



# Eventful modules

We hope this winter edition of "Directions" finds you all in the best of health.

Presented in Sydney & Brisbane the Body Language module gave us meaningful insight & participants were able to tune in to the subtleties of non-verbal communication & what they might mean about interpersonal behaviour.

The Neuro-Linguistic Programming (NLP) module introduced us to how we think & experience the world. Something called submodalities is used as an example of how a model works. By understanding how we perceive the world through our five senses, we can then understand how some people can respond very resourcefully in a situation & others do not.

NLP can enhance all aspects of your life from improving your relationships with loved ones, learning to teach effectively, gaining a stronger sense of self esteem, greater motivation, better understanding of communication, enhancing your business or career, bending steel bars in a single bound & an enormous amount of other things that involve the use of all of your brain.

In this issue we also take a look at the numbers of premises. Pythagoras, one of the philosophers of Ancient Greece, is accepted as the founder of the Science of Numbers. Numerology, as it is offered today, is based on the principles presented by Pythagoras. Few people are conscious of the degree to which numbers influence all human communication & progress.



Nick Kariotoglou-Facilitator of the Body Language module in action

even birthdays are written & tabulated in figures & numbers concerning every daily undertaking.

So don't miss out & book the Numerology module to find out more...

Also some great seasonal superfoods for those cold winter days!

Enjoy "Directions" & keep your emails coming. We value your feedback!

Vivienne Kariotoglou  
National President

## ACCA Sponsorship

On Tuesday the 13th May 2003 at the Radisson Plaza Hotel the Australian Centre for Corporate Advancement (ACCA) proudly sponsored an Australian Marketing Institute (AMI) event titled "Deepening Customer Relationships, Getting Paid for Principled Customer Investments". Guest

international presenter was Christian Conti from the Sales Executive Council, Washington, DC.

ACCA deems that corporate sponsorship of various programmes & events that engage & inspire us assists our ability to extend our corporate message & build loyalty amongst hundreds of business people.

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Two lucky draw prizes were bestowed to the following attendees: Neale Callagher Business Consultant with Canon & Philippa Wright, Director of Business Development with Deloitte Touche Tohmatsu. Congratulations to both our winners & we welcome you as an integral part of the ACCA community.

# Numbers of Business Premises

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## Formula:

Add up all the digits of the premises and then reduce it to a single digit

e.g 112 = 1+1+2 = 4

If you plan to move your business to another premises in the new financial year, stop to consider what you want and expect from your new location.

If a building number reduces to **1**, it will be an excellent location from which staff can work independently. A **1** premises encourages creative and original activities. This number is great for "big business".

A **2** premises encourages a diplomatic and tactful approach to your business dealings. Lasting partnerships will thrive from this location.

If you move into any place with a **3** vibration you can expect it to be lively and creative. A **3** business premises may create a scattered energy so make sure your staff are focused.

A **4** business premises means routine and hard work. A practical workplace which fosters good management. A **4** workplace is very good financially and if you buy the building you will experience great capital gain from the **4** premises.

A **5** premises demands freedom, change and versatility. Good for any travel-related business activities. **5** premises are usually very exciting workplaces.



A **6** business premises involves responsibility. Most **6** premises need to be furnished artistically in order to gain maximum effect on your clients and associates.

A **7** business premises is harmonious for deep thinkers. This premises would be conducive to any in-house training offered by your company. The **7** has a tranquil vibration.

The number **8** business premises promotes importance and success. Running your business from an **8** premises encourages efficiency and the **8** is excellent for financial gain. This premises will make an excellent impression on others.

The **9** business premises is good for any people-oriented business as it has a universal attraction. This may be an idealistic workplace so be careful to set realistic goals.

Use the above information to tune in to the vibration of your business premises and you will find that success satisfaction and a sense of fun are all part of the experience!

## Next Newsletter Issue 5

The first vowel of your name: increasing personal power.

Leslina Duggan

M Ed (Honours), Dip Teach., Dip Clinical Hyp.

Available for personal numerology sessions & will be in Sydney from the 4th to 10th July 2003. Bookings are essential so please call the Centre tollfree on **1300 137 038** or email [info@ac4ca.com](mailto:info@ac4ca.com) to make your appointment.

## Event Calender

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### Numerology in Business: Module 1

*"The Book of Nature is written in Numbers"*

Galileo

Significance & meanings of numbers & their application to the corporate world...

Date: Monday 7<sup>th</sup> July 2003 Sydney

Duration: 6.00-9.00pm

Venue: University of Technology, Sydney (UTS)

Level 6, Tower Building, No. 1 Broadway

Cost: \$110.00 (members)/ \$155.00 (non-members) plus GST

Facilitator: Leslina Duggan

# Winter Wonder Foods

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## Veg Out!

### *Sweet Potatoes*

They contain large amounts of beta-carotene which gives them exceptional anti-cancer properties. Also contain antioxidants vitamins C & E.

### *Baked Sweet Potatoes with Ginger & Honey*

9 sweet potatoes, peeled & cubed

1/2 cup honey

3 tablespoons grated fresh ginger  
2 tablespoons walnut oil

1 teaspoon ground cardamom

1/2 teaspoon ground black pepper

Preheat oven to 400 deg. F (205 deg. C)

In a bowl, combine the sweet potatoes, honey, ginger, oil, cardamom & pepper. Transfer to a large frying pan. Bake for 20 mins. Turn the mixture over to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the sweet potatoes are tender & caramelized

on the outside.

### *Pumpkins & Squashes*

Squash is a good source of potassium & pumpkin seeds contain omega -3 fatty acids which help improve your mood & alleviate depression.

## Go Nuts!

### *Chestnuts*

The leaves of the native chestnut had practical uses in folk & also scientific medicine. Native Americans drank a tea made with the leaves as a remedy for coughs. They're low in fat yet high in vitamins & minerals. Always cook chestnuts before eating to reduce tannic acid levels, which inhibit the body's absorption of iron.

### *Walnuts*

A great vegetarian source of polyunsaturated & monounsaturated fats, omega-3 & 6 fatty acids, which help reduce bad cholesterol (LDL) levels in the blood. Good source of vitamins B1, B6 & folic acid, for boosting energy levels.

### *Almonds*

The ancients attributed many wonderful virtues to the Almond, but it was chiefly valued for its supposed virtue in preventing intoxication. Rich in monounsaturated fats, almonds have been found to lower harmful LDL cholesterol. They're a fantastic source of vitamins, minerals & one of the richest sources of vitamin E. A powerful antioxidant for protecting against cancer & also maintaining healthy skin. They also contain folate & B vitamins, iron, zinc & magnesium, useful for stress & boosting immunity.

### *Sore Throat? -*

Try this "shiatsu pressure point" tip: Find the point on your right thumb at the lower portion of your thumbnail closest to your index finger. Apply pressure to this point for 20 seconds. Do this three times & then switch to the left hand.



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## Feng Shui for June 2003

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Xuan Kong Flying Star Feng Shui is the most popular form of Feng Shui practiced throughout the Orient. Good flying stars result in wealth, good health, romance, advancement & prosperity. Bad flying stars result in poor health, injury, disputes, ill fortune & legal troubles.

This month (from June 6-July 6) the bad flying stars are located in the South, Southeast, Southwest & Northwest sectors. Where the main door is located, the bedroom/door or the office are located is influenced.

What comes next? In Feng Shui the more actions (noise & movement) within a sector the more the energies present are activated. Therefore: use the beneficial areas more & the negative areas affected less; use a different door if your main door is affected this month; & use the good sectors to resolve current struggles pertaining to relationships or finances.

Areas of benefit this month include the East & Northeast. If you're starting a new business, partnership or venture the East would be a good location to get going. Where romance is concerned the Northeast is a good area to nurture relationships. If you have a main door in the Northeast or are using the Northeast room you can look ahead to travelling.

Problem areas this month include the South sector so be extra vigilant with your health as food poisoning is indicated if you dine out a lot. If you're pregnant avoid spending time in this area as it can lead to miscarriages.

The Northwest sector threatens misfortune this month & if your property has a northwest facing door and/or offices located in the northwest, pay attention as tempers may flare & obstinacy could reign. If legal issues arise, a likely lawsuit could come to light this month. Watch for external Sha Chi characteristics (sharp roof corners etc.) aimed at this sector as you may even have a fire risk.

Buildings facing Southwest or having a door in the Southwest sector need to be on the alert as it will be easy to lose money through fraud & thievery. Be extra cautious with house security. Also if a young male sleeps in the southwest room, you should relocate him to the Northeast of the room as he may fall ill this month.

West sector's energy is affected this month even though it is visited by a good annual star try & avoid using it as it is very unsafe for children under the age of 12. Try to relocate them or move them to the Northeast of the room. For commercial offices, if you have decisive projects or meetings planned, do not use the West sector as it can easily draw arguments & unforeseen quarrels.