



ANOTHER YEAR HAS COME AND GONE, SO FLEETING, SO FAST LEAVING EACH OF US WITH THAT HUGE HANGOVER FILLED WITH *WOWS AND I CAN'T BELIEVE IT IS A NEW YEAR!* WE HAVE HAD CHALLENGES, SOME THAT WE ARE STILL DEALING WITH AND OTHERS THAT HAVE GROWN US UP IN ONE WAY OR ANOTHER. THE GOOD NEWS IS WE GET TO START ALL OVER AGAIN WITH A FRESH CANVAS TO FILL IN WITH COLOR ANYWAY WE SEE FIT! I ALWAYS SAY EVERY DAY IS A NEW BEGINNING BECAUSE NO MATTER WHERE YOU ARE IN LIFE OR IN ANY GIVEN SITUATION YOU GET TO START ALL OVER AGAIN EACH DAY. SO TAKE A DEEP BREATH AND FIGURE OUT WHAT YOU WANT TO PAINT ON YOUR CANVAS. PERSONALLY, I LOVE COLOR, INTEGRATION IS KEY AND FREEDOM TO BE ALL OF ME AN ABSOLUTE MUST! FOR YOU, IT MAY BE DIFFERENT BUT THAT IS EXACTLY WHAT LIFE IN PART IS ALL ABOUT, DIVERSITY. THIS YEAR MY CANVAS IS GOING TO BE EVEN MORE BRILLANT AS I CONTINUE TO BLAZE NEW TRAILS AND REFINE THE OLD ONES. I HAVE LEARNED A GREAT DEAL IN 09. ONE OF THE MOST IMPORTANT TAKE AWAYS IS THE ***FULL REALIZATION*** THAT I GET TO REALLY CONTINUE TO FULFILL MY DREAMS WITH MY HEALING ARTS, FASHION, CREATIVITY AND JUST SPREADING JOY! I AM BEGINNING TO PAINT MY CANVAS AND BY YEARS END IT WILL SPEAK VOLUMES. WHAT WILL YOU PAINT?

**HERE ARE A FEW INSPIRATIONAL THOUGHTS TO HELP YOU ON YOUR JOURNEY**

1. ALWAYS LET YOUR LIGHT SHINE AS BRIGHT AS POSSIBLE AND NEVER , EVER LET ANYONE TRY TO DIM IT.
2. HOLD STEADFAST TO YOUR HAPPINESS AND DON'T BE AFRAID TO SHOW IT.
3. NEVER WORRY ABOUT WHAT THEY ARE SAYING ABOUT YOU, IT'S THEIR BUSINESS. YOUR BUSINESS IS STAYING IN THE MOMENT BEING FOCUSED.
4. LAUGH AS MUCH AS POSSIBLE AND DON'T SWEAT THE SMALL STUFF.
5. PRACTICE ***INTEGRITY*** STRENGTHEN YOUR RESOLVE AND ADHERE TO IT AT ALL COSTS BECAUSE WHEN ONE DOOR CLOSES ANOTHER SURELY OPENS.
6. LOVE YOURSELF AND FEEL YOUR BEAUTY EVERY DAY! DON'T BE SHY.
7. OWN YOUR GOD GIVEN TALENTS AND EXPRESS YOURSELF.
8. BE KIND BUT NEVER LET YOURSELF BE TAKEN FOR GRANTED!
9. SEARCH FOR HIGHER GROUND WHENEVER POSSIBLE.
10. PEN YOUR THOUGHTS AT A SPECIAL TIME EVERY DAY, 15 MINUTES WILL DO.
11. BE STILL FOR **20** MINUTES DAILY AND BREATHE, RELEASE AND RELAX!
12. SHOW UP FOR LIFE EVERYDAY, SEIZE THE MOMENT, CONTINUE THE DANCE!

## ***A PRIME COMPONENT OF MY LIFE***

***Integrity*** comes from the Greek words 'integritas' and 'integra' meaning whole. It enters into any aspect of one's life. It's belief system without faltering no matter how dangerous, how unpopular the person makes themselves to others. It includes: sincerity, keeping one's word and agreements, honesty, truthfulness, ethics, fairness and justice, punctuality and never faltering for what one believes in. A quote regarding integrity is 'It is better to have an enemy who keeps his word, than a friend who does not.' (WWW.WIKIPEDIA.COM, 1/2010)

### ***REJUVENATE***



### ***RELAX***



### ***RELEASE***



***STUDIO #II*** IT IS REALLY WONDERFUL!!!! I LOVE WORKING IN OUR NEW STUDIO AND EVERYONE IS ENJOYING THE VIEW. FROM THE MOMENT YOU WALK IN UNTIL THE MOMENT YOU LEAVE THE FEELING OF CALM AND PEACE WILL OVERWHELM YOUR MIND, BODY AND SPIRIT!

### ***TESTIMONIES FROM A FEW CLIENTS***



**"I have travelled the world and have experienced reflexology in many places but no one is like Babbitt. If I lived here I would be on her table every week."** Stuart Miller, Los Angeles, CA.

**"Babbitt is one of the most incredible people I have ever met. She is a healer, a creator, a calming presence, an angelic soul and most importantly a friend and sister to all her clients".** Amy Jo Martin, Quinton, Va.



**When I am on the table I feel open and free to talk and clear my mind of any lingering issues. I trust Babbitt and speak freely because I feel safe. After my session whether it is reflexology and or ear coning I always feel uplifted.** Jewel Yancey, Richmond, Virginia



**"SHE'S ALL THAT"**

**THIS IS THE LATEST IN AN AWESOME SERIES OF DRAWINGS THAT I AM WORKING ON. I AM TRANSPOSING HER ONTO NOTECARDS AS WELL AS PRINTS, T-SHIRTS, HAND BAGS AND TRIVETS AVAILABLE LATER THIS SPRING. CURRENTLY, YOU CAN ORDER SHE'S ALL THAT IN NOTECARDS ON OUR WEBSITE.**

**Www.bandbnewbeginnings.com**

***Fashion corner...SPRING FEVER COMING ON!***



**2PC BROWN SLINKY SPLASHED WITH LUMIERE IRREDESCENT PAINT ON SALE NOW \$75 PER PPIECE**

**DO YOU REMEMBER PAPER DOLL CUT OUTS? WHEN I WAS CHILD I USE TO IMAGINE THAT I WAS THE SUCCESSFUL FASHION DESIGNER- THAT I AM TODAY. I WOULD PLAY FOR HOURS ALL BY SELF. INTERCHANGING THE DIFFERENT TOPS AND BOTTOMS. I REMEMBER HAVING A PAIR OF TURQUOIS PEDDLE PUSHERS WITH A STRIPED TOP, IT WAS MY FAVORITE OUTFIT. NOW THAT I AM ALL GROWN UP MY SENSE OF STYLE HAS CONTINUED TO REMAIN THE SAME. THE CUTS SIMPLE, THE DETAILS ARE PRETTY AMAZING AND THE FIT IS TRULY COMFORTABLE. CLOTHES IN PART HELP YOU TO LOOK & FEEL YOUR BEAUTY. BABBITS ARE DESIGNED TO ENHANCE THAT BEAUTY. WHEN YOU WEAR ONE OF MY PIECES YOU FEEL REALLY GOOD, SPECIAL AND COMPLIMENTS KEEP COMING! COLORS AND TEXTURE VERY IMPORTANT AS WELL AS DRAPING DEPENDING ON THE PIECE. BABBITS ARE NOT FOR EVERYONE BECAUSE SO MANY WOMEN ARE AFRAID TO EXPRESS THEMSELVES BUT IF YOU LIKE UNIQUE YOU WILL BE SURE TO LOVE BABBITS! HOT COLORS COMING THIS SPING ARE **FUTIA, CHARTRUESSE** AND MUCH MORE.**



**GORGEOUS BEIGE PUCKER TUNIC IS AWESOME! ON SALE NOW \$125 THIS IS A ONE OF KIND WHILE IT LASTS!**

***CHANGES-CHANGES-CHANGES***

**IN THE COMING DAYS AND MONTHS EXPECT CHANGES TO THE WEBSITE. NOW THAT WE ARE PRETTY SETTLED IT IS TIME TO FRESHEN UP THE SITE WITH A LOT MORE LIMITED AND ONE OF A KIND PIECES AND LOTS MORE ORIGINAL EARRINGS, PINS AND NECKLACES.**

## A VERY SPECIAL LETTER & COMMENTARY

Dear Babbitt,

It is a true statement that you never really appreciate something of value until it's no longer available to you.



I can recall the first time I met you; it was at a time in my life where I had let being a mom, wife, friend and employee consume me. I had lost myself in a sea of responsibilities and to do list that did not include me. I remember marveling at your beauty and energy. An energy and confidence I use to have and longed to get back.

I had the opportunity to attend one of your workshops in Massachusetts. The workshop you conducted helped me to reclaim my womanhood. I had forgotten how special it is to be a woman. Although, being a woman carries a great deal of responsibility, it can also be a lot of fun. There's nothing more exciting than putting on beautiful lingerie, a pretty dress and make-up. Those things that make you feel pretty and special. The workshop helped me to go deep inside myself to deal with those issues that were stealing my joy. After the workshop, I felt great, energized and reclaimed the lost me.

Now, here I am years later, visiting you for the third time in Virginia, feeling lost once again. Life evolves and change is inevitable. I miss you being in Massachusetts where you were only a few towns away. I did not always take full advantage of all your talents as often as I should have when you were closer in proximity. Now, I have to jump on a plane in order to indulge in the splendor of all your wonderful services. My favorites are the ear coning, your workshops and reflexology. I become revitalized and rejuvenated. I look at this time now as my retreat....a time to reclaim myself once again.

Virginians are very fortunate to have your services available to them. Many folks claim to know how to do the services you offer and some even have certificates to prove it. However, not everyone is given your gift to know the craft to really heal. I can say from experience God has truly blessed you with a gift to heal.

Your studio is wonderful and provides an environment for one to truly enjoy the total experience. I hope the people of Virginia will not wait to take advantage of all your services you have to offer. I miss you so much.

Cherrice Lattimore



"HI, I AM JAMES ROLAND BELCHER AND I WOULD LIKE TO SHARE HOW PROUD I AM OF MY WIFE LESLIE BABBITT-BELCHER (*BABBITT*). SHE IS A PRETTY AMAZING LADY! I THINK SHE HAS DONE A WONDERFUL JOB FOR THE SHORT PERIOD OF TIME THAT SHE HAS BEEN A PART OF MY LIFE. SHE OVERCAME A LOT OF OBSTACLES MOVING HER LIFE TO MERGE WITH MINE FROM BOSTON TO VIRGINIA. I WANT YOU TO KNOW BABY, THE BEST IS YET TO COME!"

***"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand"***

**(Ephesians 6:13, NIV)**