

Holistic Living

ISSUE 9

By Global Healing Exchange

THE IMPACT OF
BELIEFS IN
CHILDBIRTH:
TRANSFORMING
FEAR TO LOVE

CHANGE YOUR
BELIEF
SYSTEM.
CHANGE YOUR
LIFE

GET YOUR
12
KETOGENIC
RECIPES
FREE

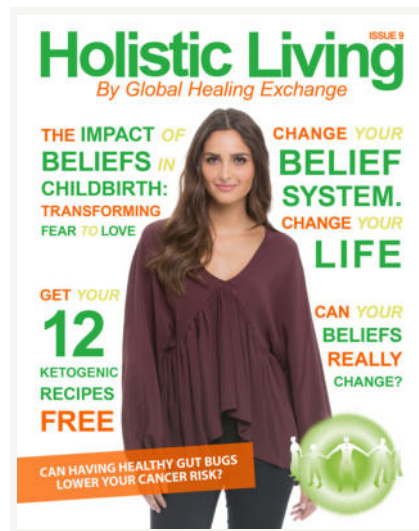
CAN YOUR
BELIEFS
REALLY
CHANGE?

CAN HAVING HEALTHY GUT BUGS
LOWER YOUR CANCER RISK?



HOLISTIC LIVING MAGAZINE

ISSUE 9 JUNE 2017



HOLISTICLIVINGMAGAZINE.COM

WWW.GLOBALHEALINGEXCHANGE.COM/HOLISTIC-LIVING

Editor in Chief

Sharon White

Editor at Large

Cassandra Jones

Layout Artist

Francisco Mendoza III

If you want to advertise your business, product or service with

Holistic Living Magazine please contact us at

sales@globalhealingexchange.com

CONTENTS



BELIEFS

Sharon White

01



HOW CAN COGNITIVE BIAS AFFECT YOUR LIFE?

Cassandra Jones

03



MINDSET FOR AUTHORS

Jane Turner

05



CHANGE YOUR BELIEF SYSTEM & CHANGE YOUR LIFE

Sharon White

09



YOUR LIFE STORY. CAN YOUR BELIEFS REALLY CHANGE?

Robert Kirby

12



THE DEFINITIVE BELIEF

Adrian Jones

15



SOUL MATTERS: THE WORLD IS MY PLAYGROUND

Barbara Patterson

19



TURNIPS

Irene Vervliet

21



KETO RECIPE: CAULI COTTAGE PIE

Matt Straight

23

CONTENTS



DIFFERENT STYLES OF YOGA ASANA PRACTICE & THE EVOLVEMENT FOR THE MODERN WORLD

Jill Healy-Quintard

25



BELIEFS. ARE THEY SET IN STONE?

Shona Russell

29



NEW MIRROR IMAGE? BELIEVE IT!

Kylie Bryan

32



THE IMPACT OF BELIEFS IN CHILDBIRTH: TRANSFORMING FEAR TO LOVE

Katie Kempster

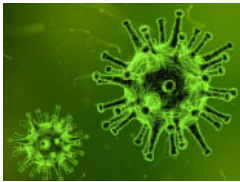
35



SELF BELIEF. BELIEF IN OTHERS. SPIRITUAL OR RELIGIOUS BELIEF.

Adrian Hanks

39



CAN GUT BUGS AFFECT YOUR CANCER RISK?

Dr Arun Dhir

44



ARE YOU YOUR BELIEFS?

Gwenda Smith

46

BELIEFS



Sharon White

*Founder of
Global Healing Exchange and
Holistic Living Magazine*

Please use the information you learn in these magazine as a guide.

This content is not medical advice and is not intended to replace the advice of healthcare professionals.

Always consult your doctor or other healthcare professional before beginning or making health changes.

You should never disregard medical advice or delay in seeking it because of something you have read in this magazine.

In other editions of Holistic Living Magazine, we have gone into many subjects about health and wellbeing. This edition is about beliefs.

As a therapist who works with the subconscious mind, when working with my clients, I see that our beliefs are a key cornerstone in determining our health and wellbeing.

It is not something we are taught when we are young and our doctors certainly don't tell us this. There are no pills out there that can help us become aware of our subconscious beliefs, but these subconscious beliefs have a massive impact in all areas of your life.

Beliefs affect your health on a physical level as well as spiritual, mental and emotional.

So what do I mean when I talk about beliefs? Let's see how the dictionary defines it.

Belief

- An acceptance that something exists or is true, especially one without proof.
"His belief in extra-terrestrial life"
- Trust, faith, or confidence in (someone or something).
"A belief in democratic politics"

Let's look at this more closely. "An acceptance that something exists or is true". In this world there is no absolute truth. Everything is determined by your perspective. You have millions of pieces of information going into your brain per second and your brain can not process this much information, so it filters it. If you don't believe me, do this simple exercise.

Sit next to a friend in a park. Ask you friend to pick out 10 things they see when looking out in front of them. Now you pick your 10 things. Each of you write these things down and then swap the piece of paper. You will see that maybe you pick one or two things that are the same but you will have picked different things. This is because we all see the world differently, even though we might be looking at the same thing. Your conscious mind cannot take in everything, so according to your beliefs & values, it shows you what it thinks you want to see.

What we process then forms our belief system. Each of us have different beliefs depending on who we are, where we lived, what

religion (or non-religion) we are, what our parents taught us, what our friends think, what we were taught at school, and the list goes on. Not all our beliefs are healthy or serve us in our life.

Look At These Common Beliefs For Example:

- I am destined to get this condition because of my genes.
- Health and healing requires the help of doctors and pills.
- My illness is incurable.

Do you think these will benefit the person thinking these thoughts? How about if they change their belief to:

- This condition runs in my family but I am breaking the pattern.
- Health and healing comes from gaining knowledge and using it to go inside myself.
- This illness is curable.

It is possible for you to change your beliefs. The experts in this magazine will show you how and help you to understand why you would want to change the ones that are not making your life, the life you dream of.

Enjoy.


Founder of Holistic Living Magazine



Cassandra Jones

Editor at large

Please use the information you learn in these magazine as a guide.

This content is not medical advice and is not intended to replace the advice of healthcare professionals.

Always consult your doctor or other healthcare professional before beginning or making health changes.

You should never disregard medical advice or delay in seeking it because of something you have read in this magazine.

HOW CAN COGNITIVE BIAS AFFECT YOUR LIFE?

Almost all articles in this edition follow a similar path; a definition of a belief, some examples of them, a discussion of how they can be positive and negative and finally some advice on how to conquer the bad and substitute them with the good. And just to be different, I'm not going to follow that pattern. I'm going to talk about something that supports and gives succour to beliefs, mainly the bad ones, and that is the concept of cognitive bias.

Any belief will have a starting point, a time, an action, an environment and so on. But if it doesn't get validation, then much like seeds on stony ground it won't survive. Every belief survives because it in some way enhances the life of the individual believing in it. And this is where cognitive biases come in; there are hundreds of different biases all having a subtle, or not so subtle, effect on how we think. A good example is confirmation bias; this particular bias means that if you have a particular belief, say climate change isn't real, then you will go out and search for likeminded people or situations. We have all experienced this bias; the article, "Are You Your Beliefs" by Gwenda Smith, in this magazine describes how one individual was on antidepressants because his mother was and that meant he felt he needed them, his mother, and her mother's behaviour confirmed what he believed.

Another bias that impacts many people is a negativity bias; this bias means that you give more weight to bad things that have happened in your life than the positive ones. Just think about that for a moment. I bet right now it is easier for you to recall the last five bad things that were said or happened to you than the last five good things and it is this type of bias that feeds the fuel of many negative self-worth beliefs.

Now while the list of biases does go on, with some being relatively harmless, the IKEA effect for example, others such as the Gamblers Fallacy or the Worse-than-average effect can be life changing. Fundamentally if you aren't aware of such things as cognitive biases, then trying to change a belief without addressing a potential supporting bias would be like trying to fix a leak in a water pipe without knowing where the leak was.

So please read the rest of this wonderful edition, read about all of the expert's different approaches to beliefs, and at the same time take a moment to think about any beliefs you have. Think about whether they are positive or detrimental to your life, and if the latter, think about what was the trigger for it to exist and what keeps that belief alive? Once you know such facts, then you can go about replacing such negativity with beliefs that are better for you. Finally, stay wary of cognitive biases that can confound and confront you, they can and do creep back into your life!!

Cassandra Jones
Editor at large



L

MINDSET FOR AUTHORS

I'm currently working on a book called *Mindset for Authors: How to overcome procrastination, perfectionism, and self-doubt*. I'm writing the book because apparently less than 1% of the people who want to write a book actually ever get it done. I mention this here because this statistic can be put down to several factors including negative beliefs that first-time authors have about their abilities in particular, and their place in the world in general.

I come into contact with people all of the time who know their stuff, and are totally literate and articulate, but there's something holding them back. In fact I know the feeling well from my own experience. In fact trying to become an author with a mindset that doesn't support you is not only an exercise in futility, but it's also an opportunity for deep healing, because scrutinising what's underlying your writer's block will enable you to hone in on negative beliefs that function to keep you stuck not only in relation to writing, but in fact in relation to any area in your life in which you're struggling to make progress.

What you need to take on board from the get-go is the fact that your ability to accept responsibility for what you achieve in your life is key to moving forward. I know that some of the people reading this article will feel like that's a bit of a no-brainer, whilst others will have a lot of trouble accepting it. That's the way it is because as Carol Dweck points out in her book **Mindset: The New Psychology of Success**, there are essentially two overarching paradigms that our lives are played out in, and our ability to come to terms with the question of personal responsibility depends on where we sit on the fixed/growth mindset continuum that Dweck is well known for.

People who mostly operate from a fixed mindset believe they are born with talents in some areas and not others, and that the strengths they are born with lead to a set of capabilities that are more or less the ones they go to the grave with. You'll hear people with fixed mindsets say things like "I could never write a book, I'm just no good at writing", or "I'm terribly scattered, I could never organize my thoughts well enough to write a book".

People who mostly operate from a fixed mindset believe they are born with talents in some areas and not others, and that the strengths they are born with lead to a set of capabilities that are more or less the ones they go to the grave with. You'll hear people with fixed mindsets say things like "I could never write a book, I'm just no good at writing", or "I'm terribly scattered, I could never organize my thoughts well enough to write a book".

Thinking about the difference between fixed and growth mindsets reminds me of something I first heard when I was just a little kid. In fact it was my dad who said to me that "we can't do anything about the cards life deals us, but we can do something about the cards we choose to play". This kind of world-view implies both opportunities to improve, as well as responsibility for taking the steps required to allow improvement to happen, whether that means taking a writing course, signing up for cooking classes, hiring a personal trainer, or going back to university to retrain for a new career that requires specific qualifications.

It's worth noting how dynamic this matter of mindset actually is. If you think about it objectively you can probably recognize yourself approaching some areas of your life from a growth mindset and not others, and you can probably also recognise that your approach to a certain area of your life is from a fixed mindset on some occasions, and then from a growth mindset on others.

So I want you to think about which mindset you're in, in relation to an important part of your life that you're feeling stuck in right now. And then I want you to ask yourself, what beliefs support that mindset, and in turn what other beliefs that mindset keeps you cut off from. It's a chicken and egg situation really. A lot of my clients come to me because they can't seem to get started with writing a book that they know in their heart they need to write. Often times they describe what they are experiencing as chronic procrastination. So I ask them to sit with the feeling that comes up when they think procrastinating. After doing that they often say something like "I'm not ready", or "I'm not qualified enough", or "What if nobody buys my book" or something like that, and these

statements open up a whole can of worms around their unconscious need to avoid vulnerability.

I was an expert at avoiding vulnerability myself back in the day. It's only since I've become aware of the extent to which a reasonably common condition called Impostor Syndrome was driving all of my decisions, that I've been able to break out of a fixed mindset and more fully embody a growth mindset in relation to almost every aspect of my life.

I see an awful lot of Impostor Syndrome in my coaching practice. I've worked with many high achieving clients over the years who are crippled with chronic self-doubt and feelings of inadequacy no matter what they might have achieved in their personal and/or professional life. People struggling with Impostor Syndrome tend to be particularly risk-averse, and go out of their way to over-perform for fear of 'being found out'. They're also likely to be cutting themselves off from opportunities that less capable people end up grabbing over them. The shame of it is that these less capable people are only able to do this because they're not encumbered by the kind of fear of being found out and self-doubt that creates a glass ceiling for people suffering from Impostor Syndrome.

Obviously people suffering from Impostor Syndrome are operating from a fixed mindset. No matter how much evidence there is to the contrary, they're convinced that they're at risk of being exposed as not being as smart as everyone thinks they are. No matter how much positive feedback they get, they're simply unable to establish a realistic appreciation of their abilities. Certainly I'm not implying that everyone who's procrastinating is suffering from Impostor Syndrome, but I do want to urge you to take the time to reflect on exactly what it is that's stopping you from moving forward, and to get help if there are any entrenched negative beliefs about your abilities holding you back that you're unable to shift.

Unlike people operating from a fixed mindset, people operating from a growth mindset approach challenges with a high degree of curiosity, and

remain open to learning how to do new things throughout their life. They regard themselves as being empowered to improve no matter what their starting point is. Sure, they might never be able to make it to the Olympics or become a Rhodes Scholar or whatever, but they know they can improve in relation to anything they put their mind to. It's about improvement for people with a growth mindset, not perfection.

As Dweck explains, it all comes down to the question of how we react to challenges. Do we just give up when we're challenged because we can't bear to risk failing, or do we keep working away in the knowledge that our failures are just stepping stones to success, and hard work and persistence always pays off in terms of our ability to continue to increase our skills in relation to any and all areas of our life.

The good news is that no matter where you are on the fixed/growth continuum, you can develop a growth mindset if you're prepared to do what it takes to shift your perspective.

According to Dweck, strengthening your growth mindset starts with becoming aware of the voice of your fixed mindset, and recognizing that you ultimately have a choice in relation to how you react to the circumstances of your life. After establishing and believing that, whenever you hear yourself saying something like "what's the point of even starting a book when I know I'd never be able to get it finished anyway", rather than giving in to that story and giving up, you need to deliberately engage the voice of your growth mindset to refute what your fixed mindset is saying. And then most importantly you need to go on to take the kind of action a person operating from a growth mindset would take. If you continue to be persistent in this regard, you'll slowly but surely reprogram your brain and change your life forever.



JANE TURNER
Woman's Health Expert

[Click here to work with me.](#)

Advertise With Holistic Living Magazine



Do You Want Your Business To Get Seen Online?

Is your target market into holistic health?
Do your customers love yoga, good nutrition, holistic therapies?
Are they looking after their body?
Are they spiritual?
If they are, you need to advertise with us!

Contact us at sales@globalhealingexchange.com



MindPT
MINDPOWER TECHNOLOGY

**ARE YOU READY TO FEEL HAPPIER,
MORE CONFIDENT AND MORE
MOTIVATED ABOUT YOUR GOALS?**

Your time is limited so MindPT offers "bite-sized" personal growth lessons in the form of user-friendly personal power videos featuring the collective wisdom of the world's greatest transformational teachers in the convenience of a mobile app, or for a larger visual feast, on your desktop.

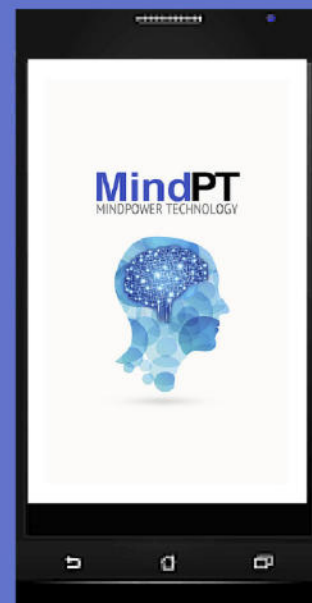
It's an online and mobile personal change resource where you can check in 24/7 and benefit from MindPT on your own schedule. Holistic Living Magazine has made their own copy to help you keep healthy and feel AMAZING.

MIND POWER TECHNOLOGY

Personal Training for the Mind

When the human brain is positive, you're 3x more creative, intelligence rises, and productivity rises by 31%.

— *Shawn Achor*
New York Times bestselling author of Before Happiness and The Happiness Advantage and Harvard University happiness expert



Get Yours Now

CHANGE YOUR BELIEF SYSTEM & CHANGE YOUR LIFE



What do you know about beliefs and how they affect you daily, in all areas of your health and wellbeing? Have you heard the saying, “Start feeling better by thinking better”? Did you know, if you start thinking better you feel better and your brain performs better? Well it’s true.

Studies show that when your brain is positive, it significantly outperforms your brain than when it is negative, neutral, or stressed in terms of several categories; intelligence, energy, resiliency, how long you can work on a project (focus), how many possibilities you see (big picture), and your health.

Shawn Achor says, “That is now what we’re calling the happiness advantage. Which is, when your brain is positive it actually achieves more than it would have otherwise”. - Shawn Achor, CEO of Aspirant and author of [The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work.](#) [Harvard Business Review.](#)

Our beliefs affect our emotions and our emotions play a huge role in how we feel. So when we think better, we feel better, and are much happier, more rounded people. Now I am not talking about walking around like Pollyanna and being positive 24/7, which is not normal. If someone claims to be like this, they are in denial. As human beings we have a full range of emotions. Emotions like, sadness, anger and depression are emotions we are also supposed to feel. They are your body’s signal that something needs to be changed in your life.

Some Beliefs We Have Serve Us & Some Would Benefit By Being Changed.

For example: I have some beliefs that serve me and I want to keep them. One of them is, “I am a healing machine”. A few years ago I had a third degree burn which completely healed in 3 weeks, (often they can take months to heal).

A negative belief I held for years was, “My body does not work like everyone else’s and I will always be overweight”. Anyone who can see me now will notice that I no longer hold that belief. (YAY!)

Now imagine someone who believes they have the weight of the world on their shoulders, what symptoms do you think they might have?

What if the person keeps saying, “I feel sick to my stomach”? How do you think this person would feel?

Do you think this person may have neck pain, if they keep saying, “xyz is a pain in the neck”?

Your beliefs, and words are very powerful. It is best to be mindful of your thoughts, beliefs and the words you say, as this is key in determining your health and happiness.

Here Are Some Beliefs That Are Not Healthy:

I’m not good enough. – A self-judgment that creates feelings of unworthiness and depression.

She is so beautiful. I wish I was like her. – This belief can create anger, resentment, disappointment, envy.

I hate my body. – This belief can create unhappiness and shame, sometimes causing us to separate ourselves from others.

As you can see beliefs are connected to emotions. Usually the idea, or thought, by itself doesn’t feel bad, it is just a thought floating through your mind. It is when you have that thought and you have connected strong emotions to it, then it becomes a belief and issues can emerge. Once you recognise these associated thoughts and emotions then you can change the emotions surrounding your belief, you can change your response.

As I told you, I changed a belief I held for many years. Think about, what did I do to change my belief and what can you do to change yours?

My belief was: My body does not work like everyone else’s and I will always be overweight. It had been reinforced over the years by trying every diet known to man (or woman, in my case) and none of them working!

To change this belief, I started experimenting with food. I have food intolerances and many foods caused me discomfort, inflammation, bloating and symptoms of IBS. Until I heard about a certain type of eating designed for thyroid patients. (Most of my weight issues came from adrenal dysfunction, leading to thyroid issues).

When I started eating only the foods that were good for my body, I started to drop weight.

As I was dropping weight, my belief that I would always hold onto weight became less imprinted in my mind and I experienced more and more excitement as I was getting smaller and smaller. Over time, I changed the heavy feeling of despair and being stuck, to the lighter emotion of excitement and happiness. This reflected in my body. As time went on, the old belief transformed to the new belief, and I am smaller.

My new belief is: As long as I eat the foods that are good for my body, I can stabilise my weight for the rest of my life. This is a much healthier belief for me with my new understanding regarding my thyroid issues.

Another way to create change is by using affirmations (make sure you say them with a positive emotion attached). They help to reprogram your subconscious mind. When you start telling your subconscious mind positive things it will believe them. Just as we have practiced negative self-talk repeatedly throughout the years, we can do the same with positive self-talk too. It will take some time but as they say “practice makes perfect”.

Start to do affirmations daily. Start to make a change. Start to tell yourself POSITIVE things about yourself. Start to live the life you dream of. You can see from my example, how my mindset shifted slowly but as I was seeing the results, change happened faster.

Once the neural pathways of those beliefs are constructed and reinforced, changing your mind and creating the life you want can be a real challenge. There are simple daily practices you can implement to bring about the changes you seek. The first step to changing a belief is to understand its construct and what keeps us so attached to it.

Now we understand how our beliefs affect our emotions, and we know we can change our beliefs, here are 4 simple steps you can use.

4 Steps To Changing A Belief

- **Become aware of the different thoughts that make up your belief.** Awareness is key when changing any belief. How can you change something if you are not even aware of it?
- **Release the emotions held in those beliefs.** Emotions are very powerful when holding onto beliefs. (You see in my example, my emotions went from the heavy feeling of despair and being stuck, to the lighter emotion of excitement and happiness.)
- **Shift your perspective so you can see the belief as false.** There is no absolute truth. If you look at your belief from another person’s perspective (you could ask a trusted friend), you might find that they do not see your belief as truth.
- **Change the energy you hold that makes an idea or thought powerful.** Let go of the stuck energy that is keeping the thought in place and exchange it to the energy of anything is possible. When in this mindset, incredible things can happen.

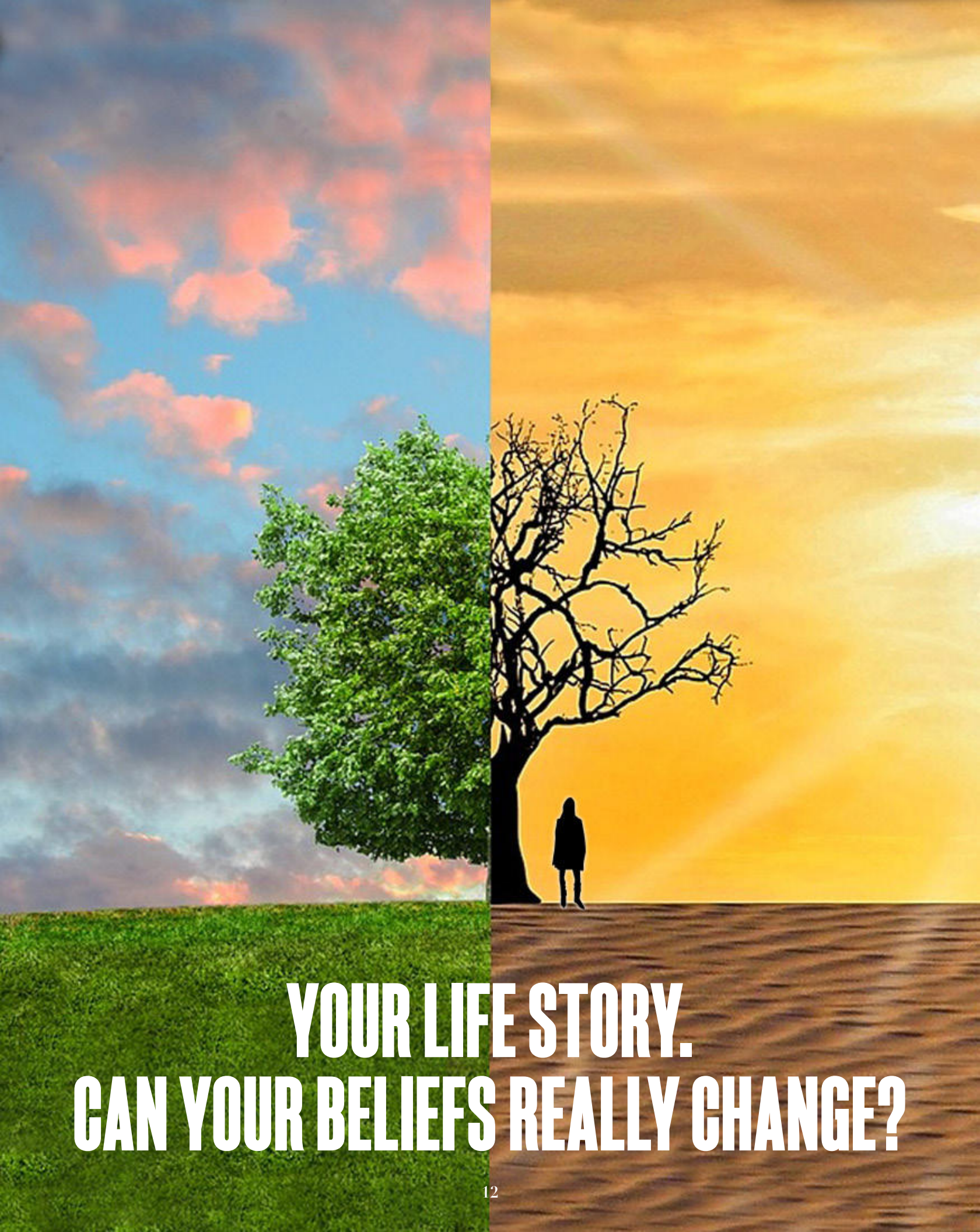
This is a very simple list and it can be used on every belief you have about yourself and your life that you want to change. If you have many negative beliefs, then you can repeat this process. The more you practise, the easier changing your beliefs will become to you.

I have worked with many clients over the years, helping them change their beliefs about themselves and their life, transforming their health and lives to be the life they always wanted. If you want to partner with someone to assist you, I would be more than happy to work with you.



SHARON WHITE
Subconscious Mind Expert

[Click here to work with me.](#)



**YOUR LIFE STORY.
CAN YOUR BELIEFS REALLY CHANGE?**

All of us have a story that we tell ourselves and others about why our lives have turned out the way they have. With human nature being what it is, we often tell ourselves the story in which we are the hero or heroine. "I have created the beautiful things and have been victimized by others for the painful lessons."

Would you be willing to consider that the story of your life, the one that you have told yourself and others, may be holding you back from achieving your heart's desire?

If you base the future of your life on past events, beliefs, experiences, and what others may have said or not said to support you or control you, or even disempower you, then this will dictate your entire future.

Neuroscientists have proven that the subconscious mind controls 95% of our behavior and holds our most deeply held beliefs. This generates thoughts, feelings, and emotional states from which our reality manifests. In addition, science has also proven that there is no separation between the mind and body. "Eventually the mind becomes the body."

Therefore, you could accurately say that your body is your subconscious mind which holds the beliefs that run your life. Knowing this explains why you continue to re-create certain dynamics in your life over and over. In other words, the past equals the future unless you can interrupt these patterns and transform your beliefs into empowerment.

Changing Your Beliefs - The Hard Work Miracle

This brings us back to the most foundational question of your life. "Do you believe that you could change a lifetime of subconscious neural and body cellular programming and create a better life?" "If you do not believe it, if you do not have faith, then no amount of therapy, meditation, healing, personal development, business training, spiritual development or religious practice will create any lasting change. Remember whether you believe it or not, it is subconscious.

My story. As a child, I was extremely shy and introverted. I was quiet and withdrawn in school and rarely participated in class even though I was a very

bright boy. My belief that I could not break through the wall I hid behind that permeated my entire life. I felt like I was in prison.

As an adolescent, the condition became worse. I went to a private boy's Catholic high school and consequently had little interaction with girls socially or in school. What made matters worse was the school was in a very wealthy community while I was bused in to this school from my modest middle-class community. The other boys in the school were overtly confident, socially advanced, and typically owned their own car or at least had access to upper class vehicles. A lot of these guys were very slick and smooth with the girls.

Even more embarrassing was the fact that I was one of the best athletes and won the outstanding athlete award in that same school. Even the fact that I was looked up to as an athlete could not pull me out of my deep-rooted insecurities.

I went on to university with no change in my behavior. I continued to do well in sports and academically but socially remained shy and introverted. I waited until the last term/semester in my fourth year at university to attend my public speaking mandatory course.

I was terrible and humiliated in front of the class. A guidance counselor at school told me I could do well in business but never as a leader to coordinate, manage and direct the activities of others. He said I just didn't have it in me. This was based on the depth of my insecurities.

I graduated from university and was hired into the corporate world. I was lucky because it was a Fortune 500 company with great leadership; management training, educational benefits, and support.

My boss, Arthur J Cummings was very close to retirement. He spent his entire career with the PerkinElmer Corporation voted by Forbes magazine as one of the 10 best managed companies in America. He handpicked me away from another team where the manager was irritated by my poor communication skills and humiliated me in front of the team.

After Arthur transferred me onto his team and decided to mentor me - something happened that boggles the

imagination. Even after all these years I can hardly believe what occurred in my belief system.

The first question he asked me was, “Do you want to change”? My answer was yes. The second question he asked me was, “Do you believe you can change”? My answer was that I was not sure. I knew that I needed help but I did not know who could help me or what needed to happen. In other words, I was not sure if my beliefs could be changed.

The first thing Arthur asked me to do was to keep a journal. In this journal, every day, I had to challenge myself with questions about why I believed I could not change or was not able to change. To write about my behavior and interaction with other human beings. He said it really had nothing to do with other people but the story I had told myself for my entire life up to the point about what I could or could not do.

Arthur taught me how to let go of my story about my past which was limiting me and how to plant seeds of greatness for a new and exciting future. He had the company pay for my MBA and simultaneously he had me attend the renowned Dale Carnegie course in public speaking, followed by the advanced Dale Carnegie course and the Dale Carnegie sales training. After graduation from all three courses and earning my master’s degree, I was instructed to join Toastmasters and give a speech every week.

The result was the beginning of a prolific rise up the corporate ladder into management at an alarming rate. I grew into a very capable public speaker. I became at times an extrovert, socially comfortable and confident. I entered a long-term relationship with a beautiful young lady.

Years later I left corporate America and started my own business, traveling the world and teaching tens of thousands of people how to change beliefs and transform all areas of their lives. More good news is that in 2017 changes can take place much more efficiently and effectively.

Just be certain that if I could change such an extreme set of social and career inhibitions, then you too can change and transform whatever is holding you back in life.

Steps To Completely Change Your Beliefs & Life

- Write down the story of your life in bullet point form
 - Isolate the frustrating patterns that hold you back
 - Identify your underlying negative unconscious beliefs
 - What is the wrong conclusion that you made as a child or young adult that fuels all your patterns and difficulties in life? In other, words what do you think is wrong with you?
 - Take the results of steps three and four, beliefs and wrong conclusion, into 7 days of meditation or stillness. Ask your Spirit; what will it take to change these old beliefs into love and creativity? Keep a journal of the responses.
 - Make an appointment with a very skilled kinesiologist for muscle testing the unconscious patterns held within your body. Also balance your wrong conclusion and negative beliefs.
 - Every day of your life, for the rest of your life, as often as you can, plant seeds of greatness with all your thoughts and deeds, to nurture and facilitate the growth and development of your most beautiful gifts and dynamic qualities.
 - Find yourself a very skilled coach, mentor, therapist, or energy healer who specializes in changing old negative beliefs into verdant, fresh new creativity and a new life.
 - Be sure to keep a positive frame of mind every day through exercise and meditation, that is grounding and accelerates the flow of energy throughout your body. It is much easier to learn these skills and find a group of like-minded people
 - Remember that ancient scriptures and wisdom of the West teach us “You sow what you reap” and the East teaches us “what goes around comes around.”
- If you truly want to change your beliefs you must change your thoughts and behavior. Work from the inside out and outside in.



ROBERT KIRBY
**Mind/Body Transformation
& Integration Expert**
Click here to work with me.

The Definitive Belief



In order to achieve anything, we must first believe we can. This applies to almost every aspect of life whether we're an athlete competing for gold, a child learning to ride a bicycle, a patient in recovery or a healer helping to restore the health and wellbeing of a client.

In very simple terms, our beliefs determine the outcome of our successes. Our beliefs are things we can change based on how we interpret, adapt, grow, collaborate and integrate our knowledge of life with our experiences of living. It is said that by the time a human being reaches the age of 35, we run almost entirely on auto-pilot as the mind and body become programmed to think and respond in certain ways based on the experience and knowledge of all that we have become.

Science is beginning to show how our thoughts, attitudes, values, beliefs, perceptions and emotions inspire to play important roles in determining the physical health and performance of the mind and body. How we think creates the outcomes that shape the physiological, psychological, and emotional reality of the world in which each of us find ourselves. Perhaps what we believe is simply defined as the extent to which we allow our performance capability to develop through life. Henry Ford said it best 'whether you think you can, or you think you can't – you're right.'

Belief is an enabler – and it's very powerful. It's one of the keys that unlocks the potential of super-human consciousness to evolve man and woman kind beyond

that which was ever thought possible. Many of us rarely stop to think about the world in which we find ourselves. Day by day, we repeat most of the things we did yesterday unaware that we will do more or less the same thing tomorrow, the day after and so on. We repeat our thought processes too – most of which are in fact negative creating the signatures of dis-ease at a cellular level in our inner world. Behaviourally, we are creatures of habit and our craving for consistency appears born out of a deep-rooted resistance to change – even if consistency means the pain of negative results. If we stopped from time to time to think about what we do, to evaluate what we've done, look forward to where we might want to be or think about how we really feel deep within, then perhaps our perspective would change in every moment of introspection. We are all capable of embracing change and this starts by changing the way we think about ourselves.

Thinking is art. In my world of ideals, thoughts are a theoretical construct underpinned by many, many things like educational focus, knowledge, perception, suggestibility, memory, experience, societal conditioning, the opinions of others, gene expression and the manipulation of external stimuli by broadcast media. These components might be considered the individual pieces of a jigsaw puzzle glued together by nothing more than belief. Contextually, belief is a transformative foundation upon which the seeds of our humanity propagate in the garden of our thoughts and in the wild flower meadows of our

collective consciousness. Whether we are consciously or subconsciously aware, our beliefs create the conditions in which we allow our thoughts to take root. How they grow and blossom is determined by the ecology and language of our own human nature. This can also be instrumental in our own healing process. Our thoughts are one of the most potent forces of energy creating, co-creating and healing the inner and outer worlds in which we think we exist. All thoughts are energy and energy follows intention, so the language we use to paint the story we tell our cells become the brush strokes of transformation on the blank canvass of our imagination. The energy of our freedom to make choices and our courage to change these choices again and again and again in search of the things that make us truly happy, is perhaps the energy of the unconditional archetype we embrace to reveal love at the heart of all that is possible. How we harness this energy for our highest good is also a free-choice and yet it is often a choice that we are unwilling to make. What many of us may not realise is that belief really does trigger responses inside the body which can affect our health and performance. If we limit our beliefs by constantly talking ourselves out of doing something we can actually hard-wire a semi-permanent blockage in the neural pathways on the mind and body to prevent learning. Equally true is, if we tell ourselves we can do something then we hard-wire new neural pathways igniting enhanced performance capability. Think about this for a moment – this is exactly what we do as children when we learn unconditionally without the capacity to think of a million reasons why we can't do something. So, belief can become the language of success and failure – depending upon your perspective.

As an author, it's almost impossible not to be excited about the beauty, resonance, intoxication and the healing properties of language. Like the multi-sensory threads we weave into the emotional tapestry of our hearts or the ultra-violet colours we imagine embossed upon the wings of our inner-butterfly, language plants the seeds of intention in a landscape of reality which is ours to make and make believe. Literally speaking, how we think, what we think about and what we feel about our thoughts is shaped by the language we use to communicate with our cells and each other. Language is itself thought provoking. It conjures the essence of illusion, it colours our dreamscapes and it defines the

vibrational eloquence of the symphony of every human heartbeat echoing through the Universe. Language shapes thoughts, thoughts define intention and energy follows intention to create and co-create our world. Positive thoughts create positive outcomes, negative thoughts create negative outcomes and both are derived predominantly by the power of belief. Human beings, by virtue of our very nature, are a species whose survival is dependent upon the compelling narrative of our social dexterity to find peace and love in a world which often appears to be barren of these and many more beautiful things.

If we are to truly evolve into the super-conscious humans of a Golden Age then maybe it is time to start telling ourselves a different story. We are each empowered as the writers of our own book where the chapters of our life unfold leaf by leaf formed of the belief that we can heal, create and co-create a better world one thought at a time. It is perhaps the belief in one's self that will ultimately determine the outcome of our success to elevate above and beyond the story of convention. In personal terms, I have to know how to heal myself, be of service to myself before I can truly know how to be of service to others. How I feel, what I think and what I believe becomes the theoretical construct which defines me absolutely. I have sole responsibility for changing the things in my life which no longer serve my highest good or the good of the collective. If my beliefs become limiting then I have the choice to find the inner-strength, the courage and the emotional honesty to transform to a place where my own purpose is to know myself on an unconditional scale of love and happiness. I call this place a place of 'Dreams, Rainbows and Butterflies' – it's where I go to heal. Perhaps the acknowledgement of self-healing is the definitive belief, the key that unlocks the potential for each of us to release the fears of success and failure in pursuit of a Universal super-consciousness that teaches to trust life and know that anything is possible.



ADRIAN JONES
Author, *Dreams Rainbows and Butterflies*
[Click here to work with me.](#)

A smiling woman with long brown hair, wearing a red tank top, is the central focus of the advertisement. She is positioned against a teal background. The HYPOXI logo is in the top left, and a call to action is in a red circle on the right.

HYPOXI®

design your body
BALGOWLAH

Click here to
book your
FREE TRIAL

HYPOXI combines low impact exercise with advanced compression technology and healthy nutrition to optimise your fat burning and cellulite reduction around your stomach, hips, buttocks & thighs. It's scientifically proven to be up to 3x more effective at targeted fat burning than traditional exercise!

HYPOXI Balgowlah Body Design

314b Sydney Road, NSW Sydney 2093

PH: (02) 9907 7070

info@hypoxibalgowlah.com.au

WWW.HYPOXIBALGOWLAH.COM.AU

SERIOUS ABOUT ASSISTING PEOPLE HEAL FASTER?

NO PRODUCTS – LEARN SKILLS

IMMEDIATE RESULTS

VIDEO TESTIMONIALS ONLINE

We Want You!

KNOW HOW TO
RELEASE
TRAUMA FROM
PEOPLE
GENTLY, SAFELY
& EASILY

YOU WILL
HAVE THE
SKILLS IN
DAYS!

BE 100%
SUPPORTED
FOLLOWING
YOUR
TRAINING

BE TRAINED BY A
WORLD LEADER
OF THIS
MODALITY

SUPPLEMENT YOUR INCOME IN WEEKS!

INCREASE FLEXIBILITY, ENERGY, INNER PEACE

CONTACT US TODAY!

PAIN RELEASE TECHNIQUES – RESULTS IN MINUTES!

ACHIEVE GOALS FASTER – SABOTAGE CLEARING

SYDNEY
FEBRUARY, MAY
AUGUST &
DECEMBER 2017
STRICTLY LIMITED
SEATS - BOOK YOURS
ONLINE NOW!



PRECISION HEALTHCARE
KINESIOLOGY CLINIC AND TRAINING CENTRE

ADELAIDE
MARCH, JULY &
OCTOBER 2017
STRICTLY LIMITED
SEATS - BOOK YOURS
ONLINE NOW!

www.precisionhealthcareclinic.com

INDEPENDENT NATURAL HEALTH THERAPISTS AND TEACHERS SPANNING AUSTRALASIA



It's simple - find, meet, connect
and book 24/7



Natural health practitioners in
your area



Live appointment books



Reward points



Here to help YOU experience optimal health - NATURALLY

www.thenaturalhealthindex.com



SOUL MATTERS: THE WORLD IS MY PLAYGROUND

Belief as a topic has so much depth that I'd love to just sit down and talk about it with you all, and enjoy a soulful conversation where lots of inspiration flies around, not necessarily ending in some concrete results. Preparing for this article, my analytical mind wanted to do some research, while my soul playfully suggested checking out the lyrics to some songs that have 'Belief' as a subject. I personally believe in intuitive writing, and this is how each and every piece for Holistic Living Magazine has come to life. I just sit down in front of my keyboard and let the words flow out of me (after my brain does some research and distraction and other stuff). So here I am, at my keyboard, shifting from mind wanting

to offer well-researched specific information into heart and soul just letting it all flow.

Philosophers and psychologists have various definitions and descriptions of the term 'Belief', doing their best to phrase something that is rooted deeply inside us humans. This core has so many conscious and subconscious levels, and it is strongly connected to our awareness of self and to our obeying the society that has shaped our value system and us. Having lived this life for over 40 years now, I have shifted parts of my belief system a few times, and I feel it is a fluid and flexible thing that can expand, grow and change throughout the rest of my life. My personal

belief system is shaped through my practical experiences, my learning and my (sometimes challenging) need to adapt to society and the surroundings I find myself in. Part of my beliefs is to question truths that are offered through society as general rules on how to live life. The way I was raised, I accepted what I was told as universal truth. As I grew older, I looked at this frame of belief from a distance, and I realized that from my personal experience, there were certain matters I didn't share anymore. This was a process, and just by realizing what I didn't accept as my truth anymore, I felt like stepping away from the society that has helped raise me. But at the same time, I had an empty space where once a strong belief was, and now I needed and wanted to fill it with my own truth.

Fast forward to the present moment, the learning continues. Through extensive conscious awareness training over the past twenty-odd years, I have come to a point where I accept that there is interdependence between society and me, and between the societal belief system and mine. And that's ok too. Experiencing true community in a society that is focused on rational results and successes has taught me there are good (and true) connections between the often cold and hard society and myself. Practising to focus on love in all areas of my life has taught me there is always a beautiful spark, even in the messiest and darkest moments. Trusting in my inner wisdom, my intuition has brought me along on my individual path very nicely.

Being connected to society has taught me to be less influenced by what 'they' want and demand, and to be more influenced by what I need and want. Taking my attention away from the outside world has taught me that there is so much beauty inside of me, which I sometimes still forget. Focusing on being in a relationship with myself first has taught me that there are a lot of projections going on, and I don't necessarily have to be part of these. Taking away my personal projections, stripping soul-naked, has lost its dread and threat for me; as when I turn to myself, I see so much I can

enjoy and work with instead of focusing my attention elsewhere, trying to fix anybody or anything that is out of my control. The concept of fear that is still so widespread in our world today still touches me deeply, yet I look from a distance and make a conscious decision of letting certain fears into my body-mind-soul system. As our world and societies change and grow constantly, I have understood that change and growth is possible in me constantly also. Being a mother of two and a stepmother of three, I am aware that my actions leave an impression on the children in my care. The values and beliefs I am living are shaping those children, and hopefully will instil a positive impact in them. Being honest with myself and in consequence with the world around me has become a vital part of my belief system. Finding balance between body, mind and soul has become a regular practice over the years, and is a lesson I am still learning. I have understood that I can learn something new for the rest of my life, in all areas of my life. Working on my self-confidence with self-awareness has become part of my purpose and helps me healing the wounds that I have uncovered. Finding new layers of joy when peeling off old layers of pain is part of the work I do, with my clients and myself. Work has become a playful activity for me, rather than something I have to do and dread going to. The world is my playground – if and when I choose to see it that way. Many people have said many wise things about belief, I'd like to quote two very inspiring musicians here; First, Annie Lennox, who offers this: 'I believe in the power of creation, I believe in the good vibration, I believe in love alone yeah, yeah' And second, R. Kelly who puts it very beautifully: 'I believe I can fly, I believe I can touch the sky'.

What do you believe?



BARBARA PATTERSON
Conscious Awareness Teacher

[Click here to work with me.](#)



Turnips

The humble Turnip (*Brassica rapa* L.) are among the most commonly grown and widely adapted root crops. They belong within the broad Brassicaceae family which are cruciferous vegetables along with broccoli, collards, kale, and Brussels sprouts. Turnips grow wild in Siberia. The ancient Greeks and Romans prized them highly. Turnip was a staple crop for numerous civilizations before the ubiquitous potato became popular. Turnips resemble potatoes in texture and appearance. Turnips are usually creamy white in colour, with tinges of purple, green or even red.

The turnip bulb is rich in minerals and vitamins, especially folate, riboflavin, and niacin. They are high in vitamin C, which is a powerful antioxidant and acts as an anti-inflammatory. These vegetables also contain a lot of lutein, vitamin B9 (folate), and E. Turnip bulbs are rich in potassium, magnesium, phosphorus, calcium, iron, and dietary fibre.

To select a turnip, look for a smooth skin. They should feel firm and heavy with crisp green tops. Check for a sweet aroma. Turnips can be eaten raw, or they can be roasted in the oven, boiled, fried, steamed, mashed, or add them to soups, stews, and other dishes.

The leafy greens of the turnip are also edible, they are a good source of vitamin C, vitamin K, vitamin A, folate, calcium, carotenoid, xanthin, and lutein. They are also a very good source of B-complex group of vitamins such as folates, riboflavin, pyridoxine, pantothenic acid, and thiamin. Use the greens for cooking or in a salad.

TURNIP CHIPS WITH BUSH FOOD FLAVOURS

Enjoy baked turnip chips as a health snack infused with Australian Bush food flavours at your next party.

Ingredients

- 2 large turnips skin peeled
- ¼ teaspoon salt bush
- ½ teaspoon native thyme
- ¼ teaspoon pepper berry
- 3 tablespoons olive oil
- ½ teaspoon sea salt (optional)

Instructions

- Clean the turnip thoroughly by scrubbing the skin with a vegetable brush under cold running water.
- Pre-heat oven to 200°C and line two baking tins with tin foil. Spray the tin foil with non-stick olive oil cooking spray.
- Uniformly slice the turnips thinly into chips, and place in a large mixing bowl.
- Drizzle turnip slices with olive oil, salt bush, native thyme, and pepper berry. Mix well to coat evenly.
- Spread chips in an even layer on baking sheets. Do not overcrowd.
- Bake for 20-25 minutes, turning once halfway to allow for even cooking. Bake until the chips are golden.
- Cool for 10 minutes to continue crisping then serve.

Enjoy!

REFERENCES

- “Learning more about the food we eat & how it affects the way we live” accessed 17/5/2017 at [click link here](#)
- “What Is Turnip Good For?” accessed 17/5/2017 at [click link here](#)
- “Turnips” accessed 16/5/2017 at [click link here](#)
- “Turnips” accessed 16/5/2017 at [click link here](#)
- “Turnips” accessed 18/5/2017 at [click link here](#)
- “Turnips” accessed 16/5/2017 at [click link here](#)
- “Health Benefits of Turnips” accessed 16/5/2017 at [click link here](#)
- “Turnip health benefits” accessed 16/5/2017 at [click link here](#)



IRENE VERVLIET
Naturopathic Doctor

[Click here to work with me.](#)

Cauli Cottage Pie

INGREDIENTS



Butter 2 teaspoons
Salt & Pepper 1 pinch
Pasata - No Added Sugar 100 mls
Beef Stock 1 tsp
Celery 75 grams
Red Onion - Diced 1/4 med
Carrot - diced 50 grams
Cauliflower 150 grams
Beef Mince 90% Lean 125 grams
Cheese - Mozzarella, Edam or Parmesan 30 grams



MATT STRAIGHT
Nutritionist, Personal Trainer
and Creator of KetoFast
www.ketofast.net

INSTRUCTIONS



Preparation time: 10 Minutes
Cooking time: 20 Minutes
Difficulty: Moderate
Serves: 1 person

- Boil or steam cauliflower until soft. Remove and mash with 1 teaspoon of butter. Season with salt and pepper and set aside
- In a hot frying pan, add 1 teaspoon of butter and diced onion, diced celery and carrot
 - Soften then add beef mince
- After around 4 minutes once the mince is browned, add beef stock, pasata and a pinch of salt and pepper
 - Cook for a further two minutes and remove and plate
 - Top with mashed cauli and cheese
 - Place under a grill until cheese has melted and serve




**12 KETOGENIC
RECIPES**
from Matt
CLICK HERE!





Do You Want To
Feel Recharged,
Inspired & Grow
Your Business In
The Holistic Health
Industry?

Get Your

\$1 Trial

Gain Knowledge From Experts You Trust.

If you are a holistic health practitioner who feels exhausted and needs to give back to themselves, this is for you.

Learn how to grow your business, get health and wellness tips, while being supported in a community of people just like you.

JOIN NOW



DIFFERENT STYLES OF YOGA ASANA PRACTICE & THE EVOLVEMENT FOR THE MODERN WORLD

The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests. Yoga was slowly refined and developed by the Brahmans and Rishis (mystic seers) who documented their practices and beliefs in the Upanishads, a huge work containing over 200 scriptures. The most renowned of the Yogic scriptures is the Bhagavad-Gîtâ, composed around 500 B.C.E. The Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).

The physical Asanas or poses are actually only one limb of eight that makes up the tradition of Yoga.

In India the Yoga Asanas were only a physical tool used to keep the body (and therefore mind) flexible to enable the yogis to sit for long periods of time in meditation. Allowing them to abide in the healing prana (or chi/energy) in the breath, helping to open and expand the mind into greater realities and dimensions.

Through the vigilant practise of yoga; combining movement, breath, concentration and stilling or quieting down the mind, the yogi moves steadily towards the state of Samadhi or bliss which is the 8th Limb of Yoga.

Asana Is The 3rd Limb Of The 8 Limbs Of Yoga

The following is a list of 10 different Yoga styles practicing Asanas (poses).

There are more styles evolving as Yoga becomes a modern practice for the 21st Century Lifestyle.



Ashtanga

Ashtanga is based on ancient yoga teachings, but it was popularized and brought to the West by Pattabhi Jois (pronounced "pah-tah-bee joyce") in the 1970's. It's a rigorous style of yoga that follows a specific sequence of postures and is similar to vinyasa yoga, as each style links every movement to a breath. The series can be customized to suit any body type at any level. Classes move at a rigorous pace with "vinyasas" (plank-chaturanga-up dog-down dog transitions) between poses and plenty of hands-on attention from the teacher. There is no music and each pose is held for three to five breaths, and classes last 75-90 minutes, though a beginner class is often shorter. Props are not traditionally used, but many teachers will allow them. The difference is that ashtanga always performs the exact same poses in the exact same order. This is a hot, sweaty, physically demanding practice.

Bikram

This is a new modern Yoga, approximately 30 years old and is very popular in the Western world as it attracts celebrities who maintain that it is an excellent and fast weight loss program. It is quite controversial in that it is an ego based yoga using mirrors with the best practitioners at the front of the class. Bikram Choudhury developed this school of yoga where classes are held in artificially heated rooms up to 42 deg. In a Bikram class, you will sweat like you've never sweated before as you work your way through a series of 26 poses (like ashtanga, a Bikram class always follows the same sequence, although a Bikram sequence is different from an ashtanga sequence). Bikram Choudhury has trademarked his sequence and has prosecuted studios who call themselves Bikram but don't teach the poses exactly the way he says they should. Avoid these class if you have injuries as the heated room can tend to mask injuries and practitioners often over stretch and damage ligaments and muscles.

Iyengar

This yoga was developed and popularized by B.K.S.

Iyengar (pronounced "eye-yen-gar"). Iyengar is a very meticulous style of yoga, with utmost attention paid to finding the proper alignment in a pose. In order to help each student find the proper alignment. Yoga props, such as blocks, blankets, straps, chairs, bolsters, and a rope wall are all common in an Iyengar class. It is physically and mentally challenging and Iyengar teachers must undergo a comprehensive training. Iyengar Yoga is wonderful for balancing an injured body due to the precise and guided instruction. It is great for beginners, those recovering from injuries, and anyone with mobility issues. Appropriate for young and old.

Restorative

Restorative Yoga and Pilates is a wonderful way to relax and soothe stressful minds and bodies. Restorative classes use bolsters, blankets, and blocks to prop students in passive poses so that the body can experience the benefits of a pose without having to exert any effort. A good restorative class is more rejuvenating than a nap. These classes are offered at the end of a busy week on a Friday evening when rest and recovery is required.

Vinyasa or Flow Yoga

Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow", and vinyasa classes are known for their fluid, movement-intensive practices. Vinyasa teachers choreograph their classes to smoothly transition from pose to pose, and often play music to keep things lively. The intensity of the practice is similar to Ashtanga, but no two vinyasa classes are the same.

Kundalini

This is the practice that concentrates on awakening the energy at the base of the spine and drawing it upward. In addition to postures, a typical class will also include chanting, meditation, and breathing exercises. Kundalini refers to a coil of dormant energy that rests at the base of the spine. The aim of kundalini yoga is to awaken, harness and release this energy. This branch of yoga is very meditative and spiritual, and moves slowly with a focus on meditation and pranayama (breathing exercises).

Power Yoga

This is the American interpretation of ashtanga yoga, a discipline that combines stretching, strength training, and meditative breathing. But power yoga takes ashtanga one step further. Many of the poses resemble basic gym based exercises as in push-ups, handstands, toe touches and side bends. The key to Power Yoga is sweat-producing, muscle-building power and pace. Instead of pausing between poses as you would in traditional yoga, each move flows into the next, making it an intense aerobic workout.

Yin Yoga

Also called Taoist yoga, Yin yoga integrates principles of hatha yoga and qi gong, along with other aspects of Taoism. This is sometimes referred to as yoga for the joints, not the muscles, as it directs the stimulation normally created by the asana into areas deeper than the superficial or muscular tissues. Yin Yoga works the connective tissues of the ligaments, fascia, joints and bones. A significant characteristic is the long held, passive nature of the postures. While initially this style of yoga may seem passive, it can be quite challenging due to the long duration of the postures, lasting from five to twenty minutes. Yin Yoga is a wonderful Restorative Yoga and is great for Beginners and people who enjoy meditation practice.

Viniyoga

Founded by Krishnamacharya's son, T.K.V. Desikachar, viniyoga is highly individualized with an emphasis on adapting every pose and every practice to suit a person's needs and abilities. The practice is often taught one on one and is sometimes referred to as "yoga therapy." It is wonderful for people with back injuries, mobility issues or recovering from injuries.

Yoga Nidra (The Waking Sleep)

Developed by Satyananda Saraswati, in the 1960's is the complete mind and body relaxation that can be done from as little as 5-10 minutes up to an hour, taking the practitioner while lying in Savasana (corpse pose) or sitting comfortably in a chair or floor slowly through the parts of the body by saying each

part. It is done in a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. The yogic goal of both paths, deep relaxation and meditation are the same, a state called Samadhi.

YogaPilates Fusion®

Was developed by Jill Healy-Quintard in 2001, after suffering injuries in a hot Yoga class. She has brought together the Fusion of Breath and the Focus of Yoga Asana with the Core Strength, Balance, Concentration and Flowing Moves of Pilates followed by a 5-10 minute Yoga Nidra Meditation (The Waking Sleep) for a complete mind/body balance.

The word Yoga means "to join or yoke together," and it brings the body and mind together into one harmonious experience.

Although it began many years ago in India Yoga did not arrive in the Western world until the late 1800's.

Yoga did not become widely known until the 1960's, when it became part of the youth culture's growing interest in enlightenment and anything Eastern. As more has become known about the beneficial effects of Yoga, it has gained acceptance and respect as a valuable method for helping in the management of stress and improving health and well-being and the evolution of a fusion of practices has become very much part of the 'new generation' of what is known as Yoga in the Western World.

The exchange of Namaste at the end of class is a wonderful way to honour the true self in each of us, and recognize that all life is interrelated.



REFERENCES

*Dynamic Yoga: by Godfrey Devereux



JILL HEALY-QUINTARD
Yoga Teacher

[Click here to work with me.](#)

Heartfelt Relationships



*Learn how
to attract
the lover you
deserve and
get the lover
you want!*

A FREE 1 DAY WORKSHOP

With Robert Kirby

Are you single and looking for love, or in a long-term relationship, wanting to rekindle the connection?

For many of us, we look outside of ourselves for happiness. We think that if we change our circumstances or partner, things will be better.

Instead, we play out the same patterns and keep attracting the wrong kind of partner over and over again. If we are in a relationship, the same arguments and critical behaviours keep cropping up. Not surprisingly, the intimacy wanes. Passion fades. Your mind swims and you think: 'Is there something wrong with me? Are we just not right for each other'.

Attracting a committed and loving partner, or taking your current relationships to a place of equality and intimacy starts with you.

In this powerful FREE 1 day Heartfelt Relationship workshop you will:

- Let go of feelings of guilt, shame, unworthiness and feeling "not good enough"
- Heal the blocks that have been stopping you from attracting the relationship you deserve
- Discover the powerful secrets of igniting your soul connection, true passion and intimacy
- Raise your vibration, which will make your energy magnetic and irresistible
- Learn how to resolve arguments in an open and loving way.

Receive these **BONUSES** to the value of \$977 when you attend:

A free 1 hour session with Robert Kirby

A printed eBook: Love & Intimacy

Body Energy Reading: Character strengths and weaknesses

A personal Energetic Vibration test: Understand where you are on the strength of your emotional vibration.

Secure your free spot at the Heartfelt Relationships workshop, use any of the following links to register, or email us.

Website: <http://relationships.robertkirby.com/#workshops>

Facebook: <https://www.facebook.com/relationshipsrk/>

Email: clients@robertkirby.com





BELIEFS. ARE THEY SET IN STONE?

Alohaaa! I'm writing some of this month's article about beliefs, from the beautiful location of the Hawaiian Islands. I've had the absolute privilege to feel the love that exudes from these people that have such a long deep tie to spirit. They are respectful, they have learned many beliefs about their land, culture and ancestors. I've listened to guides that share stories about how the sky, islands, water, stars, moon and sun were created.

Tradition and cultures hold many beliefs. These have been passed down through many generations, with many stories and their beliefs about life, myths, and spirit.

What Are Beliefs?

What determines your beliefs? A simple question, but one that can have such a monumental effect in response! What are beliefs? We are hearing this more and more in our lives, because we realise who we are comes from how we were brought up, by the people around us, our parents, family etc. and how they influenced our lives. The beliefs that we hold in our consciousness are literally shaping our realities every single moment.

Everything that you do from people, places and interactions are merely a reflection of the vibration that you are offering to the universe and what is brought up from your subconscious beliefs.

We are amazing beautiful vessels that hold and carry our souls throughout life.

"You create your own universe as you go along"
~ Winston Churchill

When you dive in deeply, and you consciously examine the beliefs that you have around certain universal themes, you have a miraculous opportunity to remove any blocks that might be standing in between your hindering patterns and achieving your dreams.

The things that you currently have in your life are because of the value you place on those things. As the saying goes, 'energy flows where attention goes'. More than likely if something isn't working for you, then you haven't been giving it the positive love and energy that it requires in order to thrive.

The True You

Your belief systems are a fundamental key to understanding who you are, what family values are and how you connect and receive communication about yourself. These are our truths, what you believe to be true about yourself. There is no right or wrong, no good or bad, it just is.

When you live an experience of happiness, joy, peace, love, your soul grows, it blossoms.

When someone tells a story or lies about something, it's not possible to make it a truth because it hasn't been experienced. If you share that lie and embellish it by changing the truth and you have to recall it, you don't have the capacity to know that truth because you really didn't live it, it's not part of the true you. Yet some people are not aware of their existence (beliefs) and never give a thought about them, and this is what shapes your world around you.

We Are Programmed To Receive

Your core beliefs are what you assume to be your reality. Your truths. Childhood conditioning or programming is important, in that a child has this ability of soaking up (like a slurpee sponge) words, actions, emotions and this shapes what they become and what they believe. What a joy to watch toddlers grasping new experiences and seeing the exhilaration on their faces. Everything is done in bewilderment and pure love.

Look at a child, their mind is untainted, it's open to receive everything as that experience and integrate their learning to be part of their life.

A negative belief can be unconsciously locked within your subconscious mind, and will be consciously attracted to your experiences to let you know the belief exists. Not everyone's beliefs are the same and we don't attract the same circumstances into our energy.

An example of a negative belief can be the belittling words from a teacher who ridicules a child and tells them they are stupid and they should keep their opinions to themselves! This negative belief can develop into, 'Well I'll just keep that to myself because no one will listen to what I have to say', or when a parent uses the, 'A child should be seen and not heard' scenario, this can be turned into a belief of not being valued or a feeling of, I'm not worthy. Who didn't have this experience bought to them when they were bought up?

Our Belief System Changes As We Evolve

As we grow, and search within, our soul knows exactly who we are. It's learning to reprogram those beliefs and let go of what isn't helping you to live spiritually as the authentic you.

For me I know within my soul, my deep utter beliefs have changed and I'm so different now. I can see it so clearly, and as mentioned, I was not aware of their existence before. I'm releasing so much from what I believed, whilst growing up and it really doesn't fit with who I am today.

When profiling a client with the Forensic Healing System we test for one (1-18) of the Negative Belief System categories. It's surprising how this stands out when a client assesses their life, recalling from childhood, it can reflect how this has had an impact on them emotionally. If you feel you are being held back in life through your belief systems, to releasing and reprogramming your new beliefs, I love to share this deep gratifying healing system with you.

When we live in the power of love,
then and only then will we know the truth

Forensic Healing is a proven therapy system superior to all healing modalities, because it:

- Profiles the client, identifying negative life patterns, archetypes, emotions, belief systems, and much more.
- Clears curses, negative energies, rituals, and many other spiritual issues.
- Activates spontaneous healing forces in the body for immediate changes.
- Removes the negative conditioning stored in the DNA or cell memory.
- Uses healing secrets from ancient healing scripts combined with the most-advanced scientific methods.
- Utilizes healing pathways that use physical, emotional, energetic or spiritual elements.
- Heals deeply at a soul level by targeting soul facets, fragments, DNA etc.
- Places a blessing on the client at the end of a healing.
- Educates and empowers the client to understand themselves so they leave with new information to progress in their life.



SHONA RUSSELL
Forensic Healer

[Click here to work with me.](#)

Positivity BY Global Healing Exchange



Positivity magnets were designed to inspire you on a daily basis to live your BEST LIFE and are infused with Reiki to give you POSITIVE ENERGY in your home.

Every time you see them, (when you go to the fridge) they will inspire you to live a healthier life. They are also great for helping children think positively!

The magnets will inspire;

- **Your mind** - to think healthy thoughts – Positive thoughts create a positive me
- **Your body** - to love yourself just as you are – I am amazing just as I am
- **Your spirit** - to remember to love – I am love, I am loved
- **Your life** - to remember to enjoy it – My life is filled with joy

We believe life is about having FUN and being as positive as possible.

*The magnets come in a set of 4

AU\$15
+ Postage

<http://www.globalhealingexchange.com/product/positivity-magnets-reiki>



NEW MIRROR IMAGE? BELIEVE IT!

“I will believe it when I see it.” How many times have you heard someone say this statement or maybe you have even thought it for yourself about a person, situation or something in life? This concept comes from a totally disempowered place. “Only when something outside of myself shows me something different will things become better”. How many times has a person or situation ever “changed” or proven you wrong? Likely, not too many.

As with many of the common expectations we put upon the world and our lives, for example the notion of needing physical proof of change in something outside of ourselves first, we get back to front. The world is a mirror of our internal reality. You can't change what you are seeing in the mirror by cleaning the mirror – e.g. we need to wash our face so then the reflection we see looks different.

We can only experience what we desire in our life (or, on a larger scale, the world) when we create the

change within and believe it to be so first. First comes belief, then reality follows.

It starts within us and then materializes into the physical. Thought then thing. An architect imagines what they want to create, draws up blueprints, then builds it. Only then does it actually “become real”. This hierarchy is the same for everything.

Believe It ...Then You Will See It!

We live in a world of creation, free will and choice (conscious or otherwise) which underpins what is created - always. The outcome of this is our life and experiences within it. Understanding the vital role our beliefs serve in this creation, how they work, and how we can use them to experience a higher quality existence is absolutely the KEY. If we aim to create from a point of conscious empowerment rather than unconscious victimhood, we truly can have the best life possible – NOW.

Are you experiencing your “best life”? Is everything in your life the way you truly desire it to be? To move from where you are to where you want to be may be as simple as changing what you believe. Have you ever thought of what is going on in your life right now – whether it’s “good” or “bad,” as the reflection of a belief you hold? Have you ever wondered why you believe what you do, or thought about how your beliefs have an effect day to day? Like an architect, ultimately, you are what will create. You can create anything in your life by understanding and utilizing different beliefs for what they are – tools to comprehend and directives to create.

A belief itself is benign, a chain of thoughts concluding a predictable outcome in service of the mind. “This is a hat” “this is hot” etc. A belief is an instrument used so the mind can understand what is what. It is a type of data that validates itself via reflective self-perpetuation. Because I believe this, I will see and seek only that which proves myself right – I am this and so IT is. Have you heard the saying, “to a hammer, everything is a nail?” By nature, a belief can only “see” itself and things around it, respond in relation to what it is. Everything around it must validate whatever the belief is by necessity for it to even exist.

Another way to explain this is to see a belief like a coloured lens, everything becomes the colour of the lens (belief) as this is the filter which we see through. So, no matter what, if you believe it, you will see it. What “belief lens” are you looking through? And are you curious about what things might look like through a new set of beliefs?

“I will always be loved.” “I will never be loved.” “Life just isn’t fair.” “Everything happens in service of the greater good.” “Everyone is always here to support me.” “No one supports me.” “The world is coming to an end.” “The world is changing for the better.” These are all just beliefs – try them on or take them off. You can see them in your life when you subscribe to them and can change your subscription at any time.

Choice

Like a programmed computer, we have sets of beliefs formatted into folders in our brain about every

facet of life – relationships, finances, health, work, etc. These folders contain the information we have recorded through life exposure – be it inherited or constructed. If these folder contents are updated, new data can be accessed (resulting in new, different, and likely better experiences). If not, we will simply be restricted to old data and only be capable of recreating what has been experienced in the past.

You may have heard people talk about how we repeat patterns until we “learn the lesson” - maybe the biggest lesson is to look inside for a new belief programme when we are stuck. Trust that you have the answers within you. You just find them.

All For One & One For All?

We are all living inside of the cumulated construct of our collective beliefs systems and individually within a map created by our point of focus inside of these. If we ever want to see or experience a different reality, the only place to go is INSIDE each of our mindscapes. Shifting your point of focus gives you a new perspective, and with it, a new set of beliefs. As we change inside, the outer world changes too Everyone affects everyone else - #ripple #butterflyeffect

Power In Numbers

The more we resonate to or adopt certain qualities of beliefs, the more magnetism in the creation of what those beliefs dictate comes into the larger reality. It’s like an equation; 1 individual’s reality + all other’s realities = “the real world”. The “real world” is predicated on the materialization of mass. Although each of us is unique and exists within our own reality and will inevitably see things differently based on our individuality, because we are all connected and operate within the same fields of consciousness, we all effect everyone else. The more energy/power/people who share a similar belief system set, the more the map of creation is swayed to “become” that.

All for one, one for all. Imagine a world where each of us is truly valued, loved, healthy and happy, where there is abundance is experienced in all its forms - true peace, because in a world where there is abundance for all, there is nothing to fight for, only

more to give “have” and EVOLVE into. This may seem a little airy fairy – I agree, but it is merely a possible application of conscious empowered use of beliefs in the co-creation of experience.

Seek belief-programs inside yourself geared toward connectedness in all forms. Create that reality for yourself, and watch how the world shifts to reflect this reality back to you. Seeing every human as equal, each holding a piece of the puzzle of wholeness, a specific set of beliefs, holding a vibratory potency. The more individuals who subscribe to higher quality beliefs, the more magnetism is created, allowing others to follow suit making the puzzle itself more beautiful. We are all just energy. And the totality of the energy is affected by each of us and changes as we change ourselves.

When we believe in disconnection, we perceive all the belief systems, which fuel, validate and recreate that concept. So, the creation and recreation of that can also be tapped into and lived out – free will and choice.

We co-create and can always create change, no matter what the beliefs are stating. They are benign programmes which become obsolete when no one uses them. Like anything within the 3-Dimensional world, a lineal bookend can be applied to belief systems.

There are a specific number of facets to the human experience – security, safety, love, relationships, communication and within these aspects of life the way we experience each of these facets can be broken down into a simplified scale of the dualities, FEAR and DOUBT, and LOVE and TRUST. These are the poles of the spectrum through which our perceptions are coloured. What end of the spectrum is driving the different areas of your life?

Answers

After decades of curiosity, seeking answers, and desiring self-awareness, the dissection of the human psyche has taken many forms, and a variety of formulas for changing human behaviour a multitude of practices have been created. You may have heard of NLP, psycho-therapy, Kinesiology or even Hypnosis – these techniques focus on principals of empowerment and operate to access the source

inside the mind of the individual and affect change in their outer reality. In effect, they change beliefs to change people’s realities.

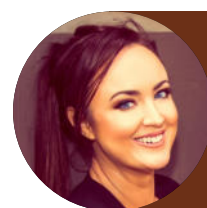
So, what does this mean for you? What does your current reality look like?

If you could change one thing in your life, what would it be, and what would you need to believe to make it so? In answering this question, we have, to some degree, identified what you currently believe, and this is exactly why that area of your life is the way it is.

Change your belief and your reality will change by default, this is the natural order. Of course, it can sometimes be complex to “change” a belief that has been programmed in your “hard drive” (brain) as it has been done so for a reason. Identifying why you adopted this belief in the first place will assist you in releasing it. Look at it like monkey bars, your mind needs something new to grab on to before letting go, but it can’t let go unless it is safe to do so on a primitive level.

Our beliefs act as the psychological corner stone of the evolution of the mind. Just as our physical body has adapted to environmental changes to survive, our mental selves have simultaneously evolved, and the beliefs we hold are the bi-product of that. You can always seek assistance from professionals who have dedicated their lives to learning how to navigate the constructs of the mind. That is what we do!

On a biological level, just as the immune system adapts to environmental changes within the body, each of us adapts to changes in our environment as well. Each of us creates the external environment as we are the source of what is mirrored back to us. There is no need to fear what we see in the mirror, as by simply believing in a NEW reflection, we create one. Shall we?



KYLIE BRYAN
Kinesiology Expert

[Click here to work with me.](#)



THE IMPACT OF BELIEFS IN CHILDBIRTH: TRANSFORMING FEAR TO LOVE

Each individual woman's belief systems surrounding her ability to give birth to her baby can have a significant and lasting impact on her direct experience of pregnancy and birthing. Core beliefs in relation to childbirth can take on a pivotal role in shaping the care providers she will align with and indeed the type of birth she is likely to experience. Before we begin to discuss beliefs surrounding childbirth...

What Exactly Is A Belief?

Beliefs are commonly defined as inward convictions; they are what you hold as truth at the core of your inner being. A belief is both mental and emotional in nature, it is the power of our beliefs that generally motivates us into purpose and action. Our beliefs are established and stored within the realms of our subconscious mind. This is what Dr Bruce Lipton, Cellular Biologist, has to say about the subconscious mind;

“The subconscious mind is a database of stored programs, primarily derived from the programming a child receives from the last trimester of pregnancy through the first six years of life...Unfortunately, the downloaded programs comprising the subconscious database are derived from recording the behavior of others (parents, siblings and community). AND ... psychology reveals up to 70% of these "learned" behaviors are disempowering, self-sabotaging and limiting.”

It is interesting to note that Dr. Lipton includes the last trimester of pregnancy as being inclusive of this period of intensive downloading we go through in the development of our subconscious beliefs and patterns as young humans. It is often at this late stage of a woman's pregnancy that she begins to really contemplate and experience fear and trepidation regarding the imminence of her birthing day.

All too often as her tummy expands, she is confronted by others who relay traumatic birth stories and their own fears about birth, the relentless and unrealistic portrayal of childbirth by the media can be a stark confirmation of her unconscious beliefs and fears about the intensity of labour and unfortunately many care providers are also guilty of imparting a lack of confidence in the women they are attending based on their own beliefs and experiences of birth.

So as you can imagine, there is a huge morphogenetic field containing many often unhelpful and disempowering beliefs in childbirth that a pregnant woman has to navigate on her journey to motherhood, some of which could have even been established in her as far back as her own visceral experience as a baby in her mother's womb.

Some common sabotaging beliefs held and projected in the mainstream field of childbirth include the following;

That ...

Birth is painful

Birth is dangerous

You need pain relief to “get through” birth

Women's bodies are not equipped to birth their babies.

As we discussed before, mothers beliefs about birth are shaped by the implicit or explicit information she has received from her family, her peers, the media and any health practitioners she may have utilized. It is often the combined influence of these groups that can reinforce unhelpful beliefs about birth and mothers who identify with these beliefs can go on to carry a huge burden of fear and disempowerment throughout their pregnancies.

The expectation that birth is going to be extremely difficult and painful can cause high levels of catecholamine hormones and overall physical tension in the body, which when sustained in pregnancy and into the labour process means, you guessed it, her birth generally can become quite painful and difficult. What the mind believes tends to be realized.

A study involving Australian and Swedish women conducted from 2007-2009 aimed to investigate the prevalence and impact of fear on birthing outcomes in two cohorts of pregnant women from Australia and Sweden and to explore the birth attitudes and beliefs of these women. In this Australian and Swedish study, the women involved were categorised into three attitudinal profiles: ‘Self determiners’, ‘Take it as it comes’ and ‘Fearful’ according to their attitudes about childbirth held during mid pregnancy.

The ‘Self-determiners’ cluster contained the highest proportion of women. They had the highest percentage of unassisted vaginal birth of the three profiles. These women showed firm opinions on the range of attitudes and beliefs. They were not afraid of childbirth and importantly they were the only group who showed strong agreement that birth was a natural event.

Women in the ‘**Take it as it comes**’ cluster were identified as a vulnerable group for an operative

birth. Why? Because this group were less likely to have researched their options for birth and the role of different care providers and the importance of critical thinking and decision making processes in labour.

Belonging to the **'Fearful'** cluster had a negative effect on the women's emotional health during pregnancy and increased her likelihood of preferring and actually having an operative birth and also increased the odds of having an epidural if they did go into labour.

Of these three profiles, the presence of fear linked to a belief that birth was difficult and painful had the most negative impact on women's emotional health, feelings about pregnancy and parenting and experience of birth. The results of this study suggest that attitudes and childbirth related fear are very important factors related to birth outcome and that they should be more thoroughly explored by health professionals during the antenatal period than what they currently are today.

What is most evident from this study is that the fearful women who were more likely to receive interventions and to birth via caesarean when surveyed did not perceive or BELIEVE birth to be a normal and natural event.

So what if this lack of belief and mistrust of birth that leads to such fear and disempowerment could be addressed during pregnancy for these women? Could the birth outcomes for women holding high levels of fear and a lack of belief in normal birth be positively influenced?

The answer is unequivocally YES!!!

We can take back the power of our mind, especially our beliefs surrounding pregnancy and our ability to birth our babies. Just by identifying our beliefs we can facilitate changes in our emotions and behavior without it needing to be a struggle. Through self-awareness and education, we can realise that the thoughts and beliefs held by our subconscious mind have become outdated. Changing a core belief can be surprisingly easy, you simply shift your perspective and stop believing in it, a new perspective allows you

to have that epiphany and new awareness that can completely transform the old belief you were holding. The good news too is that your subconscious mind will also readily accept new beliefs to replace the old ones.

If during your pregnancy you wisely choose the education and caregivers to align with, you can replace inherited and unhelpful beliefs about childbirth easily. Just as there is a huge morphogenetic field containing negative perspectives on childbirth, there is an equally large morphogenetic field of positive beliefs about childbirth nourished and fortified by ancestors and generations of women who have believed in their bodies and ability to birth powerfully and consciously.

Working with the Hypnobirthing Australia™ program, which teaches mindset and subconscious repatterning tools such as Hypnotherapy and the power of affirmations, has a tremendous impact in imparting positive birthing messages to women.

Using these tools, negative beliefs surrounding childbirth can then thankfully be transformed and embodied by women to read more like this...

Birth is Powerful

My baby is safe, I am safe. I trust birth.

I am a strong and empowered, my body and my baby know how to birth.

My body is perfectly designed to birth my baby.

And my all time favourite...

The power and intensity of my surges are never too strong for me, because they ARE me!!



KATIE KEMPSTER
Hypnobirthing Expert

[Click here to work with me.](#)

Join us on a journey of a life time with 21 days in AFRICA!

A 21 day journey to South Africa, Botswana, Zimbabwe and Namibia connecting to the people, the wild-life and the land with an experienced and dedicated team of teachers, facilitators and guides



We start our journey in Cape Town on Saturday 12th August 2017

You will experience walking and boat safaris with up-close encounters with elephant, giraffe, rhino, zebra, crocodile, buffalo and even perhaps a lion or a leopard.

We will visit sacred caves and other sacred sites, a village orphanage, traditional villages, boat on the great Zambezi River and much more ...

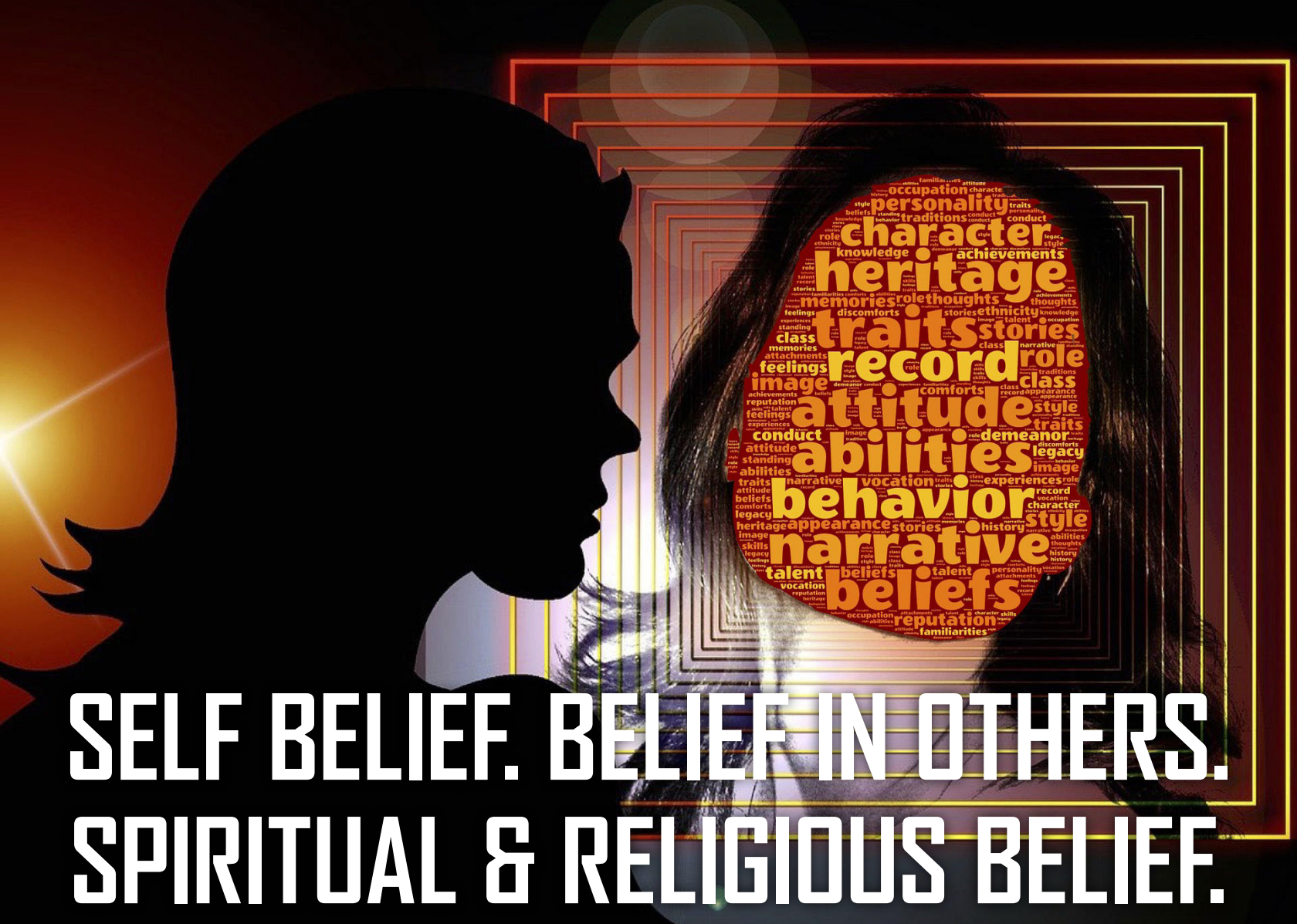
This journey is for only 8 special people

If you feel the calling to join us, contact Adrian to discuss how you can be part of this amazing 21 day journey of a life time

For costs, itinerary and other information, please visit the website



www.SpiritofAfricaJourney.com



SELF BELIEF. BELIEF IN OTHERS. SPIRITUAL & RELIGIOUS BELIEF.

When I think of the word 'beliefs' I think of several things. What I would like to do for this article is to separate these thoughts out and place them into three distinct lines of thought and aspects.

The first one is 'Self-Belief', the second is 'Belief in Other People' and the final one is 'Spiritual or Religious Beliefs'.

Self-Belief

For me, self-belief is one of the most empowering and necessary things that I can bring into my life. It is the one thing that I can work with every day as I engage with both myself and other people with my interactions, communications and connections. Learning and putting into place new belief systems to replace the old 'used by date' beliefs, that may have been in my head for decades, is a constant activity for me.

Having a deep sense of self-belief enables me to do so much in my life. It enables me to be more courageous, more vulnerable, more adventurous and more emotionally open, empowered, connected and healthier - physically, emotionally, mentally and spiritually. Having a good sense of self-belief helps me to keep the doubts from forming less often. It helps me to stay more positive generally, which then ripples out around me.

In my work as a counsellor, psychotherapist and teacher I work a lot with people who lack this sense of self-belief. I see lots of clients, students and workshop participants who have a very negative view of themselves. This is of no surprise if we take a moment to look at all the outer messages around us that point, show, tell, or determine how we should look, feel, act or even think. From a very early age we are surrounded by these messages and if we are not guided and protected by our parents and educators

from this and given positive reinforcing words to support, encourage and nurture us, then it is almost inevitable that we will have some self-belief issues. The basic message from the advertising world is 'You are not good enough (unless you buy and use our product)'. These messages get implanted within our sub-conscious mind, as that is most often how the advertising is designed and we then act out from these messages to make ourselves more acceptable, desirable or beautiful.

To overcome and heal some of our negative beliefs about ourselves we basically must learn how to 'love ourselves'. We must go on a journey of self-discovery, self-acceptance, self-honouring and perhaps even self-forgiveness.

Taking the time to do this, whilst consciously trying to steer away from the many artificial things that should make us look or feel better is often a challenge. Bringing ourselves back to who we are without our masks (clothes, make-up and all those other things that keep us out of self-love) can generally only be done if we have a mission to do so. Otherwise it is easy to get caught up in the social conditioning and stay stuck. On some level, we are all in this world, but when it gets to the stage where self-belief is diminished to the point of alcohol or drug addiction, anxiety or obesity, then it has gone too far. Sadly, this has become quite a normal thing for us to deal with in our western cultures. All too often I see people in these states of dis-ease and in the position of not loving themselves.

For many 'denial' comes into the picture. This is often true of people who are obese or with parents who have obese children. Not accepting or admitting that their obesity is an issue is often a clear sign that they are not loving themselves. Denial is a very delicate issue to work with in the psychotherapeutic process, but one that is essential in supporting people to (re) enter the space of self-love.

In my profession, I work with hundreds of people a year to help them to find or restore their sense of self and it is very rewarding to see the results when they make the choice to change. When people step more fully into themselves and find that (next level of) self-belief it is wonderful to see the sense of

liberation and freedom that they receive. The inner celebration is obvious as I see their energy shift and the smile on their faces widen.

Seeing a client step back into my studio after a week or two of going to the gym, or giving up smoking, alcohol or marijuana is a great feeling. In these moments, I am truly rewarded in my work.

In my own life, I have a range of people that I believe in. They include all of the above. However, sometimes my belief in them can get challenged if I see or experience them doing something that does not fit in with my own personal belief or ideology, which can make it a challenge sometimes to keep them in the elevated position I once had them placed. I am sure that is also true for people who have me as someone that they believe in when I am not in my truth or integrity. This is why I feel that it is so important for me to try and 'walk my talk' every day, which sometimes I do not always achieve as I struggle with my own inner challenges in life.

If I cannot challenge myself and learn to step into, and act of this truth, integrity and belief in myself then how can I feel any sense of self-love or self-belief. This is the cornerstone of all the work that I do on myself and the cornerstone of all that I try to teach my clients, students and workshop participants. This, for me, is the essence of self-belief.

Belief In Other People

Having a belief in other people is an interesting thing to contemplate. It is interesting to get a sense of who in our own lives we believe in. Who are these people? Why do we believe in them?

In my work, I have to believe in my clients. I have to believe that they want to change. I have to believe that they have the courage, the will and the energy to make the changes. I have to believe that they and I will form a relationship to enable this to happen. If I do not carry this belief and set up a negative non-belief about it, the reality is, not much will change. I find that when I work with people in this capacity I have to keep all judgement, negativity and any possible reactions right out of the picture. I must be very present and focused.

We also have various beliefs in people in our social, political, medical, scientific and spiritual realms and with our mentors, coaches, counsellors, idols and perhaps even our employers or bosses. In these realms, it is about believing in someone who has, from our own perspective, a (slightly) higher standing than ourselves. It is directed at someone who we 'look up to' for guidance, support, help, encouragement, learning or inspiration. Other people that we can find belief in could be our partner's, our parents or other family members and of course our friends.

Having a belief in someone is a very empowering thing as long as it is not done in a co-dependant needy way. Having an inspiring person in our visualisations or meditations or on a picture or photograph can be a useful tool to use for our own growth.

My mentors and inspirational people include: Nelson Mandela and Rudolf Steiner and several close friends, my beautiful wife and all of my children. Each of them help me to grow from the gifts that they bring me and from what I see them doing and achieving. When I am in need of some inspiration it is one of these that I often tune into.;

Spiritual Or Religious Beliefs

This belief goes way outside of ourselves in one sense and way within ourselves on another. This belief is, for many people, based on a story; an imagination. In the mainstream, especially from a more material scientific perspective, it is often very difficult to 'prove' the existence of such things as angels, spiritual entities or even a God. Unless one has experienced something that one 'knows' is our own truth, then it is something that sits in the realm of belief. Knowing and believing are two separate things. We either 'know' what we have experienced or we 'believe' in it as a potential; as a possibility. Even in this knowing, if it is not backed up by other people having the same real, measurable experience, it could be argued by others that it might be an imagination or a fantasy.

Having a spiritual or religious belief is generally something that we have come to have in our lives as a pathway of guidance or support. Moving from

a community or institutional belief to the absolute inner knowing from within ourselves is what makes it a truth for us. This is connected to the feeling of self-love, of self-belief. Without that deep sense of self-belief, it is not easy (or perhaps it is impossible) to hold this truth of spiritual or religious knowing.

Because of the nature and content of this magazine many of you readers will be 'spiritual people' and you will be either in a place of exploration, partial belief, full belief or in a place of knowing. These are the steps people generally take on this journey as they get more and more trust in both themselves and the higher knowledges and the realms of the spiritual or religious worlds.

One of the most popular 'images' that we see and work with today in the 'spiritual community' are that of Angels. They are on cards, websites, flyers, car bumpers and even on supermarket products. Going from the image of something like an Angel to the belief in their existence and then to the inner-knowing of their existence is quite a journey which would include the process of working through and into belief, faith, trust and knowing. Where are the Angels in your own life? How real are they? Can you place them where they truly belong so that you are authentic in your own being, in your own life? How close are you to 'knowing' their existence from a real 'seeing' experience?

All in all, belief is something that we all have. One of the beliefs that I wish to add to end this article is the belief that I have in this magazine and in the vision of what Sharon White is holding for the development and growth of our Global Healing Exchange Community.

Adrian Hanks is a Teacher, Writer and Speaker. He lives in Sydney, Australia and travels and works nationally and internationally.



ADRIAN HANKS
Life Mastery Coach

[Click here to work with me.](#)

Do You Want To Live Your Best Life & Learn About Looking After Yourself Physically, Mentally, Emotionally & Spiritually?



Take Back Your Health & Start Really Living Your Best Life With Your 1 Year Membership To Global Healing Exchange

Join Our Community Today & Gain Expert Advice You Can Trust

Inside, sample our "members only" articles, podcasts, webinars and eBooks PLUS get special access to our VIP members only Facebook community & network with people just like you.

[Join Now](#)

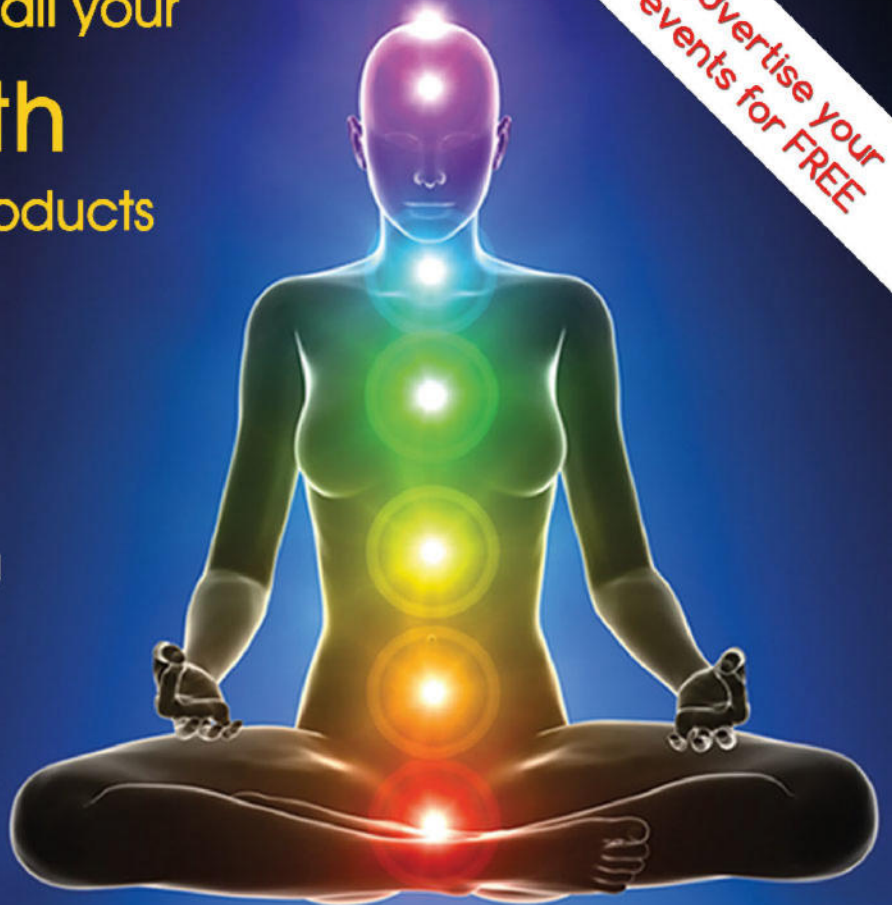


The online "go-to" place for all your

Natural Health

events, practitioners and products

- 1 Economical Upgrades
- 2 Featured Listings
- 3 Gain 3x the exposure
- 4 FREE EVENT advertising
- 5 GLOBAL audience



Advertise your events for FREE

The **NATURAL MEDICINE** Resource & Events Directory

www.natural-medicine.directory

Supported by **NATURAL MEDICINE**

ESSENTIAL READING



Ask about our discounts for health professionals
Subscriptions available online

www.naturalmedicine.org.nz

CAN GUT BUGS AFFECT YOUR CANCER RISK?

The Global Cancer Burden

Cancer has become the curse of modern society. This is one disease that causes not only physical and emotional pain, but the suffering it brings upon families, near and dear ones is incalculable. And when it comes to kids, what can be more painful to see a kid handling this deadly burden?

Estimated age-standardised incidence and mortality rates: both sexes

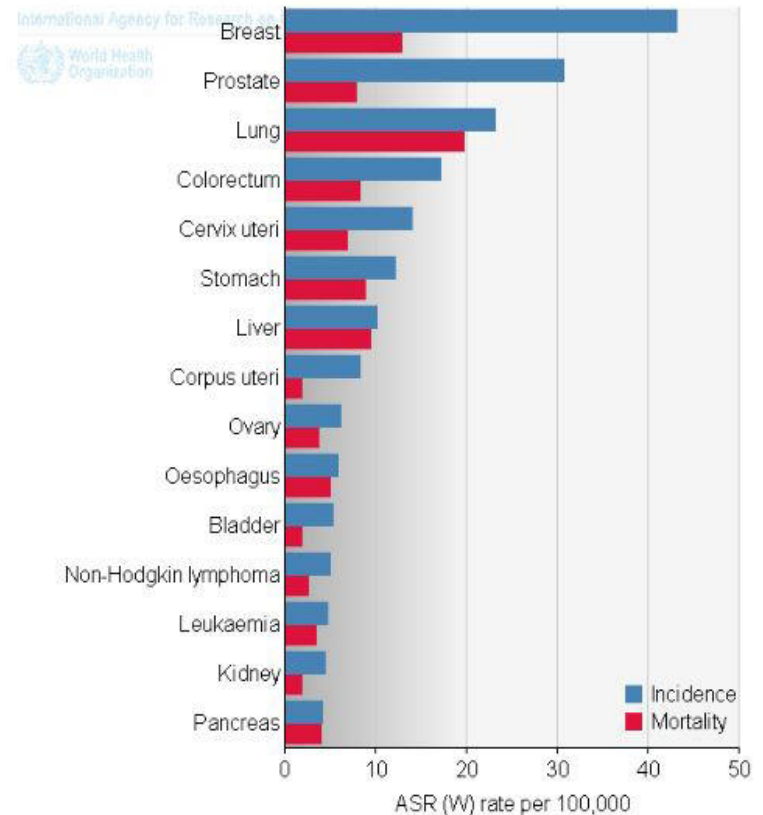


Chart by International Agency for Research on Cancer
http://globocan.iarc.fr/Pages/fact_sheets_population.aspx

The World Health Organisation estimates that by age 50 1 in 3 males and 1 in 2 females will have a diagnosis of cancer. This is a huge number. Among the top fifteen deadliest cancers in the world, three have their origin in the gut: Colon, Pancreatic and Stomach cancers.

Despite all advances in developing new drugs for chemotherapy, radiation therapy and surgery, the incidence is only on the rise.

The other reality is that less than 5 % of these cancers can be attributable to genetic factors. The rest involve external factors, particularly our diet.

What Causes Cancer?

Although cancer is considered to be multi factorial, there are only very few direct associations, as far as cause and effect that apply to cancer.

These are:

- H Pylori infections and stomach MALT (Mucosa Associated Lymphoid Tissue) Lymphoma
- Schistosomiasis (a type of parasite infection) and bladder cancer
- Hep B and C viruses causing liver cancer

As surgeons and treating doctors, we have the ability to cut out or destroy (by chemo or radiotherapy) a cancerous growth. When possible, however the question that perplexed me the most, when an individual, after having their cancer treatment would want to know, what they could do to prevent the cancer from coming back? “Work on your lifestyle” is what I would have answered, gently nudging the patient to speak to their dietitians ... until now!

I consider myself to be better educated and well equipped to answer that question today.

Inflammation & Cancer

What is now becoming more and more recognised is that long standing “inflammation” and chronic activation of the immune system are important factors contributing to cancer development.

Scientific studies have also linked Gut inflammation to cancers outside the gastrointestinal tract. One study looked at the link between gut inflammation (dysbiosis) and breast cancer and (although this was done in mice), researchers discovered that breast cancer developed within 4-6 weeks of infection with a particular type of harmful gut bacteria.

An article published in The Lancet summarised it very well - If genetic damage is the “match that lights the fire” of cancer, some types of inflammation may provide the “fuel that feeds the flames”.

Are our gut bacteria able to influence our cancer risk and potentially our response to chemotherapy drugs?

This may sound too bizarre, however indicators are that the intestinal microbes modulate the effect of certain chemotherapeutic drugs. Not only this, the gut bacteria also influence the response of chemotherapeutic drugs on cancers by influencing the internal chemistry of these tumours.

In 2013, a team of scientists, from National Cancer Institute, made a surprising observation: The team treated a group of lab mice with a heavy dose of antibiotics, which damages their gut microbiome. These mice were subsequently assessed for their response to a variety of cancer therapies typically effective in rodents. The results were starkly in favour of the mice that did not have antibiotics hence, had a healthy Microbiome. It showed that chemotherapy drugs of different variety, shrank a variety of implanted tumour types with improved survival in mice with intact microbiomes, who had not been treated with heavy antibiotics.

In recent years, research has demonstrated that microbes living in and on the mammalian body can affect cancer risk, as well as responses to cancer treatment. Although the details of this microbe-cancer link remain unclear, investigators suspect that the microbiome’s ability to modulate inflammation and train immune cells to react to tumours is to blame.

“It is exciting to think that a form of ‘personalized’ medicine could be applied based on “Gut bacterial identity” of the individual. For instance, one could imagine that, in the future, we could determine the degree of cancer drug responsiveness based on microbiome composition. Sounds exciting doesn't it!!

In our own practice, we have allowed for this “New Science” to percolate into our patient management pathways. This has led to the birth of Integrative Medicine and Surgery. The model is based on a four pronged approach and is best explained with the following Video.



DR ARUN DHIR, FRCS, FRACS
Gastro Intestinal Surgeon,
Health & Wellness Advocate
[Click here to work with me.](#)



If I leap from a tall building without a parachute I believe I am likely to be seriously injured or even die. I can believe that is what will happen because I am not a bird and can't fly!

If I stop doing anything and sit on the couch day in and day out, I believe I will be happy. I can believe this because I am not happy now and just want to do nothing.

I believe that life is more than what I do every day. Go to bed, sleep, get up, eat, go to work, play, talk, go shopping, have a shower, visit friends and family and then do it all over again.

I can believe that it is true that there is much more to life and living than what I or you do every day, because when I was a child I could see people who weren't like me or my family. I could see through them yet they were moving around. And as I grew older I could not only see them but hear and talk with them. I had many occasions as a nurse when I saw spirit walking the passage ways, they seemed to be repeating the same path every day or night. Over time I came to understand that the spirits I saw were in fact doing what I call "looping." They existed on a different plane of life, but only that it was like a time warp, and they relived their last days or even minutes of their physical life here and were essentially stuck in that loop. I came to know how to help them by releasing them from the "loop" and in that my faith and belief in a higher power and different planes of existence was formed.

So what is a belief and how does it affect our life and who we are?

A Belief Is;

- "An acceptance that something exists or is true especially one without proof."
- "Trust, confidence and faith in something or someone"
- A belief system is a set of mutually supported beliefs that form a religion or political party
- A belief is your foundation of your life
- A way of looking at life and
- What you stand for

Your beliefs are first formed through your immediate family, were their belief systems are imposed upon you and this may be in teaching you right from wrong, what is accepted and not accepted and are set by the foundations of belief in your family environment. As you grow and move through different circles of life you will experience other beliefs and belief systems.

You might adapt these new beliefs into your life or you may choose to form your own, thereby creating your own foundation of a belief system. Would there be any value to your life by designing your life by your beliefs?

Through my experience as a nurse and my practices as a Holistic Lifestyle Practitioner, I have seen that beliefs which are put upon a person in the family environment and are never challenged are often simply accepted as the way we are. This leads to a foundation of belief in that family which can be detrimental. An example which comes to mind is of a man who came to my wellness centre, he was 62 years of age, over weight,

very unwell with several health issues including very high blood pressure. When I did his assessment he said he was on a high dosage of anti-depressants. I asked how long he had been taking the medication, he replied “Oh since I was 19”. I asked what had happened when he was 19 he looked puzzled and said “nothing at all, life was good”. I asked if he was happy with what he was doing at the time “yes” he said. Then came the clanger, “It’s a family thing, my Mum has been on them all of her life and her Mum was and her Mum before her was on some sort of calming stuff”.

So this man believed that was what happened in his family, therefore he believed it was the way of life for him.

I have also worked with women who are habitual believers that they must go to the chiropractor every week and then believe they must take their children too. When the children reached the age of 16 they were staunch in their belief that they must go to the chiropractor every week without fail.

So I put it to you that beliefs can be either a most amazing foundation on which you will build a life of trust, hope, joy success, happiness and faith or a life of fear, uncertainty, illness, pain and constant struggle.,

You see your beliefs determine how you look at life and how you react to situations and other people. As such your beliefs will directly affect your relationships and decision making process in all areas of your life. Have you heard about the power of your thoughts in that “As he thinketh in his heart, so he shall be” which is from Proverbs in the Bible. This means that how you think about things, is how your life will be and your thoughts will be governed by your foundation of beliefs.

To have a closer look at this let’s consider the person who lives by their own very high personal beliefs and values. Most often they will be spoken of as “lucky”, “good fortune comes their way all the time”, “anything they put their hand to turns out well”. And now to look at the person who believes they won’t do well in life because of the way their father was, their family never achieved anything, there was never enough money, and the list goes on. The point is that this is the belief system held by this person and as such it is

the constant thinking process and how they conclude every day of their life.

I have had female clients tell me that they won’t be able to have successful pregnancy’s’ because their mother had lots of miscarriages. This is a belief that is highly detrimental and yet accepted because that’s what mum has said.

This brings me back to my earlier mention that you may choose to design your own life by creating your own foundation of beliefs. Interlaced with beliefs is personal values, I am often amazed at what people think are personal values. If you are not aware of your personal values it is most likely that you are living other people’s beliefs.

Beautifully intertwined in beliefs are some favourite “beliefs” of mine; Faith, Trust and Hope.

Many, many times over the years I have found that the people who struggle the most in everyday life and who succumb to serious illness or disease, are without a strong foundation of beliefs in anything other than what they can touch, see, feel, taste or hear.

My foundations of Belief being Faith, Trust and Hope can never be swayed because of the wonderful experiences I have had throughout my life. Not only with communicating with the spirit of those who have physically left this world but with Angels, Deities, Ascended masters and other “beings.” The ability to use the energy of what I refer to as Gods Light or Divine light to heal and seeing the healing happen, not only for others but for myself, I can never deny.

Beliefs form who you are and what you stand for but even more importantly I feel that beliefs provide you with the opportunity to know you are never alone in this world and that there is more to life than what you do every day.



GWENDA SMITH
Lifestyle Mentor & Educator

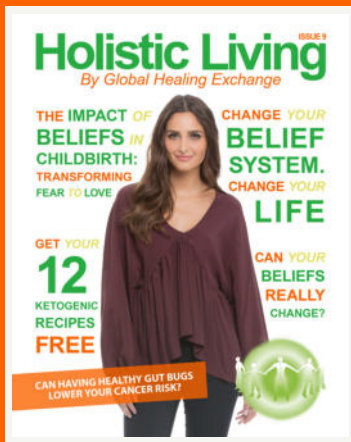
[Click here to work with me.](#)

WORD SEARCH

- BELIEFS
- CALM
- CHAKRA
- ENVIRONMENT
- HEALTH
- HEALTHYEATING
- HOLISTIC
- MASSAGE
- MEDITATION
- MINDSET
- NATUROPATHY
- NUTRITION
- WATER
- WELLNESS
- YOGA



BECOME A MEMBER



EXCLUSIVE LAUNCH OFFER

Join the Global Healing Exchange Community
 for Monthly Payments of **ONLY \$19.95**
 just visit our website
www.globalhealingexchange.com

FOLLOW US ON



BECOME A MEMBER

This membership is a unique opportunity for you to learn from the very best healers I can find. Learn what they know and put the tools they teach you to work in your everyday life so you get to live the healthy life you want.

YOU RECEIVE:

- ✓ Webinars, Podcasts, Articles featuring a range of holistic experts from nutrition, hypnotherapy, meditation, kinesiology, naturopathy as well as a many other forms of healing.
- ✓ Exclusive online membership providing you with member competitions and access to the private facebook group.
- ✓ Access to our membership area so you can get information any time you want.
- ✓ Access to special offers and giveaways.
- ✓ Up to 30% discount on expert therapy services as featured on webinars.

**JOIN US FOR ONLY \$19.95 MONTHLY.
TRIAL THE FIRST 14 DAYS FOR ONLY \$1.**

CLICK HERE TO JOIN!



Global Healing Exchange

Empowering people for holistic living