

Holistic Living

ISSUE 13

By Global Healing Exchange

ESSENTIALS OILS
FOR ANXIETY AND
DEPRESSION

MAKE PEACE WITH
YOUR PAST
PRESENT
FUTURE

CONSCIOUS
BREATHING
HELPS YOU
RELAX
DEEPER

MENTAL
HEALTH -

ARE YOU IN
BALANCE?

TIPS
TO MAKE THE
BLACK
DOG
RUN AWAY

MOVE YOUR BODY FOR BETTER HEALTH -
MENTALLY & PHYSICALLY



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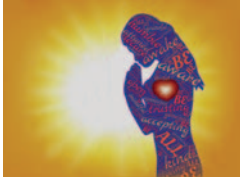


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Sharon White

Founder of
Global Healing Exchange and
Holistic Living Magazine

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WHY LOOK AT MENTAL HEALTH?

Mental health is such a wide ranging topic for this magazine. Mental health is a person's condition with regards to their psychological, social and emotional well-being. Our mental health affects how we think, feel and act. It affects us in all stages of our life from childhood until the day we die. It determines how we handle our life in all areas. When we have balanced mental health we can function optimally. When we function optimally, our life is more peaceful, calm and we are well balanced. On the flip-side when we are not functioning optimally we are more stressed, anxious and frustrated.

I wanted to write this magazine as I see so many people in my life unbalanced mentally, whether it is stress, anxiety, depression, bi-polar, OCD or in my workplace, schizophrenic or multiple personality disorder. (To be honest I have been feeling this way recently too).

So why in the world are so many of us in this condition? What causes us to be imbalanced? What things do we need to look at to bring our life back into balance to restore our mental health? There are so many factors to this. We need to look at our genetics, biology, environment and psychological factors. We need to look at the foods we eat, toxins in our environment, toxins we put in our body, our friends, family, the places we hang out, our money situation. I could go on and on. All of these factors can affect our health and wellbeing.

When we are looking at healing our mental health, a pill is not always the answer. For some, with severe mental health issues, sure they need to be medicated and I believe that drugs have their place for some of the people, some of the time. Yet, why is everyone we speak to prescribed anti-depressants or anti-anxiety pills? If the reason we are stressed or anxious is caused by a bad relationship, how can a pill help? If the reason we are stressed or anxious is caused by having no money to feed our family, how can a pill help?

A pill can mask your emotions, to help you feel slightly better short term, but it is never going to fix the problem, as the problem is a bad relationship or lack of money. The **ONLY** thing going to help long term is to fix the relationship or to get more money.

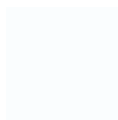
So when looking at mental health, going to the cause is the way to really treat the illness. If the trigger was a previous trauma, let's look at that. If the trigger was a death of a loved one, and you are dealing with grief, let's look at that. If you are using drugs, cigarettes, alcohol, food to abuse your body because of a lack of self-love due to abuse, let's look at that.

In this magazine our experts will talk about mental health, therapies that can help, and give you some ideas of how you can bring your mental health back into balance, so you can live the best life possible for you.

I really hope you gain benefits from their knowledge.

Enjoy.

Sharon White
Founder of Holistic Living Magazine



WHAT IS MENTAL HEALTH?



Cassandra Jones

Editor at large

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Have you ever noticed that much of the time mental health is talked about in the negative? The topic seems to only ever come up when something is wrong; effectively when something has happened and someone is experiencing bad mental health.

Yet for much of our physical health, we not only have oodles of advice on how to make sure our physical health is in tip top shape, we also have plenty of ways to get help if something is wrong. I'll give you an example; if you are sick you'll have your GP in your contacts list or you call your emergency phone number, triple zero in Australia, or 999 in the UK as examples. But, you dear reader, do you know of any numbers off the top of your head on who to call for mental health issues? How about a suicide prevention line?

Now I'm sure that with the help of Google or Bing you could find one very quickly, yet do you see the difference? Even the fact it is a suicide prevention line or a mental health crisis team you are calling means you, or whoever you are helping, is effectively broken and in the middle of a crisis or episode. Imagine if you ran your car this way; run it without ever servicing it, listening to the creaks and squeaks that come out. You'd seize the engine or cause irreparable damage in a heartbeat.

So why the negative focus on mental health? What about the positive focus on mental health? The World Health Organisation describes mental health as:

“a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

This seems more helpful and a far better way to start a conversation on mental health issues. It frames the conversation in how you can reach your full potential, how to deal with the normal stresses of life. Of course, life these days can be anything but normal. There are so many random ways it can catch you out, trip you up, but to make sure you can cope with the peaks and troughs of whatever gets thrown at you,

you really need to understand what good, positive mental health looks like, understand the symptoms and effects of the various components of bad mental health, and then you should be able to construct an environment for yourself that allows you to be the best you, you can be.

This edition of Holistic Living Magazine will help you do that, will help you understand how others have coped with their own mental health issues and hopefully point you towards better mental health for yourself and your friends and family.

Example Australian organisations that can help with regard to your good mental health:

Beyond Blue; www.beyondblue.com.au
Mental Health Australia; <http://mhaustralia.org>
Sane Australia; www.sane.org
Black Dog Institute; www.blackdoginstitute.org.au
Lifeline; www.lifeline.org.au

And a good expanded list of Australian organisations can be found here:

<https://www.australiacounselling.com.au/top-mental-health-organisations/>

Cassandra Jones
Editor at large



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“

“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
the world of women and dating

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.

**Learn to approach women with full integrity, honesty and authenticity,
Become successful with women you desire,
Overcome insecurity, fear of rejection or fear of being seen as too pushy,
Develop true confidence and charisma through being you!**

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.

Tips To Make The Black Dog Run Away



When it comes to our mental health we all have good days and bad days. Some of us experience the darker days more than others. There is a sliding scale and for many of us it doesn't take much to tip the balance. There are many factors when looking at mental illness. As mentioned in my previous article, our genetics, biology, environment and psychological factors all play a part. We need to look at the foods we eat, toxins in our environment, toxins we put in our body, our friends, family, the places we hang out, our money situation and mindset. I could go on and on. All of these factors can affect our health and wellbeing.

There are things we can put into place to help manage the darker days. When looking to make changes in our life, no matter what kind of changes, whether it is a small or large change, taking small steps is always effective rather than trying to make a huge change overnight. Life is a journey after all!

In this article we will look at ways to reprogram your subconscious mind. Your subconscious mind helps you on a daily basis helping you to do things automatically. It helps you eat, walk, talk, breathe. It helps you function without thinking about it. Wouldn't it be wonderful if you could be happier or less compulsive without even thinking about it?

It is possible and like anything else you want to change, it takes effort and awareness.

We know how to rewire your subconscious. We need to change the 'habits' in your subconscious. We need to give your subconscious strategies to be happier or less compulsive automatically, without having to think about it.

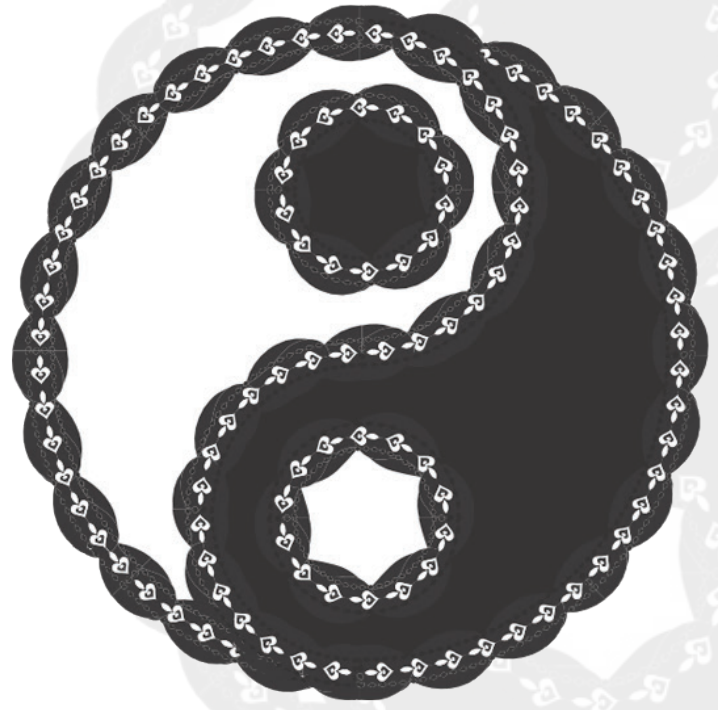
Does this all sound too simple? Simple it is, easy it isn't. It takes effort and a want to change. It takes daily awareness of breaking your subconscious habits and reinstalling new healthier habits.

If you want to reprogram a computer it takes time and you may have to seek the advice of an expert to make this happen. The same is true when attempting to reprogram your mind.

If your stress, anxiety, depression is caused by an event or trauma, I would suggest talking to an expert so they can help you and there are things you can do to empower yourself too.

I want to give you things you can do to reprogram your mind starting right now. Before we start, I want to tell you that...

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Mental Health. Are You Feminine Or Masculine In Your Outlook?

Mental health. What is it?

Does it mean the brain is in balance?

That the cell membranes are in balance?

That your immune system is strong?

That your overall mental wellbeing is doing better than good?

There are many more definitions and they're all perfectly fine.

The more spiritual definition is that you know yourself because you've intuitively become one with your own needs, while at the same time, you're at one with your soul core essence which resides along your spine.

You might be aware that you're out of balance, for example physically, and have the wisdom and knowledge on how to align yourself more with your body and heart. This is one definition of mental health from a more intuitive perspective.

That also means you'll have a healthy and more feminine (paradigm) perspective on how to align yourself, rather than aligning from a more masculine (paradigm) driven perspective.

The masculine way of being healthy is by being strong. Strong. With a strong body. With a strong mind. At the same time being more unaware, more closed, heavy and inflexible. You do what you do because you know you have to, not because you have an inner awareness about it. "I eat a lot of meat and carbs because I need the strength," these are the words you'll keep repeating to yourself. With a masculine paradigm driven focus you're always on your way to something or someone and your main goal is to both impress others with your lifestyle and improve yourself in all areas of your life. This masculine driven person will most probably have a lot of hobbies, a lot of things to attend to and will never settle in life. There's always a better place to be when you're masculine driven.

When you're masculine driven with a masculine paradigm thrive, you will work against yourself being disconnected from your intuitive soul essence.

The engine driving your life will be a masculine engine (the brain) which requires a lot of fuel that consists of a lot of food including a lot of carbs and meat because you've been disconnected from your body (and needs).

The primary engine driving you forward will be your masculine brain.

The masculine paradigm is about prestige, power, money, individuality and also dividing and categorizing everyone. It's the "what's in it for me" mentality and based upon fear.

The feminine version of mental health in this feminine era is knowing and being aware of oneself, instead of self-absorbed in oneself as it is in the masculine paradigm. It's about being one with yourself and your needs while at the same time being able to honor these needs every day. You're calm and relaxed, compassionate, centered and focused in a "I don't have anything to prove" way. You achieve things easily and have faith in yourself, life and others while being reassured that "all is well". You do what you do, for example, exercise, have the work you do and have the hobbies that you do, because you love it – and not because you have something to prove to anyone. Simplicity and personal freedom and the ability to express one self and strengthen the wellbeing for the overall community and the world will be the primary focus.

The primary drive for a spiritual or feminine healthy driven person is the heart.

The feminine paradigm honors dedicated communities which celebrate differences and the individual person's self-expression, for the highest good of everyone and not just for one self. It's also about being caring to one self and others. Being open, compassionate, warm, giving and sharing from one's highest self for the highest good of all.

Intuitively I see that this is the battle the world is facing now and in the future for a couple more decades. That the masculine regime or paradigm will do its best to still suppress the feminine and grow their power. Sadly the masculine paradigm does not only exist "out there in the world" it's also a part of

our inner world. We've inherited it as a negative heavy masculine mindset from our parents and our ancestors. It's everywhere! In the school system, and we're being surrounded by it daily from our beloved family members. It's a part of the karma that we're all here to learn from and finally put behind us.

We all need to stop fighting the masculine paradigm and regime around us and start facing it within ourselves. We can't become healthy and balanced in our light, if we won't face our inner darkness. We all need to understand our darkness so our light can be freed. And then the balance will come naturally.

If you want to feel more free, flexible, healthy in a physical, spiritual and mental way and also want to feel lighter, not just physically but also in life, then I truly recommend reading the books by Anthony William for example "The Medical Medium".

You will then naturally be more feminine driven, whether you are male or female, because you'll start eating food that's more alive. Such as fruit, vegetables, sprouts, berries and nuts. You will intuitively know what your body wants and will have less effort on going from A to B in your life.

Another great tool I recommend is using the powerful Polynesian healing method "Ho'oponopono" which makes us remember who we are, helps us become more open, forgiving and compassionate. Both towards our self and others.

And remember Mahatma Gandhi's famous quote "Be The Chance You Want To See In The World". Which also includes you taking good care of yourself before caring for others.

You become enlightened by making your inner darkness conscious while at the same time not being resentful towards it. – Zanne Piilipson



ZANNE FRIIDA PIILIPSON
Intuitive Mentor & Rapid
Behavioural Expert
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Working daily in Fitness, Health and Wellness I see many people and when I see someone walk into a room or my studio with shoulders rounded and a spine looking hunched, I can't help but see someone who needs to work on their posture. But I also see someone who might be stressed in a job, who possibly sits at a computer for long hours, someone who does not feel particularly confident and positive about themselves and could also be suffering with mental health issues such as depression.

I have a mantra for my dance/cardio based classes where I say "Lift Your Hearts and Your Heart Rates" and this class is a joyous happy class where we dance and move and feel the beat of our hearts, lift our arms and celebrate happiness.

When we round our shoulders, it is also an indication that we are protecting our heart from hurt or sadness and when our hearts are closed we are less likely to be happy.

Research shows that there is a connection with physical posture and mental health and sadly due to many people's work-life of sitting for hours, it makes it physically impossible to have good posture, which is why standing desks and moving between desks, spine twists (see below) and other exercises, plus simply standing to sitting and vice versa is recommended.

Changing work life balance by moving your body more and correcting posture will give you more energy, less stress and better productivity.

Without good posture, you are not able to be physically fit and this flows over to not being able to be mentally as fit either.

Good posture means your bones are aligned, your muscles, joints and ligaments can work as they are meant to work and your vital organs are in the right position.

Normal functioning of the nervous system and overall health is improved because the long-term effects of poor posture can affect digestion, elimination, breathing, muscles, joints and ligaments and a person who has poor posture may often be tired, unable to think clearly, work efficiently or even move properly.

The good news is that almost everyone can avoid these problems. Below are six YogaPilates Fusion® exercises with images to demonstrate. These will help to increase your postural and mental awareness and they only take around 10 minutes...

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“This course will transform your life! And not just in the bedroom...”

- Anne in Melbourne

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- Do you want to experience deep, powerful, blissful orgasms during sex?

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Learn to become empowered in the bedroom and outside of it,
Restore and reawaken your true pleasure potential,
Explore vaginal orgasms, female ejaculation and full body ecstasy!**

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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.



Mental Health - Is The System Serving Us?

With one in five people (men, women and children) said to be experiencing mental 'illness' each year in Australia (approximately 20 per cent of the Australian population will experience mental illness in any given year.' – taken from the Mental Health Australia website), this is obviously a huge topic and an issue for us to look at.

Whilst there is some real need for mental health services for people who have ‘mental’ issues, challenges and illnesses, this current model and prevailing one-sided focus and approach to health and wellbeing is not really addressing the full aspects or needs of who we are as human-spiritual beings. Continuing down this road seems, to me, to be futile in so many ways. What future do we have as a species if we stay on this downward trajectory? With a more holistic, balanced and integrative approach, so much more could (and can) be done to help people to understand, improve and maintain their health and wellbeing. There is so much more within the ‘Human Potential’ that could be explored, harnessed and expanded.

Many of the diagnosis that people receive are text book diagnosis – direct from the good old Diagnostic and Statistical Manual of Mental Disorders (DSM) (now in its fifth edition), often delivered with very little thought or care about the bigger, more holistic aspect of who we are. This is not about blaming people. Most people working in this model, in general, are only going along with what they know or have been told to do or say. This, unfortunately, is the case with many people within the medical and mental health industries. The training and education in their chosen fields of endeavour are often narrow and based on limited research and experimentation.

In these settings, offering clients or patients basic things like meditation, yoga, a gym membership, a healthy and nutritious diet or some natural (herbal) remedies is not really part of the training or mindset. Labelling people and medicating them seems to be more of the norm. After months, or even years, on medication people will, invariably, become sicker (physically, emotionally, mentally and spiritually). This is easy to observe when living or working with people who have been caught up in this old and limited system. Just go and sit in a shopping mall and be a people observer for a few hours – you might be in for a shock with what you see – especially if you look beyond just using your physical eyes!

This system (mental health) is highly protected, massively funded (by government and private

sectors) and has become the ‘industry standard’ of working with health and wellbeing. Oftentimes it is a challenge to speak out about the negative impacts that this has on people’s lives.

Just for clarity – I am all for medication support when it is truly required, but ongoing, long-term medication for so many people is very questionable. Time and time again I speak with people who start with one medication, get side effects and then are given another type of medication to combat the side effects, and then another is introduced ... I speak with people who are on five or more types of medication! One can only imagine what this is doing to the body, mind, soul and spirit.

Sadly, much of the prescribed medication is designed to ‘numb the senses’ and it certainly does that. Supporting people to live with unexpressed or numbed emotions or pain is not a wise or effective way forward. I have worked with many people who have been diagnosed with ADD, Depression, Anxiety, Autism, Personality Disorder or other such things, and, after only a very short time with them, it is easy to ‘see’ that they have been given a label and been put into a place of dis-empowerment. In many cases some good old-fashioned straight talking, structure, discipline, routine, courage, mentoring, guidance, inspiration and commitment are all that is needed to get people ‘back on track’ or moving forward in their lives.

One of my fun de-labelling and pro-empowerment exercises is to...

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Emotional Storms

What if we replace ‘I have control over’ with ‘I have faith in’?

Love versus fear – a daily decision. Sometimes even a momentary decision... When the shit hits the fan – how do we stay in our love space? How can we endure those moments that are almost unbearable? How do we stay grounded in faith and love when we have no control over a certain situation; when fear knocks loudly on our inner doors?

In hindsight, we can celebrate persevering through many of these moments, and we **SHOULD** celebrate them. Because each and every one of them has made us stronger, has given us another piece of stamina so we can power

through the next uncomfortable situation with a tiny bit more ease (even if it doesn't feel like it while we are sitting in such a scary moment). To reach this place of stamina and strength, sometimes we really have to dig deep, as a wave of fear or panic threatens to drown us. Practice is key, especially when we are treading the calm waters of life. There are many tools out there to aid us, and they are available to us 24/7 over the internet. There are apps offering meditation, wisdom and practices we can integrate into our busy everyday lives, as well as online programs to follow either with a fixed schedule or in our own time. And then there are the simple basics we do all the time, like breathing, walking, doing the dishes and thinking many thoughts.

We can consciously pick the tools that are most attractive to us, and maybe treat ourselves to the gift of a teaching by a trusted practitioner. We can also combine our internal and external sources and consciously fill our inner treasure box with good input on a regular basis.

There might be long phases of calm emotional waters in our life, where we think (!!!) we don't need any of our tools. Training ourselves helps us in being prepared for any inner storm that might come up. The storm might start with tiny gusts of wind, which we find refreshing at first. We might not notice that this fresh breeze is quickly blowing us out of our serene inner peace and stability. Then, suddenly, the full emotional storm hits us with mighty force, and we realize that fear is surrounding us, washing over us and threatening to engulf us wholly. The energy of fear rises fast around us, as well as inside of us, whether triggered from inside or by somebody/something outside of us. We lose control over anything and everything as our mind is flooded with fearful thoughts that are taking a hold of our complete system of body, mind and soul.

What to DO? How to deal with this storm? By now, we might feel as if a tornado is raging, pulling us with it, throwing us around brutally. No more solid ground to stand on physically or emotionally, and our rational part is drowned out quickly by those loud fearful thoughts. What to DO? Our body is a phenomenal helper, and it keeps us afloat in all this chaos. What we CAN do is focus on our body, and focus on our breathing. We can concentrate on taking one really deep breath. In through the nose, out through the mouth. And another deep breath. In through the nose, out through the mouth. As we focus on such a simple task, our mind begins focusing on our breathing also. It creates a tiny pause in those fearful thoughts, replacing them by remembering to breathe deeply. A tiny bit of ease might come into our overwhelmed system. It feels so good. Repeat the process. With this can come some more capacity to focus our awareness on our shoulders, they are very possibly very tense right now. Once we notice, we can lower them, while continuing to do more deep, conscious breathing. Now our

mind has two good thoughts to ponder: 'breathe deeply' and 'relax the shoulders'. Maybe we have been sitting rooted in one spot, frozen and paralyzed by this emotional storm. Now we can change our position, while we still consciously breathe and relax our shoulders (they tend to tense again real quick when we focus elsewhere). We can stand up and walk around a little bit. So now we are moving and shifting our complete system. We breathe deeply, we concentrate on lowering our shoulders, and we are walking around the room. We can add some more good thoughts, to give our mind a productive job. Would it be good to leave the house for a while and take a walk-in nature? How about having a shower or a bath? Or even doing the dishes, to give our hands something to do. While we are rebooting after the shake-up, there might be more capacity in our mind to remember the tools we have gathered over time through practising. Maybe we have enough room in our head to concentrate on a meditation. Or we decide to do some sports. Or we pick up a good book and occupy our mind with some productive input. Or we sit down and write.

At some point, we realize we have weathered the storm, it has passed and the emotional waters are calm again. Now is the time to celebrate having persevered through this moment. We can let in lots of love and gratitude, especially for ourself. We can be proud for remembering we can support and help ourself greatly with just a simple breath. And we can anchor this moment of success, of strength and stamina in our system, add it to all the other moments we have endured already and have come out stronger at the other end.

We made it through, and the faith and love in ourself can deepen. Well done for powering through these moments, dear fellow human!



BARBARA PATTERSON
Conscious Awareness 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.

Our friends at Baxter Blue have developed a range of fashionable non-prescription glasses that filter out the blue light, eliminate glare and alleviate the symptoms of digital eye strain for a better experience in front of a screen. Baxter Blue's purpose is to educate people on how our digital devices can affect our eyes and our health, offering a simple and stylish solution to these problems. They are offering our members at GHE a special offer of **free express shipping** when using the code 'GHE'



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Mental Health Approaches



A person's health is determined by many factors, particularly their physical and mental states. The term 'mental health' refers to a state of wellbeing in the mind, and someone's ability to cope with life's stressors and function positively in society. In contrast, a mental illness refers to a medical condition of the mind that negatively impacts a person's ability to function in their daily lives.

In contrast, a mental illness refers to a medical condition of the mind that negatively impacts a person's ability to function in their daily lives. According to the Australian Bureau of Statistics, during the year 2006, one in five Australians reported having suffered from symptoms of a mental illness. This indicates the immensely high percentage of people who feel that their mental health is out of alignment. Fortunately, there are many methods available to alleviate such symptoms.

As a women's empowerment coach, I teach my clients mental strategies to change their thinking and help them regain their mental wellbeing. Methods such as Neuro-Linguistic Programming can help with feeling low, being anxious or panicked in certain environments, or becoming more confident or assertive. Alongside NLP, clinical psychology offers individual and group therapy treatments that aim to change a person's thinking towards their circumstances and behaviour. As a life coach, I frequently come across clients who experience anxious or depressed symptoms such as low self-esteem or hopelessness from losing their sense of purpose. There are many factors that contribute to these feelings, such as social circumstances, biological genetic predispositions or learned cognitive behaviours. For example, the famous psychologist Martin Seligman developed the Theory of Learned Helplessness, which suggests that depressive emotions and thoughts arise when people feel that they have no control over the stressors in their life.

Fortunately, there are many ways to re-establish one's mental health. One of the most popular is one-on-one work between the therapist and the client, known as the Individual Approach. This method assumes that the cause of anxious or depressive symptoms is faulty, negative patterns of thinking, which require cognitive therapy to replace them with positive ways of thinking. The therapist's primary goal is to uncover the specific cognitive factors that may be causing negative thoughts, symptoms or behaviours.

the most frequently used methods of the Individual Approach, and its primary aim is to bring automatic, negative thoughts forward to conscious awareness. This process originated from the theory that depressive feelings are associated with cognitive errors, which can result in mental illnesses. Cognitive errors include thinking negatively about oneself, their world and their future. During CBT, the therapist challenges the client to examine the validity of their negative thoughts. This is structured in six to ten sessions, and they are taught to monitor and write down negative thoughts and mental images, so as to recognise the association between their thoughts, feelings, physical symptoms and behaviour. They learn to change their dysfunctional cognitive processes and learn adaptive coping skills.

CBT is a very effective treatment for mental illness symptoms, and has been found to have longer lasting effects than medication, but is a shorter process than other Individual Approaches and highly structured, which makes it more manageable for clients. It emphasises targeting the cause of the mental illness, negative thoughts, rather than the symptoms. CBT also contains limitations however, it can be overly prescriptive and ignore individual factors, and is of shorter duration and therefore is not as in-depth as other methods. The client must be willing to change their thinking whilst being attentive to their mood and previously subconscious thought patterns. Finally, CBT relies on self-report evaluations and as people tend to be influenced by socially desirable traits, they may not be truthful about their thoughts or progress.

Another popular method of the Individual Approach is...

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Cognitive Behavioural Therapy (CBT) is one of

The Essentials of Anxiety and Depression



Adults who are parents can themselves be trapped in this emotional prison, so it is unrealistic to expect them to teach their children healthy ways to process experiences and information, so it does not impact them in the longer term.

The mind is the driver of all your experiences in life and everything we put into it is information. What you eat, do and think is all broken down and converted into molecules of information which then interact with other molecules to create our physical, mental and emotional reality.

A report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing August 2016, stated that 1 in 7 children had experienced a mental disorder in the past year of the survey.(3)

The figures for mental illness reveal we are not very good at preventing mental illness. The medical model engages only when the problem has become an issue for the person or a safety concern for society. We are seeing the cost of this view with the rising numbers of stress experienced by children who are left with little resources on how to deal with their emotions.

Understanding that anxiety and depression are directly related to our ability to manage our emotional responses to internal dialogue and external events, and that as such they become our responsibility is critical to reclaiming our power to choose how to react to emotional triggers.

We may become overwhelmed or upset about something, but this is not the fault of the event or others, they are merely triggering pre-existing vulnerabilities we have nurtured during our life. These are the experiences, expectations and perceptions of our lifetime and the emotions we have attached to them.

The modern world requires a lot from us and we play into its demands. Men and women all over the world are busy multi-tasking, working to efficiency expectations, trying to meet social and financial expectations leading them into overwhelm and the activation of the fight and flight reflex.

A fight response is when we chose to take on the problem and try to find solutions, scenarioizing over and over in your mind for the best way to proceed. The flight response maybe to completely avoid the problem and pretend it doesn't exist, leading to symptoms such as:

- Feelings of apprehension or dread
- Watching for signs of danger - Fear
- Anticipating the worst
- Trouble concentrating
- Feeling tense and jumpy
- Irritability
- Feeling like your mind's gone blank

Physically, this can manifest in symptoms such as:

- | | |
|----------------------------------|-----------------|
| • Pounding heart | • Sweating |
| • Frequent urination or diarrhea | • Dizziness |
| • Shortness of breath | • Insomnia |
| • Muscle tension or twitches | • Headaches |
| • Shaking or trembling | • Stomach upset |

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PAST PRESENT FUTURE

MAKING PEACE WITH YOUR PAST-PRESENT-FUTURE

Exposing the Big Lie - "focus on the present moment and build a great future." Modern psychology including cognitive behavioural therapy also known as CBT as well as other therapeutic modalities including NLP, life coaching, business coaching and executive coaching have all gone down the path of forgetting the past and focusing on a strategic plan (and an action plan) to have a better life, business, organisation and a brilliant future.

While a quick fix is very appealing and even thrilling because it makes a false promise that if you create a crystal clear plan for the future and take action everyday all your dreams will come true in business and life. Time for a reality check. 20% of the people in first world countries earn 80% of the dollars. This is known as Pareto's law. It's been true since the beginning of time. 50% of marriages still end in divorce and second marriages are only a little bit lower in divorce rate. Only 20% of relationships report being fulfilled and blessed because they found the partner of their dreams.

In the modern world the research by the New World Bank indicates that by 2030 - 50% of men, women and children will be medicated for mental health problems. What this indicates is that pharmaceutical companies are investing millions of dollars into research with modern therapies that lead to medication. The first one that comes to mind is CBT and any other cognitive work including counselling and psychotherapy that works with the conscious thinking mind or analytical mind at the expense of the body- mind or unconscious mind.

The truth is that modern neuroscience, quantum physics as well as alternative body-mind or somatic therapies provide you with an excellent opportunity to address the cause of your issues; mental health issues, physical health issues and limiting beliefs that prevent you from attracting a healthy partner, career path or even getting your business to the next level. In fact mental & physical health issues as well as negative unconscious belief systems are all linked by neuropeptides. They are protein-like molecules of emotion found within every cell.

What's Time Got To Do With It?

You are still experiencing your past, beginning with your first breath in the womb and including the one you just took a second ago and every breath in between. Time is an illusion because everything is connected including time and space. In fact, in the quantum field the past, present and future is happening simultaneously.

Accordingly everything affects everything else and everyone else. The good news is that the universe is very malleable and changeable. That includes you. Therefore, you cannot change what actually happened in your childhood but you can change your perception of all your experiences by re-assessing your entire past present and future. Once you shift your vibrational frequency in relationship to your past it instantly "sets up" a new future and your experience of the present moment which is continuously re-creating your reality based on thoughts, feelings, and beliefs generating new actions and a brand new more positive perception of your entire life experience.

All of your great loving and successful experiences going right back to the womb are still happening now. Since time is curved and not linear you could at least consider all the beautiful experiences throughout your life are the foundation of who you are today. Is that not truly exciting? Your imagination, memories, dreams and innermost beautiful feelings create the future.

The more conscious you are of this the more you create your own destiny. The more unconscious you are - the more fate takes over and the conditioning of fear and doubt keeps you stuck. It does not keep you stuck in the past but stuck right now. There is only now with a unified field of interconnected time and space.

In addition all the bad stuff; wounds - traumas - betrayals - challenges - make you greater and must be integrated into your conscious thinking mind. What does that mean? Through the power of observation you can observe with love and forgiveness every single painful experience and now perceive it as an obstacle or challenge that made you stronger and more compassionate & brilliant than ever before.

All your mistakes - stuff you regret - sins against others - how you hurt others - all needed to happen so you can learn what does not work. Let's face it - we all must pay for our transgressions. In the east they call it Karma. "What goes around comes around" and in western Christianity scripture says, "You reap what you sow." So in order to change the harvest you reap to something exceptional and brilliant you must change the pattern.

How do you know what pattern to work on? Follow your heart and your conscious will tell you what is not in truth. In what specific way do you not feel good about yourself? When these issues are avoided they become stronger and lead to anger, reactivity, depression, anxiety, stress, burnout & exhaustion as well as sleep disorders or even more severe mental illness.

No-one has perfect mental health. It's part of the human journey. But ignoring it leads us down a dark path. Remember, fortune favours the bold. Step out of your comfort zone and go for a big challenge. Find a switched on alternative therapist or healer who can assist you in the following ways to address the cause of mental health issues as opposed to the symptoms. Make sure they can help integrate the findings of modern science and energy systems:

1. Integrate the past-present-future as it's all happening now into one great life
2. Own your greatness and heartfelt brilliance
3. Integrate all the pain into your Hero's journey
4. Expose all your transgressions and see the learning and growth that emerged
5. Observe everything with love including your symptoms melting away.

It is very difficult to do this by oneself. I hope this information inspires you to take swift action to honour yourself and obtain the professional help you deserve.



ROBERT KIRBY
Mind/Body Transformation
& Integration Expert
[Click here to work with me.](#)

Into The Darkness

When I was 15, I attempted suicide. Even looking at those words knowing that's what I tried to do, doesn't seem real. But I did. I took an overdose of pills from the bathroom cupboard. I remember being in my room playing a record, and then waking in a hospital with my devastated parents by my side. I did not see my life as worthy of living and I felt like I was losing my mind. This is my personal story of dealing with mental health and my state of mind when I was young. You may wonder why I want to share something so intimate and it being such a confronting ordeal. Probably because it happens in many families and to many people. No-one is immune to this, but it's how we learn from situations and how to get access to safe and practical treatments to address all areas of mental health. If they had not found me, the Doctors said I would not be here today.

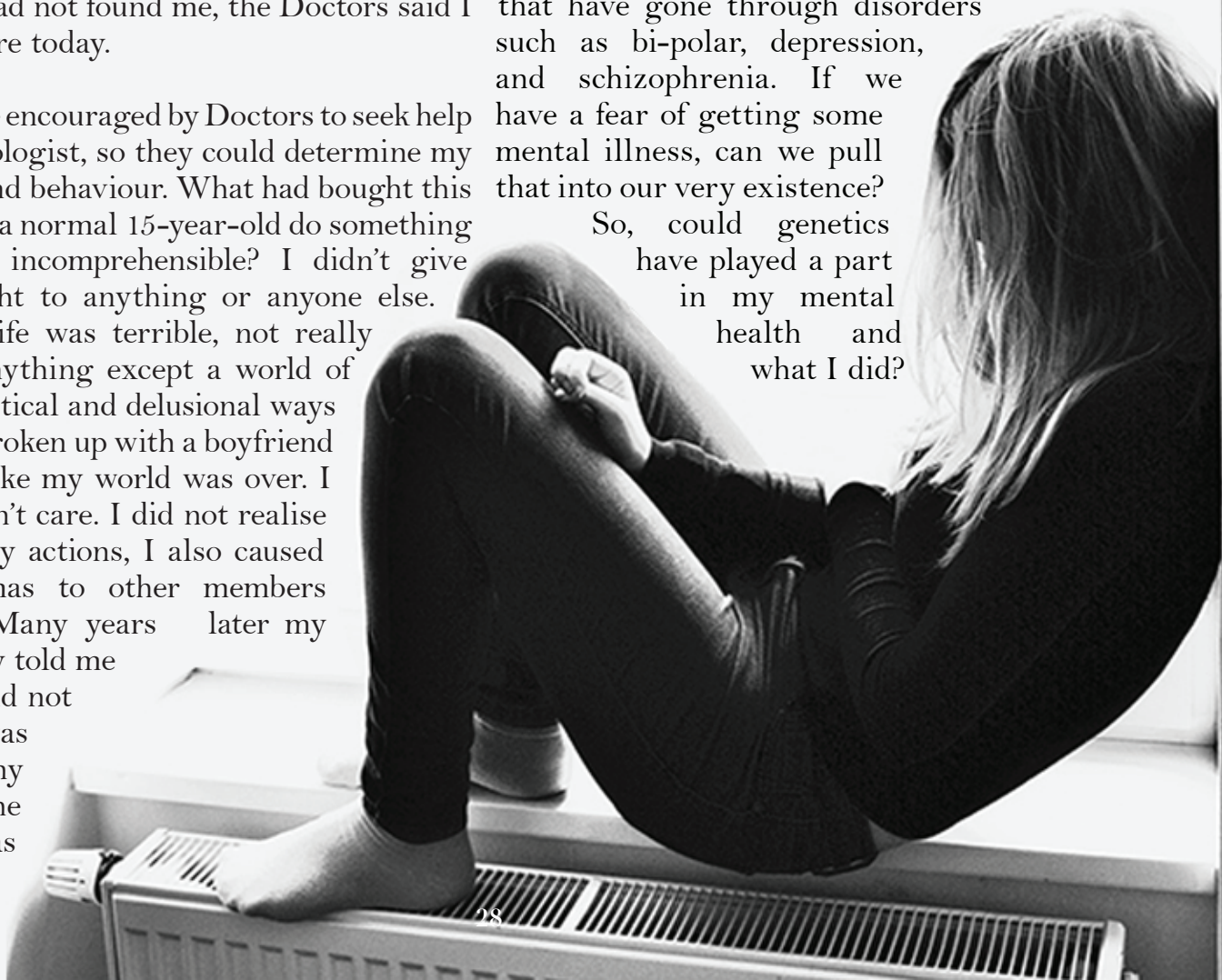
My parents were encouraged by Doctors to seek help and see a psychologist, so they could determine my mental health and behaviour. What had bought this on? Why would a normal 15-year-old do something so drastic and incomprehensible? I didn't give a second thought to anything or anyone else. I thought my life was terrible, not really connected to anything except a world of obsessive, egotistical and delusional ways of being. I had broken up with a boyfriend and really felt like my world was over. I felt lost and didn't care. I did not realise as a result of my actions, I also caused profound traumas to other members of the family. Many years later my father eventually told me upon being found not responsive, he was haunted for many years about the song that was playing on the

record player. It was a group called Max Meritt and the Meteors and the song was called "Slipping Away".

Factors That Play A Part

Mental health is about a state of being, and not just about mental disorders. There are many components that contribute to these factors such as socio-economic, biological and environmental aspects. I learnt that my grandfather took his life at a young age (in his early 50's). The family went through times of hardship, and he did not have the ability to cope. His mental state of mind would have been fractured and depression had taken hold as well as being an alcoholic. Furthermore, there have been several members in my extended family that have gone through disorders such as bi-polar, depression, and schizophrenia. If we have a fear of getting some mental illness, can we pull that into our very existence?

So, could genetics have played a part in my mental health and what I did?



Hello Darkness My Old Friend

Fast forward, after my ordeal, I didn't go back to school. I got a job in our local town, then my father decided to move from our country town and state and relocate to another state, and bigger city. I didn't want to leave, I wanted to stay with my best friend. All my kicking and screaming didn't help. I was leaving my school friends, girlfriends, relationships and even our extended family, and relocating to a completely new place, new neighbourhood and nothing was like I had known. I was trying to adjust, find a job, and make friends. Then only 3 weeks after I left my home town a very life changing tragedy occurred. Sadly, and devastatingly, 2 of my closest friends (one that I wanted to live with) tragically died in a car accident. I didn't know how to process this grief, this reality at all, because I was not where my other friends were when this was happening. A long-distance phone call was expensive, we could only correspond by postal mail and it didn't give me any idea as to what my other friends were going through without me. I felt completely disconnected, and all alone. I didn't get to attend their funerals. I was catapulted into a depth of despair, anguish and disbelief. I was in another place. I felt completely shocked and mentally broken. Back then we didn't quite have the facilities to help someone through difficult and trying emotional periods, and we dealt with it ourselves, by trying to live life as normal, under the pretence of keeping a balanced world whilst living with thoughts of anxiety, fear and depression.

From The Shadow A Light Shall Spring

We are not our thoughts, and behind every thought is energy. Your thoughts are creating your reality. Learning to decipher your thoughts and the voices that speak within the mind, to see light instead of dark can be difficult, though not impossible. When you change the way you think about problems, life, or everyday tasks, it may seem overwhelming and daunting. So teaching yourself to look at them in a new and unique perspective can actually change what seems so enormous, that it diminishes.

We can be thankful that today we acknowledge there are much better facilities available to assist all

sorts of mental health issues. There has been a greater focus in the health sector and many alternative therapies of providing a range of effective measures for the prevention of suicide, prevention and treatment of mental disorders, prevention and treatment of dementia, and treatment of substance-use disorders.

My experience through using the Forensic Healing System with clients can assist with many associated mental health factors. Its addressing those issues and helping to undo the patterns that can be predisposed through our genetics. Just like the old saying, "It might not happen overnight, but it will happen".

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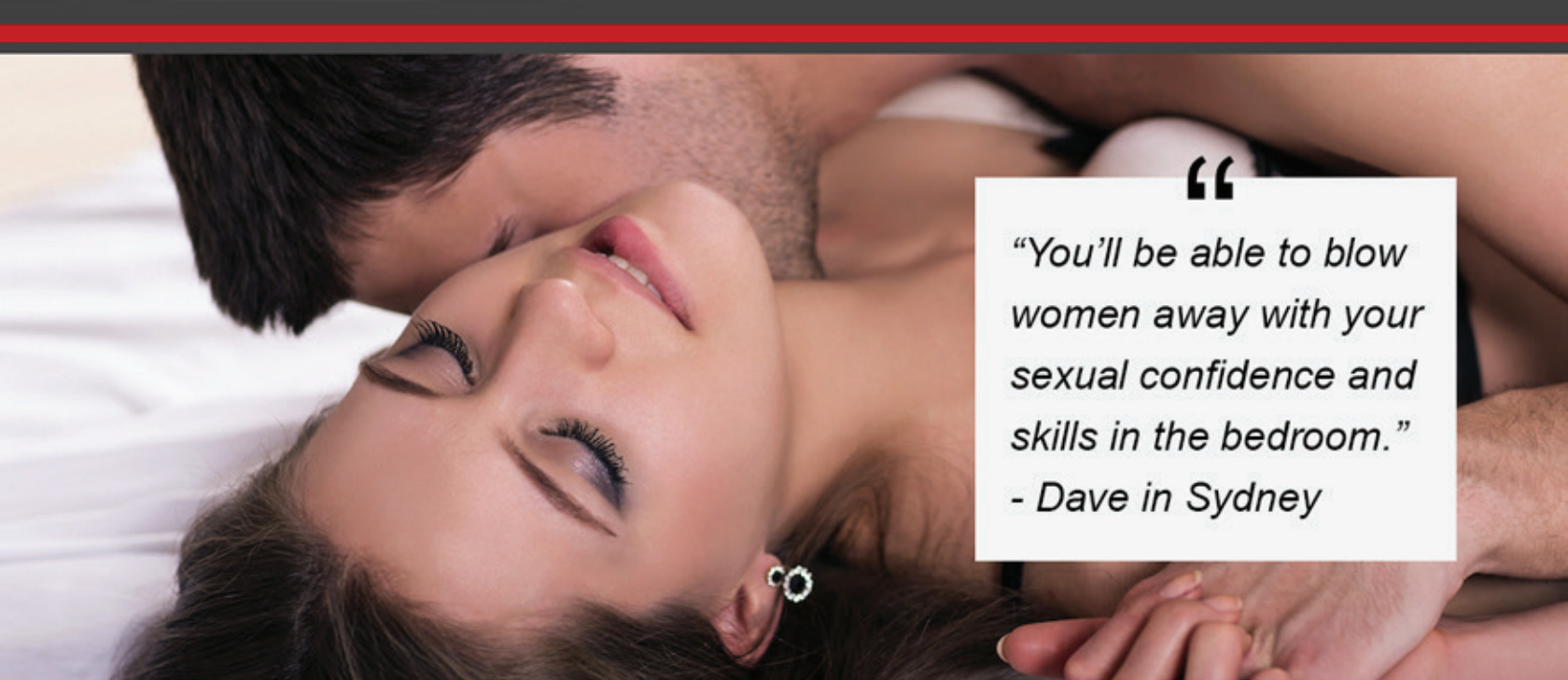
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I look forward to hopefully meeting you, joining your journey and helping you in any way to ride the waves of growth, new beings and this wonderful life we truly can find inspiring and inspirational!



SHONA RUSSELL
Forensic Healer

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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.

Don't Panic!

It's Not Just A Panic Attack

Panic attacks are surprisingly common. Up to 40% of people experience one at least once in their lifetime and While there's no reason to question how often people are having these 'attacks,' what is worth questioning is why we are having them and whether we are actually under attack at all.

What if panic 'attacks' were not just a problem, but part of the solution as well?

Pushing The Panic Button

If you're reading this article, you probably already know what a panic 'attack' feels like. The racing mind, pounding heart, sweaty palms, gasping breath and the overwhelming fear that you're possibly going to die.

If it happens in a situation where you actually might die, it makes sense - panic is a normal, healthy defence response that mobilises our fight and flight reflex with super-human intensity to overcome threats that would otherwise overwhelm us.

But what about when it doesn't make sense and you aren't really under threat at all? Shopping centres can definitely be overwhelming for example, but we know they're not going to kill us – it just feels like it inside.

It's precisely this element, when we seem to be having these experiences for no apparent reason that separates what we deem as a healthy, life-saving response from a life-ruining panic 'attack' instead.

But what if they weren't just a 'random mistake' or a mental health 'disorder'? What if it was a re-ordering reflex that if fully embraced, releases the build up inside us, and at the same time builds our resilience and coping-capacity as well?

5% have them so regularly they are eventually labeled with a 'panic disorder.'

Would that help you panic less the next time you felt a panic discharge arising?



Fleeing The Fluffy White Dogs

When I was a child, I was bitten by a scary, black dog. As I had provoked it, I recovered with little more than shame, shattered pride and a small scar on my leg. But as any veteran will tell you, it's not the physical wounds that destroy us, but the invisible wounds we carry within.

As I 'recovered' but had not fully healed, for some time my body kept re-activating my fight and flight response every time a dog was in my vicinity – even if the next dog wasn't dangerous, but a fluffy white puppy instead.

My body was re-acting to things (that in reality were safe), as if they were dangerous. Not just things around me, like fluffy white puppies, but more importantly, things inside me as well.

Natural things and necessary things like the rising heat, pounding heart and shaking body of the discharge of fear.

Not So Flashbacks

For people who've experienced extreme trauma, we don't call their terrifying memories panic attacks, but flashbacks instead. Life-shattering and overwhelming memories, but at least they make sense, because it did happen once.

The problem is, we can't seem to shake them.

And there-in lies the clue - shaking and trembling are not part of a panic attack– they are the release of panic instead. Involuntary movements that obviously are not helping us to fight or to flee or to freeze.

An innate recovery reflex that dumps adrenaline, blows off steam, down-regulates the nervous system and if freely embraced fully, releases our tension and the bracing in our diaphragm to help us to breathe more fully again.

We do not shake in shock or fear or panic, but to come out of it instead.

Danger In The Dreaming

In reality, it's not 5% of us who experience panic discharges on a regular basis, it's more like 99% - the only difference is most of us experience them at night.

Have you ever woken up after surviving an intense nightmare?

Lying in bed with that strange combination of the racing mind, pounding heart and the flushing rush of heat, yet at the same time with the feeling of relief as you gradually reorientate and thankfully realise it was only a dream?

Scary for sure, but we don't call them panic attacks because again, there's a reason - you were running from the purple elephant on the skateboard with the machine gun.

But what came first? Was it the dream that created the panic, or the panic that created the dream?

Is it the rapid eye movements (REM) during our deepest healing phase of sleep that creates the emotional experiences from our previous day(s), or the unresolved experiences that create the involuntary eye movements that integrate them during our nights?

What most people haven't considered, especially those whose vision has been narrowed by a 'mental health' system that over-looks the body and over-focuses on thoughts and behaviours, is...

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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.

WORD SEARCH



- ANXIETY
- CALM
- HEALTH
- MEDITATION
- RELAXATION
- RETREAT
- BLACK
- DOG
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