

Holistic Living

ISSUE 3

By Global Healing Exchange

HOW TO

LIVE

HOLISTICALLY
WITH AN
AUTOIMMUNE
DISEASE

HEALTHY
LIVING
IMPROVES
YOUR
MINDSET

IS PALEO JUST
ANOTHER FAD DIET?

CONDITION YOUR
BODY TO IMPROVE
PERFORMANCE &
FEEL GREAT

HOW CAN
ORGASM
HELP US
HEAL?

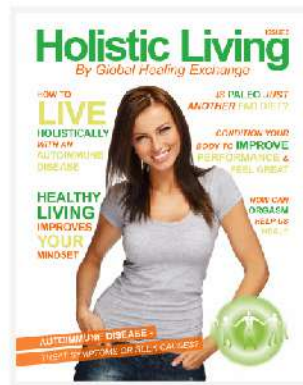
AUTOIMMUNE DISEASE -

TREAT SYMPTOMS OR SEEK CAUSES?



HOLISTIC LIVING MAGAZINE

ISSUE 3 DECEMBER 2015



HOLISTICLIVINGMAGAZINE.COM
WWW.GLOBALHEALINGEXCHANGE.COM/HOLISTIC-LIVING

Editor in Chief
Sharon White

Editor at Large
Cassandra Jones

Assistant Editor
Amanda Jeffs

Designer
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



LIVING WITH AN AUTOIMMUNE DISEASE

SHARON WHITE *page 1*



LET'S REALIGN EVERYTHING!

VALANTINA MATHIAS *page 14*



YOU ARE WHAT YOU LIVE

CASSANDRA JONES *page 2*



FEEL HAPPY, FEEL INSPIRED & GET CONNECTED

SHARON WHITE *page 16*



VIBRATIONAL ART

TRACY ROBBINS *page 4*



LIVING WITH AUTOIMMUNE DISEASE

JOANNA RUSHTON *page 13*



CONDITIONING TO IMPROVE PERFORMANCE

MICHELLE OWEN *page 6*



MINDSET MANAGEMENT FOR WELLBEING

JANE TURNER *page 20*



IS PALEO JUST ANOTHER FAD DIET?

DEBORAH MURTAGH *page 3*



WHY ME?

PHILIPPA JOY OXLADE *page 22*



AUTOIMMUNE DISEASE - TREAT SYMPTOMS OR SEEK CAUSES?

JIM GRAYWOLF PETRUZZI *page 12*



ANYONE CAN BE GREAT

JEN HARWOOD *page 24*

CONTENTS



AUTOIMMUNE RECIPE

JIMMY BOSWELL *page 26*



FORENSIC HEALING & AUTOIMMUNE DISEASE

SHONA RUSSELL *page 40*



WALKING THE LABYRINTH

KAREN QUANT *page 28*



KETOGENIC DIET VS PALEO DIET

MALCOLM MCLEAN *page 42*



CONTRAST & YOUR PURPOSE

ELAINE TORRANCE *page 30*



RAW CABBAGE SALAD WITH APPLE, KALE & WALNUTS

BELINDA THE ORGANIC COOK *page 44*



YOUR INNER CHILD GROWS

TAMI REAGOR *page 32*



HYPNOTHERAPY, NLP & AUTOIMMUNE DISEASE

ANGIE SINGH *page 46*



FINDING BALANCE IN AN UNBALANCED WORLD.

KARNIE KAMELA *page 34*



THE HEALING POWERS OF ORGASM

CLAIRE FLYNN *page 48*



GRIEVING WITH AN OPEN HEART: GRATITUDE & GRIEF

BARBARA PATTERSON *page 36*



THERE IS TRUE VALUE IN GIVING AND RECEIVING

ADRIAN HANKS *page 50*



CONCEIVING OUR NEW HUMANITY - KEYS TO CONSCIOUS CONCEPTION

KATIE KEMPSTER *page 38*



THE ETERNAL RECIPE FOR TRUE LOVE

ROBERT KIRBY *page 52*



DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

Living With An Auto Immune Disease

According to the¹American Autoimmune Related Diseases Association (AARDA) Autoimmune disease affects up to 50 million Americans. It is a global epidemic that is growing rapidly.

One of the reasons I chose this topic is that Autoimmune disease is one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of age and many people still have not heard of it!

Researchers have identified more than 80 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis. These diseases are chronic and can be life-threatening.

So what is an autoimmune disease? It develops when your immune system, (which defends your body against disease), decides your healthy cells are foreign. As a result, your immune system attacks healthy cells. In other words, your body starts to attack itself.

Depending on the type, an autoimmune disease can affect one or many different types of body tissue. Different diseases attack different organs.

You may not realise you have an autoimmune disease as many are hard to diagnose. It is also possible to have more than one autoimmune disease at the same time. Many of the symptoms in autoimmune diseases are the same in each disease.

Medical education provides minimal learning about autoimmune disease. Specialists are generally unaware of interrelationships among the different autoimmune diseases or advances in treatment outside their own specialty area. I believe we need to educate ourselves so we can empower ourselves with knowledge. Many of these conditions are not easy to diagnose and many can be relieved and sometimes reversed with a change in lifestyle. I want to list just a few conditions here. I guess you will know at least one person, if not more, who are suffering from one of these conditions. They are more common than you many think.

- **Rheumatoid arthritis:** inflammation of joints and surrounding tissues.
- **Inflammatory bowel diseases:** a group of inflammatory diseases of the colon and small intestine.
- **Systemic lupus erythematosus:** affects skin, digestive tract, joints, kidneys, brain and other organs.
- **Psoriasis:** a skin condition that causes redness and irritation as well as thick, flaky, silver-white patches.
- **Hashimoto's disease:** inflammation of the thyroid gland.
- **Addison's disease:** adrenal hormone insufficiency.
- **Graves' disease:** overactive thyroid gland.
- **Vitiligo:** white patches on the skin caused by loss of pigment

These are some of the common diseases, but as stated above, there are many more.

There are many things we can do to change our lifestyle. Currently modern allopathic medicine controls the symptoms with medication. Throughout this magazine, our experts will help you to understand healthy ways to manage your autoimmune condition and may even help you to reverse it so you can live a healthier, happier, more energetic life.

I hope you gain lots of information to help you and your family.

References ¹American Autoimmune Related Diseases Association, www.aarda.org/autoimmune-information/autoimmune-statistics/, accessed 20th November 2015



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.*

A handwritten signature in cursive that reads "Sharon White".

Sharon White – Founder of Holistic Living Magazine

You Are What You Live

Edition three of Holistic Living Magazine seems to be a nice place to reflect on what we have covered so far; Depression and its triggers, Diabetes and its causes and now in this edition, autoimmune disease. On the face of it there seems to be little to connect them, other than the standard approach of, “Have some drugs”, or a shrug of the shoulders from the third doctor you’ve seen saying, “Sorry, I can’t help you.”

But is that strictly true? Recent research has uncovered evidence that Depression isn’t just a mental illness, but that there are biological and physical health components to it as well. More specifically cytokines and inflammation could be a contributing factor in its causes. As for cytokines these are linked to obesity and trans fats and sugars have been shown to promote inflammation.¹

We already know that Type 2 Diabetes is related to diet, and more specifically sugar intake, which has also been identified as a cause of inflammation. So now we have two of the diseases that we have covered, being at least partially linked to diet and exercise.

Now while the autoimmune literature will state quite clearly the actual causes of such diseases are unknown, there is sufficient evidence² to point at:

- Bacteria or virus
- Drugs
- Chemical irritants
- Environmental irritants

Of course three of these points have already been covered by many of the Experts in how they affect your overall health. And when linked to the myriad of stories, such as Meghan O’Rourke in the New Yorker³, of people keeping at bay their individual autoimmune disease with major lifestyle and dietary changes, there does seem to be a pattern emerging within the three topics. That thread is the fact that all of them seem to be, to a greater or lesser extent, what you are eating and seemingly just as importantly what you are living in.

While it could be simplistic to say that, and it is hard to move away from the environment, the food and the lifestyles we all lead, it is still a great starting point. Change the diet. Reduce the stress in your life. Remove some of the more extreme chemicals that you use, either on yourself or in your home. You don’t have to worry too much about where you start just start somewhere.

¹ Is Depression a Kind Of Allergic Reaction, Williams, C.

² Autoimmune Disease, Roddick, J

³ What’s Wrong With Me?, O’Rourke, M.

References

Autoimmune Disease, Roddick, J., www.healthline.com/health/autoimmune-disorders#Overview1, accessed 24th November 2015

Is Depression a Kind of Allergic Reaction, Williams, C., www.theguardian.com/lifeandstyle/2015/jan/04/depression-allergic-reaction-inflammation-immune-system, accessed 24th November 2015

What’s Wrong With Me?, O’Rourke, M., www.newyorker.com/magazine/2013/08/26/whats-wrong-with-me, accessed 24th November 2015

Cassandra Jones
Cassandra Jones – Editor at large



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.



EMBRACE LIFE

consciousness. creativity. collaboration.

Our Festival Program

Blue Mountains
Sunday, 28 February 2016

Central Coast
Sunday, 1 May 2016

Illawarra
Sunday, 19 June 2016

Penrith
Sunday, 31 July 2016

Newcastle
Sunday, 16 October 2016

Northern Beaches
Sunday, 27 November 2016

Embrace Life festivals focus on consciousness, connection and community. In 2016, we are bringing our local, boutique festivals to several selected NSW locations & engaging with other local activities, workshops and accommodation to offer you an unique approach to the weekend stays.

Our festivals are all about experiences from the interactive & informative workshops, the dynamic marketplace of the Emporium, spa environment for your treatments, to our Oracle Room, musical performances & the OM café. All providing unique ways to totally immerse yourself, be informed & connect with experts around the areas of health & wellbeing.

Now you get to decide if it's a day event or a weekend away. With our destination approach you are invited to extend your day with us, to a weekend of exploration, insights & celebration.

More details:

www.embracelifelivelife.com.au

www.facebook.com/EmbraceLifeLiveLife



Vibrational Art is artwork that was created with a healing intention. It speaks to the greater parts of your being, your spirit, your soul and your multi-dimensional light bodies. It has undergone an energetic process that enables it to unlock healing around the intention it was imbued with. It works like a key that activates healing and spiritual evolution for your body and soul on multidimensional levels.

Everything we see or touch holds a vibration. Those who are sensitive to these energies can sit on a chair in a park and feel the feelings of the person who left the strongest energy imprint on it. You may have noticed that food tastes better in certain restaurants where the atmosphere is nicer, or when the person preparing it just loves preparing food. In the same way art holds the feelings and emotions of the creator. When the artist channels the artwork, holds a healing intention for it or does energy work on it during or after the painting process, the vibration can have an even more profound effect due to the conscious intention it is imbued with.

How To Work With The Energies Of The Paintings

You don't have to work with the paintings consciously to be receiving the energies, they will work at a pace relevant to you by just being in your environment in the same way a crystal does. However you can use these artworks consciously to progress your spiritual development and evolution additionally as a personal healing processes.

To work consciously with the paintings, sit and be present with them, look at them, open your heart, feel them. Notice all the colours and shapes, feel how your body feels when you take all this information, colour, shape into your consciousness... How does your spirit feel? How does your heart feel? Allow yourself to be in the energy for as long as it takes to move through you and for you to return to normal.

Autoimmune Disease

The immune system is your defence system, it fights invaders in a variety of different ways. To do this it has to identify the invader as something separate to the human body. An immune response is essentially a disharmony or rejection of that which is perceived to "not belong" to the body or to be dangerous in some way. As our bodies also receive signals from all parts of our physical system (they have their own intelligence) they also respond to signals from our energetic bodies, mental bodies and emotional bodies. An autoimmune response is a reaction to perceived invaders, which may actually be part of our own system or body which is out of harmony on some level. The disharmony can be caused by many factors and may be arising from many different levels of the being.

They are often connected to traumatic experiences in one form or another, periods of overwhelm or mental, emotional, physical stress, an infection or virus. Often physical or non-physical things that were present when you were experiencing that trauma or stress become associated by your whole physical and energetic system with the trauma. For example, if you are a healthy eater and you eat salads during this period of extreme trauma or emotional turmoil, your body may perceive the destructive process and associate the naturally occurring chemicals in those healthy foods with the trauma. It creates an immune reaction to it in order to stop you from having that food. This can often be difficult to track as it is not the food itself that the system is reacting to but a chemical that was present

in large amounts in that healthy food and only when it reaches that same level within your body will it begin to remind you of the way you felt at the time of the original trauma.

It's similar to the way your neuronal pathways are created in your brain. You will gradually associate an outcome with an event more and more each time you see, it until that particular event is synonymous with the outcome to your brain and ego. An example is, if you were about to step onto the road and a bicycle almost rode into you, you would get a little shock, your fight or flight responses would kick in for a moment but when the danger was gone, you would rebalance. If that happened every day for 5 days, your whole system (neuronal network, endocrine system) would have set up an understanding of this danger associated with stepping onto the road, deterring you from wanting to step onto the road. The same things happens in your immune system, to keep you safe and in balance.

Having been through severe sensitivity/intolerance/immune defence reactions for many years, I painted Serenity. She is the balanced peace within that harmonises with the environment and finds the similarities, the oneness. There are no invaders. Soon after painting her, I noticed that the people who came across her who were very drawn to her or wanted copies, were actually suffering from sensitivity/intolerance and recognising her as the anti-dote.

I have also noticed that as people become more spiritual aware and in tune, they often go through a process of becoming very sensitive as their light bodies and energetic and physical systems adjust to experiencing and noticing more subtle vibrations and experiences.

Serenity can be used as a great support for this.

Serenity (White Horse – Top Of Page)

Serenity represents harmony in your environment. The white horse in the snow wears the colours of her surroundings. The markings on her back are reflected in the footprints in the snow. The past is behind her but has left footprints which are effecting how she is feeling and relating to the world. By bringing her inner peace and serenity into her heart and projecting it outwards into her environment, it not only helps her to feel peaceful but also effects the frequency around her, healing all she touches. The frequencies merge and harmonise and all is well, she is safe.

Guidance

If Serenity resonates with you, you may be feeling a sense of disharmony somewhere in your life. There is clash in frequency between your own energy field and that of an environment or situation you are in. Whether this has stemmed from a current or past trauma or hurt or the reason is more deeply buried, it is time for you to now be aware of it and take steps to heal this situation. In truth, there is no need for you to be uncomfortable anymore. It has served its purpose once you have realised that it is either time to move on or time to make changes so that you can remain where you are. There is disharmony in your energy field because you have outgrown the circumstances, learnt from it, or the quiet whispers have not been heard and your inner messages about this situation are becoming louder so that you pay attention. Take note of when and how you feel uncomfortable, whether it be emotionally or physically to find clues as to what the message is and therefore what changes need to be made to heal it.

Sanctity (White Horse - Right)

Sanctity represents the pure, unblemished core within us. She is empowered and shines her light where ever she is, so pure and crystalline she reflects the colours of her environment outwardly, brightening and enlightening all around her. As she emanates her radiant glow, all toxins, negativity and blockages are cleared away. She has arrived from the stars, like an inception of divine grace and heralds the new evolved, conscious reality.



Having this image in your environment or working consciously with it, will help you to access the part of yourself that is empowered, pure and radiant that cannot be stopped or interfered with (your inner health and wellbeing). It will raise your energetic vibration and release toxins in your environment, energetic and physical bodies. Place it in a toxic or uncomfortable environment or on your fridge.

People have had the following experiences with it:

1. Put it up at work - first time ever have gone home without being drained.
2. Put under babies bed - slept through the night for the first time.
3. Uploaded photo to computer - felt healing energy over her and no longer limping or experiencing pain in foot for the first time in years.
4. Touched original painting and had to run to the toilet (has detox properties). This happened twice.

How To Use The Painting (Serenity):

Having this image in your environment or working with it consciously, will help you to assimilate change such as moving countries, changing job or house, or to tolerate foods and chemicals that you are sensitive to. It helps you to harmonise with new energies around you or to be able to take new or disharmonious foods into your body. Put this image or print up in an environment that is difficult for you such as your workplace or put it on the fridge to harmonise your food to your own vibration. Use it to help babies transition from milk to solid food or breast milk to formula.

How To Attain This Painting (Serenity):

You can buy this image in several forms, as a print or canvas or on a mug or fridge magnet. By having it on the fridge it helps to harmonise your food and drink. If you use it as a mug it harmonises your beverage as you drink it. Most of my original paintings are not for sale but on this occasion, this particular painting is ready for a new home. If you would like to purchase the original, send me an offer to lumin.essence@live.com.au. It is currently located on the Central Coast of Australia (NSW) and may need to be collected.

Tracy Robbins - Vibrational Art Therapist
If you would like to learn more and work with me one on one I would love to work with you.
www.healingvibrationart.com



CONDITIONING TO IMPROVE PERFORMANCE

Participation in something athletic is a great way of keeping active; whether it's a round of golf with business colleagues, going to the gym to do weights or yoga, jogging along the waterfront, tennis, swimming or biking at the weekend.

Most people think of their sport as a way to get their strength and conditioning. But the more active you are the more you need a proper strength programme to achieve balance.

Examples are golfers or tennis players, who do a lot of flexion (bending forward) and rotation on one side. It is easy to understand this can develop a muscular imbalance. It can also create a lot of niggles or injury.

You may be a seasoned athlete or just a weekend warrior; either way, these pains are no fun at all.

Discomfort may not take you out of the game but constant low-level nagging of neck, shoulder, back or knee, or a strained Achilles tendon, are all warning something is not right.

A lot of these come from lack of base conditioning. Everyone's body position is different and needs appropriate foundational exercise; this is why an assessment is needed to determine what you need.

Take two different people. One could be loose and floppy in their joints and need a lot of stability and strength to sustain their structure with much less need for stretching. The other might need a lot of mobility and stretching before a strengthening programme.

There is a definite order of importance in conditioning: Corrective stretching, mobilisation, stability, strength and then sports-specific training.

Failure to comply with these fundamental rules creates constant troubles such as back and joint pain, hamstring and rotator cuff tears, disc injuries and more.



Quite often a lot of damage has already been done within the spine and joints from many earlier years of sports. But even if you have spine or joint degeneration, getting the body back to a favourable spine or joint degeneration, getting the body back to a favourable position and stabilising it can prevent further damage and reduce pain and prevent surgeries

On Season Off Season

A good time to start a conditioning program is in the off season of your sport. At this time you can focus on implementing your new skills, creating even level's in your body through your new In-balanced exercise program, and working towards becoming stable and stronger for your next season of sport.

Just as any new quality skill, getting strong takes time, consistency, the correct education, discipline, detail, patients, persistence and more. Generally only the strong-minded get strong, but all can make improvement of some sort.

Through Good Quality

Training on fixed machines is not a way to get strong for any sport that requires movement in more than one plane. This type of training gives a false perception of strength. When you sit in a fixed machine it takes away all your own stability and understanding of where your body is in space. The mobility system gets stronger while the stability system gets weaker causing more imbalances within your body.

The more demanding the sport, the more demanding and multi-planned your training must be.

What Does A Conditioning Program Look Like?

A specific stretch and mobility programme might involve 15-20 minutes daily to loosen tight musculature (once learnt properly). Tight muscles will pull the joints out of their optimal alignment. This is not about stretching for a particular sport but to have optimal resting joint position so they don't wear out and become painful.

A stability, strength and functional movement programme might be done 2-5 times a week depending on goals, sport intensity and muscle imbalance.

Joints need intrinsic (internal) stability of the smaller muscles prior to functional strengthening.

Your strengthening programme should also mimic your sporting patterns and correct imbalances.

Invest in skilled advice when it comes to your athletic performance. If you need a lawyer or an accountant, you would not hesitate to hire professionals. The body requires similar knowledge and attention.

There is an old saying that goes "If you think a professional is expensive, try hiring an amateur".

This saying is very accurate.



Michelle Owen - Postural Specialist, Corrective High Performance Exercise Kinesiologist.
If you would like to learn more and work with me one on one I would love to work with you.
www.michelleowen.co.nz





IS PALEO JUST ANOTHER FAD DIET?

Deborah Murtagh examines traditional diets and why the supermarket diet is killing us.

There's no secret the world is facing a nutritional crisis of astounding proportion; quite literally our modern diet is killing us. Today more people die of obesity than starvation, and the obese are also often malnourished. Indeed this is a confusing time in human evolution. Yet figuring out the optimal diet is a minefield and an often-emotive topic as so-called experts all claim to have the answer. As one study seems to debunk another how can we truly trust constantly conflicting advice? You do not have to be a health expert to look around the globe to see that mainstream nutritional guidelines have led us down the wrong path. And you don't have to be an expert to use commonsense – if the 'supermarket diet' is killing us, then don't eat the standard 'supermarket diet'!

Much of what we've been told about nutrition has been wrong and it's time we all truly questioned why.

As you begin to understand food politics you get a clear picture that nutritional advice is not based so much in science as it is engineered to support agriculture, the processed food and supermarket industry. Dietitians are bound by rules that force them to promote the official dietary guidelines which is a grain/carbohydrate rich, lower fat diet, which originated at the United States Department of Agriculture (USDA). When we reduced our fat intake and increased our grains we have become fatter and healthier than ever before. Apart from the dramatic

increase in processed sugars, modern health issues are said to be due in part to the fact that grains also convert to glucose (sugar), and a diet high in glucose producing foods such as grains can cause a myriad of health complaints as these foods are pro-inflammatory, and inflammation can lead to chronic disease and early preventable death. I am shocked to see one of our countries 'leading dieticians' on television promoting a highly processed grain-based cereal as a healthy breakfast for children, when it has a glycemic index of 76 which means the body basically converts this instantly to sugar! But hey it contains whole grains and has been fortified with nutrients (only because they were stripped out during processing to begin with) so it must be good for you! The diet industry has brainwashed us to think low-fat grain-based cereals will make us slim! They do the opposite! Just look around you!

The first supermarket opened in the 1940's. Prior to that we all grew our own organic vegetables and fruits, we had access to organic pasture fed meat, our milk was raw and unpasteurized, and we had a fraction of the sugar that we do today, and importantly our body did not have to navigate the thousands of chemicals approved for agriculture and as food additives.

With the tidal wave of the 'supermarket diet' we've seen a rapid increase in food intolerance, auto-immune disorders, digestive complaints, mood disorders, obesity, heart disease and cancers, and because of this, more and more people are turning to traditional diets and are avoiding the 'new foods' that are being blamed for the current health and obesity crisis. And the good news is global health crisis is reversible. Clinically I have never seen a patient whom hasn't had dramatic health improvements when they embrace a diet prior to the industrial and agricultural revolution, health simply transforms and we are literally able to wind back the clock and often undo the damage that the modern diet created. Your body is a miraculous thing; given the right environment it is capable of healing the seemingly irreversible.

So What Exactly Is The Paleo Diet?

Otherwise known as 'Ancestral Eating', or the WAPF diet (Weston A Price Foundation), Paleo has become an umbrella term for traditional diets. There are many alternatives and approaches to this style of eating however the foundation of these diets is all the same;

- Avoid all processed foods and food additives
- Eat only grass-fed free-range meat, nose to tail including organ meats
- Eat eggs from chickens that are free to roam and forage outdoors in the sunlight (important for the development of omega 3 and vitamin D)
- Enjoy plenty of vegetables especially dark bitter greens
- Eat some fruit mainly berries but not too much
- Avoid unnatural and refined sugars and only use natural sugars such as honey and maple syrup sparingly
- Only consume traditional fats such as coconut oil and animal fats (yes saturated fats are a big part of traditional diets!)
- Enjoy nuts and seeds

However traditional dietary approaches can have differing opinions about what foods humans ate. The strict Paleo diet is based on what they believe humans ate 10,000 years ago and suggests we avoid all grains, legumes, fermented foods and dairy, claiming

that humans didn't eat these foods back then. Others argue evidence to prove indeed we did eat these foods 10,000 years ago. Yet a more important argument to me is how far back should we actually go in history to find the optimal diet? If our recent relatives thrived into centenarians eating unprocessed foods just 100 to 200 years ago, is that type of traditional diet more in line with human evolution and genetics today as opposed to 10,000 years ago? The reality is humans evolve and adapt to their diet and will continue to do so, however the crisis we currently face is that food has evolved dramatically faster than the human genome has had time to adapt, and that's the key issue. Eventually we may evolve to cope with a chemical laden, high-grain, high-starch, high-sugar diet, however currently that diet is killing us.

Will It Help Auto-Immune Disorders?

The paleo diet is excellent for auto-immune disorders because it removes the vast majority of pro-inflammatory foods from the body. Anti-inflammatory diets are an essential part of healing the body. We are what we eat and all the drugs and herbal medicines in the world cannot replace what diet can do in the body. This is the foundation for your healing. If you are unsure where to start, do visit my website for details about my online learn from home nutrition programs as these were designed to help you.

What About Grains & Legumes?

What we do know about traditional dietary grains, legumes, seeds and nuts was that they were prepared in ways that made them more digestible to humans. Traditionally these foods were soaked, fermented and or sprouted. Compare that to today where our grains are commercially grown and processed without this traditional preparation and it becomes easy to see why 1:3 people suffer with digestive complaints. This is why many people avoid commercial grains but enjoy small quantities of properly prepared grains, such as traditional fermented sourdough bread, sprouted flour products, and well soaked legumes. When it comes to grain all traditional diets would agree, that humans are not designed to tolerate the high quantities of commercially processed grains they are consuming today. Low to no grain and higher fat intake is primarily what makes traditional diets stand apart from what is promoted as healthy by our so-called diet experts today whom promote the opposite.

What About Fat?

Traditional diets do encourage adequate protein and traditional fats, including animal fats and other saturated fats such as coconut oil. These fats have been demonized for the best part of the last century, however the scientific community is beginning to take a dramatic U-turn on this stance that many considered the biggest diet blunder in history! Fat intake could be anywhere from 40 to 70% of calories on a traditional diet as opposed to the recommended 20% that's been promoted to us.

What About Dairy?

Dairy is in itself a controversial topic, many nutritionists believe no one should consume dairy however evidence would prove we should take this on an individual basis. The famous China Study certainly makes a great argument for avoiding dairy, however Europeans are not Asians, and some European cultures have



developed the ability to digest dairy in ways other cultures have not. What we do know about dairy though is that raw unpasteurized dairy is said to be far more tolerated and nourishing than processed dairy, so again we see that food is better for us in its whole unadulterated form.

Another key consideration is that traditional diets consisted of far greater biodiversity to what is available today. Globalization has induced a tendency towards uniformity in eating habits. A report prepared for the United Nations Environment Program states that although about 7,000 species of plants have been used as human food in the past, only 150 crops are now commercially important, with rice, wheat and maize accounting for 60 percent of the world's food supply. Genetic diversity for each crop has been drastically reduced as agriculture has become monoculture farming, for example only nine varieties of wheat make up 50% of the crop in the USA and the number of rice varieties has dropped from 2,000 to less than 100. The problem with this is that the human body is designed for food diversity. So one important aspect of eating a traditional diet is to enjoy as many heirloom varieties of fruits and vegetables you can possibly obtain. This means visiting farmers markets, growing your own heirloom vegetables and purchasing fresh food outside of the supermarket, as supermarkets offer the same foods all year round and lack the biodiversity our body and the environment requires to be healthy.

So Is The Paleo Diet A Fad?

Well if you call how humans ate for thousands of years a fad, then yes. But the reality is it's a commonsense intelligent way of eating that intuitively feels right and no one can argue about. Humans will evolve to the modern diet but we need thousands of years of progressive evolution for Adaptation to occur. In the mean time eating nutrient dense nourishing and healing foods makes sense. But we must also be real; we aren't cavemen, we aren't hunter-gatherers, and even our whole foods including fruits and vegetables differ from even 100 years ago, so we need to take the principles, but be flexible and realistic as to what we can achieve, and it's okay not to be perfect, nobody is. We are what we eat so why be cheap, fake or easy? Convenience foods are inconvenient in the end.

While a traditional diet may sound restrictive, this couldn't be further from the truth. Real food is incredibly tasty and satisfying, I don't know anyone who wouldn't prefer a meal cooked from scratch over a frozen TV meal. There is no need to miss out on any of your favorite foods, it's simply a case of knowing the alternatives. When you know how to prepare healthy bread, nourishing crackers, delicious cakes and slices; the world of Ancestral Eating becomes a wonder world of new flavours, tastes and culinary experiences. So get experimenting and open your kitchen to a whole new world of foods!



Deborah Murtagh is a Whole Foods & Weight Loss Coach with 20 years clinical experience in gut & bowel health, and anti-inflammatory ketogenic nutrition. Deborah has an online cook school with featuring over 130 videos and 12 ebooks demonstrating how to prepare natural whole foods. Please visit her website www.wholefoodsecrets.com

Deborah Murtagh – Wholefood Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.wholefoodsecrets.com





My Wellness Business

FREE
BUSINESS ARTICLES FOR
WELLNESS PRACTITIONERS

PLUS
Local networking events
around Australia

www.mywellnessbusiness.com.au



Photo courtesy of Northern Beaches Kinesiology

IF YOU WANT TO
ADVERTISE
IN HOLISTIC
LIVING
MAGAZINE

contact us at
sales@globalhealingexchange.com



AUTOIMMUNE DISEASE TREAT SYMPTOMS OR SEEK CAUSES?

There are many diseases we humans are susceptible to that science and Western medicine have no understanding of. They don't know where they come from or how to heal them. And many of these are on the rise - some at incredibly rapid rates. Autoimmune diseases fall within this group - with an ever-increasing percentage of humans experiencing them. Collectively these diseases cause a great deal of pain, which is heightened by little understanding of the why's, how's and what's of their cause and treatment.

Some quick facts - about 50 million Americans are affected by autoimmune diseases - almost 17% of the total population. And 75% of those are women. There are 75 or more diseases currently classified as autoimmune diseases. In 2000, about 9% of the population were said to be affected and most were thought to be women. So this is no small problem - and a growing one.

Autoimmune diseases cause the body to see healthy cells as diseased and so attack them. Organs, glands, skin - all can be attacked. Allergies and mental disorders can also occur.

The shamanic explanation for diseases of this sort differs greatly from Western thinking, which is exactly what can make shamanic medicine and alternative healing approaches more effective than the "guessing game with drugs" some Western practitioners prescribe.

First, I will share some thoughts about the difference between cures and healing. Western medicine seeks cures for disease and assesses effectiveness by the remission of pain. This is dealing with symptoms, which is what pain is. A shamanic approach to an

autoimmune disease (any disease in fact) is to go deep and seek the cause of the disease. Pain is a tool to help guide this journey of discovery. This allows for true healing and the cessation of pain. If the symptoms - the pain - become too intense to focus on healing, then measures need to be taken to lessen it to a bearable level. There are many non-invasive means to accomplish this: meditation; journeying; Reiki; acupuncture; hypnosis and other energy and spirit-based modalities. If some medications are needed then natural, plant-based remedies are the best way to proceed. Most shamanic practitioners can suggest plant remedies best suited to the patients' body. If not, they may suggest an herbalist as part of the healing team.

Once the pain is decreased to the point a patient can tolerate it, the shamanic practitioner can begin to guide the healing process for the patient. Depending on which of the autoimmune diseases a person has, an alternative healer may be what is needed. For those deeply rooted in the psyche and spirit of a patient, a shamanic practitioner is often best. If the disease causes seem to extend to past lives energetically and/or may lead to physical death in the present, a shamanic practitioner can bring their knowledge of the spirit and the totality of human beings (mind, body, spirit, emotions, sexuality, dreams) to explore causes that Western medicine is not equipped to even admit exist, let alone follow leads in this way.

How we view disease is very important to the effectiveness of a shamanic approach as well. If you research Western medicines' thoughts on autoimmune disease you will find something like this: "Autoimmune diseases are chronic diseases with no cure. Treatment involves attempts to control the process of the disease and decrease the symptoms." ~ Healthline.

See the issues in this? They are said to be chronic diseases without cure. Set that belief and it will be so. Cure? I covered that. Cure means stopping pain, not seeking causes. 'Control' the process. Trying to control disease or illness simply pushes it deeper down into your body and spirit - it always comes back. The point is, the approach is critically important when dealing with disease of mind, body, and spirit. I have been fortunate enough to have guided people in discovering the causes of their diseases that doctors had told them were incurable and watched them heal. And then seen them move ahead with their lives in a positive fashion. These were physical, mental, emotional and all other parts of a patients being. Often more than one part of the psyche is involved - hence the imbalance that causes the disease in the first place. This may come from any time in their life - or a past life incident.

Some have asked me if autoimmune diseases are like cancer. No. In fact, they are opposites. Autoimmune diseases entail the body seeing healthy cells as diseased. With cancer the body does not see the diseased cancer cells as disease. They have a similar confusing effect on the mind and body. A true shamanic practitioner knows and feels the difference and understands how each needs to be approached.

I can hear people asking now "How do we find a person with good shamanic training?" In the last edition of the magazine I spoke about what a shaman was and was not. There are very, very few true shamans, but many with shamanic training who carry the energetic medicine needed. I use shaman and shamanic practitioner interchangeably here for convenience. Here is an unattributed description of a shaman that I really like. It is very old and uses 'him' only - I mentally add him/her each time this occurs.

IF YOU GO LOOKING FOR A SHAMAN

and you find a real one
do not expect him to entertain you
with magical passes.
His art is to provoke your demons:
Those that you guard well, justify,
deny and attribute to "another" ...
If you go looking for a shaman, prepare yourself
for an undressing with his words,
know that he will anger you with his silence
Be alert when he exasperates you
with his brutal honesty.
Go prepared for battle...
the worst Battle: the battle with yourself.
"Whoever has magic does not need tricks".

When looking for any energy worker, especially one with shamanic medicine to share, be leery of the "I am" people. I am a healer, a guide, a teacher... often all strung together. When you do find someone, (asking alternative healers sometimes helps with this) ask them for some people to speak to they have aided in their healing. If they won't share - be careful. Also ask from whom they have learned their healing knowledge and for how long they studied. When people ask me for past patients I have worked with to speak to, I provide some (as long as the patient has agreed to this). And I am always willing to share where I learned, from whom and the number of years I have worked with shamanic medicine in the jungles, the mountains and in teaching settings. Taking a few months off to dive into shamanic healing lessons - even doing so several times - does not make someone proficient in true shamanic wisdom. It takes years and practice and many teachers. Just be certain you are ready for the hard work and the heavy lifting shamanic healing entails. Read the "If you go looking for a shaman" again.

What exactly will a shamanic practitioner do for me and what will he/she expect of me? There is no one answer to these questions. Each person's healing journey is unique, so often a lot of questions come before any course will be recommended. And even once a healing journey is mapped out, the guide and the patient must be ready to adapt and change at any time. It is critical that the patient want to heal and be willing to experience pain or discomfort at many levels to do so. And trust the shaman to provide them with pain-easing methods as they move ahead. Shamanic medicine deals with the deepest, most difficult diseases of mind, body and spirit - diseases that do not give up their battle easily.

With that said, when one has felt the pains of a disease for extended periods and the ebb and flow of autoimmune disease symptoms, finding a shaman who can assist leaving that road of pain is a true blessing. Having walked that side of the road I can say this with full understanding. When potential clients call me and seek my healing help I expect them to ask many questions - and most do. I also ask a lot of questions, since I want to take as patients those who are truly ready to walk this healing road. I do this out of respect for both of us and the other patients I treat. So ask questions - don't be shy. Autoimmune diseases can be healed from within with the right help and a spiritual and alternative approach.

I wish you good healing!

Jim Graywolf Petruzzi - Shamanic Healer
If you would like to learn more and work with
me one on one I would love to work with you.
www.facebook.com/JimGraywolfPetruzzi



Let's Realign Everything!

Re- invigorating the storyline of your auto-immune system.

This concept may be a bit unusual or even unheard of in your world so first I am going to tell you the story of Mother Earth and Father Sky from the perspective of a life alchemist.

In my perception of the world whales sing the song lines of the ocean, birds sing the song lines of the sea and humans (usually indigenous and shamans) sing the song lines of the earth. As the whales migrate they are re-energising the song lines of the seas and their calls reshape the energy stuck in places in the ocean, releasing stagnant energy so it can flow naturally. Migrating birds sing the song lines of the air, cleansing the air, keeping all the wild vibrational knowledge intact, all the way up to the Karman line (where 'space'



is designated to start). Traditional aboriginal songs not only activate the earth, they also retain teaching, custodianship and 'right way' to look after resources, often also containing knowledge of tides, eclipses and celestial movements. In fact the sound of the Earth herself resonates to all these song line sounds... she amplifies the beat within herself; science calls it the Schuman Resonance. An absence of Schuman Resonance causes humans to become ill, disoriented and ultimately we die.... Now am I starting to sound familiar? Without a doubt, we all need regular immersion in the sonic heartbeat of Mother Earth. Did you know that NASA ensures each space craft is fitted with a Schuman simulator, exposing astronauts to the 7.8 hertz heartbeat at all times, thus ensuring their internal rhythm stays intact and keeping them well? Could you be out of sync with the frequency of the planet?

As a healer and life alchemist it is clear as day to me that if you have developed an autoimmune disease, you have somehow dropped the beat of yourself and lost your connection to the sonic heartbeat of the planet. Within your physical body you hold the patterns of your health and well-being... your song line that resonates your personal health history to you and holds the blue print for your health moving forward. Is it time to revive your autoimmune song line?... to regenerate all of your deep body intelligence... trust me, that part of you is just waiting to be acknowledged and sung back to life. How do you imagine you would feel if you could revive the memory of your true authentic self? Pretty damn good I should imagine!

OK Valentina, I get the concept. How do I re-energize my autoimmune song line?

SOUND HEALING – listening to sounds that vibrationally heal you – singing bowls, OM music, whale and dolphin sounds, voice toning, crystal bowl toning. Find some toning music that you like. Set the intention of re-activating your autoimmune song line within you and then relax and listen to it... letting go so that you can hear the sound all around you and through you. Allow your breath to join the vibrational sounds; this will create amplification in your body that will bring your autoimmune song line back to life. 20 minutes a day is perfect. With any energy healing, repetition is the key... a little bit every day (or twice a day) is more effective than, say, 2 hours once a week.

I FEEL EXHAUSTED JUST READING THIS

- I have composed and uploaded an 'autoimmune sound healing journey' mp3 for you on my shop (type 'song line' in the offer code box as you check out and it will be yours for free). Play it as you go to sleep, don't worry if you nod off, it will work wonders when your conscious mind is disabled (i.e. when you are sleeping). In time, with regular listening/sleeping to it, you will start to feel aware, awake and alive. Repetition is the key. This mp3 can be used on your iPhone, android, laptop or iPad... so no excuses please! You will have the correct intention set for your song line and be treated to ethereal whale sounds overlaid with Tibetan singing bowl sound healing.

WATCHING SUNRISE & SUNSET - this connects you with the Earth's magnetic field, hooks you up to a powerful life-giving cycle so that your auto immune system can remember how to re-set its unique song line.

BARE FEET ON THE EARTH - 30 minute nature walks or just a few minutes barefoot on the grass each day. The earth

has an electrical charge, you have an electrical charge. Drawing electrons up from the earth through the souls of your feet improves your health, well-being and electrical brain activity as well as re-setting your song line. This activity is akin to plugging into the main frame.

BREATHE IN THE OCEAN - in whatever way is appropriate for you... watch the waves, walk or swim.

FEEL THE ENERGY OF NATURAL EVENTS

– take time to enjoy a thunderstorm (be safe!), listen to and watch the rain falling gently in a light downpour, pay attention to the sounds of birds at different times of day if you live near nature... I am sure you can find a few natural events in your life once you start looking for them.

TONE YOUR CHAKRAS DAILY WITH MUSIC

– preferably at sunrise and sunset if this is possible. Chakras are energy centres in our bodies, much like stars are the energy centres of the Universe. Most people focus on 7 main ones which run from the bottom of your spine (base or root chakra) up to just above the top of your head (crown chakra). Each chakra has a musical note or tone that it responds to and also a colour. When chakras are blocked or out of balance your immune system suffers because it is unsupported energetically and slides into confusion and responds in an opposite to expected manner or over-responds. It may generate an attack on an infection, toxin, or allergen and then continues attacking healthy cells. Homeostasis, in which the body's various parts work together to maintain health, is highly dependent on balanced chakras. Please contact me if you need help with this.

So now I know you understand my advice.... But the question is, 'Do I understand you? My compassion and sympathy goes out to you if you are reading this and suffering under the yoke of an autoimmune disease and coping with the side effects of any medication you are taking. I know there are many conventional treatments available can make you feel worse. I have read that anti-inflammatory drugs like Advil, steroids, immune suppressants like methotrexate, and the new TNF-alpha blockers like Enbrel or Remicade can lead to intestinal bleeding, kidney failure, depression, psychosis, osteoporosis, muscle loss, and diabetes, not to mention overwhelming infection and cancer. Research tells me that when used selectively these drugs can help people with autoimmune diseases get their lives back. This is such a difficult burden to bear and I hope that my article today can help so that you no longer have to suffer a hostile attack from within on your joints, your brain, your thyroid, your gut, your skin... and sometimes your whole body. I am acutely aware of the pain and misunderstanding you live with daily.

Take home message? All life's roadblocks, including illness are essentially our soul self or higher self wishing to have a conversation with us that we are avoiding or refusing to have... we can all be very stubborn in this regard. In this case, the message is... Tune in! Listen to the rhythm of life around you and most importantly, find your autoimmune song line and activate it now. How? Scroll up! Too tired? Scroll up! Will it work? Seriously, you are a child of this Earth, it is that simple.

Valentina Mathias - Life Alchemist

If you would like to learn more and work with me one on one I would love to work with you.

www.coastalhealer.com



LIVING WITH AUTOIMMUNE DISEASE

Before we look at the lifestyle factors that can increase our risk of autoimmune diseases, let's look at some facts according to the American Autoimmune Related Diseases Association, AARDA and the Australasian Society of Clinical Immunology and Allergy, ASCIA.

"Autoimmune diseases are a broad range of related diseases in which a person's immune system produces an inappropriate response against its own cells, tissues and/or organs, resulting in inflammation and damage. There are over 80 different autoimmune diseases, and these range from common to very rare diseases. Some autoimmune diseases affect mainly one part of the body (such as multiple sclerosis, autoimmune thyroid disease, type 1 diabetes) whilst others affect many parts of the body at the same time (such as systemic lupus erythematosus, rheumatoid arthritis and systemic vasculitis)

Autoimmune diseases affect around 1 in 20 people and are one of the most important health issues in Australia and New Zealand. Common autoimmune diseases such as thyroiditis, rheumatoid arthritis and diabetes affect more than 1 in 100 people. In contrast, a rare autoimmune disease such as Goodpasture's disease (a form of vasculitis) affects around 1 in a million people." Source ASCIA

The National Institute of Health (NIH) estimates up to 23.5* million Americans suffer from autoimmune disease and that the prevalence is rising. However AARDA say that 50 million* Americans suffer from autoimmune disease. Why the difference? The NIH numbers only include 24 diseases for which good epidemiology studies were available.

Researchers have identified 80-100 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis. These diseases are chronic and can be life-threatening.

Autoimmune disease is one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of age.

Commonly used immunosuppressant treatments lead to devastating long-term side effects.

Symptoms cross many specialties and can affect all body organs.

Medical education provides minimal learning about autoimmune disease.

Specialists are generally unaware of inter-relationships among the different autoimmune diseases or advances in treatment outside their own specialty area.

Initial symptoms are often intermittent and unspecific until the disease becomes acute.

NIH estimates up to 23.5 million Americans* have an AD. In comparison, cancer affects up to 9 million and heart disease up to 22 million. Source AARDA

The causes of autoimmune disease are unknown, however, research does lean towards there being an inherited tendency towards developing an autoimmune disease.

What I would like to bring awareness to, is the science of epigenetics and how our lifestyle choices can increase the risk of triggering an autoimmune disease, which if you are genetically more susceptible to developing an auto immune disease, an understanding for the science of epigenetics is even more important. For example if you got into a car which you knew had a partially flat tire, or tires, that needed changing because the grip wasn't 100%, would you drive that car in the same way as you would a brand new car? No, you would drive with more caution making careful choices along the way as to how fast you were going etc. Well having a genetic or inherited gene mutation that increases your risk to developing an autoimmune disease requires you to make choices with even more care and awareness for the cause and effect than someone who doesn't have a gene mutation. The key point being, it's your choices that influence the expression of your genes. Through each choice we make we have the potential to suppress our genetic potential and express our genetic weaknesses or suppress our genetic weaknesses and express our genetic potential.

As a preventive holistic health practitioner, my focus is on the preventive lifestyle factors that reduce the risk of developing disease. It just so happens that these preventive lifestyle factors are also the keys to managing, elevating and in some cases even reversing chronic diseases such as Hashimoto's, an autoimmune disease affecting the thyroid gland.

Inflammation, we now know, is at the root cause of 98% of diseases and autoimmune disease is no exception here. In order to create a favorable healing environment for the body it is essential to make lifestyle choices that are going to quell inflammation in the body.

Below are 7 keys to reducing cellular oxidative damage caused by chronic inflammatory responses.

1. Follow An Anti - Inflammatory Diet. Come off all the processed and added sugars, including "healthy" liquid sugars like fruit juices and Gatorade! Significantly reduce your intake of fresh fruit, stick to the berry family, green apples and pears, slightly un-ripened bananas. Secondly come off all refined starches such as cereals and grains. There is so much conclusive and compelling evidence now that links gluten to autoimmune disease, and you don't have to be a celiac to fall prey to its destructive autoimmune stimulating antigens. Thirdly cut out all refined vegetable oils and processed fats, they feed the fire creating global cellular oxidative stress. Choose some clean pasture fed meat or chicken (grain and corn free), fresh wild fish and fresh vegetables and salad with healthy fats choices like nuts, seeds, avocado, butter, ghee and coconut oil.

2. Address Food Sensitivities. If you know you're sensitive or intolerant to certain foods, then get off them! Every time you have them you create an inflammatory response from the immune system, which increases, you risk to leaky gut and eventually an autoimmune disease. The most common food sensitivities are gluten, preservatives and yeast in alcohol, foods containing amines such as histamine, tyramine and phenylethylamine, lactose or casein in dairy, nuts, soy and eggs. If you're not sure then either seek a comprehensive food intolerance test or follow a clinical food rotation diet.

3. Move Right! Learning to move in a way that supports the body to pump and balance its biological oscillators (heart, brain and digestive system) is a vital component to taming the fire. Movement when prescribed correctly can reduce stress and inflammatory hormones such as cortisol, improve circulation and flush out inflammatory free radicals in circulation. Seeking the advice of an experienced exercise

specialist that is holistic in their approach and understands exercise and its physiological effects are in my opinion a must.

4. Manage Your Stress. There is nothing more pro inflammatory than stinkin' thinkin'! Exposure to periods of prolonged negative thoughts and stressful events increases cortisol and elevates blood sugar levels, increasing insulin levels. A perpetual cycle that is extremely pro inflammatory while suppressing the immune system. The links between stress, and all disease shows that managing stress becomes a critical component of the preventable lifestyle. Taking a yin yoga class, learning mindfulness techniques, spending more time in nature and engaging in something creative are just a few examples for what is available to you to help reduce stress levels.

5. Tame The Fire With Sleep. You have heard me say it before, research shows that sleep is the chief anabolic (healing) force available to man. It's free and when both the quality and quantity is in balance then you have the healing advantage no money can buy. Insufficient quality and quantity of sleep will keep the hormonal fires burning, impacting the body's ability to neutralize and dispose of toxic waste which only happens whilst you're asleep. Going to sleep by 10 pm and rising by 6 am or with the sun has a positive effect on every system of the body, especially the hormonal system. For a better night's sleep, minimize your exposure to bright lights, especially fluorescent lights and EMF's for at least 2 hours before bed. Avoid inflammatory choices like a "workout", caffeine, sugar, alcohol, and too close to bed as they will stoke the fire while you sleep!

6. Drink Adequate Amounts Of Quality Water Between Meals. Water provides the energy and information required for all biochemical reactions to take place. Water is therefore a vital component to not only help put the fire out but flush the waste by products of all that we are exposed to within our environment. Use this formula from the research by Dr. Batmangheildj in his book, *Your Body's Many Cries for Water*. Calculate $0.033 \times \text{kg}$ (your body weight) = the minimum amount in litres you need to be consuming per day.

7. Chemical Free Zone. The reality of today is that it's not just what we put in our bodies but also what we put on our bodies and what we are exposed to within our environments. GMO foods, glyphosate from pesticides and BT toxins are one of the environments greatest health risks. Their poisons have been linked to multiple diseases including autoimmune disorders. Other considerations are within your personal hygiene products and home cleaning products, even down to the BPA plastic containers, aluminum foil and glad wrap used to cover foods. The more you are at risk of developing an autoimmune disease or in the position of living with one, then becoming more discerning and diligent to what you choose to use within your environment becomes paramount. A great resource for more information on toxic chemicals to avoid is www.ewg.org

Reclaiming your health lies in the power of awareness and choice. You don't know what you don't know, but once you do, there is no going back!

Yours in good health.

Joanna Rushton - Energy Coach

If you would like to learn more and work with me one on one I would love to work with you.

www.energycoachinginstitute.com



MINDSET MANAGEMENT FOR WELLBEING

I've chosen to write about mindset for this issue because of the parallel between the fact that autoimmune conditions result from our immune system mistakenly attacking our body, and the fact that our own thoughts sometimes attack our mind. Time and time again, my clients see the benefits of adopting mindset management techniques to minimise the risk of derailment by way of negative self-talk and counterproductive mindsets.

Let me quote Einstein here to set the scene. He said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its life believing that it is stupid."

The simple fact is that if you take control of the way you approach life from the point of view of what goes on in your mind, you'll experience much more joy. You'll experience more peace of mind; you'll improve your health, your relationships, and your prospects of a happy and healthy future. It seems to me that the confluence of the educational systems that most of us come through, the families most of us are brought up in, and more generally the world we live in, sets us up to struggle with the kind of crazy reference points Einstein mentioned. The upside here is that the ball is in our court in terms of deciding how we respond to the kinds of cultural/psychological undercurrents that we'll experience in one way or other as we move through our life.

Taking the time to look under the hood and see what's going on in our mind on a day to day basis takes us a long way toward being able to avoid wasting time on mindless thoughts and actions that can generate a lot of stress, and even spiral out of control into obsessions or addictions if the conditions are right for those conditions to take hold.

The exercise at the end of this article invites you to unearth some of the negative beliefs that might be sitting in the unconscious part of your mind. Negative beliefs are very good at filtering experiences in a way that only lets us see the ways in which we are 'not' good enough. 'Not good enough' thinking or imposter syndrome as it sometimes manifests itself, is incredibly common. It's perverse really. I see clients who've achieved fabulous things but still manage to worry about being 'found out'. It seems that the prospect of being made to feel inadequate in general and stupid in particular, are among the biggest fears we harbour. What's more, they're being harboured by some of the smartest people I know.

The bottom line is that worrying about being a fish that can't climb a tree is an exercise in futility and a license to be miserable. With effort and focus, I was personally able to swap that kind of license for one that cleared the way for me to be, for the most part, happy and well. The strategies around mindfulness and mindset management that I used, as I was going through a period of burnout recently, helped me to breathe life into my future. Gaining an awareness of what was being played out on a psychological and emotional level enabled me to metaphorically and practically come up for air.

If you don't take the initiative to manage what goes on in your mind, you'll find that your mind manages you with its default programs. One of these default programs involves compulsively thinking. Another one adds in automatic negative thoughts that seem to spring up out of nowhere. 'Not good enough' thinking is a great example of this.

The fact is that without strategies to keep a perspective on things and manage our mindset, we can find ourselves resorting to tactics like blame, justification, numbing, and denial to avoid dealing with the hard truths that are holding us back. These habits of mind along with things like perfectionism are particularly limiting frameworks that keep us cycling around our problems without making any ground in terms of transcending them. I love Brené Brown's work on shame and vulnerability. Her take on perfectionism is that rather than it driving us toward being better, it's actually just shame wearing a disguise. 'Not good enough' is the language of shame that leaves us feeling as if there is something wrong with us at our core. Furthermore, a tendency to generalise when we're feeling down can take the idea - 'I'm not good enough', and turn it into 'I'll never be good enough', and 'I'm not good at anything'.

Another thing that keeps us stuck is compulsively 'doing', rather than 'being'. Never slowing down to feel, and to check in with our body to find out what's real. Starting to experience life on the level of feeling rather than just experiencing it at the level of thinking was a real game changer for me. I now know that one of the keys to wellbeing is to regularly feel into my body for clues about what's really going on.

I invite you to pause now and take a moment to feel into your body, to take a snapshot of the tone of your current mindset via answering the questions below. To prepare yourself for this, exercise just sit comfortably and take three long breaths. Notice any tension in your body. Then notice what happens to that tension as you ask yourself the following questions.

- Where am I applying perfectionism in my life?
- How do I feel about that aspect of my life right now?
- In what ways am I doing really well in this aspect of my life right now?
- In which other areas of my life am I doing really well?
- What drains my energy?
- What could I do to limit this drainage?
- How do I show myself respect?
- How else could I show myself respect?
- How easy or hard have I made it to feel good?
- What could I do to make it easier to feel good?
- When do I numb myself?
- How do I numb myself?
- What has numbing myself cost me so far in my life?
- What could I replace this behavior with?
- What do I say to myself when I've made a mistake?
- What's a more empowering thing I could say?
- What do I say to myself when I'm tired?
- What's a more compassionate thing I could say?
- What things could I do to cultivate more self-compassion?

Adopting practices that involve deliberately checking in with your body, and developing awareness of what's going on in your mind, will set you up for a more peaceful and joyful existence than you would otherwise have. Believe me - it's worth the effort.

Jane Turner - Woman's Health Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.wellnesscoachingcollective.com

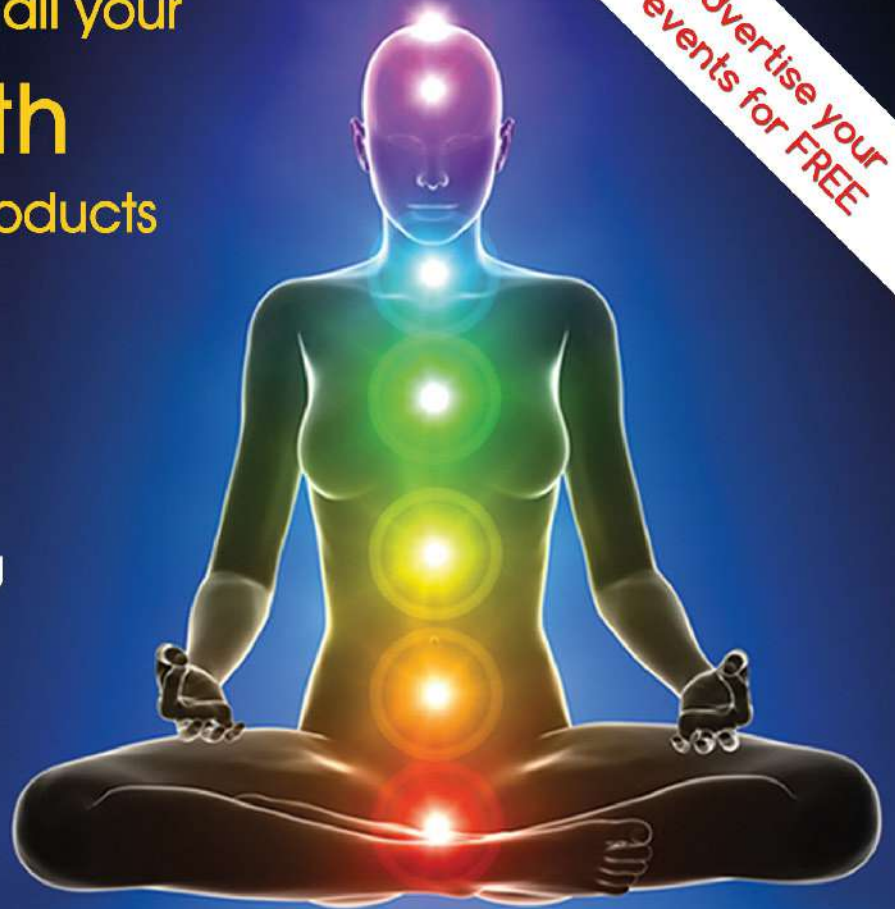


The online "go-to" place for all your

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

WHY ME?



The onslaught of the weekly chemotherapy went on for several months, during which time I kept a diary. What follows is some excerpts from that diary I wanted to share with you and the lesson I got out of it.

February 3rd 2009, 3:33am.

"A spiritual visitation happened early this morning! Whilst I lay helpless with fluorescent green poison pumping drop by horrible drop through my veins, I awoke to see a haze of divine light around me. Knowing these were guides that were gathering, it brought a sense of peace..."



Despite feeling peaceful, I was so angry with them for not preventing this from happening to me in the first place! (After all they are meant to be there to look after you aren't they?)



"WHY ME?! I yelled at them.

"To clear out the dense energy within; this is the only way to clear you on a deep cellular and physical level" was their reply. ...but "WHY?" was my retort.

Their reply was simply "So you can do your work".

How can the answer to life be so simple? How can just a couple of words turn chaos

to peace in an instant?

Have you ever asked 'Why? When faced with a dark challenging time, or did you just accept the situation as is? Would you like to know the truth behind your experience? Are you ready to change?

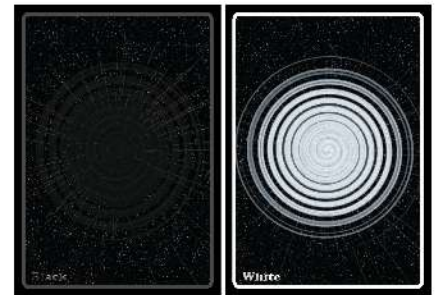
Know that truth is a vibration like sound, colour and light; a universal law. It is.



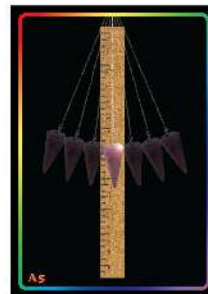
I am sure you have at some stage got drawn into the sad, awful, upsetting accounts of things happening in life, the world around and yourself too. Life certainly does seem to twist and turn. It is however possible to connect within ourselves at these times of disruption to hope and thus alter our mind-set and energy system 180 degrees instantly.

Did you realise that we have an energetic polarity within us just like the earth and the universe does? We actually live on a planet of duality with positive and negative charges that hold us in perfect balance. Just look at the electrons within our cells and how they move.

So How Does Polarity Apply To Health & Wellbeing?



Everything we are is vibrational. So this means energetically we are like 'magnets' and so if we act and think negatively we will be more likely to attract life's negative vibrations to us. On the other hand by thinking positively we are more likely to attract the positive. Right?



The thing to remember here is the Law of Divine timing comes into play in all this. So what happens is the unexpected 'negative' which make us go "What the f**K!" or the unexpected 'positive' circumstance creating an incredible "Yeah, yippee and AMAZING!" just out of the blue.



It may be because at some soul level we have opened ourselves up to needing to experience a 'life gift' to which we learn and grow or move in some way as a result of it.

I truly believe this and have now experienced it. Mine was to wake up and be talking my truth and walking my true path.

What is the gift to you from the learning? How can true experience teach us the fullness of life, growth and expansion? Why do you think some get halted and restricted in life?

Our bodies are vibrational and colourful. When two incompatible vibrations mix then we can feel low, affected, knocked sideways, spun off our axis and sometimes thrown out of our body.

So this is where a good energetic healer is essential to help realign you with healing modalities, particularly around colour, sound and light. This is because most people are bound by the belief we live in a 3 dimensional world (we know up, down, side to side, backwards and forwards) and the 4th dimension of TIME.

We have been exposed to 'Time is running out. We are short of time. If you don't act now you could miss out or die'. True we have to make sudden decisions to stay alive but is that fate and can we bend time or time travel?



At present people are awakening and no longer hoodwinked by the establishment. We are setting ourselves free from so much of the negativity and that's great, but how do all these awakened people cope with being in a new awareness inside and out? How can balance be established?

The key is to tune in to a still place and hold that space; you may use a visual like a colour card or crystal to assist you. Truth sits quietly and simply allowing a healing space to form. Truth helps us to get into the simplicity of what is occurring, to see behind the façade to enable us to be empowered and just BE. For me I knew I was going to be OK because I felt it.

Within moments I went from being in a negative mind space of hatred and loathing towards the chemotherapy, to a smile! How crazy is that? I then lay there and recalled my husband John saying a couple of days earlier, "If you truly believe Pip that there is a reason for everything, then what better way than to give you a cancer that is 100% curable? This is not about the chemo".



Being peaceful in chaos was a new experience and one I had been seeking, perhaps all my life. I now held the key and the spiritually-channelled process called Being in Colour was born. I know how to access my truth and release the old stuff so easily now because I lived the development of the process every step. I breathed it and I am testament to it. It shows you how to tap into your truth behind the emotional

and mental plasters masking your hurts. You can easily go within your façade and disperse the unwanted negative 'crap' simply and easily

So what can you do to create wellness? Have you ever experienced being in peace?

Crystals are excellent transmitters of vibration and light, they are the earth's beautiful jewels and are believed to assist us through focused intent to convey healing frequencies. This is why I turned to using them on my journey and I have witnessed some amazing results for people as intuitive healing with crystals can bring about energetic balance and alignment to the subtle body and the electromagnetic field.

Are you searching to be the best you can be? What is it that you require to feel well and wholesome? So how can you help in healing yourself?

Once I realised that I was my own priority, I identified my truth in the problem I was facing and reflected on my true needs. This way it was so easy to find my way through the 'grey' and I could get to work to rectify my issues and get into the light again.

As I trained as a nurse we had a protocol to identify and prioritise problems:

- Identify the core problems
- Make a plan of care
- Evaluate
- Prioritise
- Reflect
- Solve or reprioritise

Never underestimate peace and remember that hope is the light within the black void.

Throughout the chaotic medical dramas, I worked on positive thinking and exploring, took rest, vitamins and minerals, Chinese and New Zealand herbs, Theta Healing, Reiki, Crystal Healing, liver and kidney detoxification and acupuncture. I was also fortunate to have lots of loving, happy support. I watched 'The Secret' and lots of fun films.

It is cliché to say that everyone can benefit from being at peace through a loving inner-connection. Yea right. But how do you find it and do you have to be on death's door to experience it? No. You can have the option to get on your spiritual path (whatever that is) and start finding how to find that still space within. After all it's not what life does to you but how you deal with it.



I unashamedly will state here that I believe that **Being in Colour** is the best modern day card process and I honour the energy imbued within it. The process is amazing and a true and beautiful gift from the angels and beyond to help us be all we can be now.

You can allow yourself the gift without the struggle and trauma. To be continued....

Philippa Joy Oxlade – Spiritual Success Mentor

If you would like to learn more and work with me one on one I would love to work with you.

www.ladyrainbowheart.co.nz



ANYONE CAN BE GREAT!



The principles of greatness can be applied at any stage of life to create an outcome that's above good and more in the realm of awesome/great. Anyone can do it from a kid gaining victory over a bully at school, to an employee getting a promotion, to a criminal getting away with a crime, to a business owner growing an international business, to a prime minister being elected into power or for a minority terrorist group to cause great fear and terror around the world.

Greatness doesn't discriminate, it works in all areas of human existence for all people, regardless of age, gender, wealth, status, intelligence, faith, race or anything else you can think of. It also doesn't discriminate on what can be great, be it good or bad, loving or evil, involving or isolating, creating or destructive, peaceful or violent, small or big. All of these are, of course subjective to the perceiver and can and will be interpreted in so many different ways. It is not important going into that here.

What is important is to understand how Greatness is created. It's a bit like a kid pulling apart a toy to see how it works. Once they know how it works they can then put it back together and play confidently with the toy as they will know what to do if something happens and the toy breaks. So, greatness can be built or destroyed over time if you know how it works.

SO how is GREATNESS created???

There Are 4 Elements A Person, Leader, Business Or Country Needs To Create GREATNESS.

1. VISION is critical to creating greatness.

We've all heard it before, yet how many of us really truly BELIEVE in creating the vision we really truly want? Yes, we all want things, stuff, results, yet how many of us want something we'd die for or at

least invest everything we had into, denied ourselves sleep or rest to have the VISION become real? Anyone that has ever achieved GREATNESS had a vision in their mind as to what they wanted, focused on it completely and dismissed anything and everyone that wasn't aligned with the vision and kept moving. Now on the not so nice side of greatness, if people didn't agree with your vision, they'd be kill, imprison or exiled. On the nicer side, those same people would be ignored, demoted, transferred, divorced, or not 'been friends' with anymore.

Visions that are compelling pull us forward, they anchor and cause our choices and decisions to be made. Visions inspire us and others around us to create the vision even more.

2. PERSONAL AWARENESS

When you know yourself, you react less. When you react less you have less drama. When you have less drama, you have the ability to do and create more, you don't have as much distraction and, most importantly, you are less emotional and more balanced. Great Leaders know who they are, who they are not, as well as where they are strong, average and weak. They know how to manage their weaknesses and maximise their strengths. If you are going to create GREATNESS you've got to get real with yourself as to who you are and what you offer. You can definitely create greatness if you are not very smart, have a disability, are too emotional or anxious, are short, young, old, female, male... you get the picture. You've got to be real about who you are and what you are capable of. My advice is, take the time to notice and learn. Read extensively on any topic that excites you and become an expert in your areas of interest and also become an expert of yourself. When you are certain about who you are and your abilities and limitations, you can claim a lot of power and influence over others because most have never taken the time to work this out for themselves.

3. CONSISTENT CHARACTER

Character is the sum of the little things you do on a consistent basis that define and shape you. I believe your character is a reflection of your discipline in any given area of your life. So, if you want to create Greatness, you must be being consistent in your choices, actions, behaviour, reactions and overall way of being in the world. If you are not consistent in your character, you won't be able to attract and most importantly keep a support team around you because you will be inconsistent, confusing, and even perceived as irrational by your followers and supporters. Your moral code (way of living on the earth and relating to others) must be clear and consistently practiced by you every day in every way. So as an example of a child triumphing over a bully at school, the strategy the child takes to deflect the oncoming verbal assaults by saying "So what?" in an indifferent voice to the bully is critical. To achieve freedom from the bully, the child must continue to say "So what?" in the same way, without showing any reaction until the bully gets bored. The child cannot crumble and cry after the second mean thing the bully says or the quest for the great triumph is lost. It may take the child 30 minutes, 3 hours or 3 days of consistent behaviour to realise the result. Similarly, an employee receiving a great promotion may have achieved the great result by putting in 2 years of consistently seizing opportunities. to go outside the box of their job description and demonstrate capability. When you are consistent in your behaviour, actions, words and deeds, all sorts of people notice and their behaviour changes. Consistency comes from an extended period of time

not just in the moment decisions. When you are consistent you command authority.

4. SUPPORT TEAM

No-one ever becomes great and stays great all by themselves!" I say that all the time in my keynotes speeches and working one-on-one with clients all over the world because it's true. Your vision is needed to engage your team of supporters and followers. Your personal awareness and vibrancy attracts them to you. Your character holds your support team like glue to you and your vision and it also has your supporters and followers adopt some or all of your beliefs, philosophies, actions and behaviours depending on how focussed and committed you are to your vision.

The key to your support team though is that it's not just a group of enthusiasts thinking you're great and your vision is very exciting. In all the work I have done with over 1100 leaders is that real, sustainable greatness comes from the leader being vulnerable and humble enough to choose 8 different people with different supporting styles to assist the leader in his/her decision making.

This Great8® team have all bought into the vision and therefore provides the leader with robust and relevant feedback to the leader in the form of: insight, enthusiasm, perspective, scepticism, wisdom, encouragement, ideas and incentive. This in turn enhances the leader's decision making capacity by a factor of 8 and it also enables the leader to keep consistent character, learn and grow personally as they navigate changes and challenges as well as gain momentum to realise the vision. This Great8® support team is more than just the 5 closest people you have around you or your board of advisors. It's a living breathing life force (interactive structure) that everyone can create for themselves and any vision or project wanting to be undertaken. The more the momentum, the deeper the Great8® commit to seeing it happen, the more the vision becomes real, which in turn creates the initiator of the vision to commit, take action and get the results to fulfil the vision.

So if you want to create something great, the 4 key points listed in this article will see that you get there. My advice to you though... choose your vision wisely and learn how to navigate life's natural way of taking people out of your Great8® support structure. That is what I teach & support leaders with in my workshops and coaching. Also, if you see a great vision being implemented that is not so great for your family, your school, your business, your community or humanity, then you now have insight on how to change it, and have an impact on it. Many times we all feel helpless, too small, with not enough power to make a difference to the things we see in our personal lives or world we do not want or like. You have the power to create greatness way and above the negative forces you may be experiencing, you really do. If you're not sure, ask me how.

Jen is an international motivational speaker, author and business coach who's been working with leaders on how to build dynamic, thriving support systems to create great results in leaders personal & business domains and also for communities and countries. For more information visit www.jenharwood.com and www.greatnessprinciple.com

Jen Harwood - Community Builder
If you would like to learn more and work with me one on one I would love to work with you.
www.greatnessprinciple.com





Autoimmune Recipe

There is a lot to be said about eating well using seasonal fresh produce. The more we learn about what bad foods have been doing to our system, the more we realise that we have to clean up the way we eat.

Autoimmune disorders are so prevalent in our society these days and they come in so many different forms that from an eating perspective, clean and simple fresh foods are the practical way to help the body recover.

Avocado Breakfast Smoothie

A rich and refreshing blend of fresh avocado and coconut milk makes this a great finish to a meal or as a yummy snack by itself. Makes 2 large or 4 small servings.

Ingredients

- 1 large, just ripened avocado
- Juice of 1 lime
- 1 cup plain, unsweetened yogurt, coconut yogurt is a great choice
- 4 tbsp raw honey, you can adjust depending on your desired sweetness
- 1½ cups unsweetened coconut milk
- 1 cup baby or small spinach leaves
- ½ - ¾ cup crushed ice, optional

Method

Combine all ingredients except ice in blender and then blend until it's nice and smooth.

If desired, add crushed ice and blend until desired smoothness is achieved. Serve immediately or chill to serve later.

If serving later, place cling wrap directly over surface of smoothie to prevent any possible colour change from the avocado being exposed to air.

Recipes from Jimmy Boswell
www.tasteofhome.co.nz





DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

Get Your Holistic Business Seen Globally

With Holistic Living Magazine



Email: 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

WALKING THE LABYRINTH

I love how when the time is right, it's right! I find it interesting as I write this article that, as the creator of 'Boori Boori' labyrinth, my first article for this magazine is about autoimmune disease. Why is it interesting I can hear you ask?because auto immune processes may cause labyrinthitis which is an inflammatory disorder of the inner ear, or labyrinth within the ear. A metaphor for not listening to our bodies?

The labyrinth as a physical sacred geometry seed pattern allows us to connect our bodies' immune system through our thoughts. Our negative self-talk, our judgements and complaints about our lives and the constant comparing ourselves to others within our mind does incredible damage to our self esteem. By taking our focus from the mind and connecting it back to the Heart and Soul, by becoming aware and making conscious decisions about what we need emotionally, by looking within, we can use the labyrinth as a metaphor for our life and take the focus back to the emotions that are causing our Dis-ease.

Each and every 'sacred walk' of the labyrinth is a personal and unique experience. This is not a fly-by-night therapy as labyrinths have been around for over 4000 years and are currently undergoing a resurgence of interest. They are being used in natural healing processes and wellness programmes for individuals as well as being constructed in our hospitals, jails and communities.

I look at the labyrinth as a psychological immune system that is a metaphor which can be used to deal with the issue at hand - on the walk into the labyrinth - and as we start our walk by setting an intention for the healing on one or many multidimensional levels. It is also an opportunity to recognise energy and its rhythms both in our bodies and within the universe. On reaching the centre, this is where you can shift your conscious mind over to receive inspiration, connect with the Creator, Source, or your guidance, create space or just integrate and breathe in and be in acceptance. The labyrinth is an archetype, a Divine imprint which has ancient power. It is mindfulness in action as you become aware of your breath and the issue at hand and as allow the bubbles of inner wisdom to percolate up to the surface and allow

yourself to consciously sense the unseen forces of the Universe and receive the innate sense of Love from the Centre, (God, Creator or Universal Power).

On the return journey out through the unicursal pathway, there is transformation, you cannot now look at your issue in the same way. When we accept peace and harmony as a state of being, we can see our life differently. The labyrinth has a beautiful way of balancing our left and right hemispheres of our brain to create more peace and allows us to get out of thinking mind into our feeling body. When we feel balanced and more harmonious, we can create feelings of positivity. We can then deal with the issues at hand as we have found the peace within us and possibly a few answers to how we might want to deal with the issues we are faced with. It has also been said that it reduces chronic pain for sufferers and also helps with ADHD. This I have experienced myself.

Walking the labyrinth is used as Mindful meditation and a way of helping those that can't sit still but also as a beautiful way of stress reduction. The simple art of putting one foot in front of the other knowing that you are not going to get lost is its promise. What it offers is that you just might find yourself!

As a facilitator of labyrinth walks and ritual ceremonies, I have found that through constant walking of the labyrinth, we can realise the sacred in everyday and find a peace that soothes our soul.

Karen is a Master Teacher of Interior Alignment® and creator of Boori Boori Labyrinth in Bucca Wauka, NSW, and creator of the Soul Pathways programme. Helping her clients align with the rhythms of nature and soul and activate and shift energy within their lives through the spiritual embodiment and connection to the land.

Karen Quant - Master Teacher Interior Alignment®
& Creator Boori Boori
*If you would like to learn more and work with
me one on one I would love to work with you.*
www.karenquant.com.au



whole food secrets

reviving ancestral cooking



The quintessential guide to whole foods living!

Over 130 video's, 12 modules and the only delicious recipe you'll ever need - everything you ever wanted to know about traditional foods!

This course will turn you into a Master Chef & Whole Foods Foodie!

Save 90% (for a strictly limited time)

Coupon: *holisticliving*

Visit our website for details:
www.wholefoodsecrets.com

reviving ancestral cooking

whole food secrets - online school

150 video's - 12 modules - 12 ebooks - Traditional foods for the modern world
www.wholefoodsecrets.com

www.wholefoodsecrets.com



CONTRAST AND YOUR PURPOSE

How often have you found yourself thinking “I wish I just KNEW what my path purpose was?” or “If only I could know for sure if this is what I am supposed to be doing?” How about, “Shouldn’t this be easier?”

So many times since becoming a spiritual entrepreneur I have found myself thinking those very thoughts. I have even declared “I will do anything Spirit wants me to do, just tell me if I’m on the right path!”

The need to know our purpose feels authentic and sincere. The only trouble with this thought pattern is that you have forgotten that you are the one who gets to choose and create your own path and purpose.

Generally speaking, when you long to know your purpose, one or all of the following may be true for you:

1. You have experienced a recent setback that is causing you to

question everything.

2. You are secretly, or not so secretly, hoping that Spirit will reveal a path and purpose that is 100% risk free and 100% guaranteed to be successful. In other words, NO CONTRAST.

3. You are feeling a bit insecure and dis-empowered by the circumstances of your life.

There is a false premise you hold that goes something like this: "If it's meant to be, Spirit will make it easy and fun all of the time." Really? Was it that way for people like Mother Theresa or Gandhi? Probably not. Remember, alignment is about feeling good. That doesn't mean it will always be easy.

The more accurate belief – and one that will serve you much better is: "I create my purpose every minute of every day through my beliefs, expectations, and aligned actions."

Whether you wish to admit this to yourself or not, you did not come here to experience a life where everything is easy and predictable all of the time. There is tremendous value in contrast and if you've been part of my world for any length of time, you know I have written about the value of contrast before.

You came here to create and expand and through your example, assist others in doing the same.

Sometimes, on your journey to feeling consistently happy and fulfilled in life, you will deal with setbacks, challenges, and unwanted circumstances. This isn't to punish you for incorrect thinking or to ruin your fun. There are benefits to be had from the contrast – or as Abraham (channeled by Esther Hicks) calls the "unwanted aspects of life". One purpose is the opportunity to recommit to your goal or desire and the clarity of that desire that the contrast birthed within you. Another purpose offered by Joshua (channeled by Gary Bodley) is to highlight the limiting beliefs you hold that need to be shifted so that you can BECOME the vibrational match to what it is you desire. A third purpose is for the expansion of the Universe.

If everything was nice, predictable, and secure all of the time, the advancements that have been experienced would never come to pass. Sure, life may be nice but you wouldn't experience the "knowing what you don't want" moments the cause you to launch those rockets of desire that expand the entire Universe. Imagine if the Wright brothers never felt frustration over how long it took to get from point A to point B. What if the vaccine for polio was never created? Look at all that has been created due to the experience of contrast. Look at all of the luxuries and conveniences you enjoy due to the expansion that resulted from someone's experience of contrast that birthed a rocket of desire?

This Universe is your playground where you grow and expand both yourself and the Universe. The contrast you experience is your opportunity to choose whether or not you remain committed to your dreams or want to change them. It truly is all up to you. Abraham teaches that even if you resist contrast (and therefore your own expansion) it doesn't stop the expansion of the Universe. But it does halt your ability to receive the benefit of the expansion as you are not a vibrational match to it. You are not allowing the Universe to be your cooperative component in the co-creation process. You are not allowing yourself to BECOME the vibrational match – the person you need to be – to receive that which you claim you desire. Joshua teaches that the contrast you experience is meant to help you become the

person you need to be to have what you desire. No contrast, no becoming and therefore, no desire manifested.

Learning to see contrast as your opportunity to recommit and expand is the choice that keeps you moving forward on your path.

My daughter watches inspirational videos on YouTube by Nick Vujicic – a man born with no arms or legs. And what about the competitive gymnast Jennifer Bicker who was also born with no legs. And let's not forget Amy Purdy – the competitive snowboarder who won Dancing with the Stars after having her legs amputated due to illness. What they all have in common is the ability to turn their difficulties into triumphs and inspire others. Are their paths easy? NO, but they are rewarding and they are inspiring millions so the next time you wish to complain about your path, you may want to think twice and ask yourself "What is this experience showing me?" instead.

When you look at people who seem to have attained everything they – and you – want from life, it is easy to forget that they nearly always had to deal with a great deal of contrast on their path. When you admire someone successful, especially someone you feel has changed the world for the better, you are admiring a self-created being who refused to allow disappointment, financial hardship, illness, rejection, disability, or any other challenge to stand in the way.

Call To Action

My coach's request to you is that if you are not familiar with the stories of people like Oprah, Mike Dooley, Martha Beck, Anthony Robbins, Wayne Dyer, Louise Hay, and Sir Richard Branson – just to name a few – do some research and let their commitment to path and purpose be an inspiration to you!

And if you are currently in the midst of contrast, here are some questions to journal:

1. What is this experience trying to show me?
2. What beliefs are being highlighted that need to shift?
3. How can this experience help me to further clarify my desire?
4. Whom is the Universe asking me to become?

"For the one who continues, failure becomes impossible." – Mike Dooley

Affirmation:

"With God (Spirit/Source-whatever language speaks to you), nothing is impossible!

I do understand that navigating contrast can be tricky. If seeing the benefit in contrast is an area where you wish to receive some support, then I recommend we connect! Simply email me at info@avalonianmoon.com to request your complimentary Discovery Session and let's explore how I can support you.

Elaine C. Torrance-Gingrich Law of Attraction Coach

If you would like to learn more and work with me one on one I would love to work with you.

www.avalonianmoon.com



YOUR INNER CHILD GROWS

Fun & Dance. Cheer & Laughter. Every day you would get up and be excited by what the day could bring, maybe a snow day or start of summer vacation. The idea of being free to do whatever you choose, felt great.

You could swing by a friend's house or go exploring in the woods whatever you fancied. You explored, you laughed, you jumped, and you laughed some more. Every day was greeted with fancy and wonder.

As you move through life, something starts to happen and your need for your inner child seems to dissipate. High school comes and everything gets serious. What are you going to do with your life? Are you going to go to college? If so, where?

Your inner child's voice is left behind while you try to figure out your next step in life. Before you know it you have become an 'adult' and your inner child has become a faint whisper. Your urge for rolling in the leaves or playing in the pool lessens and you spend most of your time focusing on the next prize instead of enjoying the gifts of that day through your inner child's eyes.

Deep within you is the voice of your inner child. It holds all your childhood memories. The ones you cling to the most are the good ones of course. The good memories of my childhood make me feel warm inside.

But every now and then there is a rumbling of something just underneath the surface that happened when you were a child that you have been trying to keep buried inside. Maybe it was the way you were treated or something you did or did not do. Whatever it is we all have something from our childhood we care not to remember.

I am no different. My little sister was stubborn and hot headed and so was my mother. This caused many arguments between them. Whenever they would start yelling at each other, I would go hide. I was afraid to come out for fear that any leftover wrath would be placed upon me. I hid in any place I could find until the coast was clear.

This is not a childhood memory one wants to remember, there is nothing fun or funny about it. Remembering these memories hurt, so we push them down as far as they can go. When you do this, you are pushing the anger, fear, shame, guilt, resentment, regret and jealousy of the memory deep down into the cells of your body.



Burying it deep inside is not the same thing as releasing it. Releasing it for good requires you to first acknowledge its existence. Then you must release the hurt surrounding it. Release it from every cell, blow it out and let your body exhale. It's been holding on to all that hurt just below the surface so that it can protect you from the heavy feelings it causes you. But it can only hold onto them for so long before symptoms of it manifest in the body.

As the arguments continued, I took it one step further and started to not just physically hide but mentally too. I discovered I could make up better stories in my head. I became a dedicated day dreamer and on top of the arguments, I grew 6 inches between 4th and 5th grade. Now hiding was harder than it was before, instead I stood out like a sore thumb -5'8", acne and braces. What could a girl do to get a break!?

My daydreaming slowly took over my life. I spend hours after school in a dream state where the world was happier, peaceful and more fun. My parents never understood why I did it and honestly I didn't know either but I knew one thing, I loved it! But then I graduated high school and I tried to stop spending as much time in a dream state but I could not so I shamefully hid it.

Your inner child holds all this inside. It's like trying to hold your breath forever. You might be able to do it for a bit but eventually you need to take a new breath and in that little moment, something from underneath bubbles up to the surface, sadness, a memory, anger, etc. You feel it and you may spend some time wallowing in it and then you snap back into reality and your body is back to holding its breath.

Your body does not want you to suffer. It wants you to have an awesome life and if that means it needs to give up some of its peace and serenity so you can have it consciously, it will do so but eventually a little breathe it not enough. It needs a deep cleansing breath and in order to do that it must let out more of the pain. Every time this happens your body will show signs of this as a symptom, maybe a rash, pain or overwhelming sadness. And eventually your body just can't hold it in anymore and it all comes pouring out all at once. All of sudden, you feel like someone stole your rich fulfilling life and replaced it with a life of pain and suffering.

You do not have to suffer, you could instead recognize the memory inside that is causing you so much angst. Sit with it. Let all the emotion flow out of you, cry, and wail, let it out! Whatever feels good for you (outside of hurting someone or something) do it! Those emotions you are holding in are eating you from the inside out. Emotions do not disappear, they must be expressed to be released.

I love my mother and sister and I have a pretty good relationship with them, both now, but little did I know that the arguing and the resulting day dreaming escape time would still be effecting my life and my health 30 plus years later. Every time my body has taken a breath since, a new symptom or healing crisis would surface.

First there was a DVT (blood clot) then an unrecognizable disease and then food allergies. I am sure I am missing a few but only in the last 6 months or so have I been able to grasp that I was basically torturing myself so I didn't have to face and release those feelings that my inner child harbors deep within.

In the spring, I tripped walking and I slammed my chin on the sidewalk. I am thankful I did not bite my tongue or even break my jaw but it did leave me with a golf ball sized bump on my chin and a quarter

size bruise and scrape. Besides my chin, I scraped my knees and legs.

Within a week my chin was completely healed but it took weeks for the other scrapes to heal. There are scars on my knees but there is no scar on my chin. How could the worst of it heal without an issue but the minor scrapes take so much time and leave a scar? At this point, I realized that the healing energy that I was pulling in through my crown chakra during healing sessions was not making it down my whole body. It instead was getting blocked somewhere. Then just about 6 weeks later, I was diagnosed with another DVT. My body was screaming for me to allow it to breathe so it could draw in new air to cleanse my body. But I still wasn't ready to hear the truth that my inner child had to tell me.

Then I started to get this awful sensation in my mouth. It would not go away no matter what I did. I worked with healers and they would say that I was blocked in that area and that my root chakra needed some work. I did the work and some of my issues would get better and then they would reoccur. I felt like I was in the never ending story, every time I thought I had it solved it would pop up again. After 6 months of this, I had finally come to the point that I would do anything to figure out what was going on and after allowing myself to listen to my inner child, I discovered that all that arguing had taught me that it was unsafe to stay in my body. This means that most of the time I am not grounded to mother earth. Instead I find comfort in meditation or being in a Theta state. It is my home, it is where I find the most comfort. Now in order to get my health back, I have to release the anger, hurt, fear and guilt I have about those screaming matches so that I can get my health back and move on with my life.

So I ask you; what in your childhood have you tried to repress deep inside? What causes you pain and suffering when you think about being a child even for a second? I know it is hard but your body wants to breathe, it doesn't just want another small breath, it wants a big cleansing breath. But to do that, it needs to release that which is buried deep inside.

Are you ready to allow your body to breathe, to exhale all the heavy gunky feelings from your childhood? Your inner child has something to tell you but first and foremost it wants you to know that it loves you regardless of what you may or may not have done. It longs for your attention. It wants to re-infuse the laughter, fun and freedom into your life that you once experienced as a child.

But to really embrace that part you, you must allow your inner child the time to heal from that which caused it pain. Start by remembering something from your childhood that puts a smile on your face. Enjoy that for a moment. Then reach down inside and allow a childhood memory that needs to be healed rise to the surface. Recognize it and release the emotions tied to it. Make peace with it and allow the happy feelings of the first memory lift your spirits. Work with your inner child until you have both have been able to process and release those emotions that you had pushed down so deep.

From here, your inner child will grow within you and you will start to see the world through the eyes of a child again filling you with wonder and laughter.

Tami Reagor - Theta Healer

If you would like to learn more and work with me one on one I would love to work with you.

www.wellbeingis.com



Finding Balance In An Unbalanced World

During a recent releasing meditation for the Taurean Full Moon, a massive realisation hit me. So often we think of emotional states which do not serve us, as lower grade emotions; we often term these as 'negative'. There is a natural predisposition, a by-product of our 'socialised-selves', which has a tendency to make these wrong but what if, instead, they were a call to action? A call to change? A call from an old buried part of us that needed to be heard?

What if, lower grade emotions existed as a means of signaling that we are out of alignment with our own authenticity, our true selves?

What if, they were like the body's inner wake up call, to stop, go within and listen, to unlayer and see the truth of why we were triggered? What if they were our subconscious' means of letting us know there was simply something which needed to be addressed to be cleared?

As humans, there are so many emotions we term as 'negative': anger, sadness, loss, grief, disappointment, resentment, betrayal, loneliness, confusion, fear, doubt, criticism, judgment; the list could go on and on. Generally, we don't particularly like how these emotions make us feel and so we 'cycle' them, that is, we go through a pattern of emotions again and again through life. These become 'patterned' into our Neuro Linguistic Programming and mostly we layer and unlayer them quite unconsciously. In someone who is resistant to change, either consciously or unconsciously, we can witness this repeating of patterns occurring again and again until the person reaches a state, that is SO uncomfortable that they actually go right back to the beginning of recycling their emotions.

Alternatively, sometimes people get to the point where they are so fed up with the same outcome that they realise something has to shift, so they push through the next round of extreme discomfort to come into a state of connection, with the divine, where they see life from a higher perspective.

For me, personally, my 'ah-ha' moments, often occur in meditation, in the space between the breath. It's like some greater divine force, beyond my awareness, kicks in and says, "Ok,



I can see you're still. I can see you're receptive. Finally, you've stopped and are listening... let's drop a seed!"

Recently, I was blessed with a massive seed implanted on apathy. It's funny, how people can think of 'negative thoughts' as dangerous and of course, they do so often come with a downhill energy spike.

Generally, they don't make us feel great about ourselves or life but of course, in judging them, we lose the lesson, the message, and the inner communication. Apathy, is far more insidious though. It's what I'll call a 'waste thought' or 'waste zone'; it's kind of a sticky, murky, a globulous zone of 'nothingness'. It can be disguised as indifference or even numbness. I realised when this seed dropped in, that it's so often the pivotal moment of 'disconnect' with life. To be caught in lower grade emotions, and by caught I mean 'stuck', is to be disconnected; apathy, that state of 'can't be bothered-ness,' is so often the freeway to downhill spiraling emotions and when we are unaware, we can be there in SECONDS.

As I sat and contemplated 'apathy', I realised that it is ALWAYS at the root of all of my challenging times; it's my disconnect with the present moment. I see its root in childhood as indifference but

simultaneously am aware that I rocked it BIG TIME during deep grief after my grandfather passed and I stopped feeling, when I was 14. I stepped into numbness, because feeling was just too dang hard and unconsciously implanted a brain-patterning, that when the world got 'too hard' I could detach!

My youngest son, is obsessed with the coming of the 'zombie apocalypse' which does my head in and I am forever telling him it's never going to come. The reality is that it's already upon us because for many of us, this is a life we are already living; one of going through the motions, halfheartedly, living from paycheck to paycheck and tuning out to life; catching up with friends for coffee, only to spend most of our time on the mobile texting others or checking fb or 'checking in to' fb so that everyone can know where we've been! Mindlessly, playing hour upon hour of video games, to beat our own highest scores, detached, disconnected, in an altered state of emotional numbness.

As I contemplated 'apathy' and the way it can rear its head unexpectedly in my life, I perused aspects of my behaviour and noticed that

I prefer trophotropic states. I LOVE meditating; as a Kapha body type (Ayurvedic medicine) I am much more comfortable with the trophotropic state of chilled relaxation. Conversely, I really don't enjoy the diametrically opposite ergotropic state, of the mass adrenalin rush to the same extreme and will often avoid it... but life's about balance. I saw very clearly today that by avoiding exercise and things which mean stepping into that heightened state of movement, that I can easily create a predisposition towards apathy. I am relaxed and comfortable reading a book, checking my emails, 'working/playing on Facebook', meditating, chilling in nature... but without activity it's not balanced, without activity there's no action, without activity how do we truly pursue our dreams.

Many of us have drawn into our lives at various points, people who treat us with indifference, who don't see our magic, our shine, our worth, our treasure. SO often we are caught in how tough these lessons are and feel the betrayal to our core... but, what if these 'lessons' these 'emotional states' were mirrors of how we see ourselves and indicate times when we have chosen to take the easier, chillaxed, I don't really need to invest road and sold ourselves short... or worse still, the I'm not worth investing in path. Perhaps we were told this or shown this as children and have inhaled it into our being.

On a daily basis, I am becoming more and more aware of how I would never treat another in the way I treat myself, perhaps apathy is another, and most profound challenge for me?

What if these difficult situations and people, were our teachers? What if the mirrors are our wake up calls of lives half lived that we DO NOT want to choose? I do love Abraham and have always loved 68 seconds of Pure Joy. Joy is the polar extreme of Apathy. So today I practised remembering moments of joy for 1:11 and focused on times I have been exhilarated with joy. Most of them involved dancing, walking, swimming... none of them involved sitting around doing sweet nothing. Even moments like watching the clouds clear at the top of Machu Picchu and seeing a condor shoot between those clouds to herald the magic, celebrated the effort of walking to the top of that mountain in the first place.... Whilst those 3 minutes of SHEER MAGIC were SO WORTH it, believe me, fitter though I was, the 45 minutes it took me to climb were NOT easy! It was not handed out on a platter to me! I poured some serious perspiration that day to attain that gift!

Most of my bliss moments, involved dancing; something I do so very rarely these days, but I noticed that when I begin cutting these things out, or making excuses, that's when the claws of apathy begin to come creeping back into my world. In that week, I had 3 friends talk to me about physical body and exercise; 3 different pebbles. It was the Taurean Full Moon; all connected to releasing limitations of the physical body. If it had not been my focus in meditation, I might have missed each pebble; but the awareness created an acute attention that allowed me to notice each comment and action it.


Each and every one of my dreams is currently a limitation for me because of my lack of physical mobility, it's time for that to change. It's time to DREAM WITH OPEN EYES and balance life with increased activity... and so it is.

Karnie Kamala - Transpersonal Counsellor & Crystal Healer

If you would like to learn more and work with me one on one I would love to work with you.

Karniekamala@hotmail.com



A person is seen from behind, standing on a beach and looking out at the ocean. The sun is setting in the upper right corner, creating a bright, starburst effect and casting a long, dark shadow of the person onto the water. The sky is filled with soft, golden light and wispy clouds. The overall mood is contemplative and serene.

*Grieving
With An
Open Heart:
Gratitude
& Grief*

The concept of Gratitude is a really good one, in theory. Getting into a state of gratitude though when we are really challenged is another story altogether, and I know what I'm talking about, from years of experience. So much so that I got rather annoyed when yet another well-meaning friend, family member, teacher or my husband suggested to find something I could be grateful for while I was raging and fuming with some situation or person... until my husband died unexpectedly. All of a sudden, I stood on uncharted territory, with no map, no outer guidance or a book I could quickly read on how to deal with the experience of my soulman having disappeared from my physical life. And BAM there it was, Gratitude. And I was so deeply rooted in it that I couldn't believe it at first.

I couldn't believe the whole situation at first anyway, as this is something that happens to other people, right? We've heard about friends or family, acquaintances, celebrities who have suddenly lost a loved one without warning, how they fall off the edge of normality, how they can barely cope... we have seen them in pain... I have witnessed my husband's pain when his dad died yet it wasn't my pain... This whole grief thing had gone past me somehow... the suffering, the sorrow, the fear, the pain, the tears... they were not sources for me to rely on, as I hadn't had any conscious experience of this in my own life... So what to do? What resources to access? What had I done with my life, what knowledge had I gained over the past 44 years that could help me now? All these questions possibly ran through me in nanoseconds, as my whole being (body, mind and soul) adjusted to this new physical situation. And what did I do? I breathed, and I was so calm, so clear, so not in shock, and so grateful. Why? I have no idea. It felt as if a part of me was watching from the sidelines, ready to step in to hold me, support and steady me if necessary... a part of me? Or my soulman? Were we ever separated? Or have we been truly one anyway, and we just thought separation is real? So much to ponder, but no linear time back then, as I was prompted to decide many things in a very short time frame. Get organized, get rational, handle the situation with my children, my family, my soulman's family...get HELP... And all through that first day, from the moment when total strangers rang my doorbell to tell me my husband had died, I was engulfed in gratitude.

Today, I still am. Recently, a good friend started teasing me with 'you and your gratitude', to which I could laugh with this friend, as we both know how much it has helped me and still does. Now, I have a lot of time to ponder... my soulman has moved to the other side of the rainbow a while ago (sometimes it feels like yesterday, then again it feels like ages ago, in linear time, he died in April 2014), and every day, I am grateful on purpose. It comes to me easily now, and with it come the tears. Tears of grief, tears of relief, tears of being so moved by all the help and support I got during this DEATH time (Deep Experience Activating The Heart). I actively carry gratitude in my heart, and in my day consciousness. It flows out of me spontaneously, it feels like I've gone all soft and gooey that way, and I like it a lot. It shows me that I am alive, that I FEEL so much, that life is worth living, and that there is so much to be grateful for every moment of every day.

What happened is, that the attitude of gratitude everyone talks about has become such a natural part of me. Looking back, I see it like this: for a long time in my life, I have encountered the concept of Gratitude again and again, in various situations, in various stages

of my life, from early childhood on. At first, I intuitively went with it, as children do. Then, other things became more important, like rational learning, performance, achievements, and output. And gratitude changed with it. Good manners demand being grateful anyway, right? So while finding my path through all this pressure of becoming 'someone' who is accepted in society, gratitude walked with me, sometimes in the foreground, and mostly somewhere in the back of my system. At some point, I made the decision to change my path, towards myself again, instead of walking away from my soul and me. My soul sighed happy sighs a lot then, and I remembered more and more how beautiful it is to trust my intuition. And gratitude started blossoming again, in my everyday life. Until I forgot, as I was traipsing along being my human self. I kept walking, meeting my Self in many different situations, with many different people, fine-tuning my listening skills, my hearing capacity for my own inner voice and my awareness of who I am. By becoming more aware of my soul voice, gratitude became more active again in me.

So in hindsight, I trained myself intensely, to be able to deal with all sorts of situations. When my soulman walked into my life, I was able to connect with him straight away, to allow the soul connection to grow into a human love connection. Our souls recognized each other, and as they say, the rest was history. (Often, I say that I have had many Hollywood moments since my soulman died; as I am writing this now, I realize that our first meeting and how we became a couple was also quite Hollywood-like... and that makes me even more grateful!) We grew together quickly, no petty arguments over toothpaste or hoovering (ah... yes, once over hoovering...), and the marriage proposal was quite a natural thing, happening quickly. Now, I know that we didn't have that much physical time...it all makes so much sense that we didn't wait too long with anything, and I am grateful for the 14 years we had together. I believe that all this beautiful unfolding was possible because I had trained myself to be in awareness. I continued to train myself, and also offered my insights to my soulman, to my family and soul family, and to my Reiki students. Fast forward to April 2014, I had kept on working on myself and my awareness, and almost invisibly to my mind, I had created a very stable foundation to stand on for being able to deal with the 'worst' that can happen.

Through my DEATH experience, I have learned that grief is a very personal and individual path, and on my path, gratitude is a wonderful companion. As much as I'd like to help anyone who walks a path of grief, I can only reach out my hand and my heart in love, and offer to listen. I have no thing to offer you, I can just remind you of what you already know.

'I love people who have been through adversity and heartache and obstacles as impossible as the sun itself. They usually make it out with hearts as warm as gold. Cores made of fire. Lives soaked with full intention. Hope like another morning. They know how to start again, how to walk through walls with palms wide open, and how to begin at the edge, and end. Those to me, are the best people'. - Victoria Erickson, author of Edge of Wonder

Barbara Patterson - Conscious Awareness Teacher

If you would like to learn more and work with me one on one I would love to work with you.

www.barbarapatterson.de





CONCEIVING OUR NEW HUMANITY - KEYS TO CONSCIOUS CONCEPTION

As the evolution towards greater personal health responsibility and sovereignty steadily gains momentum, the idea of consciously preparing for conception and pregnancy is becoming an important consideration for new parents of our times.

Increasing numbers of couples today are actively seeking the support, guidance, and information to assist them to consciously prepare for conceiving a new baby.

More and more research and exploration into the field of epigenetics indicates that the way we care for and relate to ourselves physically, emotionally, mentally, and spiritually throughout pre-conception, in pregnancy and in birth will have significant and lasting impressions on the limbic imprint and long term health and psychology of the baby.

Conscious conception starts with the intention to create a space of love and invite a special soul to come forward from spirit and become part of your family. Before a couple consciously conceives their baby, it is vital that they take a concerted examination of their lifestyle, habits, emotions and their beliefs. This honest look at their "stuff" coupled with dedication to enhancing their physical health and vitality and a clear intention to work through old emotional wounds and unhealthy transgenerational patterns are the keys to preparing consciously for parenthood.

My work in pregnancy and childbirth has evolved to include a greater awareness on the magic and potential of the time leading to conception. I see the keys to conscious conception as being both energetic and physical in nature. My intention in this article is to

delve deeper into these keys and also to share in some special tools that were a part of my own journey in consciously conceiving my children.

Energetic Keys: Clearing Trans Generational Wounds & Patterns

For mothers, consciously being prepared and supported to heal from any past traumas connected to the womb such as miscarriage, losing a baby and especially sexual abuse, is paramount when preparing for a new baby. This may involve not only healing their own wounds, but often the wounds of their foremothers and ancestors and for others still, and at an even more profound level, a willingness to support healing for the womb space of Gaia.

I recommend receiving the healing rite "The Rite of the Womb" This energetic transmission from the Munay-ki states that "The womb is not a place to store fear and pain, the womb is to create and give birth to life." I am honoured to be a Sacred Womb Keeper and now share this rite with women of all ages, the feminine healing is profound and best shared with other women in shamanic ceremony. Shamanic journeying to your inner womb goddess is also a powerful practice and I recommend the work of Jane Hardwicke Collings' School of Shamanic Midwifery to assist you to connect with your womb in this way.

At the time my partner and I were consciously preparing for the conception and birth of our first child, we were earnestly preparing our bodies physically and yet there was a deeper yearning to clear and detoxify from limiting beliefs and generational patterns at the cellular level of our being.

I was fortunate to meet an amazing woman who taught and ascribed to the Rayid system of healing, this system contains fascinating and compelling insights into transgenerational patterns, family dynamics and the nature of birth order. I sought her opinion on what she considered would be the most important way for parents to energetically prepare for an incoming soul. She gifted me some powerful family clearing rituals that involve identifying undesirable or negative transgenerational patterns that are present in both your maternal and paternal lineages as well as a ritual designed to support your own sacred union as a couple, that involves clearing your physical and etheric body of the imprints of past sexual experiences and energies.

The rituals work basically by use of decree, in the case of the family clearing ones you are guided to break the agreement or release the cellular connection to these negative family traits and patterns, the decree identifies and clears these patterns going back seven generations for each line. The divine union clearing also uses a decree to clear the cords and imprints of past partners and affirms the sacredness of your own union together.

It was intentional and transformative practice to work with these clearing rituals, my partner and I both released and shifted a significant amount of energetic debris and were able to process these clearings gently in lucid dream states. I now highly recommend these clearing rituals to all parents as part of their conscious conception practice.

"The process of coming into the density of Earth is wonderfully enhanced when parents, relatives, birth attendants and caregivers consciously choose to lift their vibration into greater light. When there is coherent love present, it is possible to resonate harmoniously with these very sensitive children. With this support, these wondrous souls, who come with the ability to express great love, can accomplish the transformational work of replacing society's dysfunctional structures with those that are more conscious and humane." - Claire Heartsong

This channeled quote from author Claire Heartsong speaks to my soul, parents interested in conscious conception should be open to the knowing that new frequency children or "crystalline /diamond light children" can connect to their parents energetically even before they become joined in creation. Nurturing your relationship by doing loving things for each other and building your energy to the highest vibration of unconditional love will build a strong resonance field for your incoming baby to connect with.

It is not unusual when you are consciously creating that space of love for a baby that they will come into your consciousness in dreams and in meditation. Many incoming children will also name themselves prior to or just after conception, for this reason engaging and welcoming your unborn child via prayer, meditation, journal work, song and expressive movement are important and joyful practices.

Before conceiving my second child, I adapted a special Huna prayer whereby I described to him why I wanted him in our family, what qualities I would love him to have and what a wonderful life we would have. I repeated this prayer daily, calling in the unique soul that we would be guardians for meant that when he arrived in my womb, we were already acquainted and enmeshed in spirit, he confirmed his conception with me that evening in a dream state which was very special and a tribute to the unconscious communication we had enjoyed through participating in prayer and ritual.

Engaging in the spiritual and energetic practices for conscious conception such as the ones I have mentioned here are ideally supported and perfectly aligned through equal engagement in practices that increase the health and vitality in your physical body, your high vibrational soul is going to need a high vibrational body to develop and grow to his or her maximum potential!

Physical Keys to Conscious Conception

The formation of sperm (spermatogenesis) may take up to 120 days and the maturation of ova is subject to damage during their period of maturation, which is approximately 100 days before ovulation. What this means is that an ideal lead in time to preparing the physical body optimally for conception should be a minimum of 3-4 months and ideally at least 6 months.

At least six months before trying to conceive, both parents will benefit from undertaking a period of detoxification, engaging a largely vegan diet with emphasis on plenty of organic fresh fruits and vegetables and drinking pure structured water is optimal. It is the time to cut out any bad habits, junk foods, or processed foods and start developing good eating habits.

The use of liver herbs and supplements to assist heavy metal detoxification may be indicated as well, basically speaking, nutritional preconception care involves ensuring an optimal supply of all factors that are essential to the health of your sperm and ova, to the developing baby and the clearance of toxins and heavy metals that have been shown to be harmful. 3-4 months before trying to conceive, the focus should be less on detoxification and more on nourishing the body with nutrient dense foods, essential fats and plenty of vitamins and minerals. Seeing a naturopath who specializes in fertility will support you to make great pre-conception nutritional choices.

Other natural therapies and physical practices supportive to conscious conception include homeopathy, flower essences, regular exercise and yoga practice, acupuncture, massage, craniosacral therapy, kinesiology, somatic bodywork, yoni steaming, dance and meditation to name just a few.

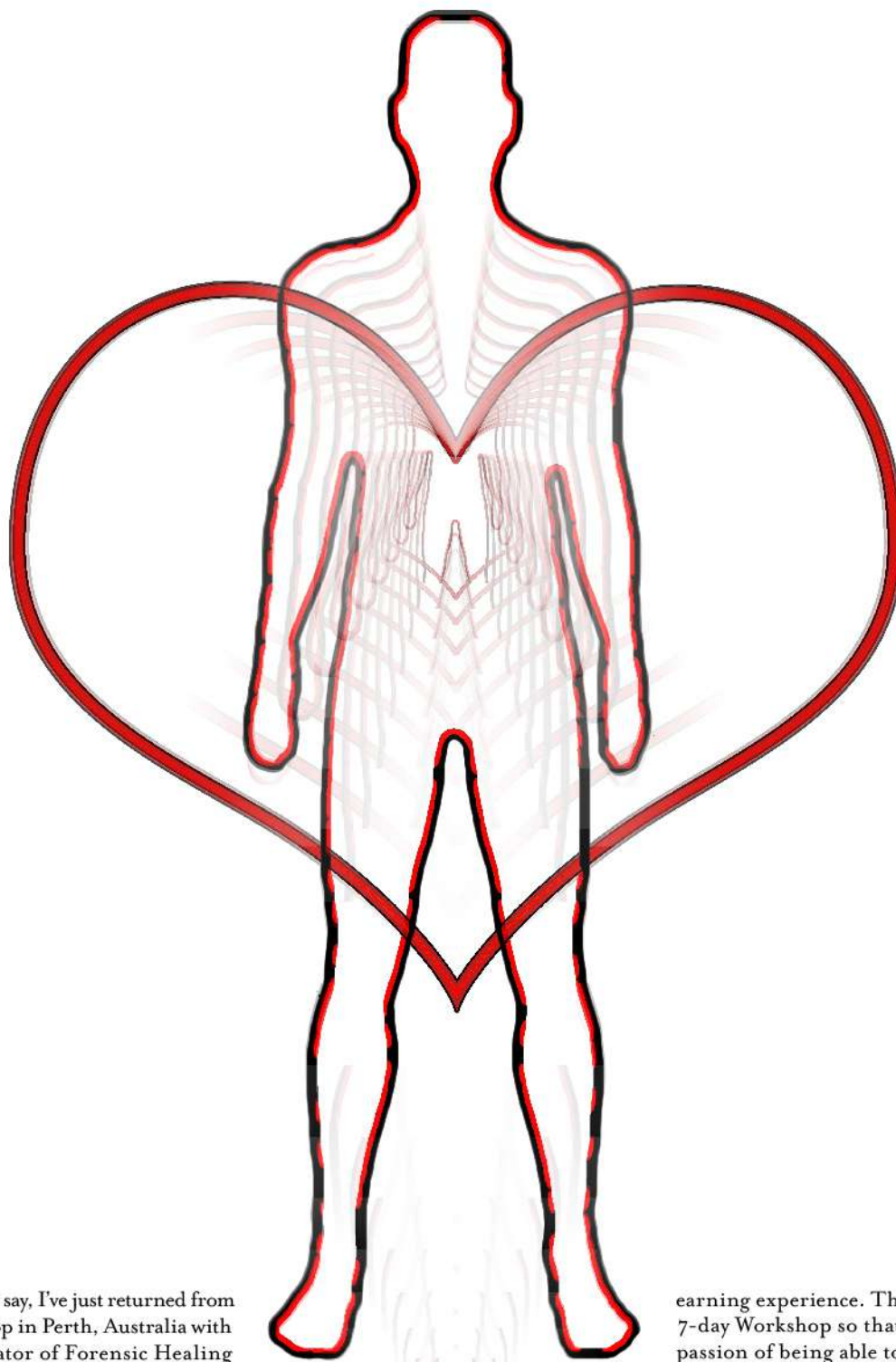
There are thankfully many wonderful modalities that can assist us to "recode" our limbic imprints, and re-imprint and transform from unhealthy patterning.

With all of this new information and a myriad of passionate and diverse holistic practitioners available to conscious couples, I believe it is simply far more integral that as new humans wanting to bring about positive change on the planet that we set the conscious intention to create a joyful, healthy and loving space for new babies to be received from the outset. It is these babies that will be inheriting our earth and I see conscious conception, birth and parenting practices at the heart centre of assisting our new humanity in co-creating a much needed more abundant, equitable, loving and harmonious world.

Katie Kempster - Hypnobirthing Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.harmonichypnobirthing.com.au



Forensic Healing & Autoimmune Disease



WOW! What can I say, I've just returned from a 7-day Live Workshop in Perth, Australia with the Founder & Creator of Forensic Healing Marisa Russo and 33 other amazing women who are all talented and gifted in a variety of modalities. What an electrifying, emotional and incredible healing workshop that was spent with these women! This was my 3rd return of doing the course, not because I needed to but because I wanted to. Each time I've attended it has always been a new and profound l

earning experience. This time I attended the 7-day Workshop so that I may now share the passion of being able to teach as a Certified Instructor for Forensic Healing in The Essentials Workshop Events. These events are held on various (see Essential Workshops for Women) dates by a handful of qualified instructors located globally (myself included) to provide women that are interested in learning energy healing, an overview about Forensic Healing.

I signed up to do the Forensic Healing Essential Course in April 2014. I had always been interested in Detective shows writers such as Patricia Cornwall, so energy healing was new for me, but somehow resonated instantly. Knowing what I know now in such a short time, I can truly say, though I may not have years of experience as a healer, that is not thwarting (did I just say that word...?) me from going out doing what I love and knowing I can help people. I had never been to an energy healer before, yet I felt compelled to dive in, find out about the stories I was hearing and feeling from women that had used Forensic Healing (this was my first real awareness about energy that was explained so perfectly).

I met Marisa when I attended an Essentials Workshop in May 2014. I had already read the introductory course manual and videos and wanted more. Before I even finished the workshop I knew I wanted to do the course online, then I knew I wanted to attend the Live Workshop.

Since I've been a qualified Forensic Healer, I've engaged with clients (that's seems an odd name for me to use now as I've never before seen people in this capacity as a healer, and that's exactly what I am!) and I can tell you how completely satisfied and amazed I am when I see and feel the difference helping someone who is disconnected, out of balance, feeling blocks or has disharmony in their life. I actually knew that this form of alternative therapy in energy healing would be what I'm meant to do.

Forensic Healing and Autoimmune Disease

So what can I tell you about Forensic Healing that can be informative and possibly having anything to do with Autoimmune Disease? Well first of all, what actually is autoimmune disease? Mmm, no it hasn't got anything to do with your car! I decided to do a brief "Google" to find out more about it...

When you look at the signs or symptoms they give you, how many of us has had these symptoms and not realised the seriousness? Autoimmune diseases are considered a top 10 leading cause of death in women under the age of 65. Here are a some of the main ones.

1. Pain with muscles or joints, a weakness or tremor
2. Loss of weight, sleeplessness, rapid heartbeat
3. Skin rashes, or hives, sensitivity to the sun
4. Foggy brain, loss of focus and concentration
5. Feeling tired or fatigued, weight gain or cold intolerance

What causes autoimmune disease? A majority of this has underlying issues associated with genetics, and then there are other factors such as toxins, free radicals, moulds, infections, food sensitivities. The list goes on!

So I want to share an aspect of how the Forensic Healing System has been developed and focus on one of the modules within the system on Physics. Now I'm not a Doctor, so I'm not diagnosing, or prescribing any condition of a person whilst I'm doing a healing. I'm purely connecting and I become a conduit of their energy. The body reveals the information that suggests the condition we need to address and help release that, by all means confer with your specialist but I allow what the body has already retained in information and let it guide me.

Within the Physics system, this covers all aspects of the physical aspects or blocks that need to be released and the powerful pathways

that will assist the release. This course covers the physical aspects that may come out as pain or many of the conditions mentioned above. The categories that are covered, there are 14 of them, each have healing pathways and a related scan list relative to that category, just for instance within the genetics category we have 18 words within that list, and for me I can't even pronounce some of them! The beauty of Forensic Healing is everything has been provided for us and we only need your body to give us that information. That's where the power of Intuition and logic plays a part for us as well.

The Physics aspect of Forensic Healing is about the physical traumas, allergies, substances, toxins that may unbalance our body. These aspects or blocks can be released from the body with using the powerful healing pathways to assist the release.

So going back to autoimmune disease, I believe you can align yourself back into better health once we detect or find out the cause and apply this powerful and effective process to release.

So let me show you what Forensic Healing can do for you. You'll love the amazing technique of getting "the story", finding the clues and release those imbedded fears, traumas, pains that can prevent you from living your life to the fullest in health, love, happiness and freedom!

Yes freedom.... isn't that what we really are wanting in this life?

Why You Should Choose The Forensic Healing System...

- Forensic Healing uses **Healing Secrets** to activate spontaneous healing forces
- **Words of Power** are used to close down negative forces and open positive energies
- **We follow a protocol of Opening and Closing statements** to bless, access higher sources and guidance etc.
- **The Client** plays an active part in the identification of life patterns and the emotions that run them
- **Identifying the clients age** where the impact with programs, beliefs and patterns occurred
- **Embeds Law of Attraction** to enhance life changes
- **Exposes how are relationships leave imprints** on ourselves and others
- **Addressing all healing pathways** - energetic, physical, emotional and spiritual
- **As a Forensic Healer** I know exactly what to do, step by step for any condition
- **Understanding the patterns of clients** who heal easily and the clients who don't
- **As a therapist we too are healed with the client, creating good karma** and attracting what we need to make your healing experience successful
- **A feeling of passion and excitement** solving life problems
- **I genuinely care** about your progress as a therapist

"To hold someone as your object of attention while you're connected to Source Energy, is the greatest gift that anyone could give. When you're not happy, you don't have anything to give. And so, what it literally means is be happy, because you cannot give anyone something that you do not feel." Abraham

Shona Russell - Forensic Healer

If you would like to learn more and work with me one on one I would love to work with you.

www.shonasoulsonynergyhealing.com





KETOGENIC DIET VS PALEO DIET

I often get asked, “What is the difference between the Ultra Lite Ketogenic diet, and the Paleo Diet? We at Ultra Lite specialize in helping people to make better food choices with a view to teaching them how to balance ones consumption of proteins and carbohydrates, to give one the tools for sustainable weight management.

The Ultra Lite program provides a natural balance of vitamins, minerals and amino acids which not only achieves weight loss but promotes a total feeling of health and well being. The main concept is that we teach people that by eating 3 whole food meals a day (as

opposed to meal replacements) they can get into ketosis (a fat burning state) safely.

So What Is The Difference?

What It Means To Be Ketogenic

The goal is to force the body into a state of ketosis, the process of the body burning stored fat. On this plan, you achieve ketosis a modified protein sparing fast, the reduction of carbohydrates and the increase dietary fat.

A 2004 study published in *Experimental & Clinical Cardiology* found that long-term adherence to a ketogenic diet may:

- Reduces body mass
- Lowers blood LCD and glucose
- Increase the level of HDL or "good" cholesterol

What Is The Palaeolithic Diet?

The Paleo plan focuses more on eating meat under the assumption that early cave dwellers had limited access to grain and greens, and thus were 'made' to eat a diet primarily composed of protein. Practitioners of this plan focus of getting energy from animal products that are high in protein and low in carbohydrates.

Avoid processed foods like:

- Refined sugar
- Table salt
- Dairy

Modern man faces many chronic diseases that didn't plague them in prehistoric days, so hypothetically, eating the same way should improve your health.

Differences Between The Two Plans

The ketogenic diet focuses on manipulating the three macronutrients, which are fat, carbs and protein for those keeping score. The Paleo diet is more about the food choices. You eliminate dairy, grains and processed foods, but balance the macronutrients any way you want.

Why Is The Ketogenic Diet A Fat Burning Program?

A ketogenic diet is quite simply any diet that forces the body into a process called ketosis, whereby fats are burned instead of carbohydrates for use as energy. A proper ketogenic diet calls for the dieter to consume high amounts of fat, adequate amounts of protein, and very low amounts of carbohydrates. Our bodies are used to turning carbohydrates into glucose to send all over the body as energy. When we enter ketosis by sufficiently limiting our carbohydrate intake, our livers start breaking down fat cells into fatty acids and ketones, to be used as energy.

Why Does The Ketogenic Diet Work?

The ketogenic diet works much like any other diet: by limiting the amount of calories you consume, thereby creating a caloric deficit where the body burns more energy than it takes in. That is the fundamental science of weight loss, and while the "a calorie is a calorie" argument is subject to much debate, few will argue that all successful diets rely on caloric restriction, one way or another.

Since the ketogenic diet relies on reducing calories, why cut out carbohydrates at all? Why not just practice calorie counting and focus on eating a traditional low-fat diet like most diet books and nutritionists recommend? *What is the advantage of the ketogenic diet?*

Great questions.

Many of the advantages of the ketogenic diet are rooted in its ability to control hunger much more effectively than other diets:

Ketogenic Diets Control Blood Sugar & Minimize Insulin Spikes.

When we eat carbohydrates, our blood-glucose levels rise rapidly. This causes an equally rapid insulin response from the pancreatic gland. The insulin disperses excess blood glucose, which causes you

to feel hungry all over again. By eating a low carbohydrate diet, we keep our blood sugar levels low and steady, and as a result, carb-induced hunger spikes are avoided. Reducing insulin levels are paramount to success with any diet, as insulin is the hormone that tells our bodies to store fat. By keeping our insulin levels low, we create an environment within our bodies that limits fat storage and promotes fat lipolysis.

Ketogenic Diets Allow Us To Eat Food That Is Satiating & Filling.

Many find that restricting calories on a ketogenic diet is extremely easy. If you're doing the ketogenic diet properly, you'll be consuming the vast majority of your calories each day from fats and protein, both of which are extremely filling and can be quite delicious. Once you remove things like refined sugars and simple carbohydrates from your diet, you'll find that 2,000 calories (or however many you aim to consume) leaves plenty of room to fill yourself up each day. Many keto dieters even find themselves having a hard time consuming enough food each day!

How Do I Do A Keto Diet?

Successful keto dieting is all about properly balancing your macronutrient ratios. It is generally recommended that ketogenic dieters should consume about 60% of their macronutrients from fat, 35% from protein, and 5% from carbohydrates.

Carbohydrate intake should generally be limited to less than 50 grams per day. When starting out, it is generally recommended that you limit your carbohydrates to 20 grams per day, as being strict initially will make sure you enter ketosis, and help you learn the ins and outs of successful low carbohydrate dieting. In your first few weeks, it is helpful to obsessively and accurately track every morsel of food or liquid that enters your body. (Many of us that do keto use our smartphones to keep track of our food consumption – MyFitnessPal and LoseIt! are both very popular apps.) After a while, you start to develop an understanding of how many grams of carbohydrates are in different kinds of food, and you quickly learn how to adjust your dietary habits to a low carb lifestyle.

How Do I Know I'm Doing The Ketogenic Diet Right?

Many people choose to buy a product called Ketostix, which allow you to check the ketone levels of your urine. When in ketosis, our bodies excrete excess ketone bodies through our urine, sweat, and breath. This is handy because we can check to see if ketones are present in our urine. If they are present in any amount, your body is in ketosis and you can be certain that you are sufficiently limiting your carbohydrate consumption. Once you get the hang of the ketogenic diet, and you are able to stay in ketosis consistently and effortlessly, you can raise your carbohydrate intake until you find your body's "sweet spot" – that is, the amount of carbs you can eat each day and still stay in ketosis. Just because you're in ketosis does not necessarily mean that you are doing keto correctly, however – maintaining proper macronutrient ratios is important. Your body needs sufficient levels of protein to preserve muscle mass, and enough overall energy to keep your brain, organs, and muscles happy.

Malcolm McLean - Ketosis Specialist

If you would like to learn more and work with me one on one I would love to work with you.

www.ultralite.com.au





RAW CABBAGE SALAD WITH APPLE, KALE AND WALNUTS

INGREDIENTS

- ¼ red or white cabbage, sliced very finely with knife or mandolin
- 1 organic red apple, julienned
- ¼ cup raw walnut pieces
- 1 cup kale, shopped very small

DRESSING

- 2 lemons, juiced
- 1 clove garlic
- 3 tablespoons extra virgin olive oil

METHOD

Prepare all the salad ingredients and put in a large mixing bowl.

Take the dressing ingredients and put in a blender or food processor, blend until combined.

Pour over the salad ingredients and massage with your hands
Put straight into a Pyrex container with lid.

Will keep for 3-4 days in the fridge.

Belinda The Organic Cook
www.theorganiccook.com.au

the organic cook
personal chef service



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>

HYPNOTHERAPY, NLP & AUTOIMMUNE DISEASE

Autoimmune disorders are a relatively new health challenge that are coming to light, and is faced by more than 24 million people through out their lifetime. There are at present over 80 known autoimmune disorders. As environmental tensions and chemical pollution levels rise, this figure will continue to increase in numbers and variety of these disorders.

Autoimmune disease shares commonalities with allergies; inappropriate immune response. In fact, autoimmune disease could be closely described as “an allergy on the inside”. Whereas allergies involve an unacceptable immune response toward an external anti-agent, an autoimmune disorder includes an unacceptable immune response toward the immune system’s own host body.

Some known Autoimmune diseases include rheumatoid arthritis, lupus, multiple sclerosis, psoriasis, celiac disease, thyroid disease, and the many other difficult to classify syndromes in the 21st century.

Autoimmune diseases at the root cause are connected by one central biochemical process; a runaway immune response also known as systemic inflammation; that results in your body attacking its own tissues.

Your immune system is your barrier defence system against invaders. It is your internal support network and its role is to clearly distinguish friend from foe. Autoimmunity occurs when your immune system gets confused and your own tissues get caught in the friendly mash up.

Your body is often battling something, an infection, a toxin, an allergen, a food or a stress response, a virus, all of these are experienced through your system as an attack on your joints, your brain, your thyroid, your gut, your skin, or sometimes your whole body. This immune confusion results from what is referred to as molecular imitating. Conventional approaches don’t have a method for finding the invader causing the problem. Functional medicine provides a map to find out which molecule the cells are imitating.

It is also interesting to note that autoimmune disorders occur mostly exclusively in developed countries. In our busy stressful society, where time seems to be a limited resource, we have less time to pay attention to what our body is telling us, and near no time for relaxation, exercise or to prepare healthy meals. People in under developed countries without modern amenities like clean running water, flush toilets, washing machines, or proper health care, don’t experience these diseases.

Lifestyle choices is a great contributor to the quality of your life, for instance if you lived on a farm with animals, nature, bushland, away from highly dense polluted areas and busy lifestyles you are also

less likely to be affected by any of these autoimmune disorders. Being exposed to dirt, living in a calm balanced setting can be helpful to train your immune system to recognize what is foreign as well as give it time to strengthen and recover.

Autoimmune diseases, when considered all together, are becoming a growing health crisis. It is the eighth leading cause of death among women, shortening the average life expectancy by eight years.

Unfortunately, many of the conventional treatments available can sometimes leave you feeling even more helpless and worst than prior to treatment. Most of us are advised to rely on anti-inflammatory drugs like Advil, or steroids, which can lead to worsening the condition further, without providing any real solution. When dealing with autoimmune disorders, it’s often a good idea to work with natural resources and therapies along side conventional practitioners.

Alternative medicine has shown promising results with regard to helping clients resolve allergy issues. Practitioners of Hypnotherapy,

N.L.P. and various energy healing modalities have all experienced successes with allergies. Due to the common aspects of allergies and autoimmune disorders, it may be possible to achieve similar results in helping resolve immune response issues.

From a NLP, perspective, disease is viewed as a state of dis-ease, or discomfort, this approach believes that whatever we think, and feel, is connected to how we feel physically and results in the quality of health we experience. Similarly other natural and holistic approaches, look at the mind body connection and focuses on addressing the three

aspects for optimum wellbeing:

1. The Mental and Emotional state
2. The bio chemical make-up and,
3. The physical structure.

Deepak Chopra sums up this mind body connection perfectly, "every thought and emotion you experience touches every single cell

in your body. So what do you think happens to your body, when you constantly feed it negative thoughts?" It is experienced in a negative emotional state, which then leads to either physical pain or discomfort.

As we know, the major contributors of autoimmune disease is related to our social environment, our physical, emotional and mental being, and choice of lifestyle.

Who Drives Your Mind?

Users of NLP and Hypnotherapy believe all learning, beliefs and behavior is learnt in the subconscious mind. My question to you is, can we therefore learn a new way of being when confronted by something like multiple sclerosis, anxiety and depression, or celiac disease?

We all have a choice, we can choose to find a better way, or surrender to accepting helplessness. Knowing that you are the driver of our own mind, you decide which path to take, what you want to experience, you have a choice to learn how to conquer the journey or to give in. The human being is a creator, a natural being of light, it naturally strives to progress, to improve, so why not use it to its fullest potential.

Reprogramming Un-resourcefulness

So is it possible to reprogram your thoughts and behaviour about a particular health belief you have about yourself? After all isn't it a habit created by us?

If we fail to make use of the extraordinary power of the subconscious mind, we sentence ourselves to live within the limitations we've created for ourselves. We must know how it works and how to use it to operate and become our optimum self. As the famous psychiatrist and hypnotherapist Milton Erickson once said: "The subconscious mind is like a warehouse of resources and most people go into the warehouse with a little flashlight rather than turning on all the lights." In simple terms we choose what resources we want to work with at the time, so why not choose the ones that will empower you.

Our Subconscious Mind As A Powerful Instrument

Many difficulties, habits, diseases, illness, compulsions, nervous disorders, neuroses and mentally generated illnesses involve some part of the subconscious. It is hard sometimes to understand that the very area that is creating a problem is the same area that protects us from harm and danger every day.

The Conscious Mind Set Our Limitations

By using hypnosis, and NLP techniques we can learn the scientific way to tap into the territory of infinite power within us, allowing us to get what we really want in life. Only using our conscious mind sets boundaries. If we desire a happier, fuller, and richer life, let's begin to use the power of our subconscious mind. And we can set ourselves up for success. The subconscious mind is really where all learning, beliefs, habits, behaviour is created, and it is also where change occurs.

Angie Singh - Hypnotherapy, NLP & Coach

If you would like to learn more and work with me one on one I would love to work with you.

www.angiesingh.com





The Healing Power of Orgasm

How can the big “O” can help heal illnesses such as autoimmune disease, cancer, injuries and much more!

All I used to know about orgasm is that it felt good. I had no idea that it could possibly help heal the body of injuries or disease. Going back in January of 2008 I was pronounced dead in a head on accident while riding my motorbike. I hit a car head on, the impact of up to 160 km an hour. My pelvis was smashed totally open, you could see the indent of my pelvis on the tank of the motorbike. My vagina was lacerated by the tank of the motorbike cutting into many nerve endings. Having many other injuries associated with the accident caused me to have no or very little feeling from the waist down. My sciatic nerve in my right leg was badly damaged and that caused many years of nerve pain and numbness.

Once I became conscious to what was happening, after leaving the trauma ward and going to the rehabilitation hospital, I went straight into healing mode. I knew I had to heal my body to give me back a quality of life.

I used visualisation, affirmations, gratification and sheer determination in believing I will get back on my feet, as I had decided I didn't have a choice being a single mum. I spent the next three months lying flat on my back while my new metal pelvis was stabilising in my body. I laid there pretending I was lying on a

beautiful beach with my sarong wrapped around me. I kept saying that I felt like I was in a nine star hotel, as I was looked after by the nurses and staff so well. I made the best of my situation and I knew it was helping my body to heal.

Many months later, I started to research and study anatomy. I was especially interested in reaching orgasm as I could no longer feel any sensation while self-pleasuring. At 37 years old I didn't want to believe that I may never feel the pleasure of orgasm again. A doctor told me that it may be possible that I may not feel any sensations, due to the nerve damage in my pelvic area.

On my journey of discovering how to heal my body, I have come to learn the amazing healing powers of orgasm. Orgasm helped me heal and feel. With what I know now about the anatomy and the healing powers of orgasm, we can all heal our body, relieve pain, tension and stress.

It had taken this traumatic accident and injuries to lead me on the path of sexual healing and the amazing power of orgasm.

Some scientific information...When our body goes into orgasm our pituitary glands release several neurotransmitters and hormones. Our natural ability to heal is the most complex and efficient drug that exists. Pheromones, oxytocin, adrenalin, dopamine, nitric oxide and testosterone are just a few chemicals that released during orgasm and arousal of the body. These are our feel good hormones and help us in so many ways: they relieve pain, stable our moods, help us to sleep better, are anti-ageing, improve clarity of mind, prevent disease and so much more...

Here Are 10 Top Benefits Of Orgasmic Healing Properties

- 1. Helps Prevent Autoimmune Disorders, Cancer & Systemic Infections.** The digestive system is influenced by oxytocin levels and has been proven to calm gastrointestinal inflammation that greatly reduces the risks of these diseases.
- 2. Improves Circulation To Organs In The Pelvic Cavity.** Women who have intercourse at least once a week, are more likely to have normal menstrual cycles than women that are not having sex often.
- 3. Anti-Aging Benefits.** Your skin radiates and keeps you looking younger when having a healthy relationship that consists of having sexual intercourse three times a week or more.
- 4. Stress & Tension Relief.** No more excuses not to have sex when you have a headache. Orgasm will help relieve up to 70% of your headache within four hours. It may take a little longer to work than a Panadol but it is certainly healthier and more pleasurable.
- 5. A Relaxing Meditation.** Orgasm is a great natural way to feel the same effects as meditation whether you are enjoying masturbation or intercourse. You can feel like you are out of your body with the boosting levels of endorphins and cortisol (a hormone released by the adrenal gland).
- 6. Increases Pelvic Floor Strength.** Every time your vaginal walls pulsate

you are working your pelvic floor. Intercourse is a great way to keep your core vaginal muscles strong and prevent prolapse.

7. Oxytocin Hormone Helps The Bonding Of You & Your Partner. Oxytocin increases every time you have an orgasm. The neurotransmitters send a signal to the brain to help you bond with your partner, helps your social skills and is linked to your intuition and passion.

8. Spikes DHEA Levels In The Body. DHEA hormone improves brain function, balances the immune system, helps maintain and repair tissue, and promotes healthy skin.

9. Prevents Cervical Infection. And helps relieve urinary tract infection.

10. Improves your overall physical, mental, spiritual and emotional health and wellness.

Now you have read the 10 Top Benefits of Orgasmic Healing Properties, I will talk about understanding that having a quick sex session may not cure your chronic illness conditions.

What Is A Great Orgasm & How Do You Achieve Them?

Making your orgasm longer and stronger is an art of using energy and having the full body orgasm. This is why Tantra is an excellent way to focus and channel your sexual energy to enhance your orgasm. Making sex a sacred and blissful experience for you to enjoy the pleasure and joy of connection with mind, body and soul. Having a ceremony before having sex with your partner can certainly help contain a very sacred space for you both. You can move sexual energy or 'Kundalini energy' up the spine, it can last for hours, even days. You can visualise this energy running up all 7 charkas while doing some breath work and pulling in your PC muscle; this has an incredible positive healing effect on the body.

Clitoral massage was a normal practice going back in the 1800's to mid to late Victorian era. Doctors helped women that suffered depression, anxiety, PMS, all female conditions. The vibrator was invented by a Doctor to help women come to orgasm quicker. Prostate massage was also common for men to help prevent prostate cancer. It is more common now that men are having the prostate removed and are not been spoken to about prevention. The treatments were never considered sexual as they were there for treatment as there was never any penetration. As long as the women were receiving results they could return for ongoing treatments. This is what I would call sex therapy or bodywork.

This is how I began my journey to learn and understanding more about healing the body, sexually, mindset, and conscious awareness. Now with skills on Sex Coaching, Bodywork, Neuro Linguistic Programming, Matrix Therapies, Tantra and Sacred Sexuality. The power of the mind and genital connection is amazing. This journey has ignited my passion is to help women and men reconnect with their own sexuality, starting first with their relationship with themselves. My studies continue with Sex Coach University, Spiritual work and integration of all energy types.

Claire Flynn - Relationship & Intimacy Coach

If you would like to learn more and work with me one on one I would love to work with you.

www.claireflynn.com.au



THERE IS TRUE VALUE IN GIVING AND RECEIVING

'A healthy social life is found, when in the mirror of each human soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living'. Rudolf Steiner

If competition is the old paradigm; the old way of operating a business, then what is the new way of doing it?

When working with competition as our focus, we may well be coming from a place of conflict and fear. In a place of collaboration and support we step out of that fear and conflict and create a more expansive and encompassing way of working. We can, when we choose this more positive approach, find and work with a more harmonious process.

Adrian has been working throughout 2015 with a group of 24 people with something that he created and birthed called The Health and Well-Being Exchange Circle (HAWBEC). The main focus and essence of this group is to give and receive in a balanced way, with each person having the opportunity to give and receive up to 24 sessions, treatments or services in a 12 month period.

Can you imagine, just for a moment, receiving a massage, some reflexology or acupuncture every two weeks for a whole year? Perhaps you would choose a healing session with Reiki, sound or kinesiology or even choose a drumming or didgeridoo lesson?

Receiving is only a part of what this HAWBEC community do. Giving is also a big part of the process too, with the opportunity (in 2015) to receive up to 24 sessions each during the year. As we know as practitioners in the health and well-being field, testimonials and referrals are a great way to grow our businesses and this is just what happens with this collaborative approach of working together. There are many other benefits too, including social get togethers, presentation and workshop opportunities and of course social media connections. Once we have had a positive healing or transformational experience with someone, we are more likely to tell others, and when a group of professionally skilled people join together the word and energy spreads very quickly.

In 2016 the HAWBEC model is being expanded. The first two groups (in Brisbane and Sydney) will have 33 members; have monthly community get-togethers with music and presentations, a website, training and learning opportunities, social media coverage and much more. The vision of working in a more collaborative and supportive way will be very much alive within these HAWBEC communities.

When we choose to take a more holistic approach to our businesses and lives and choose to change our attitudes, beliefs and vibrations to more positive and higher ones, we can, and generally always do, attract more of those vibrations back!

This is not new information for many of us in this industry, but it is not always an easy place to work from; especially when working in isolation. Fear and doubt are very real and can stem or even stop this flow. When we choose to work with others to create a bigger, more supportive positive energy it is much easier to hold and work with.

By choosing to work in this new way, we can learn to step out of the more competitive world and bring in many new benefits; including

that of more finance. In the old competitive world there is often a sense of lack which is frequently fed by greed. In this world, in this paradigm, people often start to under-cut each other and devalue themselves and subsequently the whole health and well-being industry. It often becomes a place of conflict, jealousy, ego and even spite and hatred. Love, compassion, healing and positivity, the very thing that we are all trying to offer and bring into people's lives, is often the very thing that we start to lack within ourselves, what a crazy paradox!

It is easy to get caught up with our businesses and lose our life/work balance. One way to bring more balance in to our lives, apart from a HAWBEC session each week or two is to have a cause, project or charity to support. This is especially true if there is a feeling that there is more receiving going on than there is giving. The Botshabelo community orphanage in South Africa is one main focus for Adrian as a way of giving. He has been connected to the Botshabelo community for over 10 years and loves to visit when he can. There is no shortage of places or people looking for support in the world and they will seldom turn you away!

Visualising, creating, planning and putting into action a new business plan or model is often required to break out of the old and into the new. Finding new ways to operate and 'be' in business and in life is not just a necessity for the health and well-being industry right now, it is now essential. If we choose to stay in the old way of working we will continue to see good, honest and very professional people leave the industry because they cannot earn a decent enough living to support themselves and their families.

With collaborative supportive models, such as the HAWBEC, people can work together to set decent fees that really value and honour the work that we do. If this is not done, the Domino Effect will most likely come into play, and, one by one, people and businesses will tumble and fall. Just take a look at the negative effects of the World Free Trade Agreements. For people in small business it is (literally) killing them.

It is important, from many perspectives, to set ones price or fee that reflects a true value of the 'giving and receiving'. This can be measured in many ways and it is important to know what this value is and then hold firm with it. It is a sad state of affairs when we see people offering and giving professional and effective health and healing sessions (here in Australia) for just \$30 for an hour or more's work. Can you imagine doctors, dentists or psychiatrists doing this? It really is time to put a stop to this and to start honouring ourselves and the very industry that should support us.

Learning to find the balance of giving and receiving, which is the foundation of the HAWBEC philosophy, is not always an easy task. Even with the 25 members in Brisbane during 2015 it was very evident that the balance of giving and receiving and self-nurturing was difficult for some of the members. This is not a criticism. It is simply an observation and one that has helped Adrian to re-develop and add new aspects to the HAWBEC's for 2016. Like many opportunities in life, it is about using the learning in a positive way and sharing it with others so that we can all grow and become even conscious. The health and well-being industry is our home and it is up to us to keep it in a healthy state.

Blessings to you and have a very positive and successful future!

Adrian Hanks – Life Mastery Coach

If you would like to learn more and work with me one on one I would love to work with you.

www.AdrianHanks.com





Healthy ME SUMMITS

OVERCOMING
DEPRESSION & ANXIETY
JANUARY 2016



Dr John Demartini, Dr Joe Dispenza, Carren Smith, Luke Hines, JJ Virgin, Tiffany Cruikshank, Dr Fab Mancini, Tom O'Bryan, Cyndi O'Meara, Dr Dain Heer, Therese Kerr, Dr Amy Myers, Dawson Church, Barry McDonagh and Tom Cronin.

ARE YOU SUFFERING IN SILENCE? IN DESPAIR WITHOUT DIRECTION?

**LET US HELP YOU WITH PROVEN METHODS AND SOLUTIONS FOR OVERCOMING
YOUR DEPRESSION AND ANXIETY**

FREE ONLINE SUMMIT JAN 7-17, 2016

"In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety. (Source: Beyond Blue Limited 2015)

Healthy ME Summit – Overcoming Depression and Anxiety is a collection of over 50 of the brightest and most brilliant minds and inspirational experiences to help you put together the pieces of the puzzle together to find the answers and solutions to your mental health challenges.

These interviews will be available freely to global listeners and viewers online from January 7-17th, 2016. Our intention is to provide listeners and viewers with the most cutting edge education, information, solutions and personal experiences shared to support and empower them to overcome depression and anxiety.

The team from Healthy ME is leading the way in providing a cutting edge integrative health and wellness information platform available to the consumer digitally. We have interviewed experts in the fields of medicine, quantum sciences, neuroscience, nutrition, yoga, movement and meditation from all over the world.

If you know someone who is suffering from Depression and Anxiety THIS SUMMIT IS FOR YOU.

Register FREE Today: <http://bit.ly/1MYu7xL>

THE ETERNAL RECIPE FOR TRUE LOVE

The romance of relationships has captured the imagination of poets, film makers and artists since the beginning of time. It's all about the instantaneous connection. That special spark. The once-in-a life-time elusiveness of it all.

As a young guy in my 20's, my friends and I believed that being attractive and acquiring a certain level of corporate wealth was a precursor to meeting my soulmate. After all, money, power and all things material makes us all more desirable, right?

In theory, yes. In reality, highly unlikely. This is because unless we've healed our past pain, superficial attempts to appear functional and lovable aren't going to be sustainable. Our true essence and core issues will soon become exposed and the only person we'll continue to fool is ourselves.

Why We Need To Embrace Self-Love

If you want to be an attractor field for a loving and committed partner who will be your emotional and intellectual equal, the key is not to focus on what you can change outside yourself. Instead, you need to take time to look at how you feel about yourself. How you talk to yourself. The thoughts, words and actions you convey about yourself to yourself.

Are you critical, negative and undermining? Or are you kind, accepting and empathetic? Do you encourage and tell yourself that you deserve all of the wonderful things that come your way, or do you anxiously grip the sides of your chair and convince yourself that it was all just beginner's luck, and it'll all come crashing down very soon?

This is important because how you see yourself is how others see you. How you treat yourself is how others treat you. The lens of self-perception permeates all of our existence (including what we receive and what we create), and this is why we can't fool anyone for very long except ourselves.

"So how do I build my container of self- love?" you may ask.

Let me tell you a story, my story. It might give you a clearer idea as to how giving love to yourself will elevate your vibration and your aura, so that another individual won't be able to stop themselves from loving and caring deeply for you.

Building Your Container Of Self-Love

Picture this: It's the 70's and I'm a teenager living a pretty lonely and solitary existence in Connecticut, USA. I'm skinny, painfully shy and suffer from embarrassing teenage acne. My self-esteem has buried itself deep into the earth's core and life feels hard. I stay out of the social scene and spend a lot of my time trying to figure out my place in this world.

To make matters worse, I attend an all-boys private school. Girls are like magical unicorns in the forest and any contact I have with them is truly like death by a thousand cuts.

In amongst all the awkwardness, I find some social status solace in my sporting talents. At graduation, I receive the Outstanding Athlete of the Year award for my achievements in basketball and baseball. But even that isn't enough to convince myself that I am gifted and worthy. I walk up onto the stage to receive my trophy; blinded by the lights, I stand at the microphone and take a deep breath and then I

freeze: "Thank you", I whisper. Silence. I walk off the stage with my head bowed and my fists in my pockets.

Why couldn't I overflow with pride, embrace my greatness and take in the love and congratulations that many of my friends and teachers were sending out to me?

Thinking back now, I realise that it came down to what my reality was and how it affected my perception of myself. As my mother



father sat passively in a largely withdrawn and submissive state, their fear from having lived through the Depression permeated my reality and I came to believe that I didn't deserve to have a good life. That I didn't deserve success. That I didn't deserve to be loved or recognised.

And then God showed up in the form of Ed

Everything changed when God presented me with my next door neighbor, Ed. I was 18 years old. Ed was a top engineering executive with a massive telecommunications company.

He was successful, but unfortunately he swore like a sailor and

lacked some pretty crucial people skills. One day, the situation became so serious that his boss sent him off to a mandatory course on building self-esteem and self-image.

Ed came around one afternoon, and after telling me how bad and stupid the course was, he happily offloaded the manual and tapes onto me to look at and listen to.

I took this course by myself and didn't tell a soul. I read it over and over again. I listened to the tapes until I memorised the content. I mastered it until it was second nature. It became tattooed into my brain, and soon, very slowly, I began to feel better. I realised that a person can change and become someone they are proud of. I also learned that most people have the process of self-change hopelessly backwards: That it's never about changing our circumstances and status. Rather, the change that needs to occur first, has to take place on the inside at the deeply unconscious level where the mind and soul of the person meet.

It was a beautiful turning point in my life. You know, I always say God is the sun and we are the sunlight, and this little story about Ed shows just that. Even angry unconscious Ed had some beautiful sunlight inside of him which he felt the need to share with me, and I am forever grateful for his gift.

The Shift To Self-Love

By the time I mastered the course things began to change. As I started to love and accept myself, the universe started responding to how I felt. I went from being numb and angry to positive, happy and motivated.

Soon, the help and support I always wanted started showing up everywhere. Tom, my brother's best friend and one of America's first personal trainers, found a way to clear my pervasive acne. He changed my diet and I went from being gangly to strong and confident. My sense of self completely transformed and for the first time, I loved myself and knew from a very deep place, that I deserved to be happy.

"But what about your love life?" you may ask. Well, when I turned 20, I met a beautiful lady. And then, I fell in love for the first time in my life.

Falling In Love

So, I hope you get my drift. As they say, "Birds of a feather flock together" so if you want to attract a loving and authentic relationship that has that effortless spark, you really need to work on yourself first. Address the unresolved issues that have caused you to put that armor around your heart. Let go of the unconscious thought patterns and conditioning that have made you feel like you're unworthy. See a psychotherapist who works to dissolve the blocks within your body's energy system, invest solid time towards personal development, and permanently change the way you see your beautiful self.

And then when you've done all of that, see how far you've come as you acknowledge your brilliance and your heart bursts with unconditional love for the person and magical soul that you are. Without you even trying, you will step out, open your heart and attract love. You deserve it and you will receive it. I know you will.

Robert Kirby – Mind/Body Transformation & Integration Expert

If you would like to learn more and work with me one on one I would love to work with you.

www.coreenergetics.com.au





DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

WORD SEARCH

A R T T H E R A P Y N I X Y L
 N O I T A C I F I X O T E D G
 U G L M P R H G W V I L D P N
 T H N X A E E E A S T F S O I
 R C X I A S L T B M A X I S K
 I X L L H L S R A D X T W T N
 T C T E N T E A S W A S D U I
 I H A E A H R V G T L S I R H
 O X S L Y N Z I I E E U K E T
 N S C P M Z F D B T R E I S O
 E R U T A N E O Q O I Q E J U
 Y O G A Q M D Y O F N S R G S
 G N I N I A R T B D L P O D P
 Y H C L N V H X J N L Q Y P Q
 U V D L T H E R A P Y P V H G

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> CALM | <input type="checkbox"/> CLEANFOOD |
| <input type="checkbox"/> HEALTH | <input type="checkbox"/> HERBS |
| <input type="checkbox"/> MASSAGE | <input type="checkbox"/> MEDITATION |
| <input type="checkbox"/> NUTRITION | <input type="checkbox"/> POSITIVE |
| <input type="checkbox"/> REIKI | <input type="checkbox"/> RELAXATION |
| <input type="checkbox"/> THINKING | <input type="checkbox"/> TRAINING |
| <input type="checkbox"/> WELLNESS | <input type="checkbox"/> YOGA |

BECOME A MEMBER



EXCLUSIVE LAUNCH OFFER

Join the
Global Healing Exchange
Community for Monthly
Payments of ONLY \$19.95

VISIT:

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
YOUR FIRST MONTH IS ONLY \$9.95**

JOIN NOW! 

www.globalhealingexchange.com/join-us



GlobalHealingExchange
GlobalHealingExchange
Empowering people for holistic living