

Holistic Living

ISSUE 12

By Global Healing Exchange

SHAKING
WITHOUT
FEAR

ANXIETY & FEAR vs.
JOY & HAPPINESS.
WHAT DO YOU
CHOOSE?

RELAXATION
TECHNIQUES
TO HELP
RELEASE
FEAR &
ANXIETY

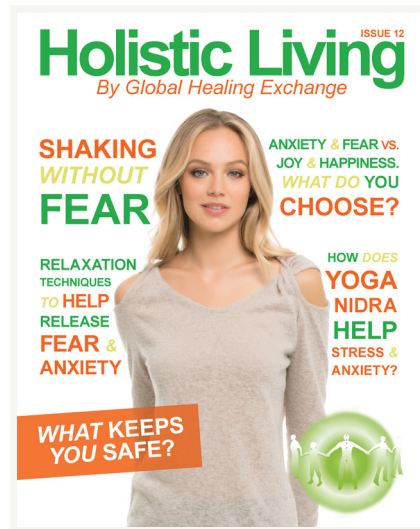
HOW DOES
YOGA
NIDRA
HELP
STRESS &
ANXIETY?

WHAT KEEPS
YOU SAFE?



HOLISTIC LIVING MAGAZINE

ISSUE 12 MARCH 2018



HOLISTICLIVINGMAGAZINE.COM

WWW.GLOBALHEALINGEXCHANGE.COM/HOLISTIC-LIVING

Editor in Chief

Sharon White

Editor at Large

Cassandra Jones

Layout Artist

Francisco Mendoza III

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sales@globalhealingexchange.com

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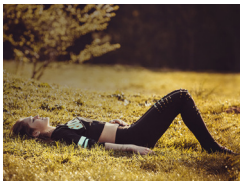
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FEAR & ANXIETY



Sharon White

Founder of
Global Healing Exchange and
Holistic Living Magazine

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When we bring out a new magazine I like to tap into the energy of what is happening with the group consciousness. I have been on retreats with three of our experts over the last two weekends and there seems to be a common theme that is coming up for a lot of people right now. The topic that came up for many people seemed to be abuse, breaking ancestral ties and underlying all this was fear & anxiety. I meditated on the topic and self-sabotage also came up strongly too.

Right now the energy is moving fast and things that no longer serve us are falling away but many of us still cannot see what the future holds. It is as if the past is shifting but the future is not yet ready to open the wonders it hold for us. Because of this, many people I am talking to right now have this 'stuck' feeling. They don't know what to do next. Many are in a dark place.

When we have fear and anxiety we tend to get 'stuck' in our life. It can show up in many ways but it can show up as a feeling of not being able to move forward.

You may be feeling this stuck feeling in your relationship. Maybe you want to move on but feel you can't for some reason. Maybe you are not in financial flow and whatever you do you just can't seem to get your finances flowing. Maybe you are looking for a job but nothing is opening up for you. Maybe you can't find the right people to work for you. Maybe you can't find clients. Maybe you can't communicate with the people around you and get understood. Maybe you just can't find clarity. Maybe you can't get your health on track. Whatever it is for you in your life, underneath the 'story of the drama called life', there is emotion and energy. This emotion and energy, when worked with, understood and cleared, can help us bring clarity of what is keeping us 'stuck' so we can move forward.

So how do we do this? Sometimes it can be working with energy and cutting ties from your ancestors. Sometimes, it means going back over your life to find the triggers that keep you stuck. It could be that you need to do some energy work with an expert to help you see what is keeping you 'stuck'. It might simply be that you need to talk to someone to get some clarity on where you are right now to see the opportunities open to you, as we can't always see what is open to us when we are feeling stuck. Maybe you need to make a decision to create change. There are many ways to get clear.

It is good to know that these stuck emotions can cause dis-ease with your body and if they are not addressed may cause illness on a physical, mental, emotional or spiritual level.

For example; when we have fear we produce adrenaline (it is produced in the adrenal glands, and makes us fight, flight or freeze). Over a prolonged period of time, this can lead to physical health problems. Problems with adrenals are getting more and more common as many of us are more and more stressed, which triggers the fear response in our bodies. If this is an issue for you, as well as this magazine, check out our other magazine on relaxation.

Many traditional therapies give you pills to suppress the emotions but is this really helping you long term? Do you think that clearing the underlying cause will be more beneficial to you as opposed to simply masking the emotion? If you do, read on as our experts in this magazine will help you understand what is happening and give you tips and strategies on getting 'unstuck' and to enable you to move forward towards the life you want.

Sharon White
Founder of Holistic Living Magazine



Cassandra Jones

Editor at large

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BREAKING BARRIERS

In the mid 1880's serious thought was given to breaking what was seen as an impenetrable barrier; the four minute mile. The best athletes, the most brilliant coaches across the world all attempted, and failed to break this barrier.

It even got to the point that experts had predicted how and when it would be broken; 20 degrees centigrade, no wind, a hard, dry clay track and a large boisterous crowd.

And yet people still failed. The athletes came up short. They kept coming perilously close; the Australian John Landy ran a series of races around the 4.02 mark. Yet everyone kept failing. On the day of the fateful race, 6th May 1954, Bannister spent his morning working at the teaching hospital where he was training to become a doctor. Sharpened his spikes and rubbed graphite on them waiting to get the train to Oxford for the 6pm race.

The crowd was small, about 3,000, the wind had been howling for most of the day, it was cold, it was wet...a typical English day really; and not what the experts had been predicting.

Norris McWhirter, he of Guinness Book of Records fame was the announcer:

Ladies and gentlemen, here is the result of event nine, the one mile: first, number forty one, R. G. Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which—subject to ratification—will be a new English Native, British National, All-Comers, European, British Empire and World Record. The time was three...

The crowd went wild!!!!

The record had finally fallen. And then it fell again, John Landy broke it again 46 days later taking another second of the time. And then again and again. Within a year, three runners broke the record in the same race and over the last 50 years more than 1,000 more people have breached the barrier.

What happened? People didn't get fitter magically, or stronger, but something changed. That change was someone did it. The mental model people had, that the 4-minute mile was impossible, was no longer there. Just because someone had done it meant that anyone can do it.

There had effectively been a mental block, a fear, stopping people from breaking the impossible. While these athletes weren't necessarily racked with anxiety, there was enough negative thinking around the problem that they were stopping themselves.

This is true for so many things in our lives; how many times do you hear someone say their job is bad, their relationships are crummy and yet they don't do anything about it. They live in fear of what will come if they change. They are anxious over the change. Yet, the real question should be, how bad does it have to get before they change? Redundancy? Violence?

People need to draw redlines that once they cross they will change. They will overcome the fear and the anxiety. Sir Roger Bannister did, he saw the 4-minute mile as the barrier he was going to cross. Once you draw your lines and plan out the future, you too can change. You can ignore the fear. You can overpower the anxiety.

All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.
Henry Miller – The Wisdom of the Heart 1960

Cassandra Jones
Editor at large



“

“There are a few core things women find FAR more attractive in a man than anything else!”

- Phillip in London

- Are you insecure around approaching women you're attracted to?
- Do you find that your interactions with women keep leading nowhere?
- Do you feel unattractive to women or do you lack confidence in the bedroom?

What Women Want

online course for men who want to master navigating
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The majority of men feel a lot of resistance at the prospect of approaching a woman they are attracted to. If this resistance is not explored and addressed it leads to a pattern of not taking action with women you desire.

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Overcome insecurity, fear of rejection or fear of being seen as too pushy,
Develop true confidence and charisma through being you!**

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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.



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A person is seen from behind, standing on a sandy beach and looking out at the ocean. The sun is low on the horizon, creating a bright, hazy glow over the water and sky. The person's reflection is visible in the shallow water.

CLEARING FEAR & ANXIETY

Fear is inside of us all, it is a survival mechanism. When your senses identify something that might pose a threat or if it sees a stressful situation, your brain activates a set of reactions that get you ready to either go into battle, freeze and stay still, or enable you to escape as quickly as you possibly can. This reaction is in all mammals and known as the "fight, flight or freeze" response.

This fight, flight or freeze response helped our ancestors when their life was being threatened by a tiger, or they had to run to chase food but these responses aren't useful to us anymore with the conveniences of our standard of living, we no longer have to run away from wild animals or go hunting for our food.

What Happens To Your Body When You Are Experiencing Fear?

Fear is regulated by a part of the brain called the amygdala. When this response is triggered it temporarily overrides all conscious thought, so that your body can redirect all of its energy to facing the immediate threat.

This physical response happens because it releases hormones and neuro-chemicals causing an increase in breathing and heart rate, it moves blood away from the intestines and sends more blood to the muscles to help you to run away or fight. All of your brain's attention goes into fight, flight or freeze mode.

What Happens To Your Body When You Are Experiencing Anxiety?

Anxiety is a sense of fear that puts your body into a

state of high alert. The emotional memories stored in the central part of the amygdala may play a role in anxiety disorders involving very distinct fears, such as fear of heights or spiders. The hippocampus is the part of the brain that encodes threatening events into memories.

Anxiety puts us in a heightened sense of awareness so we're prepared for potential threats. As with fear, it is there to give our body a message that something is not right but it is designed to be a quick response and then switch off again.

What happens when you start to feel excessive anxiety, or you live in a constant state of anxiety is your body never turns off your fight, flight or freeze response, and you live with the physical and emotional effects of anxiety on a day-to-day basis, even when there's no cause for it.

What Happens To Your Body When You Are Experiencing Relaxation?

For a long time relaxation techniques like meditation and yoga have been known to help with anxiety disorders. We now know that anxiety disorders show an...

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THE LIES THAT KEEP US SAFE..... AND STUCK

When I told myself there aren't any good single men out there, it was a lie that my subconscious self made up to make sure I stayed within my comfort zone, to not risk being loved. Because if I really had the courage to let men in to the depth of my heart, I might risk feeling unloved again, as I felt this way throughout my whole childhood.

When I dated men that were unavailable (didn't want a relationship or were already in one) I realized, that when I want to meet a man, coming from a place of lack within myself, I will never meet a man that will be available and stand up for me physically or emotionally. I realized that I had to dig deeper

into myself and heal the gigantic black whole (from childhood neglect and abuse) I had within in myself, so I wouldn't seek a man because I needed a partner. It will be amazing to meet a man, and until then I am happy and content getting to grow the love connection with myself, every day.

When I recently told my self that the Danish health and self-development industry is not "my thing" because no one is doing inner work on themselves, it was yet again my subconscious self telling a lie, that would keep me hidden away from the 10% healers, therapists, coaches, authors, speakers – that needed my help.

We all have lies that we tell our self and other every day. Unaware of this of course.

You might have a problem with your partner and say to yourself or friends “my partner doesn’t care about me” it will most often be a lie that you keep telling yourself again and again. Which then will become a reality for you, because that is what the law of attraction states “you will achieve what you keep saying to yourself”.

There is another layer in this, which is this;

“If your partner really doesn’t like you, would he or she be in your life”?

A question I will advice you to answer from your heart and not from your lower subconscious self-emotional part within you. If you even dig deeper into this issue you might ask yourself.

“Is this my current adult blueprint or is it coming from my childhood?... and from what age”?

And the next question will be

“Am I seeing my mum or dad in this person? And what undealt issue do I still need to sort out within myself, so my relationship with my partner will heal itself automatically”?

When telling our self that we can’t lose weight, it is also a lie we tell ourselves, to make sure we stay put, and don’t risk feeling or looking good, when our subconscious self doesn’t feel valuable or good enough to receive positive attention.

When you assume your partner doesn’t like you, or your friends, co-worker, your boss or someone else, you’re most likely talking from your lower self. The part within you that you’re not aware of that dislikes her or himself.

And underneath this statement “he or she doesn’t like me” is the belief from your childhood, that because your parents scolded you, they didn’t like you. Which most often is not true, because our parents loved us, the way that they were capable of and scolding is not necessarily a sign of hate,

but their way of prepping you for going out to the big world, teaching you what was right or wrong.

There are times where scolding from our parents were a sign of inner battle, frustration, self-doubt and self-hatred that could even result in violent conduct. Which is wrong, but nevertheless, this was the way that your parents expressed their emotions because they were unable to express with words how they felt.

I experienced this in my childhood. Daily physical and psychological terror and abuse, that made me personally punish my self with extreme physical training up until I was 28 years old, where I ended up in a wheelchair for a while. Unaware of this, with my self-destructive self-abuse (orthorexia), I kept myself in a “well know pattern of punishment” which had completely worn me out, to such an extent, that I was burnt out and had post-traumatic stress, arthritis, two eating disorders and several sever allergies, at the age of 28.

I kept repeating the patterns that weres deeply incorporated into my nervous system even before being born, as my father abused my mum when she was pregnant with me. Patterns of hate, doubt, fear and the feeling of being unwanted.

Therefore, we all keep ourselves stuck in the negative patterns that we have seen repeated by someone else. Most likely our parents or caregivers. What they showed us, we will repeat again and again. Until we deal with the pain that caused the pattern. Because behavioral patterns are strongly incorporated into the nervous system, that has been added to the pain that comes along, with feeling bad.

Our nervous system is smart! It reacts just as strongly to positive or negative feedback from what you expose it too whether it comes to positive or negative self-pleasure. So until you stop repeating the same negative patterns, your fine attuned nervous system will crave more of this, until you change the destructive patterns with healthy patterns. Which means doing good things for yourself and celebrate, whenever you’re doing something new and great, for example a dance or a, joyful bounce or a big bowl of fruit salad. Just make sure you don’t celebrate your

your progress with unhealthy food.

We abuse our self because we think we deserve it at a deep level.

The lies we tell ourselves, the self-destructive behavior, the unhealthy eating habits and what we think of our self and others, has been incorporated deep into the nervous system. And because the law of attraction also states “what you give to yourself, you will receive more of” you then attract more of what frustrates you. For example unhealthy relationships, customers, jobs and experiences.

This is unaware repetition of what your subconscious self thinks to be the truth.

- Repeated self-sabotage patterns, when you feel stuck and when you lack energy.
- The words you keep telling yourself and what you believe about others.
- The things you keep telling yourself that you can't do or what you believe to be true about others.
- When you judge others or yourself, it's caused by one word that has so much power.

Insecurity

Uncertainty or anxiety about oneself; lack of confidence.

Synonyms

lack of confidence, lack of self-confidence, self-doubt, diffidence, unassertiveness, humility, humbleness, meekness, timidity, timidness, timorousness, uncertainty, nervousness, hesitancy, inhibition, self-consciousness; More

Insecurity goes hand in hand with fear. These two are besties and make sure that they keep each other engaged and stuck in the past, because this is where they were born.

As soon as we're being confronted with an opportunity to grow as a human being, evolve from the heart and leave the comfort zone behind us, our subconscious self will make its entry with all sort of different insecurity actions. Overeating,

complaining, over shopping, scolding, mood swings, excessive control or exercise, judgment, comparison, sadness, fatigue, procrastination etc. It can even cause you to break a leg, get a virus, and develop allergies or infections. It will do everything to prevent you from moving forward and losing its momentum!

The key to you breaking old patterns and negative behavioral patterns is to remember that 90% of what we do daily is default. This means that your subconscious self is behind your steering wheel 90% of the time, every day, until you start questioning every word you express, every action you are about to take and every thought you think to be true about yourself and others.

The question might be this “Is this a blueprint from my past or my future”?

Another way is also to ask yourself this question again and again “Is this true for my heart or for my lower self”? And then learn to differentiate between the inner child that resided within you.

You might have an inner child that is doubtful, angry, a rebel, sad, resignedly, skeptic, worried. And if you can, you can also give them an age.

I myself went from having a black belt in self-destructive behavior and being my own worst enemy, to be a behavioral transformation expert who has helped more than 6000 sensitive aware people go from living by default, to now living from the heart. They all knew with themselves that they were the one who had to change the way that they perceived life, not others. We can't control or change anyone, but our self. What frustrates us when it comes to others, is to see our own subconscious self, reflected back into our physical eye.

I will leave you with this beautiful quote: Be the change you want to see in the world
– Mathmi Ghandi



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WHAT IS YOGA NIDRA?.....HOW CAN YOGA NIDRA AID ANXIETY & STRESS?

Yoga Nidra is described as the waking sleep, as it can take the participant to a state of conscious deep sleep. It is a systematic method of inducing complete physical, emotional and mental relaxation. The practitioner appears to be sleeping but the unconscious mind is functioning at a deeper level. It is sleep with deep awareness. In normal sleep we lose track of our self, but in Yoga Nidra, while consciousness of the world is dim and relaxation is deep, there remains an inward feeling of lucidity and the experience may be absorbed and even recalled after. Since Yoga Nidra involves effortless relaxation it is best practised with an experienced and trusted teacher, who can verbally deliver instructions.

Anyone can do Yoga Nidra. It cannot be done incorrectly. As you lie down, supported in Savasana, or Corpse Pose, all anyone needs to do is follow the guided voice. It's likely parts of the meditation will not be heard as you enter deep relaxation. Every time you do this practise it is like a new experience, none of which is wrong. Many fall asleep and that is okay too. You will still receive benefits while the unconscious mind is absorbing the practice.

My personal journey with Yoga Nidra began at 18 attending the Satyananda Yoga Centre in Manly, Sydney and Mangrove Mountains, Central Coast of NSW

and in that time I was lucky to have been part of a workshop taught by the originator of the Yoga Nidra technique, Swami Satyananda, (now deceased).

More recent research studies by Dr Richard Millar (Integrative Restoration or IRest) over the past 16 years has proven that the reductions in anxiety and stress symptoms occurs with regular Yoga Nidra practise amongst all ages.

When I began my Fitness, Wellness and Teaching career I included Yoga Nidra as part of a regular practise in schools as well as Fitness Classes. This became part of every program I still teach with all ages. I have found over the years as stress and anxiety levels increase more and more people request Yoga Nidra and even ask for a longer session.

Currently I am running a program for the NSW Department of Education Teachers that includes Yoga Nidra as a practise to help students suffering stress and anxiety.

The scientific studies have shown that people who practise Yoga Nidra experience better sleep generally, reduced anxiety and fear, reduced depression, improved interpersonal relationships and are more productive.

In our cities across the world we live in an over stressed, over stimulated environment and this is not going away.

The result of this is people are feeling chronic exhaustion, adrenal burnout and daily fatigue and the stress of having to cope with this while looking after self, studying, working and possibly having a family, earning an income, providing daily living requirements and get enough 'me' time means ... total burn out is fast approaching. Yoga Nidra is a simple, practised and researched method that will help address all these issues.

In a classic Yoga Nidra practice, the practitioner lies on a mat/floor on their back with arms away from the body and palms turned upwards. In Yoga terminology, this is called Shavasana or corpse pose. Feet should be separated to approximately hip width apart, and toes falling outwards. Eyes remain closed throughout and adding a lavender pillow over the eyes will aid the sense of complete relaxation.

It is best if the body is lying symmetrically. A good way to do this is to imagine a centre line running from the soles of the feet to the crown of the head.

This position is said to aid relaxation and influence the consciousness and prepares the mind/body for complete relaxation and letting go. It is also said it will balance the flow of life force or Chi throughout the body.

When I teach Yoga Nidra I include a focus on intentions, which helps realising a resolve or something you want to achieve in your life I say "See it. Say it to yourself. Feel what it is like and Make it happen". I invite people to repeat this several times silently before moving into the verbal instruction of relaxation of muscles and body through naming e.g. feet, legs, torso and so on and then repeat the intention when coming out of deep relaxation. I also focus on breath before and after the deep relaxation.

Your intention could be as simple as wanting more love in your life or being kinder to yourself, or something very specific like a great new job or giving up alcohol or smoking. People have reported back to me that seeing and feeling these intentions

have decreased their anxiety and allowed them to feel more positive about being able to achieve a balance in life.

People who practise Yoga Nidra and intention say by repeating an intention to themselves they have found that by being in this relaxed state helps it take root in the unconscious. This could also be called a post-hypnotic suggestion. People have also told me that they have achieved much after practising the combination of Yoga Nidra, intention and importantly mindfulness, by creating the moment they are in and letting go of sounds around them and daily stresses in as little as 10 minutes a day. This practise has had profound results.

Combining a Mind/Body Fitness and Wellness Program that includes movement such as Yoga, Pilates, Dance, Cardio Fitness and adding a Yoga Nidra practise to finish is the total balance of mind and body. Keeping fit will also decrease anxiety and stress by helping the blood flow and oxygen throughout the body and to the brain. Feel good hormones known as endorphins are released during cardio based movement and will make an enormous difference to how one feels, relieving stress and anxiety. Continuing this combination will have a long term positive outcome.

Yoga Nidra can be included as part of a class and will produce results in as little as 10 minutes or a longer Yoga Nidra of 40 minutes to an hour will have profound results through total relaxation and coming to a place of peace.

It is said 30 Minutes of Yoga Nidra is the equivalent of 2 hours sleep and will increase dopamine tone during meditation induced change in consciousness.

Thank you for reading.

Reference

www.anthonypofeta.com/meditation-increases-brains-dopamine-levels/



JILL HEALY-QUINTARD
Yoga & Pilates Teacher

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

SHAKING *WITHOUT* FEAR



Chronic fear and anxiety are debilitating. For me, it was physically exhausting, socially isolating, mentally confusing and emotionally draining. While I had always been a sensitive child, it was a traumatic experience at boarding school that sent me into a near-permanent state of hyper-vigilance for the next four years and well into my adult life.

I wasn't physically or sexually abused as so many others have been, but experienced a simple moment where I was body-shamed in front of my entire peer group. It wasn't so much what was said that rocked me, but rather that when it was said, all the kids around me immediately burst into laughter. It was an in-joke. Everyone had already known about it - everyone that was, except me.

In that moment, my self-confidence, sociality identity and sense of safety in the group were shattered. I spent the remaining years at boarding school withdrawn and constantly on hyper-alert in the hope of avoiding anything remotely shaming ever happening to me again. It didn't work.

Internally, my body began to reinforce a pattern of deep, unconscious tension - muscular bracing that wasn't actually part of being scared and anxious as I had always thought, but was suppressing its release instead.

After completing University, I found work, travelled the world and had a couple of serious relationships. In my late 20's though, my body started to shut down. I was no longer able to do the exercise I had previously relied upon to keep me feeling good. My body was slowly grinding me down to the point I could hardly move. If something didn't give, I was going to implode.

I tried meditation and an endless range of body-based treatments, both mainstream and alternative. Everything helped, including counselling and talk therapy, but nothing seemed to make a permanent change. If I didn't keep getting (and paying) for ongoing treatments, the underlying current of stress and anxiety continued to flow throughout my life, or more accurately, through my body.

Looking back now, I can see my body had been trying to release my fears and anxieties through spontaneous shakes and tremors most of my life. One of my earliest experiences was at my very first piano concert, where my hands began to tremble 'with fear' as I walked onto stage. It took all my mental effort to hold them still enough to hit the right notes, yet alone play with the touch or sensitivity I was known for.

A few years later, at a school concert in front of almost 1000 people, I performed a pretend horse-race call with a friend that I had written with all the usual gags like 'Chewing Gum is sticking to the rails' and 'Shotgun is shooting through the field.' The thing I remember most though, was afterward, people couldn't stop talking (and laughing) about how fast my legs had been shaking under the table the entire performance. I had been so focused on the script I had no idea they were moving at all.

All my life I had seen shaking as a symptom - something wrong with me, something to be reduced, hidden and ignored or better still, stopped entirely. Never would I let my body shake or tremble; not when I was public speaking or when I was nervous. Not when I was excited or fatigued at the gym. Not after a couple of seriously dangerous crashes on my bike in heavy city traffic, or even in my deepest grief after the death of my Grandmother, when my body wanted nothing more than to heave and sob and shudder and cry.

What I now know, is even though shakes and tremors often occur when we are nervous or traumatised, the shaking itself isn't actually a part of being scared. It is our body's way of recovering from being scared; down-regulating the nervous system, dumping adrenaline, releasing defensive tension and most importantly, reconnecting us to our body through the physical movements of our discharging fight and flight responses.

Our body doesn't shake with fear and anxiety, it shakes to be free of it.

This is the paradigm shift awaiting the western medical world - to catch up with the many cultures

that have deliberately used these autonomic movements for health, healing and spirituality for millennia. Cultures such as the Kalahari Bushmen who refer to themselves as ‘The Keepers of the Shake,’ and the ancient Samurai who meditated until their body began to spontaneously twist and turn itself back to the free-flowing and graceful movements they were famous for. Bradford Keeney, in his book *Shaking Medicine*, describes it as ‘the oldest medicine on earth.’

Almost 10 years ago now, a friend introduced me to TRE - a simple but profound process that deliberately invokes this ‘neurogenic tremor reflex’ in a safe and controlled way. I did the exercises and experienced a small tremor in my legs. I didn’t think much about it, as the movements seemed pretty small and insignificant at the time.

The next morning, I woke having slept more deeply than I had in the last 30 years.

Later that morning, sitting on the toilet, I was blown away when my heels were not held up off the ground in my usual tension pattern, but lay flat on the floor, feeling as if they were a foot below it instead. In that moment, I knew these shakes and tremors had done something significant and amazing. Something other treatments, exercises and meditations hadn’t yet been able to do.

My life, and my body, had changed direction.

I investigated TRE further and practiced regularly – mainly in bed at night before going to sleep. By that stage my life included a partner, two kids and a stressful job teaching Pilates in a Physiotherapy clinic. The more I tremored, the more relaxed I became. Finally I had a technique that was unwinding me from the inside out, shaking me to my core, but in a new and wonderful way.

My brain started to work better – I could learn things and remember names again. I began to jog and swim and ride again without getting injured or being debilitated the next day. While my back had always been strong from Pilates, it still ached, though a little less each day...until it didn’t, after just a couple of months of regular TRE.

Life was no longer grinding me down, but ‘unwinding me up’ instead. I became more positive about the future and noticed how over time, I was developing more resilience as well. I was starting to discover my ‘authentic safe self’ – the person I am when I am free from my habitual patterns of fear, anxiety and over-reactivity.

TRE isn’t the only practice that deliberately invokes this natural restorative reflex, but it is certainly one of the easiest. It uses simple muscle fatigue to access a deeper ‘neurogenic reflex’ found in all humans and most mammals. A reflex that inherently knows how, when and where it needs to shake, rattle and roll to keep moving us towards ever increasing health and authenticity.

It wasn’t just the tremoring though, in TRE I also found a trauma-informed model of the body (and a body-informed model of trauma) that helped me understand why my body kept activating my fight and flight responses, even when it seemed it was serving no obvious purpose. My body once again inviting me to shake off my past and shake free from my fears of the future.

TRE had awakened me to the natural phenomenon of spontaneous shakes, involuntary tremors and autonomic movements already inside me. An ancient impulse, patiently waiting to help restore us to the inherent safety of the present moment, by reconnecting us to our vital, alive and pulsing human body. Reminding us we can not only shake without fear, but be shaken into a future our conscious mind can barely begin to imagine.

Readers of the GHE magazine are able to receive a **\$100 discount** off upcoming TRE workshops in Brisbane, Sydney & Melbourne.

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ANXIETY & FEAR – ISSUES OF THE SOUL



In my study and work with Anthroposophy (the work connected to Rudolf Steiner) over the past 25 years, Fear, along with Doubt and Self-Hatred, have been quite central to all that I have been involved with.

Rudolf Steiner named these three aspects of Fear, Doubt and Self-Hatred as 'The Three Beasts'. They are the three main aspects or energies that appear before, and within us, and stop us from becoming more present and conscious in our lives. Courage, Clarity and Self-Love, are the only real antidotes for these. It is these things alone that can most help us to overcome and tame these beasts.

Courage can overcome and tame Fear, Clarity can overcome, and tame Doubt and Self-Love can overcome and tame Self-Hatred.

Right Now, I would like to focus on the topic of Fear. In with that I will add its smaller sibling - Anxiety.

What Does The Medical Profession Say About Anxiety & Fear?

In the good old DSM (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) here is the list of the 'Disorders' that they have connected with Anxiety.

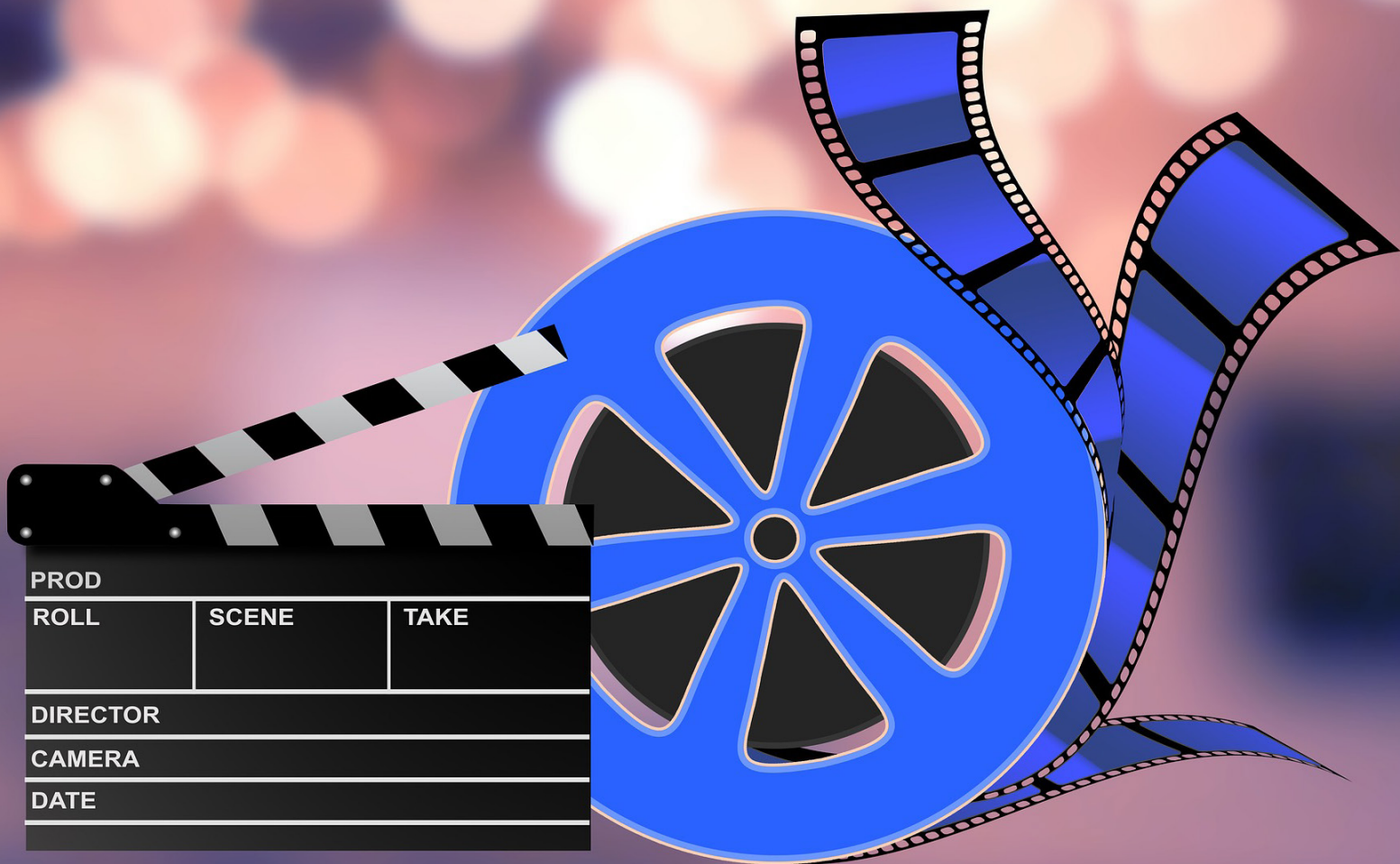
Separation Anxiety Disorder | Selective Mutism | Specific Phobia | Social Anxiety Disorder (Social Phobia) | Panic Disorder | Panic Attack Specifier | Agoraphobia | Generalized Anxiety Disorder |

Substance/Medication-Induced Anxiety Disorder | Anxiety Disorder Due to Another Medical Condition | Other Specified Anxiety Disorder | Unspecified Anxiety Disorder

Here Is What They Say About Anxiety & Fear

Anxiety disorders include disorders that share features of excessive fear and anxiety and related behavioural disturbances. Fear is the emotional response to real or perceived imminent threat, whereas anxiety is anticipation of future threat. Obviously, these two states overlap, but they also differ, with fear more often associated with surges of autonomic arousal necessary for fight or flight, thoughts of immediate danger, and escape behaviours, and anxiety more often associated with muscle tension and vigilance in preparation for future danger and cautious or avoidant behaviours. Sometimes the level of fear or anxiety is reduced by pervasive avoidance behaviours. Panic attacks feature prominently within the anxiety disorders as a particular type of fear response. Panic attacks are not limited to anxiety disorders but rather...

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Soul Matters: Anxiety & Fear VS. Joy & Happiness

"When we are no longer able to change a situation,
we are challenged to change ourselves."
- Viktor E. Frankl, Man's Search for Meaning

'Breathe. Rest. Receive. Integrate.'
- Philip Shepherd, Radical Wholeness

As with everything we encounter in our life, anxiety and fear can be something momentary, or they can be our faithful companions for a long time. Making a conscious choice here might be difficult, when our faithful companions have become habitual, and have slowly and surely taken over our lives. And even though we might basically be joyful and happy individuals, periods of anxiety and/or fear might show up occasionally.

Sometimes, we are able to pull ourselves out of a low stretch without any help, yet when being fearful and

in constant anxiety have become our daily practice, it might be hard to peel them off, as they feel comfortable and protective to us.

How can we help ourselves to be balanced, solid and grounded in trust and love? I believe we have the ability to train our awareness, so that we notice when we are slipping into constant worry, complaining and whinging mode. Depending on where we stand on our individual path of life, we might be able to switch our thinking to more balanced thoughts, and change our mode into more joyful and positive without any external help. Or maybe it would be sufficient to seek external help, somebody who could suggest a different path, be a lighthouse in our storm and just generally listens to us with compassion. Somebody outside of our closest circle of loved ones and soul family could be the inspiration that triggers our system to really want to change and become more balanced.

We always have a choice, and we can make a new decision every day about taking over the responsibility for ourselves and for our life. The degree of happiness/unhappiness might feel dependent on the people we are in relationships with; and often, we are influenced greatly by what happens in our family and work environments. Yet in the end, it is us who either focus on our own healing, or get distracted by what is happening outside of us. It is quite challenging to be aware 24/7, and it is way easier to worry, whinge and complain about facts, circumstances and 'What-if's'. It is a question of mind matters versus soul matters, and in today's world we are asked to work our way through everyday life with our mind rather than our soul. Are we aware of that little voice inside which is constantly talking to us, or are we drowning it out with our strong mind distracting us with things that are going wrong/have gone wrong/could go wrong?

A very good friend of mine once compared changing directions in our life with a huge cruise ship turning around. It is a major move, and it might take ever so long to complete that turn-around – yet it is so worth it. We each are the captains of our ship, and we need to constantly remind ourselves of that fact. We are the only ones who can decide to turn our ship into a different direction, and we do have the skills to make that move. Patience and gentleness with ourselves are skills we can practice every day, to stay calm even in the midst of chaos in our lives and in our minds. Our soul always knows the course to set, the direction to turn to, the way towards calm and balanced waters.

To stay with the picture of a huge cruise ship – it is a universe in itself. Everything we need is present on this ship, from the hospital ward to the engine room, from the jewellery shop to the post office. Trained staff that knows what to do in any and every possible situation is on duty 24/7, there to aid us to run this ship smoothly. There is at least one stage in a theatre on board, where the play of life is constantly played, by an entertainment team that has been booked for this cruise specifically. What play is offered on your ship? Are you playing an active part in this play? What part? And can you change the script? We need to remember that we have control over our life, if and when we choose to take on this responsibility. We are the captains, and we are also the directors, we can change scenes anytime, as well as changing the route

of the ship. How many guests (thoughts) have you got on board of your ship? Are they all nice individuals (thoughts), are they stressed out and complaining about let's say the food in the main restaurant? As the captain, it is your duty to show your presence. How are you showing up? Are you a calm, assertive and trustworthy captain? Are you steering your ship through peaceful waters or are you going through a storm front?

We can give our strong minds a direction of where to go with our thoughts. And for our brain, it doesn't make a difference if what we think is real or not – for the brain, it is all real. So what thoughts are we feeding our brain? Playful stories about a cruise ship, or worrying scenarios about threats, illness and financial breakdown? I invite you to try working with your innocent, child-like fantasies. Maybe you can relate to the cruise ship scenario, maybe you can find a different story that suits you better. If you were the main character in a Hollywood blockbuster – what would your plot be about? And if you were the hero in your movie – how would you control the bad guys (thoughts) and put them in their place?

'You may say I'm a dreamer – but I'm not the only one' – John Lennon said that. When did you engage in dreaming lately? And what are you dreaming about?

Please remember that you don't have to do it all alone. Do a check-up of your present life situation, and see if you are taking time for yourself to breathe, rest, receive and integrate. Find like-minded people who share a passion of yours, join a theatre group, start walking or knitting, dedicate some of your precious lifetime to the things you love. Be your own best play buddy, and feel the joy when you light up doing the things that you love.

I wish you peace on your path, and that you remember to be ever so gentle with yourself.

Because soul matters.



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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

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In today's digital climate we spend many hours in front of a digital screen. Whether it be for work or leisure, our days involve many hours staring at a phone screen, computer, iPad or TV. And, did you know that all this screen time is exposing you to the blue light that is emitted from your screens? Do your eyes hurt from staring at digital devices? Are they dry and itchy? Do you suffer from loss of focus, blurry vision or fatigue? Headaches or neck pain? All these things are symptoms of digital eye strain as a result of exposure to the blue light.

Blue light is all around us. It exists naturally from the sun as well as artificial light sources, including digital screens like your smartphone, tablet or computer. Recent studies have shown that over exposure to blue light from digital screens may have detrimental effects on our health such as digital eye strain, sleeping disorders with recent studies showing a link to the risk of macular degeneration.

Blue light can also lead to other forms of fatigue beyond eyestrain. Blue light during the day is beneficial because it boosts attention, reaction times and mood. However at night, artificial blue light disrupts the circadian rhythm that causes the natural release of melatonin that helps us sleep. Because the blue light tricks our brain into believing it's still daytime, falling asleep can be more difficult and we don't sleep as deeply. Circadian disruption can also lead to other more serious side effects, including an increase in obesity and depression.

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Fear Has No Place Here

Why is it that most individuals automatically jump on the band wagon of fear so readily and irrationally? When something terrible or disastrous happens around the world, or it may happen closer to home, or even to ourselves on a personal level, we seem to collapse into this foreboding mindset. In today's world we are in more frequent situations where fear is used as a tool to manipulate, control and suppress humankind (and our animal kingdom, I won't leave them out). Fear and anxiety is demoralising, it can hold you back from achieving and stepping forward in life, from being the best version of yourself. We tend to play things safe, to keep from being hurt, feeling silly, being rejected, or even failing! How often do we hear many of the much older generations (not all, though I know my 85-year-old mum does) saying how everything has changed around them, it isn't the same and they fear for the younger people living in our world today.

How Fear Is Processed

Fear is an emotional element that triggers within your brain a response to a certain situation. The thalamus is a part of the brain that is responsible for relaying signals and for also prioritising. It decides where to send incoming sensory data that is received via the nose, mouth, ears and skin. Whether it's an emotion such as standing on a ladder that's only 2 steps up, seeing a spider on the wall, talking in front of an audience or even being threatened with a weapon.

It is a stressful stimuli that instantaneously shocks the adrenal system, sending hormones flooding through your body.

The ups and downs of life can be of personal growth or personal fears! Whatever dominates the most, is how we view change. It can be either exciting or frightening, if you're a person that has a lot of fear, you won't like change. You will do your best to try and build a world that you can control, try and predict and define your place. So, however we look at it, change is inevitable. Use your mind to manipulate life for the purpose of not feeling fear.

Fear Is Just A Thing!

What we have to understand is that fear is a thing. It's just another object in the universe that you are capable of experiencing. You can do one or two things with fear: you can...

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EMBRACE YOUR FEARS & BE EMPOWERED TO GIVE BIRTH WITH CONFIDENCE

There is no greater experience for the human condition as fear and anxiety, these emotions generate much illumination and consideration for us.

Childbirth is invariably synonymous with fear and anxiety, whether it is in identifying fears, eliminating fears, or in the embrace and integration of fears.

Understanding that the powerful portal of childbirth can generate a diverse range and level of fears and anxieties for women as they approach childbirth, is vital to knowing how we as a society can support women to have a more confident and positive experience of birth.

There is a reason childbirth is otherwise known as “labour” it is the most profound and enormous physical, emotional and spiritual metamorphosis that a pregnant woman can undertake and encompasses the ultimate female rite of passage. It is a journey from conceiving, nourishing and carrying her baby within her physical vessel, to birthing her baby into the physical world and coupled with that, the birthing of herself as a mother.

Throughout history, culturally it has only been in modern times that a heavy focus on fear and anxiety in relation to childbirth has evolved. Modern birth practices have facilitated the disconnection of women from the wisdom of their bodies and encouraged distrust in the process of birth itself. Current attitudes and practices surrounding birth that are often quite frankly not woman-centered are also giving rise to a generation of women faced with an alarming likelihood of...

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MEDITATION & ANXIETY

What is anxiety? The dictionary definition is “A feeling of worry, nervousness, or unease about something with an uncertain outcome.”

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying.

These disorders affect how we feel and behave and can cause physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can seriously affect day-to-day living.

I think it's important to discover what triggers anxiety in you, whether it is a healthy level life force that perhaps is a good trigger to action or whether it is debilitating and therefore stopping you from taking action and affecting your health, your day to day living.

My son was really stressed the other day and I offered him some support to come back to calm and he responded with “I don't want to calm down...this stress is good, it's a call to action and makes me move.”

I'm not saying anxiety, fear and stress are good things but it's important to decide what the best course of action for you is.

I know for myself, when I become anxious it affects me physically in that my heart races and there's a feeling of being frightened...when I enquire into what is the fear really, it's usually to do with failure, not getting things right, and certain survival issues.

I am also acutely aware that it is all coming from my mind and, unlike my son, it does not push me to action, rather it stops me moving as I become almost taken over by the feeling and am unable to think clearly. I remember once being in a singing group and having this feeling come over me and the teacher began talking about fear. He reminded us that FEAR was really False Evidence Appearing Real.

These days I always remember those words and for me that helps. At the end of the day it's good to know that ultimately everything usually turns out ok and that often all the worry and concern wasn't needed and certainly wasn't helpful.

I do believe it's important to know the difference between normal feelings of anxiety and an anxiety disorder that requires medical attention. If you are suffering, there is nothing wrong with seeing a doctor and perhaps taking medication; please don't rule this out, as a happy life is the most important attribute you can give yourself and it's what's best for your health.

Now having said that, the best results I have achieved have been through reflection, vigilance, planning and meditation. Once I took personal responsibility for how I wanted my life to be and how I wanted to feel, things seemed to fall into place.

When faced with potentially harmful or worrying triggers, feelings of anxiety are not only normal, but necessary for survival.

Ever since the earliest days of humanity, the approach of predators and incoming danger has set off alarms in the body and allowed an individual to take evasive action. These alarms

become noticeable in the form of a raised heartbeat, sweating, and increased sensitivity to surroundings.

A rush of adrenaline in response to danger causes these reactions. This adrenaline boost is known as the 'fight-or-flight' response. It prepares humans to physically confront or flee any threats to safety.

For most modern individuals anxieties now revolve around work, money, family life, health, and other crucial issues that demand a person's attention without necessarily requiring the 'fight-or-flight' reaction.

That nervous feeling before an important life event or during a difficult situation is a natural echo of the original 'fight-or-flight' reaction. It can still be essential to survival – anxiety about being hit by a car when crossing the street, for example, means that a person will instinctively look both ways to avoid danger.

Anxiety disorders occur when a reaction is out of proportion to what might normally be expected in a situation.

There Are 6 General Anxiety Disorders:

Generalised Anxiety Disorder: This is a chronic disorder involving excessive, long-lasting anxiety and worries about nonspecific life events, objects, and situations. It is the most common anxiety disorder.

Panic Disorder: Brief or sudden attacks of intense terror and apprehension characterize...

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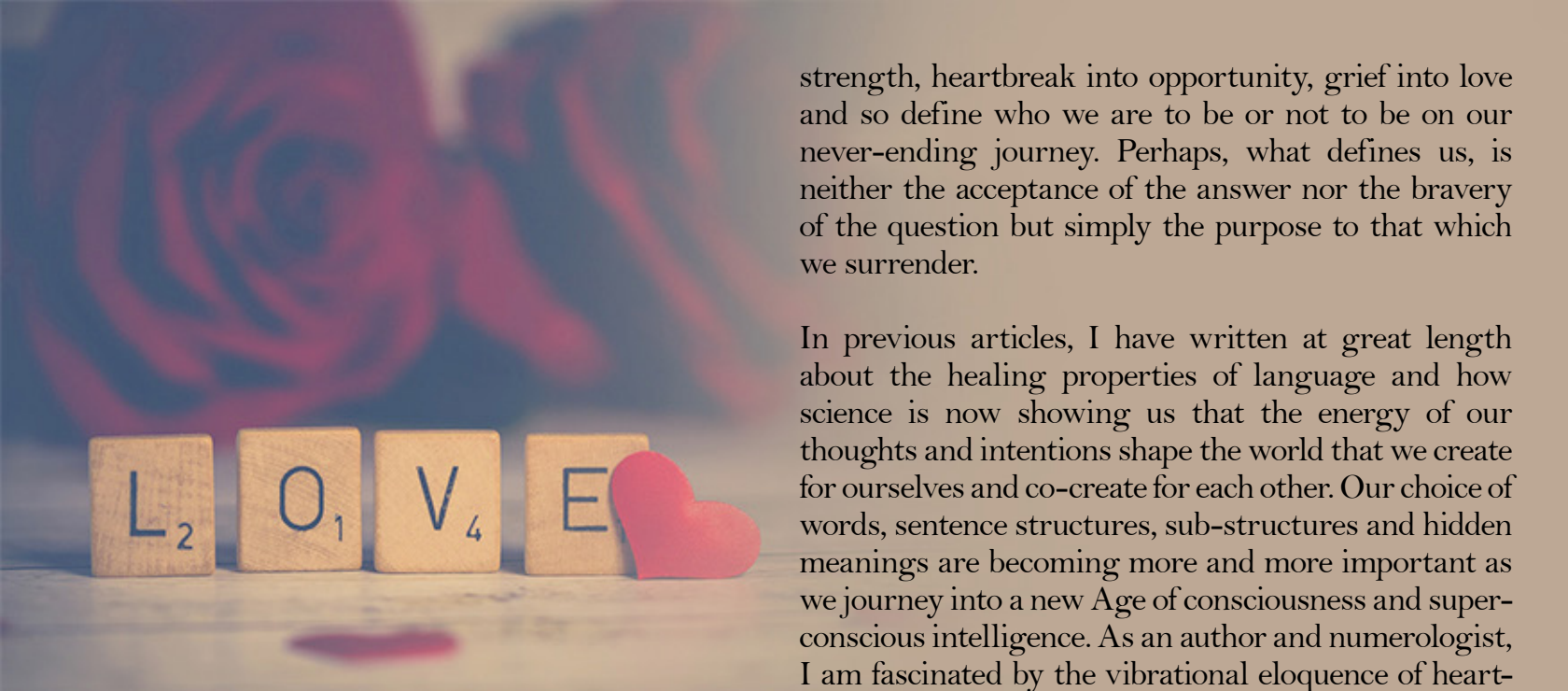
- **Your mind** - to think healthy thoughts – Positive thoughts create a positive me
- **Your body** - to love yourself just as you are – I am amazing just as I am
- **Your spirit** - to remember to love – I am love, I am loved
- **Your life** - to remember to enjoy it – My life is filled with joy

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strength, heartbreak into opportunity, grief into love and so define who we are to be or not to be on our never-ending journey. Perhaps, what defines us, is neither the acceptance of the answer nor the bravery of the question but simply the purpose to that which we surrender.

In previous articles, I have written at great length about the healing properties of language and how science is now showing us that the energy of our thoughts and intentions shape the world that we create for ourselves and co-create for each other. Our choice of words, sentence structures, sub-structures and hidden meanings are becoming more and more important as we journey into a new Age of consciousness and super-conscious intelligence. As an author and numerologist, I am fascinated by the vibrational eloquence of heart-centred language as a magical and profoundly simple expression of self-healing. I love the fact that we call word construction 'spelling' as this resonates the magical qualities of language as a truly powerful creative medium. Writing 'Dreams, Rainbows and Butterflies' I found myself experiencing a myriad of emotions and realised very quickly that in order to be honest with the reader. I first had to be emotionally honest with myself. In order to be emotionally honest with myself I had to surrender unconditionally to everything I held lovingly in the ocean of my heart. This was my choice and mine alone to make. As I immersed myself in the depths of honesty, I found a love that intensified with each metaphor of sharpest incision that cut through the denial of my own self-expression. I searched my soul for inspiration and looked love and grief straight in the eye. Wherever I went, I could hear, see and feel love in ascendancy over all other things. At the time I had no way of knowing that this was the beginning of a very beautiful journey. I held up the inflective mirror of equal and opposite, I asked the questions and began to feel the answers. I let go and allowed myself to dream, to feel, to see and to know.

Losing my twin flame in the autumn of her life invoked so many feelings. During the writing process, I began to sense subtle changes in the way my body reacted to thought, to memory, to language and how these changes became reflected in the words drifting silently of tear from leaf to leaf. One day, I found myself day-dreaming and without realising I had written down my wife's maiden name – Carole Wain.

THE POWER OF LOVE

For many thousands of years humankind has pondered the meaning of life. It may be one of the questions that we ask ourselves from time to time, when we perceive an imbalance or personal endeavour tipping the theoretical scales of self-measure, precariously on to the side of fear and misfortune.

Sometimes, despite our absolute best efforts, we find ourselves in situations which are unexpected or unexplained, which ebb and flow against the tide of our dreams, stopping us abruptly in our tracks for reasons unthinkable or unimaginable. Our emotional responses to such life challenging situations can very often leave us feeling bewildered, anxious, overwhelmed and isolated by a deep-rooted fear of what the future may or may not look like. Quite naturally, many of us will question the beauty and fragility of all that is and begin to think differently about many things, about ourselves, each other, our soul purpose, karma and not least of all, about life itself. It is perhaps in our moments of greatest adversity that we find, unknowingly, the answers to many, many questions. Answers that may help in some way to transform vulnerability into

I stared at it for a while and then started to rearrange the letters in her name. My body started to tingle, like a I'd been tapped with a magic wand. I would learn years later that this quite hypnotic tingling sensation was in fact invoked by the purest expression of my heart chakra. I'd rearranged the letters to form two different separate words 'cranial woe'. Carole had had a brain tumour. Intuitively, I wrote down Carole's birth date, applied a simple numerology calculation to determine that her life path had a vibration of 44/8. Four is known as the seed in numerology and eight represents the vibration of abundance and infinity. Forty four is a Master number and personifies the qualities of the Master Therapist – the mirror seed of infinity. What was I being shown? My body was now reacting more intensely to these vibrations and the tingling sensations became elongated. It made no sense and yet my body had revealed its purest sensitivity. Several days later, I resumed writing with a renewed spirit of child-like curiosity. I was writing about grief and love when it occurred to me that these emotions were activating the same meta-physical responses in mind, in body. I wrote down the word grief and love separately and applied the numerology of each letter to form a two-digit root vibration. I also converted the root numbers back to their corresponding letters.

G7 R18 I9 E5 F6
7 + 18 + 9 + 5 + 6
= 45
DE

L12 O15 V22 E5
12 + 15 + 22 + 5
= 54
ED

Immediately, it was obvious that the root vibration of grief was the opposite and equal of love. My mind had created the neurological chemistry and in symbiosis my body had responded with a physiological vibration to what I now know to be the heart-centred language of my thoughts. My discovery of the numerological significance of both these words helped me to make sense of my emotional sensitivities. I noticed hidden within the sum of the root vibrations of both words was another word. This word was deed – meaning endeavour, feat, effort and achievement.

Just out of simple curiosity I wrote down the word 'Carole' and calculated the root vibration of her name. My mind and body reacted even more powerfully than ever before alerting me to another moment of beautiful significance. I started to cry.

C3 A1 R18 O15 L12 E 5
3 + 1 + 18 + 15 + 12 + 5
= 54
ED

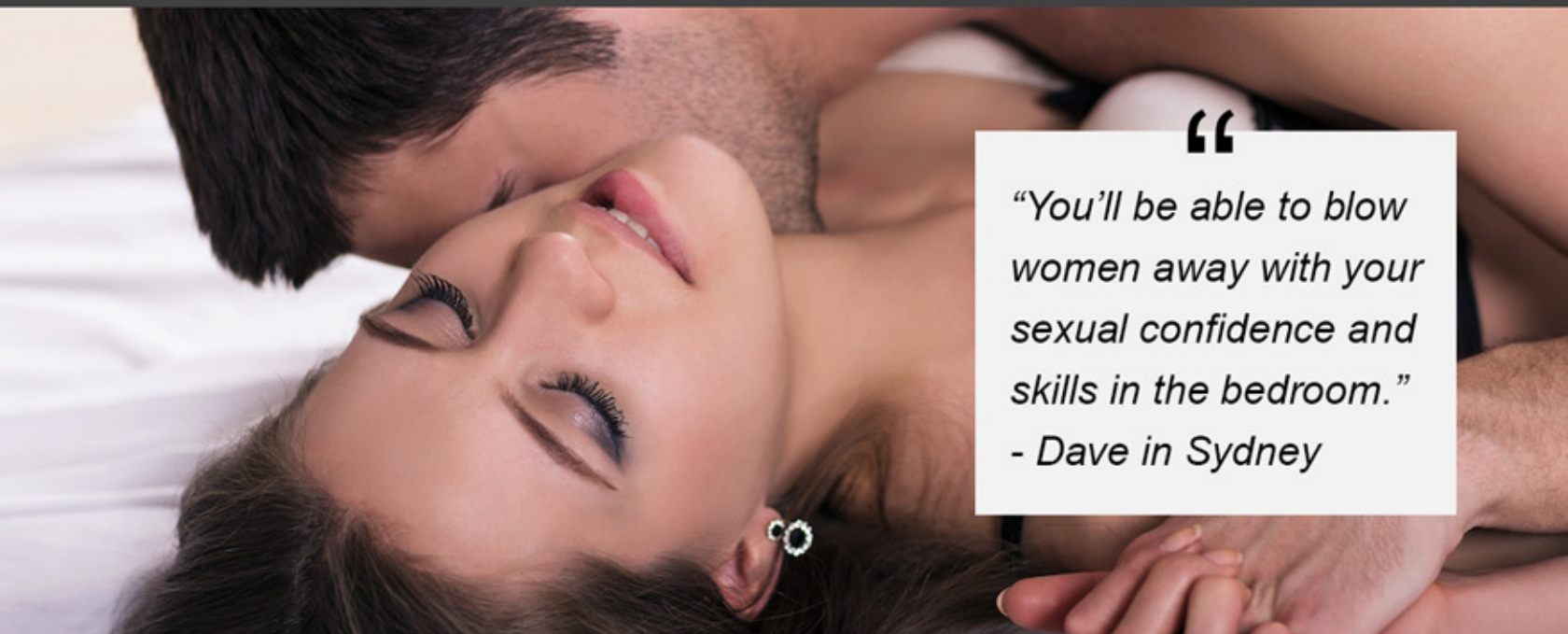
Carole was in deed my Master Therapist for Carole is the vibration love. As I streamed my tears she wiped my face and began to acknowledge the sensitivity of my own grief and love to see, to feel and know that each are both and equal and opposite. My theoretical scale of self-measure was recalibrating to balance love with love to be reflected in the conscious mirror of love herself.

As a species, we are awakening to the beauty, fragility and miracle of what it is to be humankind - to be imperfect, to be accepting, to be tolerant, to be forgiving and to be loving of ourselves and each other. The seeds we plant in the garden of our consciousness keep safe the substance of our hopes and dreams. Perhaps, if we all stopped for a moment to acknowledge the magical energy of heart-centred language, it might be just possible to rebalance our global understanding of life to know once and for all it is no longer necessary to experience grief in order to make sense of the divine beauty of love.

Maybe, our greatest challenge in life is to surrender to life itself. To allow life to unfold before our eyes and so learn through love the lessons upon which our very existence is built. I now know that love is the lesson of all lessons. It is my lesson. It has always been my lesson. It will always be my lesson. By being emotionally honest with ourselves and those around us, our world of infinite possibilities transforms miraculously right in front of us to reveal the truth, the beauty and the power of love X



ADRIAN JONES
Author, Dreams Rainbows
and Butterflies
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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.

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

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

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

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

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

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

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

A free 1 hour session with Robert Kirby

A printed eBook: Love & Intimacy

Body Energy Reading: Character strengths and weaknesses

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

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

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

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

Email: clients@robertkirby.com



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We've known for at least 2000 years that the antidote to fear and anxiety is love/courage/heart. I wish I could say to the reader that there is a long-lasting and permanent solution to negative feelings like fear, anxiety and terror.

your comfort zone, with the safe job and safe relationship, you will never become too challenged and people don't expect more from you because this is all you're willing to give. The choice is yours.

Subscribe (free) to read more...

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“

“I’ve never felt this alive before! I’m having mind-blowing, connected and deeply satisfying sex.”

- Simon in Brisbane

- Are you ready to unlock your full potential in the bedroom?
- Do you want women to talk about you as the best lover they have ever had?
- Do you yearn to take your lover on a wild ride of orgasmic ecstasy, anywhere and anytime?

Legendary Lover for Men

13-week online course for men who are ready for a complete sex-life makeover

Every man has a Legendary Lover within him but only a special few will do what it takes to elevate their lovemaking to greater heights through intense connection, deep intimacy and mutual ecstatic pleasure.

**Discover what it takes to be the best lover you can possibly be,
Unleash far more fulfilment, mutual nurturing and orgasmic ecstasy,
Infuse your sexual life with more joy, excitement and playfulness,
Deepen your intimate connections between the sheets!**

LEARN MORE



Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.



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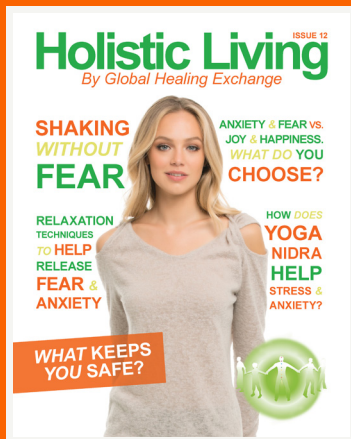


WORD SEARCH

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- FREEDOM
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