Zealanders. So now there's an easy answer! JUICE PLUS+ is a superfood concentrate of pesticide-free fruits and vegetables that have been picked ripe and juiced—with the water, salts and sugars extracted—and the remaining powder is encapsulated. I was introduced to Juice Plus by a girlfriend who was diagnosed with rheumatoid arthritis 8 years ago, she had tried everything and was really suffering. Taking Juice Plus daily has given her a pain free life.

My family and I enjoy the short and long term health benefits of taking Juice Plus and it gets more vegetables and fruits into my son who is a picky eater! I feel reassured knowing that Juice Plus is hard at work in our bodies!

Each capsule contains a plethora of vitamins and minerals, antioxidants, fiber, enzymes and phytonutrients (plant nutrients)—all the things nature

gives us in 17 raw fruits and vegetables! This whole food supplement has been tested in three major bio-availability studies and findings are very impressive. This is not a processed, fragmented vitamin-mineral pill, nor is it an extraction. JUICE PLUS+ combines the latest advances in nutritional science and food processing technology to give you added daily nutrition from fresh, raw fruits and vegetables in an easy-to-use capsule or chewable form for adults and children. We also have Juice Plus+ Gummies for kids. I take and highly recommend this product.

For further information please don't hesitate to contact:

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If you would like to be a guest writer, to share information, please email Pauline on [therapy@trueessence.co.nz](mailto:therapy@trueessence.co.nz)

# A Teacher In Every Child



There is a saying that claims that “Children are our best teachers.” Wherever we are, children are all around us, giving us endless opportunities to discover the many joys and truths in life. I’d like to share this next experience with you because it has helped me appreciate another aspect of life that I overlooked for a great part of my life. I knew its value but my daughter has re-opened my eyes and helped me realise it beyond knowledge.

2007 was an exciting year for my 6 year old daughter with heaps of new experiences including drama class. One morning, on the way to school, she started talking about having a play for her friends and adults.

In her excitement, she tells me everything she’d like the play to be. In an instant, this brought back to me my memories of my younger years. I recalled all the roles I played, often being one of the main characters, and wondered what she’d like to be.

So ... in my fashion, I asked her what role she’d like to take in the play from all the casts she listed out. Her answer came in an instant. “I’ll be the prop.” She beams brightly with excitement and I am quiet for a moment as I parked the car.

Oh my goodness. I did not know how to respond. I am another one of those mothers who would love for her child to excel and be her very best. Both my husband and I have always been in leading roles in everything we did. We thrived on being part of a team but often at the bridge of the vessels. We now had a daughter who wants to hide behind the scenes. I’ll be truthful ... that is exactly what ran through my mind in that instant. I did not know what to say because if she wanted the leading role, I could share with her how I used to audition for that role. I’d share with her all the exciting feelings and adrenalin rush before the curtain comes up and the internal calm that comes once we start being in the role. I’d share with her the wonderful spectrum of emotions.

I tried to curb my judgements, putting my teachings into practice but I was saved by the bell as she trotted off to class happily. Talk about judgements ... what a realisation!

After school, as if no time had lapsed she started sharing her ideas about the play and the roles required in the play. She started listing which of her friends she would offer which roles to and I had to ask. “Why do you want to be the prop? Why don’t you want to take an important role like the princess or the queen?”

Without any thought, she pauses, looks at me with a confused frown and answers, “The prop is very important, you know. There will not be a show if there is no one to be the prop. How will the actors know where things are and where to stand? How will they know when to say things, if they don’t know where they are?”

“Oh!” I said. How true.

Later that night, I realised that this play she had been talking about was not one that was to be played at the school. In fact it was one that she was planning to do with some friends whose parents had planned visit that weekend.

What has this experience shown me?

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In today’s lifestyle, we are caught up in expectations, obligations and desires to succeed, even when we do not intend to. We find ourselves believe that to be successful, we need to fulfil this or that in one particular way within a particular time. This in itself makes life frustrating, limited and unfulfilled. It confines our minds and heart from the joys of life and we find it difficult to enjoy and appreciate each achievement, big or small, that happens naturally in the course of our daily living. We start to focus on what success means to society ... how many cars we have, what we do, who we know or where we live. Many forget the reasons why we are here in the first place.

Come to think of it ... aren’t we all living in a play everyday? What cast do you take and what would your critics and audience say about your performance today? How would you rate your own performance today?

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People who say it cannot be done  
should not interrupt those who are doing it.

Chinese Proverb

## Life Between Lives Regression

In April 2008, I went to Cronulla, Sydney for 10 days to complete further specialised training in Life Between Lives (LBL) regression with The Newton Institute, offered for the first time in Australasia.

For those of you who have read Michael Newton's books 'Life between Lives', 'Journey of Souls' and 'Destiny of Souls', you will have an idea of what was in store for me.

Up until then, Peter Smith (The Newton Institute's Director of Operations in Australia) had to fly into New Zealand several times a year to conduct sessions. Now we have nine trained LBL practitioners throughout New Zealand.

If you are interested to find out more about Life Between Lives, please give me a call.

### Special! \$50 OFF 'Life Between Lives'

appointments made in the month of September 2008  
(limited space available)

## 'Re-Emergence Therapy' professional training for therapists

This month, I am pleased to announce that 6 more practitioners have graduated from the Re-Emergence Therapy training programme. This means that we now have more therapists who can offer the wonders and benefits of Re-Emergence which is the main core of my clinical work.

The registration process was pretty tight and because of that I was very privileged to be able to work with these capable and professional practitioners, all of whom were highly experienced in their field.

While 2 of the graduates will return to Australia, one in Tasmania and the other in Gold Coast, 4 local graduates will operate in Christchurch and Rangiora. I am confident that the new graduates will now be able to utilise the elements of this powerful process into their clinical practise.

The next few months will bring more changes to my practise as I begin to expand outwards into public speaking in addition to my on-going clinical appointments.

### An Invitation to you

I am sure that you all have stories or quotes that you may like to share. You are most welcome to send them in and we can include them into the upcoming issues. I look forward to receiving your contributions.

#### Privacy Policy:

Your details are recorded on a secure database at True Essence only. It will not be released to anyone without prior approval. You have the right to request to update or delete your details from the database at any time.

## A Personal Note:

This newsletter has had many redrafts in the course of the last 18 months. Each time it was close to being ready to be distributed, I experienced another major shift in myself that put me through another phase of growth. As a result of that, I had to review parts within the content of my evolving newsletter in the light of my new developments and decided each time to not publish the earlier versions, so I do apologise for the very long gap between my last newsletter to this one

As many of you who have gotten to know me are aware ... I am dedicated in expressing what is true from my essence. Therefore, despite the delays, I am grateful for the many life changes that have brought me to where I currently am. For this reason, I am happy to share with you as much of the insights that have arisen over this time as I can, as time allows, in the form of subtle sharings in story form through the following pages in the newsletters (titled Re-Emergence™ to replace Breakthrough).



First and foremost, I moved from Clinic 26 on Williamson Ave thirteen months ago into my own space in a quaint cottage on Ponsonby Road. It is a pleasure to work out of this space of calmness and quiet, a place I dub ... *'The Essential Cottage'*.

Your feedbacks over this time has allowed me to create a space of respect and growth taking into account the changing needs of people who come to grow together with me.

More importantly, the biggest change of all is *'my name'*:-

At birth I was given my name **Kam Po Lin** in this order. Whilst the family name "Kam" represented the strength and sustenance of the "Sweet Sugar Cane", 'Po' means 'precious treasure' and 'Lin' means the "pleasant and gentle ringing (bell-like sound) of two pieces of jade hitting on each other".

When I moved to New Zealand, claiming this beautiful land as my home, I chose to use the Western name given to me but not registered legally. For convenience, 'Pauline' is the name most of you know me by.

Where I come from ... names can hold a lot of strength and influence in a person's life and despite knowing this, it was important for me to foster within myself the lessons of what both names could give me ... the sweet childish innocence and carefreeness of 'Pauline' and the serious refined groundedness of 'Po Lin'.

Therefore, reclaiming my birthname brings about many changes internally and externally for me. It has brought about clarity and purpose in everything that I do. Recognising that life is a journey and not a destination, this awareness has lifted to another level of acceptance that I now bring into my clinic.

Those of you that have kept in touch, I thank you for your continued acknowledgement of the time we spent together preparing you for the enjoyment of the many life experiences ahead of you. It was great working with you and receiving your sharings about what life has brought you.

Wishing you all many blessings ahead.

**Pauline Kam Po Lin**