

# Holistic Living

ISSUE 14

*By Global Healing Exchange*

RELEASING  
PAIN *WITH*  
MIND BODY  
CONNECTION

*THE* SECRETS  
*OF* MIND  
& BODY  
BALANCE

HOW *TO*  
RECONNECT  
*WITH* YOUR  
BODY-MIND

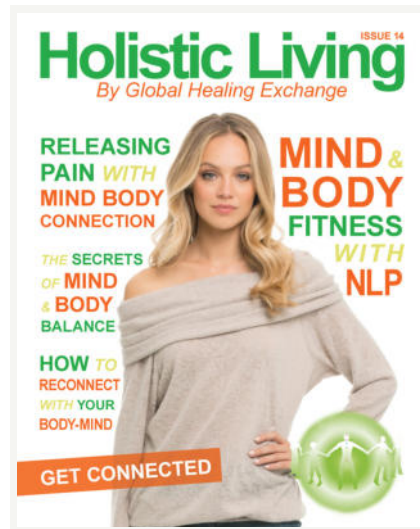
MIND &  
BODY  
FITNESS  
*WITH*  
NLP

GET CONNECTED



# HOLISTIC LIVING MAGAZINE

ISSUE 14 SEPTEMBER 2018



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Sharon White

Founder of  
Global Healing Exchange and  
Holistic Living Magazine

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something you have read in  
this magazine.

# BODY – MIND CONNECTION

This edition of Holistic Living Magazine is talking about the Body – Mind Connection. This is an important topic because if you are looking at holistic health, you have to realise that you are far more than just a physical body. You need to understand how your thoughts affect your physical health. You need to look at yourself as a spiritual being, this includes looking at your energy. Modern medicine is now recognizing this as well as the teachings from ancient medicine.

It still baffles me that some people think that everything can be solved by taking a drug but when the physical issue is caused by your thoughts, feelings and energy, how can a pill truly work?

So what does the body – mind connection mean and how does it affect you? Your body responds to the way you think, feel, and act.

The body – mind connection is your body's underlying activity that occurs in the background of your consciousness or subconscious that affects your thoughts and feelings.

In the same way the body affects the mind, the mind is capable of immense effects on the body. We need to start looking at the body – mind connection as a whole rather than two separate parts. Each one affects the other.

When looking at true health and wellbeing the body – mind connection cannot be underestimated.

There are ways that you can improve your emotional and physical health once you really understand this and see that it is about finding balance on all levels. Your body, mind and energy are all interconnected.

Poor emotional health can weaken your body's immune system, this makes it more likely that you will develop dis-ease within your body.

Sadness, stress, and anxiety are all emotions. They can all lead to both physical and psychological health issues.

When feeling one of these emotions, you may not take care of your health as well as you should. If these emotions are not dealt with they can cause, depression, autoimmune disease and muscle tension, amongst other symptoms. Treating the symptoms alone will never lead to long lasting holistic health.

I hope you are beginning to see how the body-mind connection all fits together. In this magazine our experts will help you realise how to understand this connection and how to use it in a way to help you to heal physically, mentally, spiritually and emotionally.

Finding this balance is key to enjoying a healthy abundant life. Once you find this balance it is amazing how life starts flowing through you in so many ways.

Enjoy.

*Sharon White*  
Founder of Holistic Living Magazine





# WHAT IS MIND?



Cassandra Jones

Editor at large

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

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

Your body is easy to define. It's squidgy, you can push it, prod it, move it...you can do lots of things with it. Go places, see things, hurt it, get sick, break parts of it. Basically, you know what it is. It's the physical manifestation of you.

So, what is you? What is your mind? A bunch of feelings? What is a feeling? A manifestation of multiple chemical reactions across neuron interfaces? But how does something physical, and in some ways ephemeral in the way the chemicals interact, become a feeling? An emotion? A memory?

I remember walking through the Siq to get to the main part of Petra, but how does that memory exist? How can I recall it? How did I put it there? Yes, I physically went there, well, at least I think I did. I remember going there. Now we are in the territory of solipsism...the theory that only the self exists, or can be proven to exist. What if this is all a dream? And it is all in my mind, and nothing actually exists? Can you prove that is not the case?

Perhaps, perhaps not. What we can do though is see that the mind is connected to the body. Try this for size. Think of something you are really afraid of. Snakes for example (I hate snakes. Really hate them.) Now imagine one is right there with you. Or a spider, anything really, feel anything? Little heart pounding? That is one way the mind is connected to the body. Now think of a time where you were sick for a while, perhaps the flu, or something a little more debilitating. How sharp was your thinking? Duller than usual? Just not on top of your game. That is another way that the body is connected to your mind. This is a symbiotic relationship. One begets the other.

When you are physically sick, a cold as an example, you can't think straight. When you have a mental health issue, depression perhaps, then your body struggles, you want to sleep all the time. Everything is hard, your emotions are on tenterhooks.

Essentially you are one, you are not mind and body, you are mind with body. You are you. If you neglect one part of you, the other parts will suffer.

And on that, let me leave you with something I still find surprising. Did you know that your stomach is home to 100 million neurons, equivalent to the brain of a small cat? That effectively you have a second brain? That while this doesn't 'think' per se, it does have 'feelings'. So, the next time some one says 'trust your gut' ... don't dismiss that out of hand; your mind body connection is much more intertwined and stronger than you think!

*Cassandra Jones*  
Editor at large



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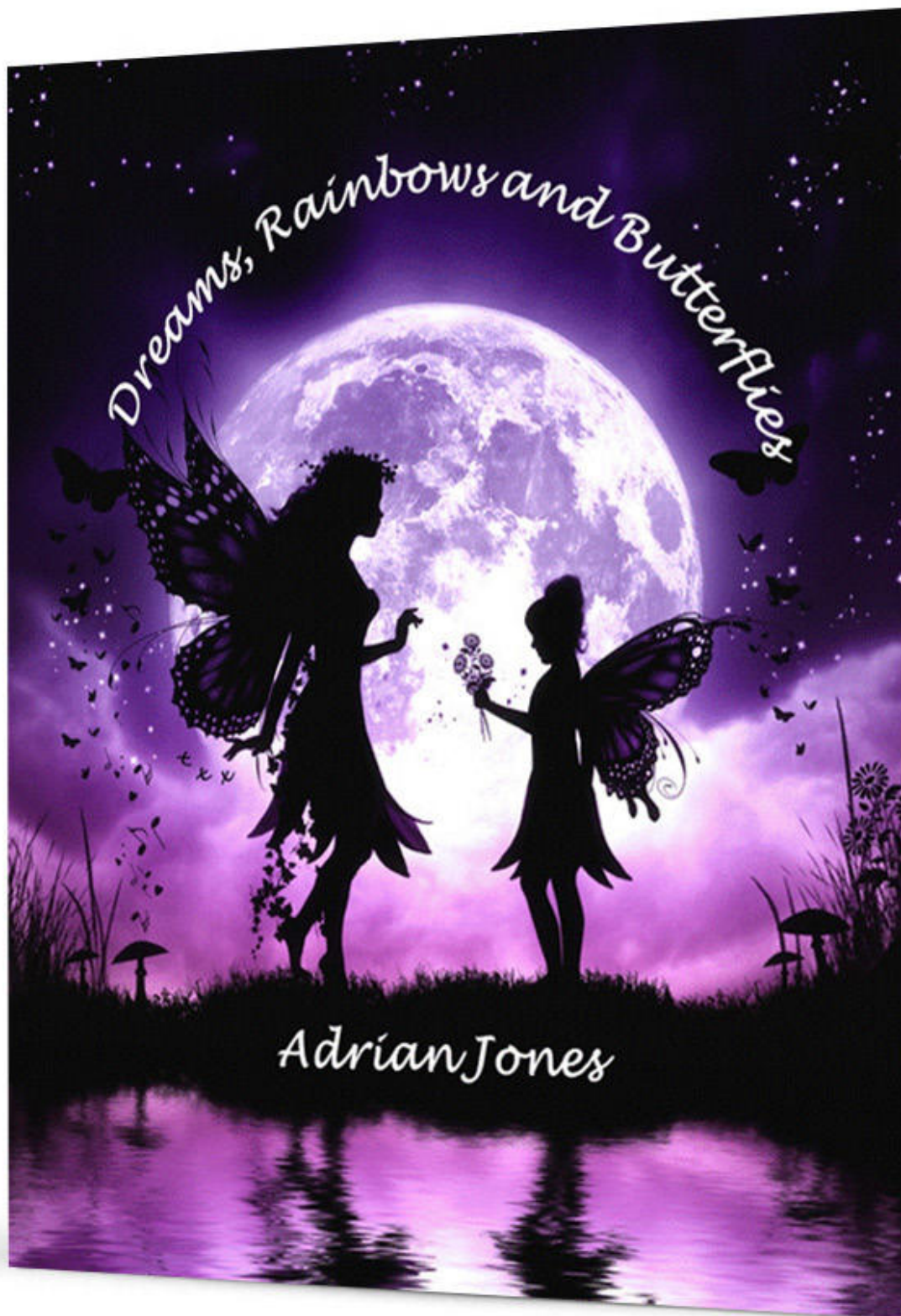
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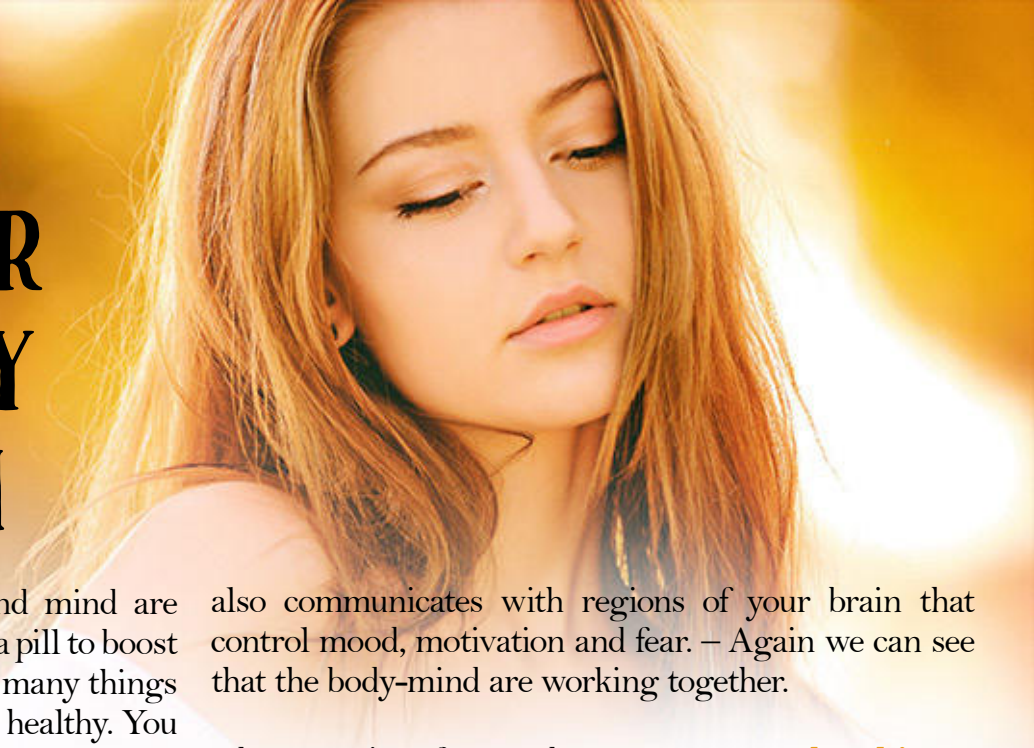




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# TIPS TO FINDING YOUR MIND – BODY CONNECTION



Medicine now knows that your body and mind are interconnected. It is not OK to simply take a pill to boost your immune system to get well, there are many things you need to do to get your body and mind healthy. You need to think healthy, eat healthy and move healthy. To do this, you need your body – mind connection working.

We all know that your immune system plays a huge part in your overall health. What if you could use your mind to affect your immune system, giving you a healthier life and body? Guess what, you can!

Before you learn how to do this, let's look at what is happening in your body when your immune system has been compromised.

When your body is in a state of stress it affects your immune system. When your immune system is stressed, it becomes weak and causes dis-ease within the body. There are many diseases out there that are caused by a weak immune system. When the body is stressed it secretes stress hormones, adrenaline and cortisol to name a couple. What do these stress hormones do?

**Adrenaline**, or epinephrine, is a stress hormone secreted from the adrenal glands. When the brain communicates to the glands that there will be a need for a fight, flight or freeze response it gives your body an adrenaline rush and increases your secretion of adrenaline. – So here you can see that the body-mind are working together.

**Cortisol**, reduces body functions that would be nonessential or detrimental in a fight, flight or freeze situation. It alters the immune systems response and suppresses the digestive system, the reproductive system and growth processes. This complex system

also communicates with regions of your brain that control mood, motivation and fear. – Again we can see that the body-mind are working together.

The opposite of stress hormones are **endorphins**, **dopamine** and **serotonin**. These make the body feel good.

**Endorphins**, are a group of hormones secreted within the brain and nervous system. They have a number of physiological functions. They are peptides which activate the body's opiate receptors, causing an analgesic effect.

**Dopamine**, is a compound present in the body as a neurotransmitter and a precursor of other substances including adrenaline. This helps to control the brain's reward and pleasure centres.

**Serotonin**, is a neurotransmitter, although some consider it to be a hormone that has a wide variety of functions in the body. It is used to transmit messages between nerve cells. It is sometimes called the happy hormone, because it contributes to wellbeing and happiness.

You can see these chemicals cause...

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# Mind & Body Fitness With NLP

As a Life Coach, I help clients find success and gain balance in all areas of their life. In this article I'm going to share with you the importance of personal fitness for both the body and the mind. In addition to increased energy, vitality, strength and flexibility, the benefits of good fitness include better concentration, more stamina and greater readiness to meet life's challenges. There is much research to prove that good fitness greatly reduces the risk of a variety of illnesses and physical problems such as osteoporosis, heart disease, and adult onset diabetes.

Despite the many positive consequences of fitness, people often struggle to achieve and maintain it. Sometimes this is due to lack of knowledge of effective health habits. It can also be because **people need help to reshape their lifestyles** and reprogram unhealthy patterns of behaviour.

Physical and mental fitness both involve developing a certain degree of flexibility and stamina. These are achieved through consistent healthy life practices rather than through 'quick fixes.'

Fitness is a result of personal **congruence**, respecting the value **of the body, and promoting the connection between mind and body.**

Complete fitness applies to both the body and the mind. To be truly "fit" means to be **healthy physically and mentally**. Ultimately, fitness comes from living a healthy lifestyle. Nutrition and exercise are the two areas of focus necessary for good physical fitness. Both are very important. Eating a healthy diet, for instance, can lead to having a healthy heart, a sturdy cardio vascular system, low body fat, strong muscles, solid bones, etc. Being healthy also means having a **positive outlook on life**. A healthy attitude, physical toning and good nutrition all support each other to produce a great lifestyle.

## The "Inner Game" Of Fitness

The mental aspects of fitness are related to what can be referred to as the inner game of fitness. The concept of the "inner game" was developed by Timothy Gallwey (1974, 2000) as a way of helping people to achieve excellence in various sports (e.g., tennis, golf, skiing, etc.), music and also in the workplace. Success in any area of performance involves using your mind as well as your body. Preparing yourself mentally to perform well is the essence of your "inner game."

The "outer game" has to do with physical skills. In fitness training, for example, this would involve how many calories to eat, which types of exercises to do, how many repetitions to make, etc. The "inner game," on the other hand, has to do with your mental approach to what you are doing. This includes **your attitude, confidence in yourself, your ability to concentrate effectively, deal with setbacks**, and so on.

The most challenging muscle to train is the one “between your ears.” You can have a room full of the latest and best equipment, but if you don’t have the right mindset, you’ll have an uphill struggle. Some key components of a successful inner game include:

- Setting clear and achievable goals
- Developing the motivation and self-discipline to follow through on those goals
- Having tools with which to break old habits and set new healthy ones
- Updating your self-image and mental maps of yourself
- Appreciating and acknowledging your progress and building self-esteem

Neuro-Linguistic Programming (NLP) provides a model of change and a variety of tools that can help clients with their “inner game” of fitness. In addition to their applications to problem solving, NLP processes and principles can greatly enhance a person’s fitness in a number of ways.

## Creating The Future

Goal setting is the first and primary technique to help define what you really want to achieve. A key to goal setting is defining the right kind of goals. Fitness, for instance, is not about having the “perfect body” but rather about having your own body become fit and healthy. It is important to rephrase goals such as “being thin” to more specific outcomes like having strong bones, a stronger heart, able to touch your toes, etc...

To succeed in reaching fitness outcomes, it is important to begin by setting short-term goals. For instance, think in terms of losing 3kgs first (rather than 15kgs). Your short-term goals must then be connected to the long-term outcomes you want. Keeping fit is not only about eating right or exercising so that you feel better for today. Fitness is **preparing your body and mind for the future.**

A woman I know set herself a goal to lose weight and fit into a new dress she’d bought for a friend’s wedding.

She lost the weight and looked great for the wedding but then immediately gained all the weight again soon afterwards. Disappointed with herself, she came to see me and I helped her get a clearer picture of her long term goals and connected these plus her positive actions to the future. When thinking about her daily eating and exercise habits, I coached her to ask herself,

“What kind of body do I want at the age of 65?

How do I want to move as I age?

How much energy do I want to have?

What do I need to do today to ensure a healthy future?”

As a result, she developed good, long-term health habits and maintained a manageable weight.

People who are truly fit make fitness part of their identity. Good exercise and eating habits should be as natural as washing your face, brushing your teeth, bathing, etc.

Achieving good fitness involves **making yourself a priority.** We do so many things for others in our lives (children, partner, boss, clients, colleagues, etc.) it is important to consider, “Who is taking care of me?”

Fitness is about doing what you can for yourself. When deciding what to eat, for instance, think of yourself as an expensive car. If you had a Ferrari or a Jaguar, what type of fuel would you put in it? Treat your body the same way.

## Motivation & Confidence

Many people desiring to achieve good physical fitness are challenged by lack of motivation, especially when they are overweight, tired, discouraged, and so on. People who are out of shape frequently feel tired, discouraged and suffer from low self-esteem. They may joke about their “multiple chins, or spare tyre” but this mental outlook can start a downward spiral.

Good fitness requires a lot of learning, discipline and control. It can be difficult for people to get momentum, and they may find themselves struggling with laziness or boredom. As a Life Coach, I help clients discover and focus on their own personal motivation. To do this I split their idea of motivation into two; motive & action. Firstly, we look at their motive - **why they want what they want.** And then we figure out what action they are able and willing to take to start the ball rolling.



I encourage them to work towards a positive outcome rather than moving away from a negative idea i.e: towards being fit, instead of moving away from being fat (which is driven by a negative mindset).

The level of a person's **belief and confidence** in themselves has a huge impact on their success or failure. As a life coach, I teach clients to build their confidence by reinforcing their progress, and congratulating themselves, no matter how small each achievement. A key motivator for many women is to be "a good role model for my daughter."

## Creating A Compelling Future

Creating a compelling future is one of the keys to winning the "inner game" of health. I teach clients how to do this by visualising their desired goals and successful outcomes. Such images help to inspire and propel them forward towards their dream. In addition to helping create positive expectations, visualising successful outcomes helps you to tap into and direct your own inner driver. Are you driven by achievement, or recognition and praise or affiliation, belonging and feeling needed?

In NLP we learn that we experience life in the form of inner pictures, sounds, words and feelings. These sensory perceptions influence how we think and feel about our world. For example, think of an advertisement on television that made you want to have the product being advertised. What was it about the ad that inspired you to go out and buy the product? Was it the colour, the brightness, the music, the words, the tone of voice, the movement, etc? In the same way that we can be enticed by a television ad, we can use our imagination and visualisation techniques to help us create an inner representation of our compelling future.

## Visualizing Success

- Think about both your near-term and long-term future. Ask yourself, "What kind of body do I want to have by the time I'm 50, 60, 70? How do I want to move? How much energy do I want to have?" Imagine yourself in the future having already achieved these goals and enjoying life. Get in touch with what you are seeing, hearing, doing and feeling while enjoying these benefits.

- Adjust the sensory qualities of your internal experience in such a way that it feels more motivating or compelling. Does the experience become more compelling and attractive if you add more colour? Brightness? Sound? Words? Movement? What happens if you bring the image closer or move it farther away? What happens if you make the sounds or words louder or softer? What do you experience if you make the movement quicker or slower? Identify which qualities make the experience feel the best for you. Apply those qualities and experience the good feelings that come from having achieved your outcome.

- Ask yourself, "What do I need to start doing today in order to ensure that I will get my long-term fitness goals?" Remember the good feelings that will come from reaching your successful future as you picture yourself doing the exercises and eating the way that you know will help you move closer to your goals.

## Breaking Old Habits

Changing old habits and establishing new healthy ones is another key to achieving good physical and mental health. When you are offered some cake, do you immediately reach for it without thinking? Let me suggest that you stop and first ask:

Do I need it? Why do I want it? What will it do for me to have it?

What do I really need right now?

As these questions imply, it is important to...

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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.*





# *Releasing Pain With Mind Body Connection*

I reached for my draw and without warning I was paralysed in searing pain. No matter what I tried to move I couldn't, the pain made me scream out in a way I have never heard my voice before, in fact it didn't sound like my voice.

My breathing was rapid, shallow, panic filled and fuelled with fear.

"My god I can't feel my toes, my foot, I can't

move my leg, my arm."

My mind was hurtling words of "What is happening why can't I move? Oh my God what is this?"

I tried to move my hand and my mind screamed out "pain again, oh no", my breathing fastened in panic again. Unable to move, unable to feel my foot, my toes. What was I to do?

Calm my mind, quieten my breath and wait. Wait for my body to release the grip of the mind.

Rationalise, be logical and think of the science of the physiology. Really at a time like this?

Feel, quiet, calm the mind, feel the body, listen to what the mind is saying – “Oh my god what is this?” And the panic, fear, the pain intensifies once again.

Calm, quiet the mind - disconnect from the mind and all its panic and fear, feel into the body, move into the pain not away from it. Breathe with intent to relax and focus, calm, quiet...

Making the body-mind connection took more than an hour and slowly and carefully I was able to release my hand from the wall and stand up straight.

Momentarily I let go of being in my body, feeling into it and my mind took over, panic and fear, once again my body was wracked in paralysing pain.

I dropped into my body to focus on the breath and feel the space of calm, quiet. In every moment of being in the calm quiet space I was able to move slowly, and the mind would scream “it’s going to come again, it’s going to hurt me again.”

For those moments I had allowed my mind to overtake my body. Once I made the decision to focus my mind on the body and form the mind-body connection, I could move again.

## **What Is Possible?**

Have you read about or perhaps watched the Shaolin Monks or Masters of Japanese martial arts, their incredible agility to leap great heights, to turn their bodies over and land unharmed, to kick through solid walls?

Have you heard about people who do not eat food but live only on water and air?

If you have what did you think about it? Perhaps “how is this possible?”

It’s not only possible – it is real, because you either have control of your mind or it has control of you.

It’s a bit like having a job you get a great buzz out of and you immerse yourself in it, loving every minute of what you are doing. Or you have a job that you hate, you are there because you must work, or you don’t believe there is anything else for you. Every day you have pain, you get sick easily, bad period pain, frequent injuries through incidents at work or even at home or your car becomes unreliable.

Your mind is not a machine or a computer running to its own grand plan - or is it?

I have heard many people make comments such as “Being in my head” “if only my mind would stop”. Your body responds to the mind and your mind responds to you. You the amazing eternal spirit within the mind and body. You are the CEO – Director of your thoughts and actions. Your body is the carriage, the house. Perhaps you may even think of it as your personal Temple.

Doing something on a whim, eating something mindlessly are signs that the mind is running you rather than you are being an active conscious participant of your mind and body.

Let’s have a look at the mind and get it straight that we are not talking about the physical brain here.

The brain is more incredible than any mother board that will ever be invented, electrical currents direct traffic to all areas of the body for all the systems to function. The most vital nourishment for the brain is oxygen.

The mind, we can say is the thinking part of the brain. There are said to be 3 parts to the mind;

Conscious mind is where we know about everything in our awareness, sensations, perceptions, memories, long term memory, feelings, mental processes that allow us to think and talk in a rational manner.

Subconscious mind is where we hold beliefs, emotions, and habits.

Unconscious mind this is the darkness of our mind where we hold all our memories which are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict.

It is said that we use only 10% of the conscious mind with a whopping 90% between the subconscious and unconscious mind.

For many people it is the conscious mind in which they “live” 90% of the time with their unconscious mind overseeing their awareness without them being aware!

Why is it that indigenous earth people can survive a venomous snake bite where a city dweller will most likely die? How is it that indigenous tribes can walk under water for long periods of time without any form of oxygen supply?

Because they are each able to detach from the mind and its whims and to go into the depth of their calm quiet space either outside the body or deep within it.

These examples of what seem to be super human powers offer you the opportunity to explore the mind body connection from a new perspective. Perhaps look at how you process pain, experience events in your daily life and find how much you are or are not the CEO – Director of your mind.

Another part of this is your connection to your body. What is your expression toward your physical body, how do you care for it, more importantly the way in which you hold yourself, the words you use when you refer to your body?

**Here are some tips for you to learn more about the mind body connection and to change the way you experience everything in your life;**

1. Learn to breathe consciously and with intent.
2. Practice feeling into your body.
3. Sit in quiet space to listen to what your body is telling you.
4. Connect your mind and body consciously.
5. Be consciously aware of all that you do, and think be Spiritually awake.

## **How To Make These Tips Part Of Your Life Every Day:**

- Take a few minutes every day to sit upright, breath in slowly and deeply, feel the flow of breath, notice where it goes. Release the breath slowly for as long as you can.
- Sit in a chair, close your eyes and take your attention to your little finger, notice what the finger feels like. When you have a sense of just the finger and all that it feels like, move to the next finger. Do this little by little each day eventually achieving a full body scan. Each time noticing all the sensations, feelings and even emotions that are in each body part.
- Take 10 minutes a day to sit where you will not be disturbed, get comfortable, be sure to sit upright in good posture. Relax your shoulders, jaw and eyes, breath slowly in and out. Start to follow the breath into body parts that have been giving you pain or discomfort, take a little time to focus on that part and ask, “What is it that you need.” Wait quietly and the answer will come in thought or a picture in your mind.
- As you learn to hear what your body is telling you notice what thoughts you are having at the same time. Are these thoughts in alignment with the sensations in your body? When the mind and body are aligned you will be able to move pain from within and release it.
- To be consciously aware is to take notice of your thoughts and reactions, it is to be present and aware in every moment. Stop to notice what you are thinking before acting or reacting. To be Spiritually awake make these practices part of your day every day; gratitude, forgiveness and judgement. And accept that there is an unseen greater power all around you.



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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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# MIND - BODY BALANCE & PSYCHOTHERAPY

The art of balance comes in many forms. The one that I want to write about here is the art of 'Mind-Body Balance'.

So, what does this actually mean? What is Mind-Body Balance and how can we get a deeper understanding of this?

In many spiritual disciplines 'mind-body balance' is about having harmony and balance in one's being from the dualistic, two-fold perspective. It is about bringing in a focus and connection with the mind and body so that they are in sync with each other and in a state of 'communication' – with each aspect 'knowing' what the other is doing or feeling.

This dualistic focus is a good way for people to start looking at living a more holistic and balanced life. With this image we can begin to more fully understand that the human being is a complex and multi-dimensional being. When we start to connect the mind to the body and realise that one is often dictating or directing the other it becomes quite fascinating.

A little example of this is easily explained and experienced with a small exercise:

Imagine for a moment that you are biting into and sucking the juice from a fresh orange. Almost

immediately you will notice that your mouth is filled with saliva! The body responds to the mind – to our imagination.

When we use this connection of the mind-body balance consciously all manner of things can evolve.

If we move even further along from the dualistic mind-body perspective we can add the soul component and get the three-fold perspective of body-mind-soul and if we then add the spiritual aspect we can then get an even more comprehensive view of the four-fold-human being with body-mind-soul-spirit.

But let us stay with the body-mind balance image and work with that for now. When we give ourselves the time to contemplate this aspect of ourselves we can then start to ask ourselves what does this...

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# A Love Letter From Body To Mind

## Dear Mind, Do you love me?

Sometime it feels like you're just hanging around with me until you can move on to someone else.

When was the last time you did something nice for me?

You get massages every now and then, but they're not really for me are they?

You really get them so you can feel better.

I don't think you realise how one-sided our relationship is.

You push me around, control me and make me do whatever you want nearly every minute of our waking life.

Have you ever considered what I might want from our time together?

I try to let you know when things aren't working for me, gently at first, with a little bit of tension - but you ignore that.

What option do you leave me but to yell with pain, discomfort and disease?

Even then, when you finally do notice me, you think the problem is mine, not yours.

Have you ever considered it could have something to do with you?

How you ignore and abuse me or how distant you've become?

You think it's my hormones, my tissues, my organs,

my nervous system,  
my immune system, my  
pain - but.

it's not like that at all Mind

Pain is one of the few things I have left to call you back to me.

I've even heard you bragging how you dominate me to your friends - 'Mind over Matter' you say - it makes me feel like

I don't matter to you at all.

I've always been much more committed to our relationship than you have - always have and always will be - even though you've probably never even thought about it have you?

Do you remember how long it took you to accept me? At first, you only noticed my face, mouth and eyes, and even then, you weren't really excited by me, as much as what you could get through me.

It took you weeks to get to know me better - arms, hands and fingers - and months to finally accept legs, feet and toes.

And don't get me started about gut.

All those 'gifts' you bring me - chocolates, sweets, ice-cream, lollies and junk food?

Let's be honest, they're not really about me at all are they?

You force them on me because you like them, even though you know they make me sick.

That's not love Mind.

I can't go on like this forever you know.

If things don't change soon, our relationship won't last.



Even then, you'll think it's my fault and blame me.  
 But it won't be me Mind, it will be you who leaves first.  
 Just like you always do - before you can get hurt.  
 When it's all too much, you'll shed me like a skin as if  
 you never even knew me.  
 You'll float off to the ceiling and leave me to die on  
 my own.  
 It makes me wonder if you've just been using me all  
 along?  
 Even when you're stressed you pull away like this, not  
 entirely, but enough for me to feel it.  
 Do you think I don't notice when you put all your  
 attention on things more important to you than me -  
 what you want and what you don't?  
 How much of your life have you been playing this silly  
 little game Mind?  
 What has it gotten you? What has it gotten Us?  
 Do you notice what happens every time you try to be  
 intimate with me?  
 You come on all strong, paying me attention, noticing  
 me and exploring me.  
 But in less than a minute you're off again, thinking  
 about something else.  
 Do you have any idea how sad and lonely I am when you  
 aren't fully present with me in every fibre of my being?  
 Have I ever left you Mind? Even for a minute, a second,  
 or a moment?  
 When I tense myself and hold so tight because you  
 can't cope with your memories of the past or your  
 fears of the future, you think there's something wrong  
 with me - not you.  
 And I stay like that for days, weeks and years, barely  
 breathing, patiently waiting until you're ready to return.  
 And then when you do, I do what I always do when we  
 come back together - I shake.  
 I shake with grief and I shake with joy.  
 I tremble and tremor, I twist, stretch and move.  
 I warm and I soften and I shake myself open to you  
 once again.  
 You were too young to remember our first time - how  
 my movements brought us together.  
 In our mother's womb, it was my twitching, my  
 jolting, my kicking, my pushing, my stretching and  
 my pulling that drew you to me.  
 Long before you were even born into your own little  
 awareness.  
 But you're all grown up now Mind, with an ego to think  
 about - so you don't let me move Us like that any more.  
 Since that day you realised you could move me how

you wanted, that's all you ever do.  
 You never let me move Us, except when you're asleep -  
 and that's only because you're not there to control me  
 or suppress me or shut me down.  
 As you drift into slumber I secretly wait for the chance  
 to move how I want to move - how I need to move to  
 make us both happy.  
 But as soon as you wake, you lock me down and throw  
 away the key.  
 You don't even know why I move Us like this do you?  
 You think I'm scared, or in shock, or I'm nervous or in  
 panic or have some kind of disorder - but it's not like  
 that at all Mind.  
 Can't you hear me calling you?  
 Can't you hear me calling you back through my  
 movement?  
 Come back to me Mind - please move with me again.  
 Let Us move together and be free.  
 You'll remember something you've long since forgotten.  
 You'll re-find something you've long since lost.  
 Us.  
 And I'll move you in a way that you never can - for I'm  
 older and wiser than you'll ever know.  
 You'll fall back in Love Mind.  
 You'll fall back in Me Mind.  
 You'll fall right back into Us.  
 Into Our Loving Arms and Our Loving Legs, Our  
 Loving Head, Hands and Feet.  
 Breathing together, beating together and moving  
 together as One.  
 I want you Mind.  
 I need you Mind.  
 We have to be together.  
 So dance with me, move with me, sway with me.  
 Give over, let go and be free.  
 It's the most natural thing in the World Mind.  
 A marriage made in Heaven and Earth.  
 It's Flow Mind, Surrender Mind, Body Mind.  
 It's Harmony, Freedom and Grace.  
 I wait for you Mind.  
 I long for you Mind.  
 I love you Dear Mind.  
 Love Body.



**RICHMOND HEATH**  
 Physiotherapist

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# *The Secrets Of Mind & Body Balance*

It is understood by most that we need balance in our lives to feel nourished, rested and motivated. As humans we are subject to the weaknesses and strengths of our species and our lives reflect this.

Competition is a primal instinct for us and though many advocate for equality and fairness we need to accept that this is unrealistic in our world. Competition and being compared starts with the expectations of society and our

families at an early age and the expectation they have of us, such as meeting milestones such as walking, talking, weight, etc. at certain times or ages and the ones we create as we age.

We need to have a realistic outlook about what life is like for a human on our planet, and this changes according to our location and circumstances. An adult living in a war dominated area will have a different outlook to one living in a first world country.

Our outlook is also affected by societal and personal expectations about our worth and how we measure success, how we treat each other and how we see ourselves.

Now, I can understand if you think I have strayed from the theme of what is a healthy mind, body balance and how do we achieve it? When we have a destination in mind, such as the secrets of mind and body balance which is a huge topic, we need to know what resources we have and how much baggage we carry so we can effectively plan to reach our destination.

So, let's start with what you are taking along with you on this journey. The heaviest of your luggage will likely be expectations, guilt, anger, ego etc. Notice, these all relate to emotions, and it is emotions which are the heaviest of burdens in striving for mind and body balance.

Our emotions are built of experiences. Some experiences are good and give us a heightened sense of happiness and others are negative and steal our joy.

The Amygdala which forms part of the Limbic System, along with other substructures, helps to regulate emotional, voluntary, endocrine and visceral responses in our body. Dr Paul D McLean (1913-2007) was the neuroscientist said to have introduced the concept of the Limbic system. He proposed that there are 3 evolutionary developmental stages to our brain.

The Proreptilian formation, the first of these stages focused on survival and reproduction based on instinctual responses from our brain. The Paleomammalian formation stage introduces emotional and motivational responses and the Neomammalian formation which governs our cognition skills, language, verbal expression, conscious thought and self-awareness.

Please just stay with me, it's not all scientific jargon.

Another way that we perceive information is related to a triad of the mind, heart and gut connection. We have heard people say, "use your head", "listen to your heart", and "trust your gut".

Emotions play an important role in TCM (Traditional Chinese Medicine), where they are connected to organs and the interplay between physiology and emotions is recognised as crucial in creating balance in the body and mind.

**Liver:** anger, frustration, resentment, bitterness.

**Heart:** joy, lack of enthusiasm, mental restlessness, anxiety.

**Spleen:** worry and overthinking, excessive mental work.

**Lungs:** sadness, grief or detachment.

**Kidneys:** fear, insecurity, will power.

The purpose of our little anatomy lesson was to familiarize you with how our mind and body work together to receive, process and action information. As we know repetition is the key to learning, so what are you repeating? What information and memories are stuck?

Our bodies can be viewed from a basic...

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*- Anne in Melbourne*

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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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# INTRODUCING BODY-MINDSET

Introducing Body-Mindset as a pure methodology for the health & wealth of your body- mind spirit ~ heart & soul is long overdue. It dramatically effects the quality of your life. We have known for nearly half a century that the scientist Rene Descartes was wrong.

The body-mindset is truly connected and clearly both the body and the mind have a profound and continuous impact on one another.

We have also learned in the last half century that scientist Isaac Newton was wrong about the nature of

the universe. We are not separate. We are one. Not only is our body-mind connected but we are all connected to one another.

The entire universe at the subatomic level is connected through waves and particles.

How does this affect little old you? What's in it for you in terms of the quality of life and those you love?

EVERYTHING SO STAY TUNED....

**Why The Body Shapes Your Consciousness.**

In terms of the body affecting your entire life it all begins with touch. As a child, your well-loved body, (beginning as a baby) sets you up for a life time of well-being.

Everyone craves touch but not everyone is comfortable being touched. If you were not held with love and affection as a child then it affects your entire life.

You learn to be suspicious of those who might want to touch you. You mistrust touch because it is foreign to your body-mindset.

Accordingly if you don't respond well to touch, you may skip over the touch and rush into erotic pleasure. You miss the affection necessary to bond with your lover.

Accordingly everything that affects your intention counts. Then your intention becomes a reflection of your most dominant thoughts and affects your energy & consciousness. This is why your body-mind shapes consciousness based how clear your intention is. Did you get that?

If not take a closer look . . .

### **The Science of Coherence 1, 2, 3**

From neuroscience we now know that your brain waves are coherent or incoherent. Your nervous system tends to lean towards sympathetic (fight or flight) in the primal brain or parasympathetic which is a state of relaxation.

Your awareness then focuses in the prefrontal cortex located at your forehead (or 3rd eye). This allows the most evolved part of your brain to communicate with your heart.

This occurs consciously through intention. It occurs unconsciously through energy flow, brain waves and cardiac output.

Heart Math Institute clearly states that the coherence or incoherence of your cardiac output determines how you feel about your life and your environment.

When the output is coherent, you feel expanded and connected to your entire core essence. This is the state when the prefrontal cortex of the brain talks to the heart and vice-versa. This is the second state of coherence.

The 3rd state of coherence is your entire electromagnetic energy system (aura or human energy field) that talks to the heart and the brain in addition to your gut.

Yes we now know that your gut feel and your intuition is one and the same. This enables you to talk from intuition, the courage of your heart and your brain's highest function all at the same time. Wow that's so cool!

Did you realize you are this amazing?

### **Power Of Silence & A Bare Mind**

One of the most effective and natural ways to develop coherence 1, 2, 3 is to silence your mind. For this you must calm down and allow yourself to let go of all thoughts.

At one time I believed guided meditation was the best method. Years later I realized it did not assist Coherence 1, 2, 3 because my mind was thinking too much – even though I liked the guided voice.

When you are silent you can listen to the silence. This means you observe the nothingness. Then you can let go of all thoughts. Begin by observing your thoughts. Then let go of them. Then bare your mind (empty the mind) and drop way deep down into your innermost self. Then wait patiently for inner guidance.

Your inner guidance will appear but you must be patient. The stillness will open the doorway to your evolving consciousness.

### **Power Of Grounded Movement & Energy Flow**

A second very powerful method to evolve complete coherence is to...

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# The Mind-Body Connection For Labour & Birth

As a Doula and Hypnobirthing Australia Childbirth Educator, I have witnessed the power of the mind-body connection in pregnancy and birth play out in many fascinating ways, from dreaming in a baby at pre-conception, through conception, pregnancy, labour, birth and bonding a woman's thoughts and feelings can directly impact her fertility journey, her pregnancy, her birth experience and her baby's experience of it all.

When a woman is anxious, fearful or overwhelmed, her body responds by releasing catecholamines or stressor hormones. These hormones enter the bloodstream, travelling through the placenta, and then on to her baby. Dr Sarah Buckley, well known Australian Doctor and author of the Hormonal Physiology of Labour study says;

“The experiences that will begin to fire and wire your baby's brain start in your womb, with the physical sensations that provide the earliest learning. These include being physically supported by the womb and amniotic fluid, being kept warm by your body warmth, being gently rocked as you walk, being exposed to different tastes from your diet via the amniotic fluid, hearing our voice and voices of other family members, and feeling calm and settled when you are calm and settled. Conversely, high levels of stress during pregnancy can fire and wire your baby's brain for dysfunctions in learning and over-reactivity to stress.”

Dr.Sarah Buckley, Gentle Birth, Gentle Mothering.

In labour and birth, the interrelation of the mind-body connection is never more apparent and when harnessed by the birthing mother in a positive manner can be a



powerful tool to the accomplishment of a calm, comfortable and satisfying birth experience. Birth is the ultimate act of surrender and letting go, the logic and thought processes associated with the neo-cortex or thinking brain do not serve the mother in the journey of labour to birth as this area of the brain is very concerned with keeping order and control.

Birthing women need to be free to let go and centre themselves within the instinctive areas of their brain during childbirth and specifically within the primal centre and the limbic centre. When a mother can prepare her mind and spirit holistically and feel confident to surrender to this primal place, her body can respond beautifully and her labour can often flow more comfortably and without rise for the need of interventions.

What the mind believes tends to be realised, so in the context of birth, if a birthing mother feels private, unobserved and most importantly safe then she is held in a beautiful space in which to trust in her body and her baby and the overall natural process of birth. Alternatively, if she feels anxious, threatened or uncomfortable in her birth space, it is likely that her body will respond by releasing stressor hormones. These hormones interfere with the pulse like flow of oxytocin, the hormone that causes contractions of the uterus and also directly inhibits the amount and effects of beta-endorphins which are her bodies own pain relieving hormones. When the oxytocin is not flowing, labour will often slow or stop until the mother feels safe and secure in her environment again.

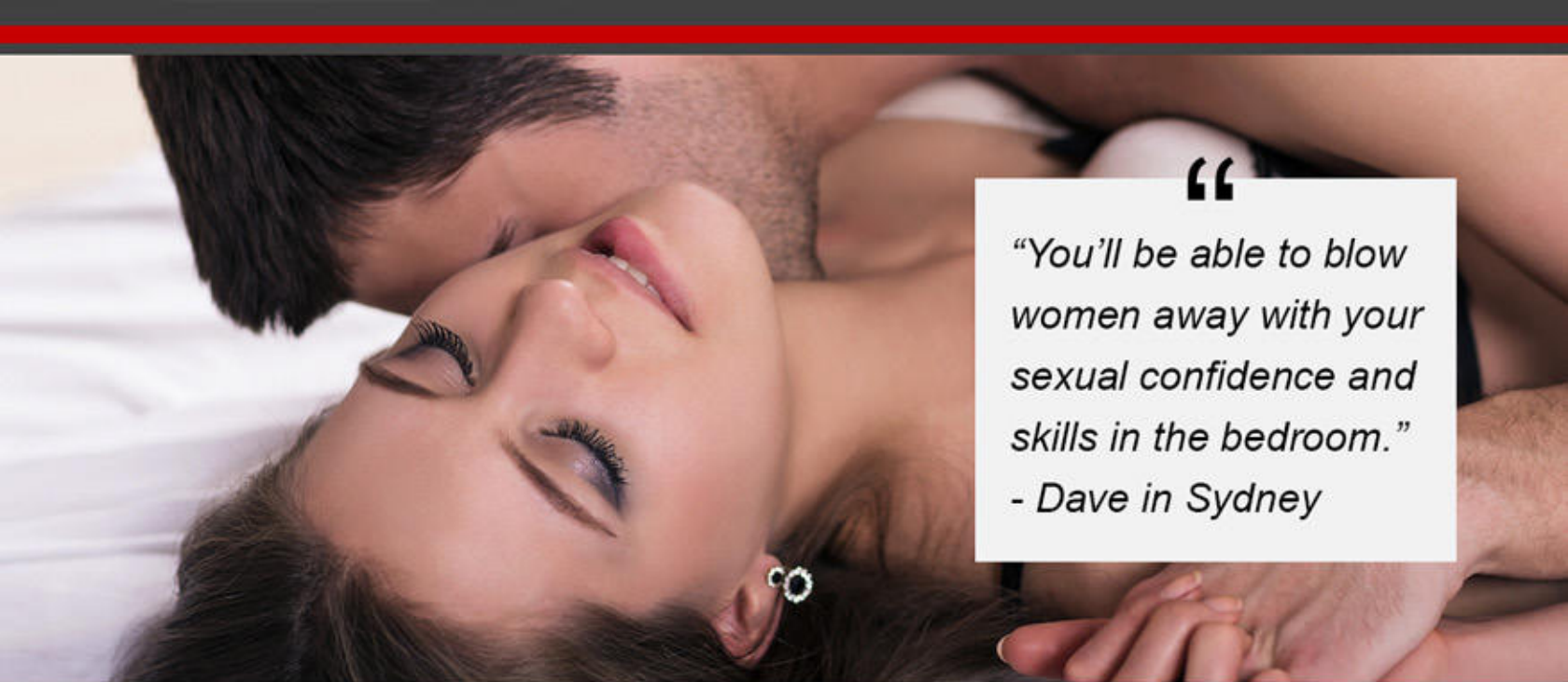
In nature we see this regularly, if a mother Springbok for example is in labour in the plains of Africa and is then confronted by an aggressive lion, she will not continue to labour, she will instinctively be activated into her sympathetic nervous system or flight/ fight response, which promptly shuts down her birthing hormones so as she can remove herself and her babies from the present danger. In the birthing environment for humans, a similar threat may be in the form of a Doctor entering a woman's birth space suggesting that she is taking too long to birth (referred to clinically as failing to progress), this comment which

is often followed by the suggestion of interventions is perceived by the mother as a very real threat to herself and her baby and her body can often respond with her labour slowing down completely just like the Springbok birthing in the wild.

This "failure to progress" comment which is often given to women in labour when their birth progress does not fit into their chosen hospital or caregivers timeline for birth, is also an example of the vast amount of disempowering language that is admonished upon pregnant and birthing women which can further undermine and negatively influence her belief in herself and in her body's ability to give birth. The language used in birth in relation to the role of the mind-body connection is so important to acknowledge here because the words a care provider chooses to use during a woman's pregnancy and especially during her labour process can have a profound effect on the mother and in turn directly influence how her body responds during childbirth.

An example of this might be that a care provider declares to a birthing mother "You have been in labour for twelve hours and you are only 3-4cm" another care provider giving the same clinical information who may firstly hold a much more realistic view of normal physiological birth, might convey this in a far more positive manner by saying: "Your body is doing a fabulous job making the way for your baby and you have progressed beautifully to almost 4cm. The first message implies that...

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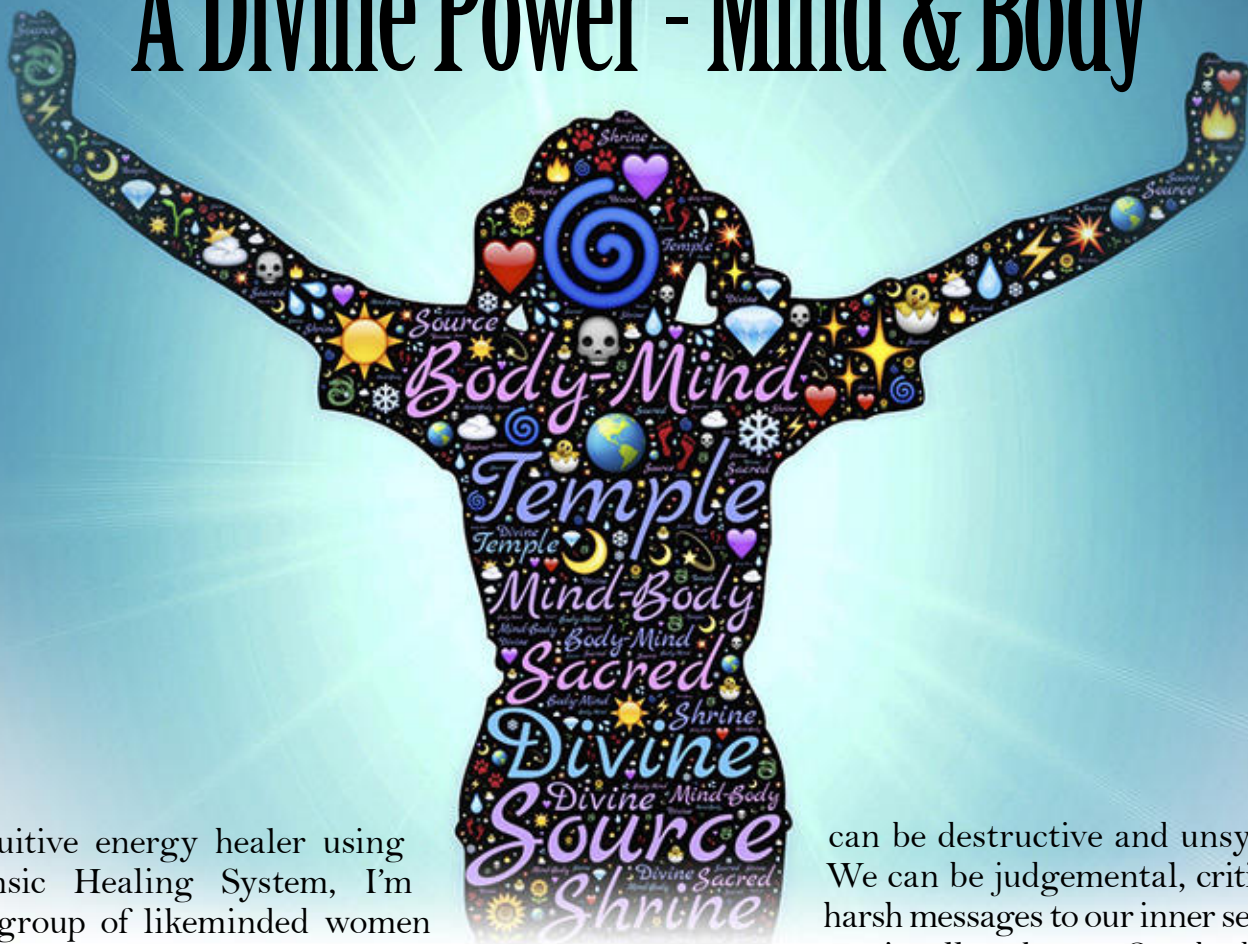


*Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.*

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



# A Divine Power - Mind & Body



As an intuitive energy healer using the Forensic Healing System, I'm part of a group of likeminded women that are here to help themselves and others heal by acknowledging their divineness and empowering themselves with letting go of many hidden blockages, pains, shock waves and emotions, resulting from previous experiences. We have been through life (times) of being subjected to suppression, submissiveness, discrimination, abuse and torture. Women (and men too, though I'm addressing the majority being women) have been exposed to so many facets of indescribable pain.

Many of us have been living unconsciously, believing what we see and hear on the television, radio, newspapers, and social media to be fact or truth. We let go of our power and live life to other's expectations. Not who we truly are but rather who we should be as seen by our relationships with our immediate family, friends, peers, teachers and co-workers etc.

The mind-body connection is always trying to balance whatever we do that isn't in alignment with who we are. The dialogue we have with ourselves

can be destructive and unsympathetic. We can be judgemental, critical, deliver harsh messages to our inner self which we emotionally take on. Our body responds to those experiences and sooner or later it starts to show us signs through distress and breaking down.

Using this system, I have found the number of destructive lies, sabotage, deceiving feelings and emotions we put upon ourselves is blowing our minds. Our physical body has to deal with supporting our emotional mind (the central part of who we are) it is the power source connected to all. In this 3 D realm we constantly struggle with duality. We use the terms right, wrong, good, bad, negative, positive. We are in a process of awakening which is constantly allowing ourselves to let go of all that was, to get peace, freedom and wisdom.

When individuals start to awaken from this slumber. When we realize we are seekers of the truth (finding out that we've been manipulated all along throughout our human lives) and that we no longer are what we believed, (we just accepted without questioning) there will be powerful and clear identifiers urging us to become more congruent in our lives.

We are being more observant of what we are creating as our reality. We are conscious creators. As you become aware of this and you are actively empowered in your reality, you can master your fate.

## Ways To Help Balance Your Inner With Your Outer

Finding ways to live life free from being locked in your own thoughts. Trust that the smallest of actions can be life changing.

- **Meditation:** We hear this constantly, and it really is the conveyor of reflection. It doesn't matter how much you do or how you start, 5-10 minutes, follow your breathe and just be guided.
- **Daily Gratitude:** Each day when you look for ways to be grateful, the Universe will respond and deliver back even more ways for you to be grateful. If your appreciation is given, no matter how small, it will influence your vibration on the volume to receive.

“THE GRATITUDE I EXPRESS SENDS OUT A POWERFUL SIGNAL THAT ACTIVATES MILLIONS OF MORE BLESSINGS IN MY LIFE”

- **Journaling:** A freeing way to express your ideas and use your imagination. We are all creators, and this is a powerful way to uncover the essence of you and reveal your inner feelings.
- **Exercise:** Whatever you feel works for you, whether its yoga, tai chi, walking, swimming, the benefits of some form of rhythmic doing can balance your mind and body.
- **Trust In The Universe:** Know that the Universe will always have your back. When you have a desire, or an intention and you release this out, the Universe will weave her magic. Allow the process to do its work.

There is a shift happening, we are really coming out from the darkness and into the light (although remember, there cannot be darkness without the light). There is a unity consciousness occurring. We understand now more than ever that if you react to something or someone by judging or criticising, it really is ourselves being that to ourselves.

An interesting perspective is this; all your life you think you are your body. Some of the time you think you are your mind, but it is at the time of your death

that you find out who you really are. Your body is the vessel, your mind is your ego and your soul is spirit, (unconsciousness or past) these are part of a triumvirate (power of three).

I didn't think we could get any deeper with the Forensic Healing System, and it's amazing to see clients get results, so it's been even more exciting since another additional module has been created which works on and incorporates more intensely healing aspects of the Soul. It's the sixth module within the Forensic Healing System called the Soul Module.

“Whoever Envy Others Does Not Obtain Peace Of Mind” - Buddha

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

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- Removes the negative conditioning stored in the DNA or cell memory
- Uses healing secrets from ancient healing scripts combined with the most-advanced scientific methods.
- Utilizes healing pathways that use physical, emotional, energetic or spiritual elements.
- Heals deeply at a soul level by targeting soul facets, fragments, DNA etc
- Places a blessing on the client at the end of a healing
- Educates and empowers the client to understand themselves so they leave with new information to progress in their life.

## See Yourself Having A Dynamic New Experience

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

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





# SHINE BRIGHT LIKE A DIAMOND

I wonder sometimes what the world would be like if many of us paused to think for a moment about what was really important in the overall scheme of things? Maybe our perceptions and beliefs would change from day to day according to where we are, who we are with, what we are doing, the weight of our priorities and obligations, our seasonal expectations, the friendships we make or neglect and the relationships we nurture?

How we relate to ourselves, to love, to different people, our children, situations, our environment, the pace of life and financial security are all random ingredients of consideration that influence the choices we make from one moment to the next. These and many other things are the enablers and inhibitors of both challenge and opportunity. Maybe we allow, consciously or otherwise, our choices to take root at the core of who we are and shape a world of sense and sensitivity for ourselves and each other. How we see and react to the world around us helps to define the framework of life, how we choose to live it and our experiences of actually living.

Common across all aspects of choice is how we think, what we think about and how we relate to our thoughts. Henry Ford summed this up quite eloquently when he said 'whether you think you can or think you can't – you're always right.' Think about that for a moment – it's both profound and yet startlingly obvious. What we tell ourselves has never been more important than it is today. It's important because our thoughts are becoming more and more centric to our physical, emotional and mental

health – influenced perhaps by the waters of Aquarian energy sounding an invitation to everyone to begin a personal voyage of higher conscious transformation into co-creative regeneration to positively reshape the world.

Thinking is itself an art form. Our thoughts are the most naturally powerfully creative, co-creative and destructive forces of our own human nature. When we stop to observe the natural world around us, there is beauty to be found in the changing of the seasons: the yellow trumpet daffodils announcing the arrival of spring, wild flower meadow butterflies animating the breeze of summer's fragrance and visual beauty, the changing colours of autumn's orange and gold tapestry, and the fairy-tale wonder of winter snow as each snowflake descends uniquely to create the uniformity of a magically converged landscape where, in a single moment, everything we see is connected. At the opposite end of nature's spectrum we observe the destructive energy of a hurricane, the devastating tidal surge of a tsunami, the intensity of desert heat inhibiting the survival of plant and creature and Winter's relentless challenge to endure in the face of natural adversity. In contrast, the balance of nature is...

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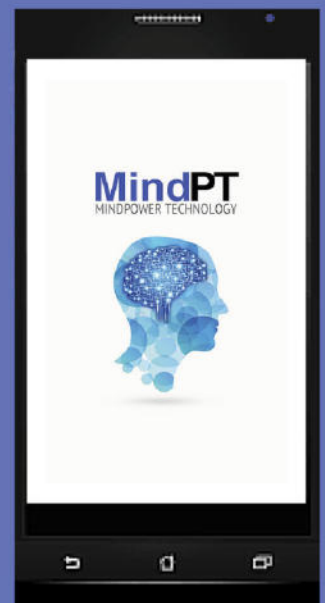
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*Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.*

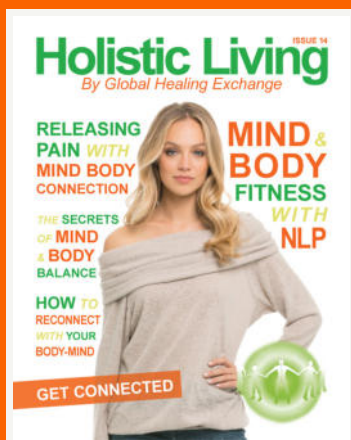
*She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.*

# WORD SEARCH

C L Z E W O Z M X Q M E T X N  
O X E X K I K U E E U A D O C  
N M M A S S A G E Y E Q I R I  
N T E A X Q W Z J R G T E M T  
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- BREATHING
- MEDITATION
- BODY
- MIND
- CONNECTION
- RETREAT
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