

Total Beauty

T H E T O T A L M A K E O V E R C O M P A N Y , L L C

Contributing Writers

Hope C. Taylor

Carletta Griffin

Rahwa Casselle

W e l c o m e !

Hello and welcome back! I am Kenya Johnson, the President of The Total Makeover Company and Chief Editor of the 'Total Beauty'. I am so excited to be sharing another issue of the 'Total Beauty' with you. This month's news letter is all about the experience of new things and learning how to handle the stress that comes with everyday life. In this newsletter you will read articles from Hope Taylor, Rahwa Casselle and my long time friend, Carletta Griffin a licensed esthetician.

As always I pray that you are blessed by the articles you are about to read and the lives of the women who wrote them.

Have an awesome day!

Kenya J. Johnson

Kenya J. Johnson, M.P.G.C.

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A Year Already

By: Hope C. Taylor

As a newlywed I have learned more about who I am than I did when I was not married. Marriage is definitely different from being unmarried. The words, “My time, my car, my goals, and my money” begin to change and blend into the word “Our.” Communication as my husband and I learned in counseling is a real topic. Once we said “I Do,” our preparation and commitment had to be walked out in everyday life. And no (I have concluded) learning about yourself, your spouse, and the understanding of marriage never ends. Marriage is work, but it is a good work. I am learning that love is not just a four letter word, but one that is proven and strengthened through good times and bad times because this type of love must be a covenant type of love. I thank God for marriage because it does reflect the Godhead – God the Father, the Son, and the Holy Spirit in the earth. They have distinct characteristics but they are yet One.

Pamper Me Pretty The Bible's Plan for Stress

The bible is plain on the subject of stress. In the third chapter of II Timothy it states:

BUT UNDERSTAND THIS, THAT IN THE LAST DAYS WILL COME (SET IN) PERILOUS TIMES OF GREAT STRESS AND TROUBLE [HARD TO DEAL WITH AND HARD TO BEAR]. (THE AMPLIFIED BIBLE)

That means we have to arm ourselves for this battle of stress. We do so by walking in the power and divine authority that God has given us through his son Jesus Christ, the Holy Spirit, and the Word of God. Speak to every source of stress in your life and command it to come in alignment with the Word of God which has to have final authority in our lives. God has esteemed his Word even above his own Name. Now, that is a Selah moment (pause and think about it).

Our primary weapons of warfare include the Blood of Jesus, the name of Jesus, and the Word of God. There are also some things we must do in the natural to de-stress as well. For example, getting a regular massage, facial, manicure or pedicure which often provides great de-stressing relief. Many Christians also fail to realize that unchecked stress can affect our health in a negative way leading to such ailments as heart problems, hypertension, strokes and so many other diseases which can be directly linked to one's level of stress. I challenge you this day to get the mind of Christ concerning practical ways in faith to stamp out all of the enemy's stress assaults. While standing on the promises of God is extremely important and a must, we must also employ our faith by taking physical charge of our health and stress by entrusting those whom God has given to minister to us in this area.

I am a licensed esthetician and manicurist- I am also licensed in Swedish massage, and it amazes me the incredible amount of stress that I see believers operating in. I challenge you this day to take authority and rid yourself of stress in your life!!!

Noticing my own level of stress, my husband recently admonished me to Rest, Relax and Release. Resting in Christ, Relaxing in his divine love and Releasing all of this world's care is a must toward living that VICTORIOUS life. And it is high time that we live that abundant life in Christ – So go ahead, schedule that facial, massage or pedicure. And watch God do exploits in **your life as you travel light and free of stress!!**

-Carletta E. Griffin

www.calmingwaters.com

For a more detail background and list of professional qualifications and services provided by Carletta E. Griffin and Calming Waters Spa Services, LLC please log onto the above website.

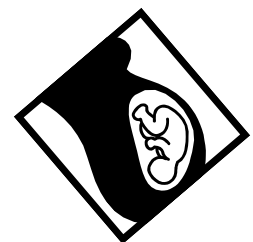
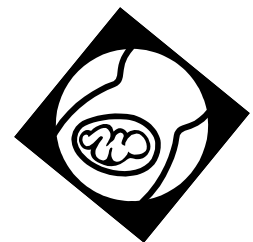
SCHEDULE OF EVENTS
Sept. 11 @ 6pm— Self -Esteem Group
Sept. 18 @ 6pm — Self-Esteem group
Sept. 25 @ 6pm — Self-Esteem Group
If you would like to become a part of a self-esteem group please email Kenya Johnson at : info@thetotalmakeover.com

September 2006						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 No Group	5	6	7	8	9
10	11 Group	12	13	14	15	16
17	18 Group	19	20	21	22	23
24	25 Group	26	27	28	29	30

A Mile in My Shoes

By: Rahwa Casselle

I guess the old saying that “you must walk a mile in someone else’s shoes” before you truly understand them rings true. I don’t think I fully grasped the concept of parenthood until now. With my first pregnancy well underway I am overwhelmed at the thought of caring for another individual. Beyond caring for physical needs, which is a great feat in and of itself, more of concern to me is the emotional and spiritual needs that must be met. When I was younger I use to say things like “I will never become like my parents when I have kids”. Now on my way to having a child of my own, I have spent much time reflecting on my childhood. I realized that my parents did an excellent job and I had a great childhood. They were able to balance their work and home lives. They were able to spark in us a deep desire to know and grow in the Lord, not to mention that they instilled in us the tools needed for academic success. Interestingly enough my reflection has now brought me into a new realm of understanding, a place in which I wonder if I can even be half of what my parents were.



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**The Total Makeover
"Restoring Beauty from the Inside Out"**

My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see my self in the image of God. AMEN

INNER HEALING ONE CLIENTS POINT OF VIEW

My experience in the Total Makeover Company has been extremely rewarding and life changing. The group sessions and one-on-one's were beneficial, but the inner healing session was phenomenal. Growing up in a legalistic environment with a mother, who was controlling, left me with many ungodly beliefs and negative feelings about myself. With no *true* identity, I began to hide behind a mask dictated by the church I was raised in. I believed that the blessings of God were "too good to be true" for me. I developed a distorted view of everything and everyone. Going through continuous cycles of defeat and rejection created a deeper sense of failure in my life. Through the inner healing portion of the Total Makeover Company I was able to get free from a deep-rooted fear of failure. Although I only attacked one area in my life, it felt like a ton of bricks was lifted off me.

Because of these issues I was carrying around, I could not receive everything that God had for me. A few days before the inner healing session, I had an interview at a local elementary school. The interview was exceptional and I was given a generous offer for employment. Because of my fear of failure, I turned down that wonderful job opportunity. A week after the inner healing session, I received a phone call from the school I interviewed with. They offered me different position, full-time with benefits. During my session God promised me that he would "give it to me again." That was only one manifestation of God's healing grace.

All of my life, I never really had a good relationship with my natural mother. For so many years I carried around anger, bitterness, hurt, and resentment toward her. During this inner healing session, I forgave my mother and myself. I released it all that night, never to pick it back up again. Soon after this session I had a chance to "share" the wonderful things that God was doing in my life with my mother. She was surprisingly encouraging and actually listened (never once cutting me off) to what I was telling her. The whole conversation with her was light, easy, and I felt her sincerity toward me. I believe that God has renewed my love for her. I believe that God is going to give me a wonderful relationship with her.

I have released a fear that overshadowed me for so long. I am now open to receive everything that God has for me. I see things I did not see before. I am learning that "God is not a respecter of persons, and he can flow anyway He chooses." In my mind, God is no longer in a box. He is truly showing Himself strong; it is my time now! I praise God for Total Makeover; it has changed my life for the better. As I continue my journey, I must take time for myself and appreciate the woman God is making me. Trusting and depending totally on God to see me through everything is my belief now. In words of Indie Arie, I am having a "Private Party." Taking time to appreciate who God has created me to be. I have feelings of independence I've never had before; now embracing the joys of being unmarried. I am truly beginning to love and celebrate the woman I have become. I have nowhere to go but up from here!