

Holistic Living ISSUE 8

By Global Healing Exchange

ENERGY
FLOWS *WHERE*
ATTENTION GOES!

HOW DOES OUR
METABOLISM
INFLUENCE
OUR WEIGHT?

CHANGE YOUR
ENERGY.
CHANGE YOUR
HEALTH.

HOW TO CONSCIOUSLY
CHOOSE
WHERE YOUR
ENERGY
FLOWS

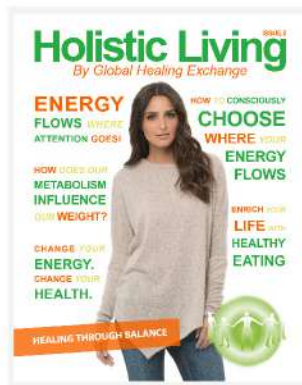
ENRICH YOUR
LIFE *WITH*
HEALTHY
EATING

HEALING THROUGH BALANCE



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Energy, Consciousness & Health.



Sharon White

Founder of Global Healing Exchange
and Holistic Living Magazine

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advice or delay in seeking it
because of something you have
read in this magazine.*

Welcome back to our latest edition of Holistic Living Magazine. I think the topic for this edition is very important right now. For so long we have been looking at our physical body for healing and forgetting everything else. As new studies confirm, we are so much more than just a physical body and we need to start understanding the holistic self (this means the whole self, not just part of it) to aid true healing. The subject in this magazine is Energy & Consciousness.

As we are growing and learning, scientists are now realising that, what we once thought was true is not the whole truth. As technology is becoming more advanced, we are now learning that we can measure energy and that this energy has an effect on the cells in our body.

Science is now realising that the esoteric traditions were right, as scientists can now measure what is happening within our body and energy fields.

Scientists are now documenting that the heart is the strongest generator of both electrical and magnetic fields in the body. This is important as we have always thought that the brain was the biggest generator.

Did you know, the heart is up to 100 times stronger electrically and 5000 times stronger magnetically than the brain? Our physical world is made up of electrical and magnetic fields. Physics states, if we can change either the electrical or magnetic field of the atom, we change the way the atom vibrates. This means we can change the way our body vibrates!

So if we can change our body by looking at the electric magnetic field, we can look at how we can heal our body this way too.

One of the most exciting things for Eastern medicine is Switzerland now recognises some of their modalities as legitimate medicine.

In the past these therapies were not seen as viable for insurance companies. Many of these therapies work on the energetic body as well as the physical body. It seems like Western medicine is now catching up to Eastern medicine and an integration is happening.

The Swiss currently give five complementary therapies including homeopathy the same status as conventional medicine. Homeopathy, holistic medicine, herbal medicine, acupuncture and traditional Chinese medicine are currently covered by the mandatory basic health insurance when performed by a certified physician.

AMAZING isn't it?

So that is energy and the measurement of it, but what is consciousness? Although many people seem to think they know intuitively what consciousness is, it is difficult to define.

When I need to know a word or definition I go to the dictionary to learn. This is no different.

The dictionary definition of the word consciousness is: "The state of being aware of and responsive to one's surroundings". "An awareness or perception of an inward psychological or spiritual fact: intuitively perceived knowledge of something in one's inner self".

So the dictionary is talking about an awareness, perception to self, both psychologically and spiritually.

Consciousness is not new information, it is old information that has been lost and passed down by word of mouth by old traditions. The secrets were kept by a select few who wanted to dedicate their lives to study. The knowledge was stored in old writings, artwork and stories. As we are growing and our vibrations are rising as a society, now is the time to really embrace this old knowledge once again and find the old ways of healing using our consciousness and raising our vibrations.

Ancient texts and traditions have spoken about us being connected, being one, we are part of each other and part of the earth. We are connected to the magnetic fields of the earth. We see evidence of this when we look at how the moon affects some people's moods.

For many years indigenous tribes have used consciousness in their healing rituals by using sound and trance work in their healing ceremonies.

In religion many people use prayer as a way of being in an altered state of consciousness.

Yoga has been passed down through many generations and holds ancient knowledge, as does reflexology that works on meridian lines. Meditation teaches stillness and inner awareness.

Studies on the power of intention on water show amazing results. Check out the work by Dr Emoto here.

You will see in this experiment by Dr Emoto that water is amazing as it can change its vibrational pattern to the chemical or environment in which it is in. This is an incredibly important point as our body is up to 70% water. Water is like a chameleon, adapting itself to its environment's vibration. It has its own consciousness!

You can see there is so much more we need to learn, and as we grow in consciousness, these pieces of the puzzle are coming together to give us a bigger picture.

In this magazine we will begin to explore what energy & consciousness really means and how it relates to health and wellbeing.

Enjoy.

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Sharon White – Founder of Holistic Living Magazine

Energy



Cassandra Jones

Editor at large

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Some articles just flow, research is done, words written and pop, there it is. Some articles start from my editing and reading of the other experts; their thoughts trigger new avenues of thought and exploration. This article on the other hand is really stumping me, in fact I've missed the publishing deadline, but I've been given some leeway to squeak in the day after.

Although it is interesting that in the first sentence I mention 'flow'. Energy is as much about movement as anything else; electrical energy flows and moves from atom to atom; kinetic energy is about the movement of a body, tidal energy is about the movement of vast bodies of water, of course all caused by that celestial body the moon.

Also interesting is how people talk about themselves and others; 'I feel flat...', that person 'just drains me...' or even 'I'm raring to go...' If you think about it rationally, you can't actually be flat, a person really can't drain you, and you aren't a race car engine being revved.

You are a physical and emotional being, but at the same time all matter is energy, so perhaps you can be flat or drained like a battery, or the total opposite, with a full tank of gas and are actually raring to go.

Now if energy is a major underpinning of your emotional and physical wellbeing, then perhaps focusing on and understanding what energy is in the context of the human body and spirit is a key step in overall happiness?

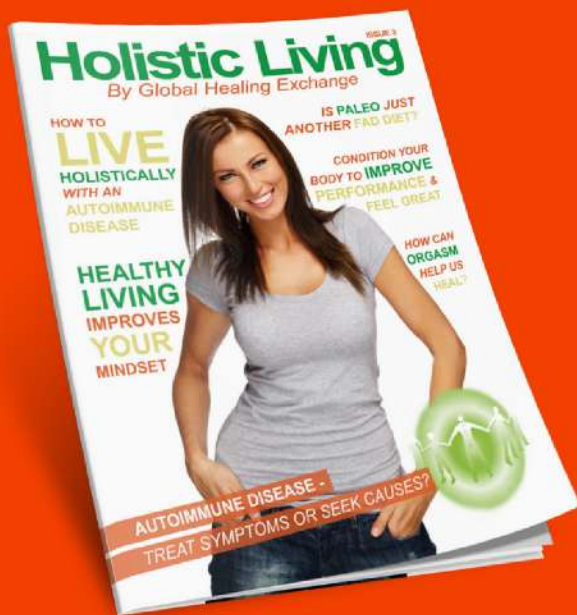
Of course, the first step in that process is to understand how energy is created, used and blocked within the body. Nutrition is a key step, you can't be full of beans if you eat junk food and sugar every day. You also can't be raring to go if you are dealing with people and situations that are drains on your energy. If you walk out of work feeling as though you've been beaten up every day and all you want to do is crawl into bed then something is very wrong.

The next step is to further understand how you, as an individual, operate and how all these levels; the physical, the emotional and the energetic all interact and play upon each other. This is not the first time that self-awareness is a key tenet in living a healthy life. If you don't know what is broken, or working, then you can't fix it, or expand upon it.

Once you have that understanding then we hope that this edition of HLM will further that knowledge, the experts have written some very interesting and surprising articles about energy and the human condition. I know that my reading of this edition gave me a different perspective on energy and consciousness that I've already used to further some of my own personal goals.

Cassandra Jones
Cassandra Jones – Editor at large

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Change Your Energy.

I have written about energy many times before and this is a carry on from my opening article in this magazine.

You saw how science is now catching up with esoteric traditions and scientists can now measure what is happening within your body and energy fields.

So knowing this, the next question is, how do you change your energy? How can you change something you can't see?

Scientists can measure energy and there are machines on the market that you can now buy to use at home to measure the energetic fields in your body, but many of us do not have this equipment at our fingertips.

This is where consciousness or our intuition comes in. We know when we are not feeling well because we listen to our body and it tells us. How does it tell us? By giving us emotions, sickness or pain. Simple. So if we can learn from our body when we are not feeling well, we can also learn from our body when we are feeling well, or when our body is vibrating at a level of wellness.

What is the easiest and simplest way of doing this?

Think back to a time you were feeling vibrant and alive. When you were feeling happy, excited, loving life and you felt on top of the world. When you were feeling the healthiest you have felt ever! Close your eyes, go back to that time, feel what you felt, see what you saw and hear what you heard. Really FEEL what you were feeling in that moment. Think about.....this!!

What kind of things were you saying to yourself? Get a pen and paper and write these words down. These will be your new affirmations.

What were you thinking? Write these thoughts too. Start thinking these thoughts more often.

What did you see? Write down what you saw. Get an image of where you were at the time. This will be a new picture for you to use when you start to raise your vibration and health.

See what you saw in your memory and make the image, clearer, brighter and more vibrant, in your mind's eye. Say the positive words you were saying to yourself, over and over in your mind's eye and combine that with the clear, bright, vibrant picture of yourself. When you are looking and thinking this way how are you feeling?

Bring back all of those feelings into your body right now and multiply that feeling by 10! WOW. How do you feel in THIS MOMENT? Now multiply that feeling by 100! Can you feel the atoms in your body vibrating higher? You may feel a buzzing in your cells or feel a vibration, or feel lighter in your body. Everyone has a different feeling when they do this.

The thing that everyone feels is change.

Write yourself a paragraph about how you felt at that time and really grasp what was happening for you. When you multiplied that amazing feeling by 100 how did you feel? Write every feeling, thought and emotion down and make that your new health story. If you are a visual person you may want to draw yourself a picture to remind you of this, or if you are an auditory person, say a saying that reminds you. If you are kinaesthetic person feel this feeling. VISUALISE, VERBALISE or FEEL THIS FEELING DAILY! It does not have to take long but you need to practise this feeling.

Change Your Health.

Now we all know we have neural pathways in our brain. These neural pathways form our thoughts and behaviours. We can have negative and positive behaviours, depending on which pathways we have been focusing on.

When you practise something over and over it will reinforce a new neural pathway. So the more you practise, the things you want to feel, the more you will feel these positive things.

Athletes have been doing this for many years, to visualise before their events, to help them to win races.

So if athletes have been using this technique and science can now prove that this works, let's use it towards raising our vibration and gaining better health.

Healing can be fun. This is something I say to my clients and I truly believe.

Long gone are the days of having to sit in a room with a therapist, talking about your trauma, or childhood, or an event that makes you feel sad. When you are doing that, you are reinforcing the old neural pathways of sickness, and 'negative emotions'. I write 'negative emotions' like this to make a point but I believe there are no negative emotions. All emotions are relaying a message to you from your body. These 'negative emotions' are simply telling you that something in your life needs to be changed.

Question: How do you change your old neural pathways?

Answer: By reinforcing new ones.

By imagining new events, feelings and emotions about HOW YOU WANT TO FEEL. We all have the capacity to be whoever we want to be, it all depends on what we focus on the most.

If we are thinking sickness we are sick. If we are thinking wellness we are well. Now I am not saying that if you think wellness you will never get sick, what I am saying is if you think wellness you will be well most of the time. As I said before sickness is the body talking to us. It may be that you are thinking wellness, and because you feel well, you work too hard, do long hours, give too much of yourself and burn yourself out! Then you get sick. Then you have to listen to your body and hear what it is telling you. Stop working so hard, rest, sleep, get good nutrition into you and you will get well.

Life is about balance and learning and growing. Learning to raise your vibration takes practise and is well worth the effort. It is a daily practise until it is a behaviour. Then you don't have to even think about it anymore. Just like when you were learning to drive a car. It seemed hard at first but then when you got it and grew the new neural pathway, you can now drive a car without thinking about every simple step you have to do. It becomes automatic.

Raising your vibration can be an automatic response and you can live from a place of higher vibration. It is about placing your intention and focus on living the vibrant healthy life you want. Making sure you surround yourself with people who lift you higher and encourage you to be the best version of yourself.

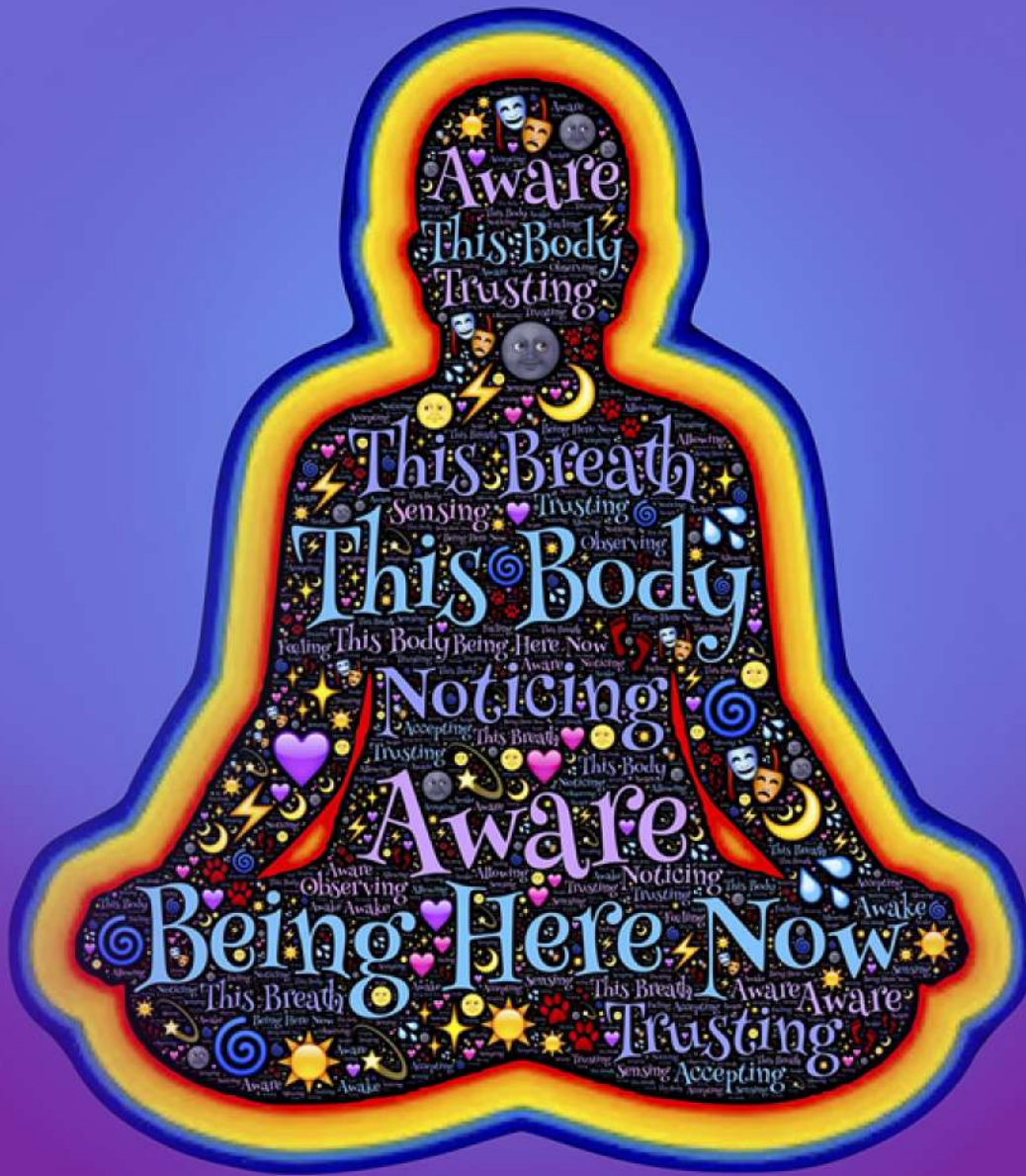
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ENERGY & CONSCIOUSNESS

When you say these two words, energy and consciousness, what comes to mind for you? They are two words that have certainly gained some traction over the past few decades as the focus on personal and spiritual development has become more mainstream and accessible; particularly with the help of social media and the internet. If we played a game of 'Definitions' and had to write our own definitions of what they mean to us, I am sure that there would be a myriad of answers.

ENERGY

The English dictionary defines 'Energy' (Noun) as:

- Intensity or vitality of action or expression; forcefulness
- Capacity or tendency for intense activity; vigour
- The capacity of a body or system to do work
- A measure of this capacity, expressed as the work that it does in changing to some specified reference state. It is measured in joules (SI units)
- A source of power

From my perspective of writing about, and working with, spiritual growth or spiritual journeying, I would say that for me, 'energy' is something that I can use, gain, exchange and share in positive or negative ways. It is something that is as tangible for me as a feeling or knowing, but something that is not such an easy thing to 'see'. With some 'gift' or training it is possible to see different types of energy when one is focused on doing so, but generally it is something that is felt, either through the more common five senses, or with other ones that we have. The etheric body for instance is an 'energy' form and can be 'seen' within this context. It is something that can be 'seen' and measured.

I once facilitated an art class in nature with about twenty teenage school children (in a Steiner School) where I asked them to focus their attention on the 'etheric' energy of some leaves on a nearby bush and then to draw what they experienced and 'saw'. Each drawing was very similar. Each drawing expressed and displayed similar colours and energy flows. The children were very excited and they shared with me several weeks later that some of them had continued to practice 'seeing' energy. This is a simple way to show that this energy stuff is real!

When I tune into my own energy or energy field I can become aware of how I am 'feeling'. I like to challenge myself to create a place to aim for each day in my life; a place to operate and live from in terms of my energy. It is also one of the things that I like to share and challenge my students and clients to do too. You have probably heard of, and perhaps even use, the 80/20 principal. This is where you do things 80 percent of the time as a 'good' measure and allow 20 percent for 'other' or 'growth' time. I did this for many years and over the past few years I have shifted this equation up and up incrementally. Now I like to aim for what I call the 92/8 principle in all that I do. Yes, it is a big jump and a big ask and focus but I have done this steadily over the past 25 years. And I do not always get it right!

I challenge myself in this by doing my daily activities and staying aware, as much as I can, on holding my energy frequency in the highest state that I can. This is with the physical, emotional, mental and spiritual aspects of myself. I know that when I slip out of a routine or let my energy drop, there is always a consequence that I must deal with, so, for me it is all about choice and how I choose to 'hold' my energy each day. It is not an easy path and there are many times that I feel like curling up under the doonah for a week! Sometimes I do this for a few hours!

As human beings we have various energies in and around us and we can make good use of them when we choose to do so. Sayings and phrases such as 'He (or she) is taking my energy', 'She (or he) has a very high (or low) energy' are common things that I work with in my line of work and what I try to explain and work with is that nobody can take our energy, we can only choose (consciously or sub-consciously) to give it away. When we get to know, understand and use our energies in an empowering way this becomes a bit easier.

Energy healing or energy balancing is a thing that is becoming much more common and accepted (again) in the western world. All sorts of systems and modalities are now available and each one can be (when used and delivered effectively) very beneficial. For me, it is mostly about 'who' is using or delivering the work and not so much about 'what' it is, although that does carry some importance for me too. My personal take is, if the person is not (highly) trained then I do not open myself up to receiving what they are offering as I am very aware of what I need or desire and I am also aware of the frequency or level at which I like to operate, play and work with. I like to be matched energetically as much as possible to the person giving or facilitating the process. If they have a higher energy that is great, as I can then challenge myself to go there too. That is my own personal values system and I believe that it is a great one to have. It makes my boundaries and focus very clear for me and the people that I choose to work with. Sometimes it is also about working with people who are 'learning' to raise their frequency or energy and then in general the 'teacher' or 'mentor' in me comes into the equation, even if this is done subtly.

Consciousness

The English dictionary defines 'Consciousness' (Noun) as:
(Consciousness as understanding) the state of understanding and realizing something

The ideas, beliefs, or opinions held by a group of people

The state of being awake

One's conscious thoughts

For me, the deeper aspect of the word or meaning of 'Consciousness', is when I use it to describe or work with spiritual or soul consciousness. Having the capacity to know or 'see' when one is in a state of (higher) consciousness, being able to observe oneself in one's thoughts, feelings, actions and behaviours, is a very empowering thing to have. I call this

the 'Sense of Self'. It is one of the 12 senses that I work with on my journey of personal and spiritual development. This comes from the work and initiatives of Rudolf Steiner (1863-1925).

If we bring the spot light onto this word 'Consciousness' and try to grasp a deeper meaning of it, we can go down many rabbit holes. One rabbit hole that I like to go down is the one connected to Anthroposophy and the work and insights of Rudolf Steiner, which I have been studying and working with now for 25 years. In the Anthroposophical 'model' of the Human Soul we speak of three aspects of the Soul; the Intellectual Soul, the Sentient (Feeling) Soul and the Consciousness Soul. These three aspects of our being are enveloped in our Astral or Soul Body and each one can be explored, studied and worked with to bring us to more consciousness about who and what we are as individuals and as a human race.

The Consciousness Soul is the aspect of ourselves that can (and does) work with our 'morals' with all that we think, feel and do. It is generally more about the 'doing' or 'action' aspect of us. It is the aspect of our soul that we can observe and use to help us to be more morally conscious human beings. When we become more aware of this soul aspect we can then do daily exercises to heighten our senses and consciousness to support ourselves and the greater good of humanity.

In my book 'Where Am 'I' Right Now?' physically – emotionally – mentally – spiritually, I offer several exercises to support people to do this. One small exercise that I offer to help raise our vibration or frequency is to look at our habits and addictions. Overcoming a (negative) habit or addiction will raise the Consciousness Soul to another level as the more we loosen the grip of the negative Astral/Soul the more we strengthen our 'I', which is what the three aspects of our Soul (Intellectual, Sentient (Feeling) and Consciousness) 'feed'. It is these aspects that are at the very core of our being and it is very beneficial to get a deeper understanding of what they are and how they work. As previously mentioned, it is mostly in the 'doing' activity, which is most certainly required for addiction work, that activates the Consciousness Soul.

From this Consciousness Soul perspective, much of what we 'do' in our daily lives reflects the degree or level of moral consciousness that we operate from. It is our daily 'actions' that give ourselves and other people the real view of who we are from this deeper Consciousness Soul perspective. If we make moral or 'right' choices that bring forth the more positive, we can say that the Consciousness Soul is alive and awake. If, on the other hand, we make choices that are detrimental, damaging or even cruel, to ourselves or others, then we can say that the Consciousness Soul is not yet as open or functional as it could be. This of course is layered with many layers to work on.

To bring this to a conclusion, I would like say that working with our energy and consciousness is a daily task and one that needs to be done if we are to stay mindful and aware of who we are as human beings and if we truly wish to make a difference in the world for the greater good.

If you think of what you eat and drink, what you do in terms of self-care and the care for others and the planet and give yourself a true self-evaluation, you will then get a sense of where you are with your own Consciousness (Soul) awareness. And the great thing is, it can always be improved and expanded!

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SOUL MATTERS: INNER HOUSEKEEPING

Weaving together energy and thoughts and putting them into words and action is what I thrive on. Constantly working on the balance between my heart and mind to form an equal team is also what I thrive on, and it has been challenging often (so far). On the welcome page of my website I have put this statement: 'The world I walk in is one where Intuition rules and Awareness is my daily practice. Come walk with me! I take this very seriously in my everyday life. .

I believe we are in a constant training process, to fine-tune our skills and abilities for this adventurous thing called life. Bringing together energy and consciousness is a lifelong lesson, and we decide if it is strenuous or fun. We decide if and when we suffer or not. It is our individual perspective that matters, it is our SOUL that matters. We always have a choice, and we do carry the responsibility for our well-being.

Phew! That's quite something, isn't it? Taking on such a big 'job' of deliberately creating our individual life, and the path we are walking on. So let's break it down into a few steps. Where do we start, knowing it is all on us? HOW do we get where we want to be? The following points are suggestions. I've worked with all of them and still do.

1. **Acknowledging that we are an intricate piece of art – a human.** So colourful, so vibrant, so agile in body, mind and soul. A complex 'thing' with a multitude of thoughts and emotions, formed by our upbringing and the lessons we have learned and integrated to this point.
2. **Accepting** what is right now, without judgement.
3. **Embracing** the opportunity to be who we want to be, without the pressure of having to achieve this state in a certain amount of physical time.
4. **Breathing.** Simple, yet so effective, when we remember to really breathe deeply. Through the joy as well as through the pain.
5. **Dancing.** When we physically move to any kind of music, everything in us starts moving and shifting, even if it is only tiny movements and shifts.
6. **Trusting.** In our Self; that we ARE on the right track; that right here right now is exactly where we are supposed to be.
7. **Feeling.** There is so much emotion surging through us, and sometimes it is too much to feel it all. Yet, feeling 'it' is such a great gift, and often we suppress this gift, as we think (!) life requires us to pull ourselves together for the sake of the world.
8. **Resting.** Yes, please. Without guilt.
9. **Finding our birds of a feather.** When we start sharing our heart, we will realize quickly that we are not as alone as we thought we are in our weirdness/strangeness/insert-any-label-here.

10. **Opening.** Yes, let's open some more to our own soul, to the energy that we feel inside and also in the world. Let's open our hearts more, to receiving the love that we might crave, from ourselves as well as from everybody out there in the world.

11. **Giving thanks.** Gratitude is a sure way to shift us into a state of connection with our soul, no matter where we are in our day and our life.

12. **Playing.** When we play like children, we lose this seriousness that life often requires from us.

13. **Enjoying.** Whatever gets us into a frame of joy, let's do more of that. Being in joy brings more joy, bringing more joy, brings more joy.

Life offers us many opportunities every moment of every day to shift our perspective and our consciousness. It is our choice to take life up on these offers, or to decline and stay covered under the protective blankets we have created to shield us from too much of everything. The good thing is that we don't have to pull off these blankets in one big swoop to reconnect with life and the world, it is enough to just lift one tiny corner of our blankets and let in some fresh thought, energy and air. When we consciously open up to receive, we will receive. We decide what we let in, and we are always in control of our lives, whether we believe it or not. Free will is a great gift; the question is how we apply it in our daily adventure of conscious awareness.

The steps we take in our life might be physical; they might be through thoughts or through shifting our energy. Inspiration can come from anywhere, no matter if it's a thought, a feeling or something/somebody that comes from outside of us. As life doesn't happen in a straight line that could be mathematically calculated, applying steps might often only be possible in a random order. I personally love random stuff; I also love surprises and coincidences. Yet my mind goes 'oh no!' when I say things like that, because surprises sometimes come to us in ways we don't expect, like our loved ones dying out of the blue for example (happened to me, that's a whole other story though). That is a surprise nobody wants, yet it happens anyway. How we personally deal with such an event depends on how well we are connected to all parts of our humanness, and how much we trust life to catch us. Which brings us back to the beginning, or maybe it leads us back into the circle, which has no beginning and no end.

Wherever we go, we are there. No matter if we take a physical journey, let our minds wander or surf a wave of emotion and energy, we are there. And here. Right now. We have all learned some amazing tricks to avoid facing stuff, the question I ask is – does avoiding help us? How much energy do we focus on avoiding to see/feel/be/do something or someone? And how could we instead use all this energy to aid us on our path of well-being?

Life often requires multi-tasking from us, and so we adapt, and we multitask. Is it possible to separate the multi tasks into single tasks and focus on each task singularly, if only for a few minutes? Consciously breaking down our daily routines can help us to refocus our energy, to housekeep our inner resources. Which in turn can help us to deal more stable with whatever life offers us in our days.

Baby – life's what you make it!

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



ENERGY VIBRATION - YOUR GATEWAY TO LOVE & FREEDOM

You know that your outer world is simply a reflection of your interior reality. Many people grasp this concept but they do not know what to do about it. They might say, "So what - I am who I am - I just have to live with myself." Or they might say, "I've done every course and read every self-help book but I still struggle."

I suggest to them that perhaps they could take their relationship with themselves to a deeper level. They could step beyond their mind and explore their interior realms of consciousness.

Some people are really frustrated in today's world. They just want someone special to love them and they want to make more money and to be happier. So they say "Skip the spiritual platitudes and tell me what to do."

This wishful thinking along with get rich quick schemes are very seductive. Most people are searching for more love, money and happiness. This is their birthright. They deserve it. But they are chasing love, money and happiness outside of themselves.

They see spiritual inner work as a nice concept but they do not really believe it is a path to change. So they just try harder.

The first thing to do is access your personal vibration. The entire physical universe is made up of pure energy and vibration.

Your vibration is most evident by the quality of your personality and the light you carry within your body's energy field. It most reflects how people see you.

If your love vibration is small people will not be drawn to you. They are forced to not take you seriously because you are hiding your power and vulnerability.

If your love vibration is expanded, you will be seen. People will be drawn to your personality regardless of physical beauty or material success.

How can you create an amazing vibration and thus a heartfelt relationship with yourself and the human race? Let's look at where you are sitting now on this chart:



If you are like most people, you will be 5 or less on the scale. People who are 5 or less are often anxious. If you are 3 or less you will be depressed, exhausted or both.

When you are 6 or more you will be far less anxious and much more productive. Once you get up to 8, your vibration will become a magnet for love and opportunity.

People will feel your personal power and presence. Your personality will be beaming with love and light. This means your vibration is cooking.

You will feel better about yourself and it will be reflected in your personality. Your inner glow will be reflected outwards. It will shine through everything you do. People will take notice. The universe will take notice. The divine will take notice because your intention will be so pure.

If you want a larger existence, greater influence, greater love and support, then you need to completely claim more life, a bigger space and your core essence must express life fully.

You cannot create this expansion by intellectualizing it. You must become it, own it and allow it to flow through your personality.

Ralph Waldo Emerson is famous for saying: "Who you are speaks so loudly I can't hear what you are saying."

He meant the quality of your presence, your vibration, says it all. People often forget what you say but remember how you make them feel. How do you make people feel about themselves in your presence?

Albert Einstein said: "Everything is vibration." Everything has a vibration that spirals inward or outward, and everything turns . . . "Your judgements about another person say more about your own character ... its projecting your vibration on to them. It is your own personal frequency held within your own shadow."

Einstein gave us the scientific tools to harness the subatomic components of the universe; waves and particles. He truly confirmed what the spiritual masters have taught us for centuries.

Nikola Tesla declared that "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

Therefore, the quality of your vibration equals the quality of your relationships. Your heartfelt relationships energy reverberates throughout the universe. It comes back to you constantly. Relationships make the world go around. Love is the answer to all your problems.

On some level you already know this but do not really trust it. So let's be perfectly clear. You are your vibration. There is no escaping this fact.

Your love vibration brings out the best or worst vibration in your partner or business associates; "Birds of a feather flock together."

If you want to date new people and your vibration is low or negative or incoherent guess what type of person you will attract to you? So it makes good sense to fall in love with yourself first.

People treat you the way you treat yourself. The universe treats you the way you treat yourself. You treat others the way you treat yourself. The universe is just a gigantic mirror for everything you outflow. If you feel unworthy of love or success, then you have a major imbalance to giving and receiving.

In the east they call this karma, "What goes around comes around" and in the west they call it harvest time, "What you sow is what you reap." They also say, "Judge not lest you be judged." What you judge in others is really what the other is reflecting back about yourself.

So let's say you decide to do something about this. You want to turn your contracted limited vibration into a towering inferno of love and creativity.

Then it is always best to begin with your body. The body is a perfect barometer of your energy and consciousness. The body is your laboratory of life. It holds onto things that you now need to let go of.

For example, the body holds onto pain and trauma held in chronic muscular tensions. This creates a defense system in order to protect you. The shadow side is that it contacts your vibration so that your pulsation is out of sync with universal flow.

This is not good. Consciousness grows as your energy streams unimpeded throughout your body. Why do you want to sustain an effervescent consciousness that is forever seeking truth in all areas of life?

This is specifically because consciousness also reveals to you all the manifestations of love in the universe. This is your eternal home, returning into the light and unconditional love.

The body also holds a charge of pain and toxicity from unresolved emotions in every cell and in the brain. The body and mind communicate through neuro-peptides.

The brain also holds patterns of addictions to negative emotion. It is known as neuroplasticity. The good news is that it can be changed from pain and suffering into flowing light and love.

So if you are serious about taking your personal development all the way, consider these six steps to let go of and transform whatever within yourself that is not in truth into unconditional love:

- Grounding and earthing. Walk in nature and get your bare feet on the earth and in the ocean side sand.
- Release chronic muscular tension. Deep tissue body work
- Power of observation. Learn to observe and detach from your mind through proper meditation
- Charge and discharge. Learn the bioenergetics exercises to effectively challenge all major body blocks
- Tapping / EFT. A must skill for all those needing to balance vibration and creating systemic coherence
- Power of Intention. Learn how to mobilize unconditional love within and throughout your entire body-mind, spirit, heart and soul.

Master these 6 steps and witness your vibration soaring like an eagle. Watch yourself manifest all the love and success in the universe.

Robert Kirby – Mind/Body Transformation & Integration Expert

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The Flowering Of Human Consciousness

The mysteries of the Universe, Ancient Civilisations, scripture, antiquity, myth, legend and the meaning of life sparks the imagination and ignites a quest for truth and knowledge. The seekers of innovation and wisdom through the Ages, the guardians of secrets, the inventors, the protectors of the light and explorers of the mystical are somehow united by a sense of great purpose and intuitive guidance to help the world evolve in some way. The notion that the secret keys to our future are veiled in the past is a gift like no other, perhaps why being in the moment is called the present. Perhaps the present is the imperative dimension of super-human consciousness where all that was and all that will be, is all that is and all that is, is simply love.

Scientists will tell you that everything is energy. Our thoughts are one of the most potent forces of energy, maybe the most potent, influencing the inner and outer worlds in which we think we exist. Thoughts, like all energy, can be positive or negative, creative and destructive and the choice is ours to make and make believe. The inner-world of the mind and body is one of chemistry, physiology, neurology, emotional synthesis and symbiosis. These are the collective energies which define us, shaping our engagement of experience, knowledge and evolution in the journeys we call love and life, our love of life and our life of love. The outer world is the reflection of the inner-self and is made manifest by the structure and sub-structure of thought which takes imagination and juxtaposes it into a reality of significance either good, bad or indifferent. In emotional energy terms this is our positive, negative and neutral. What we think creates a chemistry of being inside the body which attracts its mirror twin vibration in our exterior reality. Quite simply, if you smile at someone they smile back. If you shout at someone, they shout back, these are examples of inner energy attracting action and reaction in the outside world. This is all based on the subconscious vibrational stimuli that brings thought into conscious being through language, our interpretation of the language we use and receive and how our words give transfiguration and animation to all that is the present moment.

Journeying for a moment into the past, to 1885, Margaret Watts-Hughes made an important discovery about the vibration of language. Margaret gave up her passion for singing when she married and swapped her Welsh Soprano for philanthropy and scientific research. Back in her day, women were not encouraged to seek their place in the world which makes her achievements ever more inspirational. Margaret was a creator, an innovator and maybe one of the guardians of the secrets of knowledge. Margaret invented something she called the 'eidophone', a simple device which visibly animated sound. The eidophone was a small drum-like hollow container no bigger than a small plant pot whose top was covered with a thin rubber-sheet membrane upon which was placed sand or lycopodium powder, sometimes a combination of both. Into the body of the drum was inserted a small pipe-looking tube through which Margaret sang different notes of musical pitch. In response to each pitch, the substance atop the drum vibrated and was formed into different shapes. After a period of initial research, liquid was added to the sand and this animated sound into real-time visible vibration. Different tones and pitches formed different shapes and perhaps for the first time in modern history scientific association between vibration and language was actualised into visible reality. Margaret drew pictures of the shapes formed by her voice and astonishingly they ranged from bacterial-looking images, to fossilised ammonites, to perfectly recognisable types of flowers, such as pansy and forget-me-not, and to tree-like structures with roots and landscape. These astonishing pictures can be found on the internet today.

In the twentieth century, scientific research has since found that particular words spoken into an eidophone form images directly related to the actual word itself. For example, speaking the word snowflake creates a crystallised image of a perfectly symmetrical snowflake and the word butterfly creates the image of a beautiful butterfly on top of the drum.

In a newspaper article, Margaret Watts-Hughes was quoted as saying 'I would add that my experiments have been made as a vocalist, using my own voice as the instrument of investigation, and I must leave it for others more acquainted with natural science to adjust the accordance of these appearances with facts and laws already known. Yet, passing from one stage to another of these enquiries, question after question has presented itself to me, until I have continually felt myself standing before mystery, in great part hidden, although some glimpses seem revealed. And I must say, that as day by day I have gone onto singing these peculiar forms, and, stepping out of doors, have seen their parallels in the flowers, ferns and trees around me; and, again, I have watched the little heaps in formation of the floral figures gather themselves up and then shoot out their petals, just a flower springs from the swollen bud, the hope has come to me that these humble experiments may afford some suggestion in regard to nature's production of her own beautiful forms, and may therefore aid, in some slight degree, the revelation of yet another link in the great chain of the organised Universe.'

The way we think, what we think about and how we think about our knowledge of these things has always been important. Today our acknowledgment and understanding of the significance of the vibrational energy of language, to manifest thought into the material world, has never been more critical. As Margaret's philanthropy and her wonderful commentary show, the use of language is an incredibly potent and creative force. When we become aware of the language we use, and the positive and negative impact that this can actually have in the material world, of our cells and each other, we begin to change the way we think. Changing the way we think changes the way we speak and changing the way we speak changes the neuro-physiology of the mind to manifest immediate changes in the chemical physiology of the body. As we become more attuned to the fragility of language, our subconscious and conscious states of being merged to reveal a more naturally compassionate, loving and empathetic nature to being human. This, in turn, creates harmony between the energy of the mind and body bringing us consciously into a state of inner-peace, contentment and love. As we know, what happens inside the body reflects its mirror twin in the external world and therefore inner-peace drives external behavioural transformation.

If human kind stopped for a moment to pause, to catch its breath, to reflect and shine the energy of love naturally upon every thought process and in every word, just imagine how truly amazing life would be. The first principle of life is love. Love is the seed we can choose to plant in the heart of everything we think about, everything we see, feel and do. Love is the flower that blossoms in the garden of our own consciousness when we nurture, protect, keep safe and nourish our cells and each other. Language is its own powerful healing modality, the strength of which lies at the core of our ability to be emotionally honest, kind and loving of with ourselves. It is the language of the heart's vibration that will one day heal the world. To know this is wonderful. To feel this is amazing. To seed this in our every thought is simply magical. All that was and all that will be is all that is and all that is, is simply love.

Adrian Jones – Author, CEO and Director of Conscious Healing Innovation, 'The Aquarium - Life Beyond the See'

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



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HOLISTIC BRAIN TECHNIQUE

'Healing Through Balance'

"Every living being is an engine geared to the wheel work of the universe. Though seemingly affected only by its immediate surrounding, the sphere of external influence extends to infinite distance."

- Nikola Tesla

We human beings are like organic machines. We generate self-energy, we are self sufficient while creating this energy that many philosophers and Asian cultures call 'chi power'. This energy inside of us works like a 360 degree wheel of spheres and as we focus on our minds and on that energy, we begin to move those wheels like geared engines which then creates a Wi-Fi power of communication that reach infinite dimensions. Consciousness is the natural awareness within the environment. The brain is the hardware, constantly vibrating frequencies, just like the hardware of a computer. Our consciousness and subconscious are like the software programming. If we have a USB drive that is contaminated with a virus and insert that into a computer, that virus will then begin to spread and contaminate the computer along with its programming. Now we need to find an anti-virus to locate and delete that original virus. It is the same parallel effect that happens within our brain, consciousness and subconscious. The subconscious is one of the first things to be attacked by the virus, which in our case as human beings is external influence, personal experience and trauma. Soon after those effects have settled in, it begins to manifest itself onto our physical actions and once that virus has fully attached itself, it continues to adapt to reach and contaminate our consciousness. The Holistic Brain Technique created by Jason Goncalves is that anti-virus to heal the self.

The question shouldn't be 'How does one achieve higher consciousness?' but rather 'How does one heal the self internally and achieve balance?' Facing our emotions may sound simple and empty minded to some, but it is actually one of the most important, under estimated and difficult actions we human beings have yet to fully achieve. When we face our emotions and go to the actual 'Root' of the trauma and observe with a neutral understanding through a feeling, which is a mental portrayal of what is going on in our body, reacting to those emotions. Understanding that concept through the actual feeling itself, we will begin to see that those specific situations in our life were created for the purpose of experience. When we understand that those certain circumstances and personal situations that happen to us as an experience, to learn and grow from, we will observe both wisdom and knowledge together without taking the experience personally. One of the main troubles in today's society is when these unfortunate experiences happen to us and we subconsciously take it personally, we begin to dwell and start to portray ourselves as the victim. When that happens, it creates a loop in our subconscious and creates enslavement within, holding us back from our true and full potential.

The Holistic Brain Technique helps us understand that neutral perception of the self, while healing those specific traumas, gives

us the capability of achieving balance and freedom in our lives. Jason has been healing numerous amounts of people and communities around different parts of the world at rapid rates with unbelievable results. Naturally healing drug and alcohol addiction, emotional wellness, anxiety, depression, PTSD, insomnia, overcoming mental illnesses and mental/physical traumas, all while achieving a higher sense of consciousness. Jason has been studying and practicing consciousness, shamanism, herbal medicine and religion philosophies for over 16 years. His life work and journey has led him to find and create this neutral and natural technique that can positively benefit every human being. This neutral technique influences and inspires the process of our self-evolution while vibrating onto our environment and societies, without crashing culture and religious beliefs. Through this specific process with Jason, it has also been proven to increase and sustain our physical endurance, mental focus, and mental/physical awareness.

This Holistic Brain Technique breaks through the individuals subconscious using unique and specific breathing patterns, stimulating visualization through spoken word that represent the right and left side of the brain, with custom graphics that Jason designs based on the clients basic foundation. These combinations, sequences and graphics connect the neurons in our brain, heart and gut (digestive system) together helping to stimulate the brain, which then releases not only our natural hormones, but naturally produces and releases our natural DMT through our pineal gland, experiencing levels of euphoric consciousness and enlightenment. Jason and his Holistic Brain Technique's natural process re-wires the brain from our emotional traumas and conflicts, giving off the sense and state of euphoria that we've had locked inside of us all along. Going to the roots of our traumas and addictions, deleting the negative information and frequencies within our mind, body, and soul while overcoming and facing our darkest fears. This creates balance with ones-self, thus creating self-healing.

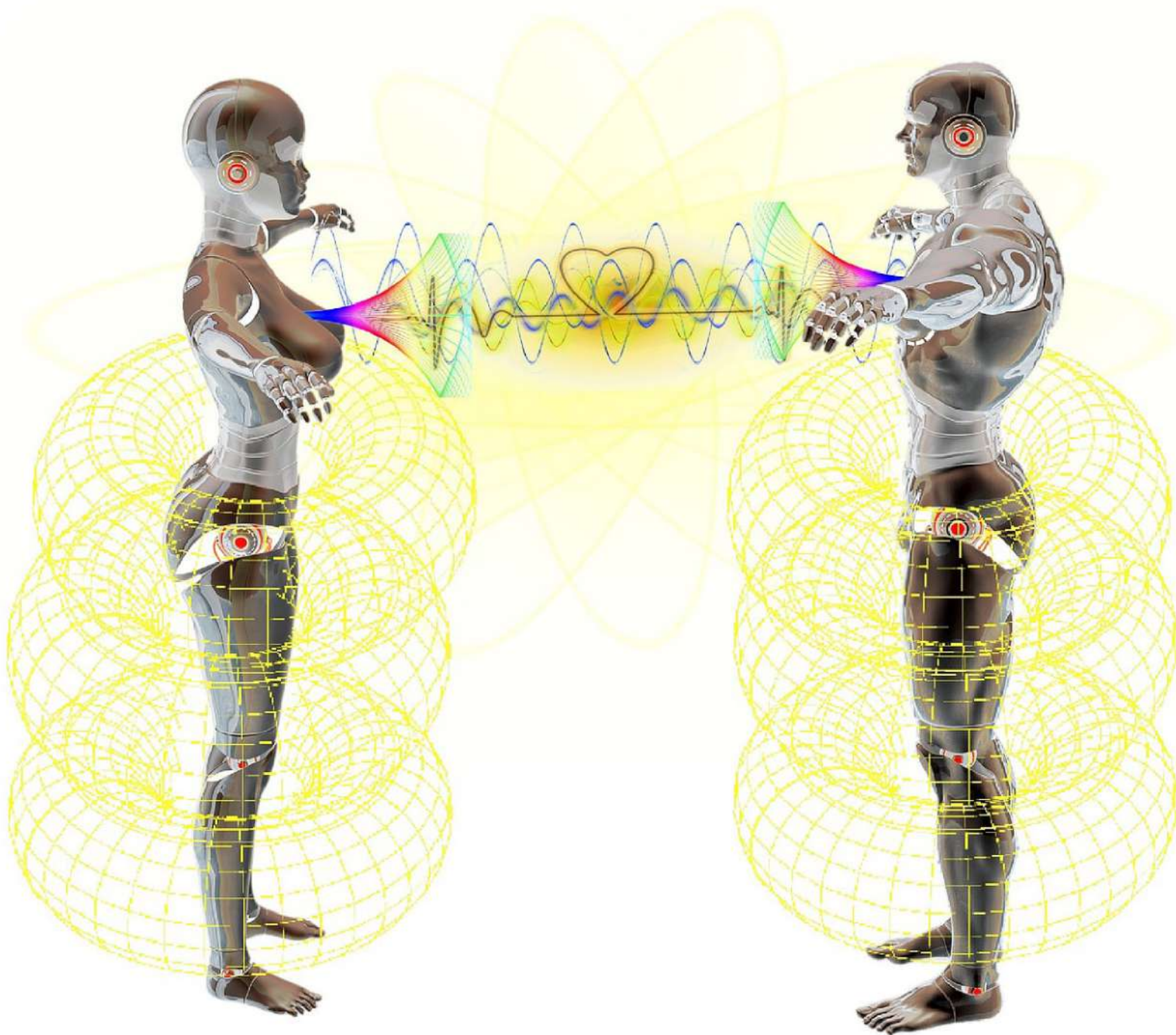
It has always been nerve breaking to face our fears, especially in today's society. In order for us to achieve and prosper we have to understand self love and not be afraid to open up. Understanding through a feeling will help us recognize and perceive that any trauma or pain from the past is nothing but a scar that becomes a memory of an experience. Through integrity and learning how to step outside of ourselves for a moment, to make a decision through a neutral perception and execute that decision focused on what is best for the total, for yourself, for the environment and our planet. Only then will you heal through balance.

Jason Goncalves - Holistic Brain Science Expert

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

www.facebook.com/A-Holistic-Brain-Technique





Energy & Consciousness.

Consciously Choose Where Your Energy Flows

“Wherever there is light, there is Consciousness.” - Samael Aun Weor, The Great Rebellion

Literally Being Knocked Out

When I was young girl at school I played several types of sport, one of them being softball. In one game someone was hit with a ball to the head (fairly close range) a hard enough wack to knock her off her feet that she fell to the ground. Everyone ran to this girl as she lay motionless on the ground. Calls of 'Are you alright?' 'Everyone step back give her some air', and then one adult saying, 'I think she's unconscious'. I didn't quite understand what unconscious meant. I thought because she fell, she was just knocked out, (not realising, when you are unconscious your body is not responding to anything outside of your external perimeter), for a period of time you do not hear people's voices, there's no response, your brain closes up shop, (so to speak) to go into protective mode. After a few minutes of trying to get some response from her, she groggily shakes her head, attempting to regain composure and to sit up (yea I know she had been hit with a ball). It all happened so quickly. It was frightening, scary and seeing her lying virtually lifeless in front of us, then someone said, 'thank goodness she's conscious', I knew straight away it meant they were awake. But being conscious is more than waking from a hit to the head!

Consciously Choose Where Your Energy Flows

In any given moment, we have a choice how we want to channel our energy in certain directions. Become aware of how your energy can be literally 'sucked' right out of you when are engaging with someone that may be gossiping, being full of their drama or listening to rather cringe worthy conversations. People sometimes feel they need this kind of conversation to feed on. If you choose to fake your energy, then you suffer. The choice is yours. When you stand in your power of authenticity and not just how others need you to behave, then you free yourself from the crap energy of expectations.

When You Live Consciously

If you live from the consciousness of being human, your experience is determined by your perception. Your perception is a direct relation to your experience. Think about what you think about! You can actually stop and think about your thoughts. Mmmm think about that! If you are thinking mental garbage, then all your thoughts will be that... garbage. Your thoughts are not created equally, they are whatever your perception of your thoughts are, at that moment. Your emotional body is a feeling that emanates from a divine mind. Your feelings that are joy, happiness, bliss, exhilaration is liquid gold that flows through your body! Taking responsibility for your own perception of life that is, determining (drawing to you) your experience. It's not people that determine your thoughts, your perception is what does! Feelings are not the same as emotions. Ever heard the saying "He/She's got a mind of their own"? Well that's not true, because we are of one mind of Divine. Divine inspiration operates through us.

The Conscious Truth Of The Matter & Being Responsible

Ok, so let's choose to become a radiant emanation of joy, love, wellbeing, and when you are in your truth you have a great insight. If you take love from love, love is still there. If you take abundance from abundance, abundance is still there. Sometimes good may be happening over there, but it doesn't mean good is not here. Good anywhere means good for everyone. Your context determines your perception. A small group of people vibrating at a high vibration and frequency, can carry this frequency higher than a mass group of people vibrating at a lower frequency.

Take responsibility for the vibration you are carrying, no-one can take this away from you.

Reinvigorated Energy

In Forensic Healing one of the modules we are introduced to is about Energy. Our personal energetic systems that contain a plethora of vital information. These consist of our Aura, Chakras, Aura Chakra Matrix, Meridians, Muscles, Routes, and Emotions. It comprises of techniques that help release blocks within our meridians. There is a combination of several types of healing modalities that assist and work synergistically with the Forensic Healing structure. The beauty of what I've experienced with Forensic Healing is that I do not need to know all about the other modalities (as in having learnt them fundamentally) as these techniques are part of the pathways that achieve similar results with the several combinations and not one specific technique.

The Expanding Movement Of Consciousness

You (we) are part of an ever growing consciously minded collective of people that know immense changes are happening as we speak. Each moment, even breaking it down to the minute or a nanosecond (don't you love that word?) as we are aware, in this moment of time, what has happened now, now, now, now (this could go on for ever!) no longer exists but has been recorded in our (your) experience. The ever-increasing intelligence of our minds to understand, perceive, receive, digest the complexity of ourselves, who we are, where we are going and all that is with it, is so amazing. People are literally waking up due to the immense realisation that, when we consciously take the moment to truly see the potential we all must have to change our lives, as well as others, then you know we all have the means to ascend higher of ourselves.

Consciousness Defined

From various dictionaries:

- The state of being conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc.
- Immediate knowledge or perception of the presence of any object, state, or sensation.
- An alert cognitive state in which you are aware of yourself and your situation.

Forensic Healing Is A Proven Therapy System Superior To All Healing Modalities, Because It:

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

Shona Russell - Forensic Healer

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

www.shonasoulsynergyhealing.com.au





ENRICH YOUR LIFE WITH CONSCIOUSLY CHOOSING A TRADITIONAL MEDITERRANEAN DIET

The Mediterranean conjures up images of blue skies, sandy beaches, fishing boats bobbing in the clear waters, white washed houses, blue domed churches, olive groves, vines growing over trellis. Sun shine on the face, fresh air. People in tavernas sharing the meals with family and friends. Eating fresh food matters to the Mediterranean cultures as much as does sharing the meals with family and friends. Mediterranean food tastes good, of course, but it also embodies an enjoyable lifestyle. People in the Mediterranean have a reputation for enjoying life and not taking things too seriously. This means less self-inflicted stress.

Enjoy the traditional Mediterranean lifestyle a perfect balance between work and leisure, family, and food. Consider adopting the traditional Mediterranean Diet. This diet is considered the world's healthiest diet. The traditional Mediterranean diet is based on preparing fresh, seasonal foods. It is abundant in fruits, vegetables, whole grains, legumes a sprinkling of olive oil, herbs, and spices. It features fish and poultry, lean sources of protein, over red meat, which contains more saturated fat. Red wine is consumed regularly but in moderate amounts.

According, to research by Sofi F. et al. (2008) "Greater adherence to a Mediterranean diet is associated with a significant improvement in health status, as seen by a significant reduction in overall mortality (9%), mortality from cardiovascular diseases (9%), incidence of or mortality from cancer (6%), and incidence of Parkinson's disease and Alzheimer's disease (13%). "These results seem to be clinically relevant for public health, in particular for encouraging a Mediterranean-like dietary pattern for primary prevention of major chronic diseases." Eating a Mediterranean diet has also been associated with reduced levels of inflammation, a risk factor for heart attack, stroke, and Alzheimer's disease. According, to research by Hu EA et.al (2013) "The traditional Mediterranean dietary pattern (MedDiet) is associated with longevity and low rates of cardiovascular disease (CVD)."

With all of the positives of a Mediterranean diet you too can follow it, even if you live nowhere near a Greek island by incorporating the following in meal planning.

VEGETABLES

The Mediterranean traditional meals are vegetable casseroles, stews, and side dishes. Vegetables common to the traditional Mediterranean Diet include: artichokes, arugula, beetroots, broccoli, Brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collard greens, cucumbers, dandelion greens, green beans, eggplant, fennel, kale, leeks, lemons, lettuce, mushrooms, mustard greens, nettles, okra, onions (red, sweet, white), peas, peppers, potatoes, pumpkin, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, and zucchini. They are prepared with tomato, onion, garlic, and various herbs and spices, consumed as a main dish together with feta cheese and bread. Salads are always seasonal from the Greek salad in the summer in the winter cabbage with carrot or seasonal wild greens, boiled and consumed with olive oil, lemon, feta cheese, and bread. Vegetable pies were also popular traditionally. They include spinach pies, cheese pies, leek pies, pumpkin pies. Incorporate them in to meals at least once a week. Vegetables are high in vitamins, minerals, energy, antioxidants, and fibre promotes optimal health and weight control. Eat vegetables with every meal.

LEGUMES

Legumes were the main source of proteins in the traditional Mediterranean diet. Legumes were consumed a few times a week. Beans such as chick peas, broad beans, fava beans, butter beans, lentils are prepared with tomato, onion, and olive oil, and accompanied with cheese and bread. Include at least two to three legumes meals (250g serve) per week.

FISH

Fish is eaten on a regular basis in the traditional Mediterranean diet. Fish such as tuna, herring, mackerel, salmon, and sardines are rich in omega-3 fatty acids, and shellfish including mussels, oysters, shrimp, crab and clams have similar benefits for brain and heart health. Eat at least two servings of fish (150-200g serves) per week.

MEAT

Traditionally meat was not consumed very often, usually only during celebrations. Popular choices include lamb, goat, chicken, pork, and veal.

Traditionally meat is usually prepared roasted in the oven with lemon, garlic, and oregano, or as a stew in tomato sauce. Meat is almost always accompanied by roasted potatoes. Eat smaller portions of meat less often (no more than once or twice a week).

BREAD

Bread is present at every single meal. An alternative to bread is the Rusk (paximadi), which originally was old bread baked. Include wholegrain breads with meals (aim for 3-4 slices of bread per day);

DAIRY

Dairy was mainly consumed in the form of cheese and yogurt. Fabulous feta cheese or mizithra accompanies almost every dish. Eat yoghurt everyday (about 200g) and cheese in moderation about 30 to 40 grams per day.

OLIVES

Olives are a very important staple food in the traditional Mediterranean diet. Olives have sustained farmers, shepherds through the ages. To this day, olives, together with bread or rusks and a little cheese, comprise an important part of the traditional Greek farmer's midday snack eaten in the field. Olives are packed with delicious nourishing Vitamins E, D, K and A, monounsaturated fats which may reduce risks of heart and cardiovascular disease. Olives, like olive oil, contain phenolic compounds, which are natural antioxidants. Eat 1-2 servings of olives every day.

FRUITS

Fruits were also consumed as a snack or after a meal fresh in summer and dried in winter. Fruits common to the traditional Mediterranean Diet include: apples, apricots, avocados, cherries, clementines, dates, figs, grapefruits, grapes, melons, nectarines, olives, oranges, peaches, pears, pomegranates, strawberries, tangerines, and tomatoes. Eat a wide range of delicious fresh fruits every day.

NUTS

Nuts are bursting with goodness. A handful of nuts and seeds, such as almonds, walnuts, pistachios, pumpkin seeds, and sesame seeds, can add flavour and healthy fats, protein, and fibre to the diet. Incorporate nuts and seeds in the diet 1-2 servings every day.

GRAINS

Incorporated traditional Mediterranean grains like bulgur, buckwheat, couscous, barley, farro, polenta, rice, and pasta.

FATS

Olive oil is a main fat ingredient in the Mediterranean diet. It is used in cooked dishes from casseroles to meat to salads as well as desserts. Olive oil contains oleic acid and phenolic and monounsaturated fats reduce the risk of heart disease. The phenolic compounds of olive oil, has strong anti-inflammatory properties. In the study conducted by Estruch R et al (2013) a Mediterranean diet supplemented with extra-virgin olive oil or nuts reduced the incidence of major cardiovascular events. According to the ACS Chemical Neuroscience journal (2013) "Oleocanthal, a phenolic component of extra-virgin olive oil, has been recently linked to reduced risk of Alzheimer's disease." Incorporate olive oil as the main added fat in the meals around 60 mls a day.

ALCOHOL

Enjoy red wine in moderation. The standard measurement of wine consumption is the following: 2 glasses for males per day, 1 glass for females per day, always with meals. Have a few alcohol-free days a week.

DRINK WATER

Drink plenty of quality filtered water each day, to stay hydrated. About 6 to 8 glasses a day.

DESSERTS

Traditional Mediterranean diet desserts include spoon fruit preserves, olive oil based biscuits and cakes. Eat desserts a few times a week.

In conclusion, the Mediterranean Diet contains all the essential nutrients required for good health. A large part of the Mediterranean lifestyle is simply savour the experience of meals. Experience the joy the Mediterranean Diet lifestyle will bring to you and your family.

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Getting Back Into Flow. Recovering From Writers Block.

There's a beautiful irony in the fact that I was running late in submitting this article because of writer's block. Right up to and even a bit beyond the deadline, I had no ideas - no words - nothing! This is ironic because as well as being a wellness coach, I'm also a writing coach, and one of the things my clients learn is how to get themselves out of negative states like overwhelm, perfectionism, and procrastination. These are the things that usually lie at the base of what we call writer's block. Acknowledging and smiling at the irony, and practicing what I preach, allowed me to eventually ease back into flow, clarity and creativity. I'll tell you about the how and the why of the whole book writing part of my coaching business later, but for the moment I want to focus on the question of energy.

So think about this for a moment. When we talk about writer's block or being blocked in any way for that matter, what is it that's actually blocked? In spite of what we might call it or think it is, it's not thoughts or ideas that are blocked - it's energy.

Energy is one of those things that's meant to be in motion. Like water, it's a healthful and wonderful thing when it's flowing, and a potentially putrid and dangerous thing if it stagnates for too long. This is graphically demonstrated by the work of Dr Masaru Emoto. Dr Emoto is well known for his experiments on water. He took photos of the crystals that formed when he froze water that he'd subjected to different circumstances with substantially different energy attached to them, with a dramatic contrast resulting between water that was exposed to 'negative' words like hate for example, and water that was exposed to words like kindness and love. I particularly love the crystals that resulted from exposure to children. These crystals were purple in colour and arranged in a beautiful pattern that you might see on a brooch or some other kind of jewelry. Whereas in contrast, the water that was exposed to heavy metal music formed crystals that were a dirty brown colour with a dense blob in the middle.

Emoto asks us to consider the unsettling question that, "If thoughts can do that to our water, imagine what our thoughts can do to us". I'd urge you to look into his work if there's any doubt in your mind about the fact that not only is there a fundamental connection between consciousness and the physical world we live in, but also that this connection is considerably more dynamic than the one-way street most of us were taught to believe in when we were at school. As evolved as humans might seem to be, it's still the case for the majority of the population that it's one thing to accept that our physical reality affects the way we feel, and another thing altogether to accept that the way we feel affects our physical reality as well.

The implication of this interplay of energy is that if we want to maintain our health and wellbeing, we need to work toward a free flow of energy between our physical, mental, emotional, and spiritual worlds, because at the end of the day even though there are different words to describe these worlds, ultimately they are one and the same.

Things like stress, sadness, anxiety, and fear can disturb this flow, causing energy to be blocked and stored in the body. This then leads to physical symptoms like fatigue, which will in most cases intensify and develop into disease if the root cause of the disturbance isn't addressed. Sometimes illness will run its natural course and recovery will take place in due course, but in other cases health and wellness can only be restored by addressing the disharmony that lead to the symptoms in the first place. All too often though it's conventional medicine that people turn to for help, and all too

often we see things go from bad to worse. Don't get me wrong, conventional medicine has its place, but unfortunately it often involves an intervention of some sort that only masks symptoms without going anywhere near the root cause of the problem, and in so doing, further blocking the flow of energy. This is how people wind up walking around with time bombs ticking away in their body without even knowing it.

I went through the first few decades of my life oblivious to any of this. I was one of those people who spent all of their time in their head. Then I experienced a connection with my unconscious mind at the age of 45 when I was studying NLP and everything changed for me. All of a sudden things that had baffled me for years started to make sense. Clearing the emotional white noise I had lived with for decades with NLP enabled me to see that I'd suffered a significant trauma when I was in my mother's womb, and that the learning I took from that experience translated into my not being able to feel my feelings. Healing the trauma took exactly what I said we need to do to maintain health and wellbeing above. I needed to create the conditions where a free flow of energy on all levels could be initiated and sustained. Believe me, this was easier said than done for someone like me who had only just started dabbling in holistic approaches to wellbeing.

Before this piece of the puzzle dropped into place, my life was ruled by Binge Eating Disorder. Unconsciously I was using food to numb myself to avoid being overwhelmed by the emotions I had suppressed since shortly after my conception. Sure enough I had consulted a number of medical professionals and 'conventional' therapists in an attempt to get myself to a place where I could be healed of Binge Eating Disorder over the years. But of course it wasn't my relationship with food that needed to be healed. The problem that needed to be healed, was the well of unfelt emotions stored in my body that had needed to be processed and released.

This is kind of where the writing wing of my coaching practice came in to the picture. Even though I had processed a fair bit of this stuck emotion when I did my NLP training, as well as through dabbling in a number of other modalities like rebirthing and EMDR, by far the biggest chunk of the healing took place when I was writing my first book "Thrive in Midlife". Specifically it was when I wrote about the fact that even though my mother's life only overlapped with my daughters life by a little over 12 months, I was incredibly grateful for the fact that they both got to know each other, that I experienced a catharsis the extent to which I have never felt before or since. As I wrote the word 'grateful' in the context of my mother's time with my daughter I felt my heart open so fully that it felt like I wasn't even in my body anymore. Among other things, after a lifetime of never being able to bond with my mother we finally formed a bond a little over ten years after she passed away. That experience helped me towards feeling whole, and to be able to keep the energy in and around me flowing a little bit more freely.

That experience also got me fired up about the immense benefits of writing, and I now run writing programs for people who are hankering to get their story down on paper, and/or others who want to experience the business-related benefits of being a published author. I have experienced both of these kinds of benefits, and I'm now incredibly grateful for the difficulties that got me to the place where I finally got around to writing my first book because it changed me in ways I never could have imagined.

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.

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MENSTRUAL SYNCHING

What's the big deal? Why even talk about it?

I recently had a patient in my rooms that came to see me with infertility. She is a woman who has irregular periods.

As part of the history taking I asked her about her history of menstrual cycles. All her life she was having irregular periods. The only time she had regular monthly cycles was when she moved in with a girlfriend for a year. Her girlfriend had very regular periods.

When she moved out, her periods became irregular again.

I reflected upon this for 30 seconds or so. A light bulb went off inside my doctor head. "I think you should move back in with your girlfriend". I was half joking, half serious.

Later that same day I was chatting with a scientist at the fertility unit. She was telling me that she had very irregular cycles and had struggled to conceive. She had read on the Internet about menstrual synchrony – women's periods synching. This inspired her to then look at women at her workplace who had regular periods.

She made a pact with one woman who had regular periods at work to rub forearms and skin with her couple of times during the day at certain parts of the menstrual cycle. She then found her period became regular and she conceived two children in this way.

Between her two children, her periods were irregular. She had stopped rubbing forearms.

Having heard these two stories on the same day, I wondered whether I should prescribe 'skin kissing' as a part of managing irregular cycles and infertility. It is also occurred to me that the opposite could hold true. Could a woman's menstrual cycles become irregular if co-habiting or in close contact with a woman who has irregular cycles.

I quickly went back to my office, called my patient and said 'how about it?' At the time of writing this article, she was in the process of 'skin kissing'. I thought to myself how wonderful if this would work? No drugs needed!

Menstrual synching or synchrony. I personally have observed this myself. In 2011, I lived with two other female doctors. When we first moved in together, our periods were at different times of the month. After a couple of months, our periods were in sync; they would come at the same time. It was an interesting time of the month!

We had all moved to the UK to work as doctors and stress was definitely present in that house the first few months.

The menstrual cycle is an interesting thing. It is not fixed and fluctuates and changes between women. Only 15% of women have regular 28-day cycles. 85% of women have menstrual cycles that can vary from 21 to 35 days.



So What Things Affect Menstrual Cycle? A Variety Of Things.

- Stress – so common yet overlooked by women and their doctors.
- Nutrition – over nutrition and under nutrition. Eating disorders are very common too.
- Exercise – many women can overdo the gym. Working out 7 days a week for 2 hrs each session is bound to switch things off.
- Travel – changing time zones can confuse things.
- Illness – acute and chronic
- Medical conditions such as PCOS.

A lady by the name of Martha McClintock published a paper in a reputable medical Journal called Nature in 1971. She observed that girls living in college dorms tended to menstruate at the same time. One issue with her study was that she relied on these college girls to recall their period start dates. We all know that this introduces a type of bias into a study. Nevertheless, it was an interesting observation.

In 1998 a follow-up study was performed. It claimed that *pheromones* were responsible for this menstrual synching. In this study, smelling armpit secretions could either lengthen or shorten your menstrual cycles depending on what part of her cycle the 'donor' was in.

Over the years there have been a few studies looking at this subject with no definite conclusion. Most studies refute menstrual synchrony as a definite entity.

So what is a pheromone? Simply, mysterious chemical signals released, that affect the behaviour of another individual of the same species. People have even tried to capture it in bottles.

A few questions I have about them.

- Perhaps some of us are more sensitive to other women's pheromones than others?

- Does one woman's pheromones play tug-o-war with another woman's pheromones?

- Will the mystery ever be solved? There are some things I'd love for us to keep mysterious and this is one of them.

As a doctor, I know that good evidence is hard to find. Not because the intentions of the researchers are necessarily poor, it's mainly because studying humans is fraught with difficulties and challenges.

As Timothy Ferris put it in his book: *The 4-Hour Body*, 'Science starts with educated (read: wild ass) guesses. Then it's all trial and error. Sometimes you predict correctly from the outset. More often you make mistakes and stumble across unexpected findings, which lead to new questions. If you want to sit on the sidelines and play full-time skeptic, suspending action until a scientific consensus is reached, that's your choice. Just realize science is, alas, often as political as a dinner party with die hard Democrats and Republicans. Consensus comes late at best. Be proactively skeptical not defensively skeptical.'

Thankfully as a doctor, I have some patients who also think a little like Timothy Ferris. Science does not definitively tell us how menstrual cycles may synch, nor do all the studies conclude that this is a real entity.

However, anecdotal and personal evidence is enough for me to want to look deeper into this.


What are your thoughts on menstrual synching?
I'd love to read your thoughts and experiences.
Please share them at info@drandreadis.com.au.

Dr Natasha Andreadis - Fertility Specialist, Gynecologist

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

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HOW DOES OUR METABOLISM INFLUENCE OUR WEIGHT?

I happen to recently visit San Diego and while on the Old Pacific Highway, we crossed the **San Onofre Nuclear Generating Station (SONGS)**. SONGS was a Nuclear Power plant that operated from the 1960's and had to be decommissioned in 2013 due to safety concerns.

My mind was amazed at how nature had packed such amazing volumes of power in such miniscule molecules, such that human intelligence could unlock that power and supply energy to millions of households and cities. Truly awesome, isn't it?

A moment later, a question flashed up about who was providing energy to the trillions of cells in the human body.

Do you know that our body has potential energy that can fuel the power needs of an entire city for at least a week?

Yes, you heard me right! A weeks' worth of energy needed to run a city is stored within "This POWERHOUSE" our amazing body. Within this amazing "Nuclear reactor", our human body, energy is effortlessly derived from the raw materials, called food, which provides fuel for the body's machinery. This "Nuclear reactor," our metabolism, determines how we handle food, how we store it and also get rid of the unwanted or toxic stuff, which, if not handled properly has the potential to cause disease. There is a beautifully synchronised and orchestrated series of processes that is supplying energy to the dance of life in our bodies. This "Intelligence" is truly percolating every life form of nature.

Eating food is the most direct expression of our intimate connection with nature. Each time we eat, we process food thru a wonderfully sophisticated series of biochemical events that transforms that material from nature into our physical being.

The physical health of this Nuclear reactor, the metabolism, in our body's context, determines our health, our fitness, our optimal weight and our vitality. Sluggish metabolism attracts disease, obesity and dull headedness, while an optimal metabolism is the key to health and vitality. Our metabolism and our ability to maintain an optimal weight are intimately linked.

Here are some key lifestyle mistakes to avoid that most of us make, causing us to gain weight and stay dull.

1. Eating Too Few Calories

Eating too few calories can cause a major decrease in metabolism. Although a calorie deficit is needed for weight loss, it can be counterproductive for your calorie intake to drop too low. When you dramatically lower your calorie intake, your body senses that food is scarce and lowers the rate at which it burns calories.

Bottom Line: Cutting calories too much and for too long lowers metabolic rate, which can make weight loss and weight maintenance more difficult.

2. Skimping On Protein

Eating enough protein is extremely important for achieving and maintaining a healthy weight. Studies have shown that, in addition to helping you feel full, a high protein intake can significantly increase the rate at which your body burns calories. The increase in metabolism that occurs after digestion is called the thermic effect of food (TEF). The thermic effect of protein is much higher than the thermic effects of carbs or fat. Indeed, eating protein has been observed to temporarily increase metabolism by about 20–30%, versus 5–10% for carbs and 3% or less for fat.

The key question is what is the best source of protein?

Traditionally it has been assumed that a vegetarian or a vegan diet is deficient in proteins, however this is now being proven to be untrue. Studies have shown that vegan and vegetarians get more than enough of their daily allowances of protein, however what animal based protein misses out on is FIBRE. Fibre is the only ingredient that has been associated with a reduced risk of developing high blood pressure, high cholesterol and developing metabolic syndrome, which are the starting points of other serious ailments.

Bottom line: Increased plant based protein intake helps preserve metabolic rate during weight loss and maintenance

3. Not Getting Enough Good-Quality Sleep

Sleep is extremely important for good health. A healthy adult should have at least 6-7 hours of good quality sleep.

Sleeping fewer hours than you need may increase your risk of a number of diseases, including heart disease, diabetes and depression.

Several studies have found that inadequate sleep may also lower your metabolic rate and increase your likelihood of weight gain.

A five-week study found that prolonged sleep restriction combined with circadian rhythm disruption significantly decreased participants' resting metabolic rate by an average of 8%.

Bottom Line: Getting adequate, high-quality sleep and sleeping at night rather than during the day can help preserve your metabolic rate.

4. An Imbalanced Gut Microbiome

Our Gut Bacteria may hold the key to our metabolism

The last and the most crucial factor is our Gut Microbiome. Our gut microbial flora is critical in breaking down the food that we consume into smaller "bite size" particles that the body is able to absorb. Researchers speculate that people are more likely to gain weight when gut bacteria are more efficient at breaking down food, enabling the body to absorb more calories. These "unfriendly" bacteria are more fat storing in nature than fat burning. In an obese individual, we see an overgrowth of these fat storing, "chubby" bacteria. These "chubby" bacteria extract even the last ounce of energy from the food consumed, which causes the individual to pile on weight, even if they didn't eat more than others. Studies carried out on obese individuals reveal that they have less overall diversity of the gut microbial flora and primarily the "chubby" bacteria prevail. These bacteria have also been associated with obesity, metabolic syndrome and type 2 diabetes.

Bottom Line: A varied plant based wholefood diet is the best way to build healthy, balanced and diverse gut microbiome. These prebiotic foods suppress the growth of the "Chubby" bacteria and assist in resetting our metabolism.

Dr Arun Dhir, FRCS, FRACS - Gastro Intestinal Surgeon,
Health & Wellness Advocate

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HOW TO USE YOUR ENERGY TO CHANGE CONSCIOUSNESS

In the world, we understand nature through physical duplication, reproduction and expansion. A single sperm and egg combine and then divide (i.e. meiosis and mitosis), create more cells, and do so continuously to eventually build a human, who in turn may go on to reproduce another human. A plant produces seeds, which in turn regrow into many more plants, from one comes many, expansion.

The first law of thermodynamics (also known as the Law of Conservation of Energy) states that energy can neither be created nor destroyed; energy can only be transferred or changed from one form to another. A simple example of this is switching a light on. It may seem like the light has created energy, however, it has merely converted electricity into light, changing what already exists into something else. Because, at our core, we too are made of energy (molecules in different compositions as well as the electrical currents running through us), these laws also apply to us. Understanding the energy within you can allow you to change how you experience your life and ultimately change consciousness itself. Since consciousness can be seen as the fabric unfolded by the energy that runs through it, knowing how to direct the current (your current if you like) will empower you to experience more (expansion) – i.e. an “easier/better” life sooner.

It is the nature of Energy to transform through flow. The trajectory it follows during and after this process of “transformation” is guided by your intentions and life choices. In effect, YOU transform consciousness as energy transforms through you.

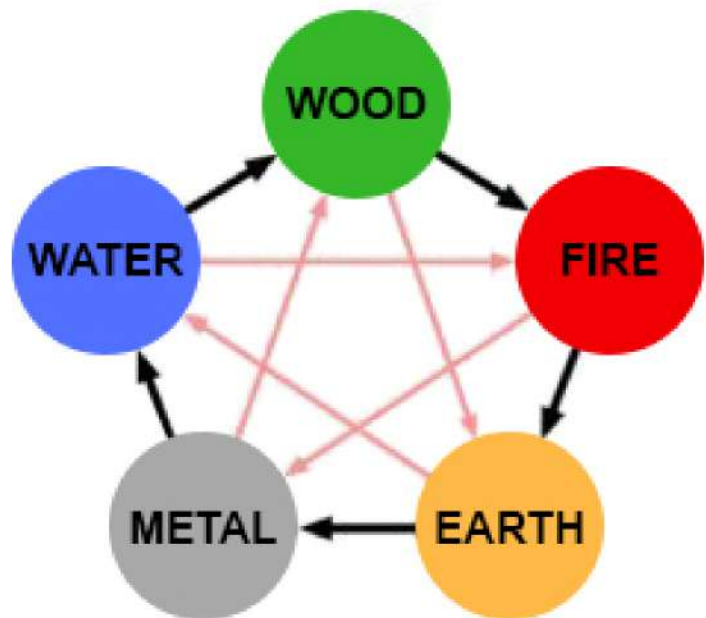
In Chinese Medicine an understanding of energy has been used to create and maintain health in the human body in communities for thousands of years to help millions of people. It is based on the observation of energy and a collection of energetic relationship laws known as “The Law of the Five Elements.” This law dictates that there is one energy (known as the Tao) whose expression is divided into five distinct categories (Fire, Earth, Metal, Water and Wood), all of which interact in a very specific way. Energy is constantly cycled through each of these “Elements” in dual form (Yin/Yang) in dynamic relational patterns. Ultimately, this energy transforms from one expression to the next in cycles throughout your life via this patterning

This Five Element Theory about energy flow can be considered an interpretation of the Law of Conservation of Energy and how this law applies to the human body. The specific organized patterns of energy described in The Law of the Five Elements can

also be replicated in all other aspects of life – as this theory stipulates that because the different qualities are part of the same one energy, everything is in truth ONE: you, your family, our communities, cities, countries the World and Universe itself.

The “Element” names and qualities can be considered both metaphorically and literally, and absolutely everything can be assigned an “Element” according to the qualities it expresses or holds, making the pattern applicable in many ways; colours, seasons, sounds, emotions, temperatures, tastes, textures and so on all have an allocated “element” to which they most relate and fit within the measured relationship dynamic that the element has with everything else. This is the foundational “science” behind “Energetic Healing.”

A very basic example of two ways the elements express energy through flow and how they relate to each other can be observed in the illustration below (circular – one Element “feeding” the next and star shaped interaction demonstrating how the Elements can control or be controlled by every second element in the system):



Fire – generates Earth (ash) and destroys Metal (melting)

Earth – generates Metal (minerals) and destroys/controls Water (dams/directs)

Metal – generates Water (within minerals of the Earth) and destroys Wood (cutting)

Water – generates Wood (growing) and destroys Fire (extinguishing)

Wood – generates Fire (feeds fire) and destroys Earth (roots split the Earth)

We can observe a definite flow and function of energy in this system. The cycles represent both the natural flow of energy from one element to the next and also how these pathways can be switched off or manipulated to control the rate of flow.

Because the organs/systems in the human body have also been observed to express distinct qualities (again, each are unique from one another but work together within the whole), they too have been assigned specific “Elements,” providing a trained Practitioner working with the Law of the Five Elements a clear means to observe and identify any issues within the energy and therefore the body. Through this means, they can rectify issues using observable rules of the energetic flow. If energy is blocked somewhere in the body, a gateway to unblock or release energy flow can be found via specifically mapped pathways/points within the Five Elements system patterning.

A disruption of energy flow impacts the ease by which energy moves and transforms. Because both the physical (body) and metaphysical (the subtle, symbolic representations beyond the physical) co-exist and are operating simultaneously as counterparts of each other, the outcome of a disrupted energy flow equates to a more “bumpy” experience in life and often a decrease in health, known as “dis-ease”. Enhanced free flow of energy on the other hand can facilitate a healthy body and a happy more empowered life.

By releasing your energy blocks (unexpressed emotions, repetitive belief patterning, pain, nutritional deficits and so on) your “energy” can continue uninterrupted via its transformation processes, carrying “You” along with ease (i.e. if you are struggling in an area of life, you will notice that your “struggle” dissipates after simply identifying and releasing the blocked energy mapped and running behind the scenes in your body). Therapies like Reflexology, Moxibustion, Kinesiology, Traditional Chinese Medicine, Acupuncture, Shiatsu, Naturopathy and others are based on this model of working with energy, which is why they often prove so effective.

The concept that “everything” is connected helps us understand that everything affects everything else in one way or another. What you give, you get back, cause and effect – because we all share the same energy, the Law of the Five Elements can assist us in understanding these connections.

Energy is always moving, operating, and transforming. Each time it transforms, it carries with it the information (or an imprint) of what it was transformed from e.g. in physical terms our DNA. As we evolve we expand inclusive of that which has come before us. Our bodies still contain primitive reflexes hardwired into our brains from the beginning of human existence. Nowadays, our physical bodies are more evolved (still containing primitive features) however, we are now a new expression, a more evolved expression of the physical as well as the energetic counterpart which combined are consciousness expanded.

Consciousness is an ever-expanding energetic fabric and the outcome of the evolution of all individual energy systems combined. This “fabric” is the expression of everything that exists (or has the potential to), and we influence this expression by the choices we make.

Although the energy within us follows a specific “law,” through our intentions and choices, we each guide the trajectory by which our individual energy system is expressed and because of that, we each impact consciousness.

If you had the choice, what experience or expression would you like, through your energy, to contribute to the fabric of our collective consciousness? Know that the energy within you moves through

established flows and patterns, and it is the way we drive this energy that enables us to alter consciousness. Know that we are all expanding consciousness by our choices, and, individually, we all impact the quality of the experiences of ourselves and everyone else. You matter as does everyone else EQUALLY.

Have you ever thought about the chain of events and personal choices and intentions that occurred to connect your parents in order to create you? And their parents in order to create them? Choice.

Energy flows where attention goes. Our choices and intentions give us the pathway for our attention to go and energy to follow. By simply placing your attention on how you would like to express consciousness, the energy running behind the scenes makes it so.

Energy moves continuously and inherently, so getting what you want from life is simply a matter of directing the expansion of consciousness through the intentions you have.

Energy has a distinct pattern, and intention creates the pathway, the energy flows within. Energy is the current running through consciousness, and you can alter the direction of the current based on the directive you provide. YOU impact consciousness at every moment and can shift its direction simply through the choices you make and the intentions you have.

The world we have “inherited” is the outcome of all of that which has come before us, and what becomes of it will be the product of what we collectively do with our intentions, as they are the pivotal point through which we affect energy. Wherever we apply intention, our energy performs. Each of us co-creates the experience we have, and by default the experience of all else within the field of consciousness we reside within. On an individual level, it is up to us to intend with purpose, care and awareness. We are powerful, remember that.

If we change the vantage point (our intention), the direction of our energy is affected and the amount of potential energy we carry is influenced. Always seek the highest vantage point that will benefit consciousness as a whole, and you can make the biggest impact.

If you could choose what life is for everyone, what would your ideal be? To make it is easier, what would you prefer to what you/we currently have? If you could map your life (or bigger still, the history of the world) like a film and edit it to perfection, what parts would you watch over and over again, and what parts would you prefer be deleted, recycle binned? We cannot “delete” the past exactly as it is part of existence, however we can “learn” or create better in light of what has been created. We can transform the past by letting it go and choosing something better.

We each individually alter our collective experience of consciousness by the direction our intentions are set, so let’s make choices and direct our energy currents toward the highest expression of expansion, always.

If you would like assistance in releasing any energy blocks you may have, so you can experience your highest potential and effect consciousness with your best and deepest impact, find a qualified practitioner who works with Energy and The Five Element Theory.

Kylie Bryan – Kinesiology Expert

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Spirit Babies & The Realms Of Prenatal Consciousness



It wasn't too long ago, indeed for most of the twentieth century the consensus in the medical community was that the infant and most definitely the pre-nate was a relatively inanimate and even blank canvas, that their level of consciousness was very limited and that the formation of personality could only really occur at around 2-3 yrs. of age. Babies were assumed to be blind, unable to identify their mothers or their voices, had no temperature or pain sensitivity and perhaps most ignorantly of all that babies in the womb were not functionally equipped to remember, learn, process or adapt to their experiences in the womb.

Thankfully the fields of embryology and prenatal and perinatal psychology have expanded immensely. Considerable exploration into pre-birth experiences and life inside the womb have begun to dispel these misheld beliefs about the realms of consciousness occupied by babies in spirit, in utero and as infants.

Researchers in these emerging fields are combining personal stories from parents about their preconception, pregnancy and birth experiences along with formal womb and foetology studies with clinical data from

therapeutic techniques such as hypnosis and regression to create a more respectful and appropriate profile of the unique energy, sentience and soul purpose of the unborn child.

The question often postulated is “When exactly do babies become conscious?” Is it at the moment of conception, at a certain stage into the pregnancy, or is it only when the baby arrives earthside in its new body? Speaking from an even higher perspective of consciousness, is it when a couple or even just the mother begins to consider or even imagine becoming a parent? Can a soul surround their parents even before conception?

Culturally there are of course many diverse beliefs and teachings that address this question. From the yogic point of view, there is a subtle connection that occurs between the cells of the embryo and the consciousness of the incoming soul at the time of connection. They believe that at exactly 120 days after conception the soul comes in to fully inhabit the body it has been granted.

“On the 120th day, we give our women a blessing and tell them to meditate more, and look toward God, so that they may have a calm, quiet intelligent, self-creative children.” Yogi Bhanan Women’s Camp 1979.

This same belief that the consciousness or soul essence of the baby enters the body in the fourth month of pregnancy is also held in the Muslim tradition, based on teachings found in the Qur’an. In the Vedic tradition, it is believed that incoming babies go through a triple birthing of their soul consciousness. The father is believed to host the soul for sometime in his semen sac before it is released into the female during sexual union. This is the first birthing of the soul. The soul then finds its way into the mother’s womb and becomes a part of her body and this is considered the second birthing. Finally when the child emerges from the womb, with its own physical body, this is considered the third birthing of the baby’s soul.

In many African cultures mothers and parents communicate with the soul consciousness of their incoming babies well before conception.

There is a tribe in Africa called the Himba tribe. When a Himban woman decides she wants to have a child, she goes off to sit under a tree by herself and then listens until she can hear the song of the child she is calling in. When she has heard the song of her child, she teaches it to the father and when they physically make love to conceive the child, they will sing this child’s song as their way to invite it into their lives!

“The body of a woman who is to conceive is being chosen as a channel for the expression of divinity into materiality. Although ovulation is a law of nature, conception is a law of God” Edgar Cayce.

This brings me to the concept of “Spirit Babies”, a term affectionately conceived (pun intended) by author Walter Mackichen in his book, “Spirit Babies. How to communicate with the child you’re meant to have.”

Many mothers report having a sense that the soul of their baby is hovering around them or that they can see or feel the baby in their auric field. There are numerous accounts of mothers and fathers experiencing pre-conception and pre-birth communications and connections with their spirit babies or soul babies.

David Chamberlain PhD author of several amazing publications on prenatal awareness including “Windows to the Womb” writes; “Although prenatals have never been acknowledged for their psychic senses, they do demonstrate at least clairvoyance and telepathic sensing and

attunement with parents whether they are near or far from each other, they know whether they are wanted or not, and discern the emotional disposition, and character of those around them. “

Communication and intimate connections with these spirit babies can occur during meditation, during dream states through intentional ritual practice or even quite consciously during everyday life for some parents. The soul of the spirit baby will generally be open to connect and communicate when the parents are truly open to listening to their very specific vibrational and emotional needs.

Mother’s have an innate ability to tune into the energies of their conscious babies. I believe that mothers are literally holding space for the development and integration of the secondary consciousness of their babies within their physical and energetic bodies and this can explain much of the dreaminess and vagueness that often accompanies pregnancy. They are literally enmeshed in two fields of consciousness or awareness at the one time!

What we now know is that babies in the womb are extremely aware, sensitive, reactive and even vulnerable to emotional trauma from experiences in the womb. The unborn baby can see, hear, experience taste and learn in utero. Ultrasound observations of behavior in the womb reveal that unborn babies can show strong emotion. Observations made between 16 and 20 weeks of gestation during the procedure of amniocentesis have revealed fearful and aggressive reactions including extreme fluctuations in heart rate and withdrawal from normal activity for a period of hours or even days. Observation of twins via ultrasound have uncovered certain types of body language including holding hands, playing, kicking and touching each other through their amniotic sacs, the same types of behaviour have then been observed in these twins as babies and toddlers.

Documented case studies involving both children and adults who have undergone psychoanalysis or hypnosis have revealed the recall of very specific experiences, events and even arguments the mother has had whilst they were in the womb. There are also thousands of accounts from individuals who have either spontaneously or under hypnosis remembered intricate details of the birth process itself that have been verified by their mothers. There are even recorded accounts of individuals who have been able to specifically recall blending their spirit with the zygote at the point of conception.

These fascinating accounts provide indelible proof of the consciousness of the soul or spirit baby, in listening to children and adults who can recall these earliest memories, we can easily see that babies are indeed conscious and sentient entities from very early on in their embryonic development. Spirit babies, womb babies and newborn babies are wondrous little beings of light and energy, we have much to learn from them, and we must remember that we were once like them. We emerge from the infinite light of source, transfer our soul consciousness into form and expand the path of our soul through the process of physical incarnation onto this earthly plane.

This knowledge of the energy and unique consciousness of babies and the journey of the soul is what inspires me to bring greater understanding, awareness and respect to the fields of conception, pregnancy and birth. I am in service to these babies and families shifting the paradigm of harsh and unconscious birth practice, one birth at a time.

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.

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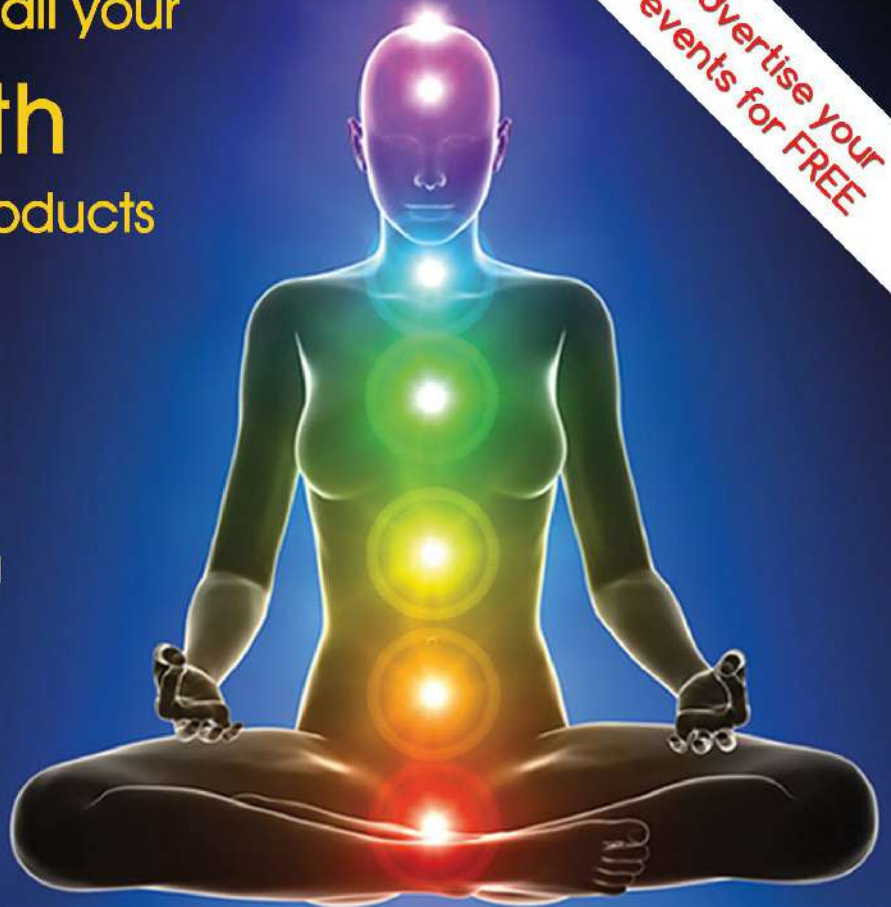
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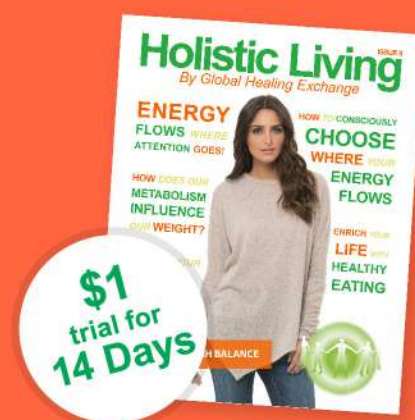
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