

Holistic Living

ISSUE 16

By Global Healing Exchange

UNDERSTANDING
THE POWER
OF THE MIND

PREVENTATIVE
HEALTH
EXERCISES

BECOME A
CONDUCTOR
FOR A
HEALTHY
MIND
BODY
SPIRIT

PREVENTATIVE
HEALTH

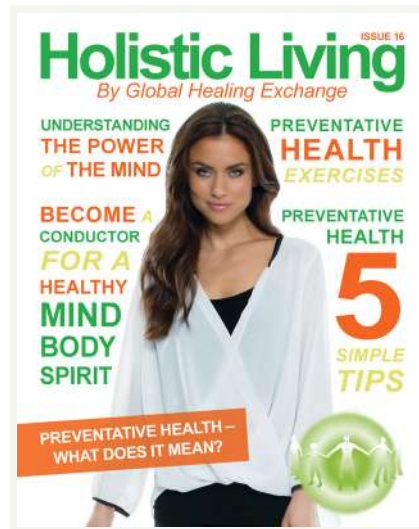
5
SIMPLE
TIPS

PREVENTATIVE HEALTH –
WHAT DOES IT MEAN?



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PREVENTATIVE HEALTH



Sharon White

Founder of
Global Healing Exchange and
Holistic Living Magazine

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I would like to start with a definition of preventative health from Wikipedia.

Preventive healthcare (alternately preventive medicine, preventative healthcare/medicine, or prophylaxis) consists of measures taken for disease prevention, as opposed to disease treatment. Health, disease, and disability are dynamic processes which begin before individuals realize they are affected.

Now we know the definition, why is it so important and what does it really mean?

In laymen's terms, preventative means to stop something bad from happening. How do you do that when you have had no training?

You can educate yourself. It means you have to become your own health coach. To become any kind of coach you have to study the subject, but where do you start?

Our website and magazines can help you with that. Our experts give you amazing information about living a holistic lifestyle. In our membership area we have hundreds of videos to help you to educate yourself.

To me, education is the first step. The second step is self-love. We have a magazine dedicated to showing you how to start practising self-love. I say this because without self-love we start sabotaging ourselves. If we don't love and value ourselves enough, we will never allow ourselves to reach our goals. This applies to all aspects of our life, especially health and wellness.

Once you have the information you need and some self-love, you will start making changes in your life so you can start really living your best life.

Let's look at this analogy...Think about how you will stop something bad from happening to your car. It might be because you love your car, or it might be because you don't want a big bill when the car breaks down. Whatever motivates you, the carrot or the stick, you will get regular check-ups for the car.

If you don't check the basics, oil, water and tyres, then the car will not keep running for long. If you take care, give attention and show your car a little love, it will work for longer.

Then there is the service. If you don't get that done regularly, things start breaking down. Take that a step further and do the non-essentials, cleaning the car both inside and outside, you may do this just because you love your car to look and smell clean but it is non-essential, it's just maintenance. The car will still keep running without this, but it makes every journey so much better when everything is fresh.

There are many things you can do for your car and many of you reading this article who own a car probably do all of these things mentioned above.

Now if you can do that for your car, what is preventing you from taking some preventative health measures for yourself? You will end up paying for it in the long run if you don't; medical costs, prescriptions, operations, appointments with specialists are never cheap.

Educate yourself and start putting in strategies to get your health on track and maintain it BEFORE your body starts falling apart.

Don't wait for diabetes, heart attack, cancer, Autoimmune disease, or some other dis-ease to set in. Start loving yourself NOW!

Maybe this short analogy has helped you see that preventative health will pay you in the long run. If that is the case, read this full magazine. Our experts are here to help you live the healthiest life possible.


Founder of Holistic Living Magazine



Cassandra Jones

Editor at large

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There is a meme that is doing the rounds right now; and to paraphrase, if you don't have time for good food and exercise, you'll need to find time to be sick. And that I think is the crux of everyone's problems today. Lack of time.

We are all running around like headless chooks, heads in phones, stuck in traffic, not being present or able to do something for ourselves. Everyone is dragging on our time, no one is prepared to say no to an ask.

To emphasis that, some figures came out in the last week. 3% or so of Australians are prone to getting glaucoma. This is easily treatable if found early enough, and that is just getting your eyes checked every couple of years and then if there are signs, then taking eye drops. And yet 45% of people who are in that situation don't take the drops regularly. They are heavily at risk of loss of vision, and still they don't make the time to put a drop in their eye. Another one is; the health service in Australia sends out bowel cancer check kits; this checks for traces of blood in your poo and is a major life saver. I know this is a bit icky, but it isn't hard to do or take a lot of time. And for this 4 out of 10 people don't bother to take the test.

So, what to do? Well, reading this edition of HLM is a good start. Pay attention to your day to day life. See where you spend all the time. Figure out what can be reduced or dropped entirely. Put some exercise into your daily routine. As for food, pay attention to your diet. Eat less junk food, stop with the processed stuff, eat more fresh fruit and vegetables. Remember your grandmother saying an apple a day keeps the doctor away. Well it can be as little as that to start with.

And back to Sharon's point; if you don't spend time on servicing your own health, as you likely do with your car, then get ready for it to break down.

Happy reading folks, and please make time for yourself. Your future selves will thank you.

Cassandra Jones
Editor at large



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PREVENTATIVE HEALTH MINDSET

When looking at preventative health, and your health is not 100% perfect, change needs to happen. The saying, if you always do what you have always done, you will always get what you have always got, is true.

You need to make a decision to change your lifestyle and changing your lifestyle will help you to change your health.

If you are feeling unwell, sluggish, bloated, in pain

emotionally, physically or spirituality something you are doing right now is not working for you!

There are many ways to look at changing your health and lifestyle. Holistic health looks at many aspects including; physical body, mind and energy. You can choose what type of therapy you want to use to get the results you need for your health and lifestyle. There are many therapists out there that can help you with whichever route you choose.

As a therapist I am qualified in many aspects, but today I am going to talk about your thoughts and actions, because as a therapist who works with your subconscious mind, I feel it is a great place to start. If you don't have your subconscious on board you are likely to start sabotaging your efforts and stop when you don't see the results you want.

Webster's dictionary defines consciousness as "awareness, especially of something within oneself." In this sense, your conscious mind refers to your awareness of your own thoughts, images, feelings, attitudes, beliefs and sensations. ... The unconscious mind is likened to the part of an iceberg that remains underwater.

So this being said, how do you communicate with your subconscious to get it onboard? I want to give you three simple steps. They are simple but have to be used properly and you need to put time and energy into them for them to be truly effective and start helping your health to improve.

3 Steps To Working With Your Subconscious

Affirmations

I am sure you have already heard about affirmations. This means repeating positive statements to yourself in order to believe it, embody it and to make changes.

Now that sounds AMAZING doesn't it? Repeating positive statements over and over to get great health. Wouldn't it be great if it was this simple? The fact of the matter is if you did this, little to nothing will happen. There is more to it than that.

Your subconscious mind thinks in pictures, words, colours, sounds, feelings, emotions and you need to make changes in the subconscious to truly get results. Just saying words is not evoking your emotions strongly enough to make the change needed to change the neural pathways to make habitual changes.

Also with affirmations you really need to be specific. For example, when you make a clear, definitive statement about yourself as if it is already true, your subconscious mind takes over and will act in accordance with that belief.

You need to believe the affirmation is true right now. You really need to FEEL your great health while saying your healthy affirmation. Once this happens and you embody the words your brain will imprint these beliefs into **new neural pathways**.

This changes the way you think – about your health, self-love, and about your whole life.

Here Are 5 Affirmations You Can Start To Embody...

- 1 Every day in every way I am getting healthier and healthier and feeling better and better.
- 2 Every cell in my body is health conscious. I am growing new healthy cells right now.
- 3 I am in possession of a healthy mind and a healthy body.
- 4 I only eat healthy foods and add nutrition to my body.
- 5 I love to exercise and I can feel my energy rising.

Now spend some time on ONE of these – or make your own affirmation that is more specific to you, and really feel the changes in your body when you say these out loud. Like anything, when you start something new it is not easy and feels a little weird, but keep practising, feel the changes in your body and slowly but surely, changes will start to happen and the feelings will get stronger and stronger.

Visualisations...

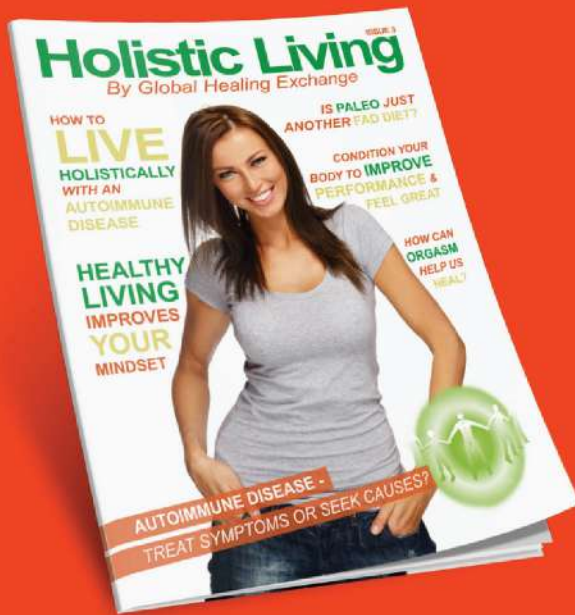
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PREVENTATIVE HEALTH - 5 SIMPLE TIPS

We have all heard the age-old sayings “An apple a day keeps the Doctor away” and “Better safe than sorry” but just what are they about and is there anything we can glean from them?

Well, I can say that in my youth when my Grandparents would say one of those strange verses I would smile and respectfully say “uhuh” but not really take much heed. Then I grew up and began nursing studies, well it seems my Grandparents were definitely onto something with their funny old sayings. “Sitting on cold floors gives you piles”. “Walking on cold floors and wet grass in bare feet will give you chilblains”. “Keep your back covered save getting a chill in your kidneys”. “Watching too much television makes your brain lazy”. “Get to bed before midnight so your body can repair itself”.

Have you heard of those sayings, perhaps you know some others?

What I came to know in my experiences as a nurse is that there is indeed a lot of invaluable guidance and wisdom in the sayings of old. The most valuable of the wisdom is that these simple ideologies are terrific ways to build a solid foundation for good health and wellness not only for your body but your mind and soul. In essence these old sayings are paving the way for knowings that are preventative measures for good health.

This means that taking up daily practices and being aware of your choices will mean you are

taking preventative measures to ensure you live a healthier, happier life rather than leaning into reactive actions.

Let us have a closer look at the meaning of these 2 approaches to health and wellbeing, but first I would like to talk about the things you do when you are leaving your house. Do you check the windows are closed and lock the doors as you leave, maybe even set an alarm system? And the other situation to think about is crossing the road, would you stop before walking out onto the road, look left, and right?

In each of these situations you are taking preventative measures to ensure that...

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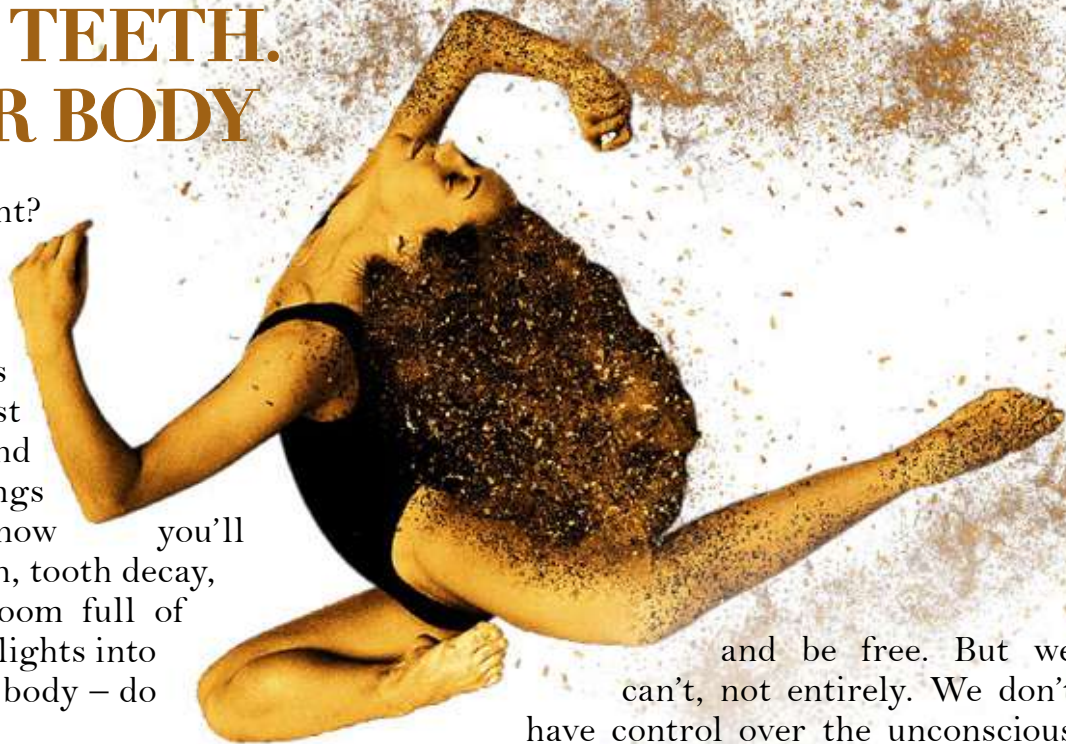
You clean your teeth, right? You brush them daily, floss (hopefully) and if you've managed to recover from the childhood trauma of needles and fillings, head to the dentist for a check-up every now and then. If you don't do these things (or at least some of them) you know you'll probably end up with bad breath, tooth decay, a mouth full of pain and a room full of masked people shinning bright lights into your face. But what about your body – do you clean it every day?

I don't mean the outer layer of your body – it's easy to wash your skin in the shower. And I'm not referring to the most inner layers either - the lining of our digestive and respiratory tracts. While the quality of the air we breathe and the food we eat maybe one of the most critical aspects of preventative health, I'll leave that to other experts elsewhere in this magazine.

I want to focus on all those other layers between our most inner and outer ones. The very tissues and structures that make up our body. Our nervous and muscular systems. Our organs and connective tissue. Our fascial, circulatory and lymph systems, not to mention the energetic fields that intertwine and interplay with them all at the same time.

How do we 'clean' these tissues that make up the physical reality of our being? How do we 'reset' our nervous system back to homeostatic balance? How do we 'flush' the cortisol and lactic acid from our muscles? How do we 'calm' our mind and free up our breathing? How do we 'strengthen' our circulation or our lymphatic drainage? Obviously brushing them is out of the question.

If we had conscious control over the tissues of our body, we'd simply choose to relax them



and be free. But we can't, not entirely. We don't have control over the unconscious tension patterns that tighten our muscles, restrict our breath, reduce our blood flow and generally lead to the negative effects of unresolved stress. Problems like insomnia, weight issues, substance abuse, poor concentration, anxiety, depression, chronic pain, emotional reactivity and well, you probably know more than anyone how unresolved stress affects you personally.

While many of us use exercise, meditation, diet, stretching, yoga, weights, sport, swimming, spirituality or even singing and dancing to cleanse ourselves of stress, our body has a hidden talent that also allows itself to 'deep clean' itself. It's movement.

Not just conscious direct movement, invaluable though that is, but unconscious, reflexive and spontaneous movement of the very tissues themselves. It could include...

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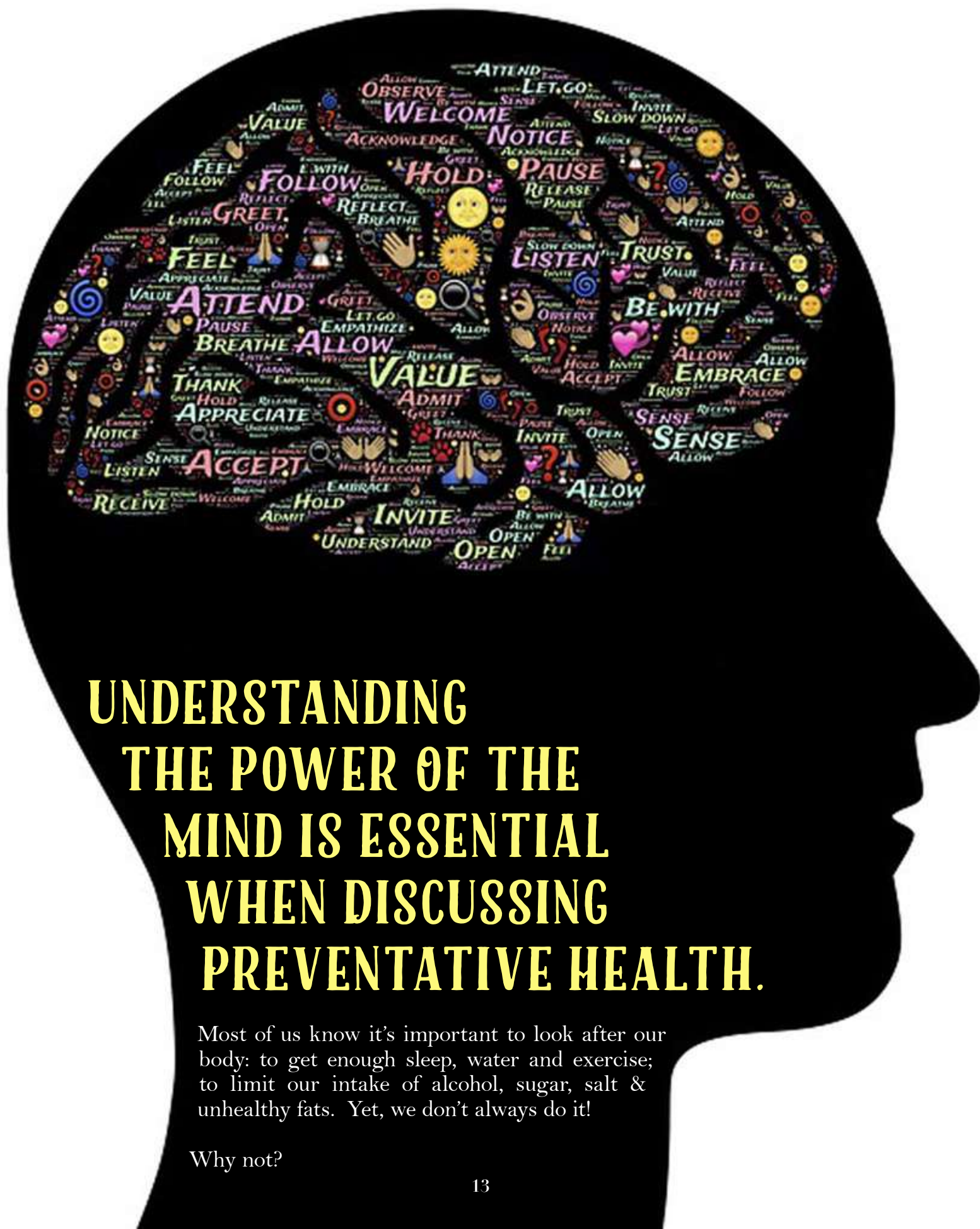
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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

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



UNDERSTANDING THE POWER OF THE MIND IS ESSENTIAL WHEN DISCUSSING PREVENTATIVE HEALTH.

Most of us know it's important to look after our body: to get enough sleep, water and exercise; to limit our intake of alcohol, sugar, salt & unhealthy fats. Yet, we don't always do it!

Why not?

Unless you understand the power of the mind and the influence it has over the body, you will struggle to adopt preventative health measures when it comes to your wellbeing.

Health Ministers constantly proclaim that people must take more responsibility for their own health. And this is true. However, **teaching people to look after their body without information on the power of the mind, is fruitless.**

The mind via our beliefs, impacts our thoughts, words and eventual actions. These beliefs have very real consequences for our psychology, physiology and performance in life.

Positive thoughts encourage positive language, which in turn leads to positive behaviour. Let's swap the word 'positive' for the words 'preventative health'. The sentence now reads: thoughts about preventative health, encourage discussions about preventative health, which in turn leads to behaviour that favours preventative health.

The key word here is behaviour. It is no use just 'thinking about preventative health' you also have to take action. And taking action now and then is also not enough. **The secret to successful preventative health is routine and repetition.**

When our emotions, thoughts and behaviour are habitual, a neural network is formed that regulates the mindset. It literally keeps you on track and **any habit becomes effortless** over time. The more the same action is performed, the stronger your mindset becomes about that action. For example, when you adopt a good sleep pattern your body looks forward to it; when you drink 2 litres of water per day your body desires it; when you exercise regularly your body craves it.

Creating new habits is not easy, because the mind fights to stick with what it knows and what it is comfortable with. When you feel resistant to change, it is not because you are a weak individual, the strength of your neural network just makes you feel that you cannot change. But you can!

If you are willing to change, then you can override your mindset. Your attitude and perspectives are part conscious and part unconscious and they can be learned, unlearned, programmed and reprogrammed in a variety of different ways.

A simple change of mind can help improve your wellbeing and assist you to become your best self. **Did you know that your mindset can affect your life expectancy?** Scientists have proven that people with a negative outlook on life are less likely to proactively engage in healthy activities such as eating good food, exercising or living in the moment. In addition, if you are always thinking about what's wrong in your life, you are likely to be more stressed than people who choose to focus on the bright side of life.

It is up to you to take responsibility for your mental and physical health. **You have the power to influence your physical and mental states.**

Your mindset is not fixed. The idea that change is difficult, is simply a mindset. Imagine for a moment that you truly believe change is easy, that going to the gym is fun, that eating healthy food every day is exciting. I bet it felt good even just imagining those things – that's the power of the mind!

Your mindset is recognised by your body at the genetic level thus, **the more you improve your mental habits, the better response you will get from your body.**

We can't change the past, but we can create our future. You have the power within you now, to switch your outlook, to choose healthy habits that will prevent illness instead of waiting for your GP to recommend medication, when it may be too late. **You have the power to impact your brain, cells and genes – negative or positive the choice is yours.**



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PREVENTATIVE HEALTH EXERCISE

What a great topic. This is basically what my work is all about – especially with the fundamental question that I work with and ask people to ask themselves every day. This question is: **Where Am ‘I’ Right Now? physically, emotionally, mentally and spiritually.** I actually work with many other aspects too, but these four basic aspects (physically, emotionally, mentally and spiritually) work really well as a good foundation and starting point.

This one daily exercise is one of the best preventative measures to ill health that I know of. Really, it is all about CHECKING IN!

This Where Am ‘I’ Right Now? physically, emotionally, mentally and spiritually exercise is highly effective – it gives one a chance to tune in and find out if anything is out of alignment. It is like having a car service and tune up every day – or as I advise – several times a day – on the hour, every hour!

The process is easy to set up and do. You simply set an alarm on your watch, phone or other device to go off on the hour every hour, say from 7.00am (or one hour after you get up) until about 7.00pm (or later). Every time that you hear the alarm going off – beep-beep, you ask yourself the question - **Where Am ‘I’ Right Now? physically, emotionally, mentally and spiritually.**

If, in that moment of asking, you are out of alignment

in any way, you can then make the CHOICE to bring yourself (back) into alignment. As I often joke with people, in this moment you can pull on the Superman or Superwoman cloak and underpants and become the Super-YOU!

Preventative health really is one of the keys to staying healthy. Watching and attending to our diet, nutrition, water intake and drug (recreational and prescribed) and alcohol use is essential if we are to stay well. Far too often people let themselves slip into bad, un-serving and even dangerous habits. Finding a well balanced life-style is not always an easy thing to do, but when we do not have this in place, things can easily turn on us, with ill health arriving and taking hold. This then affects us physically, emotionally, mentally and spiritually. Coming back into alignment and into a place of health and wellbeing can be a long and challenging journey for many people – I know, I work with many every week! When people are down and not feeling the best it can be difficult to...

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WHAT FREQUENCY ARE YOU VIBRATING AT?

Where you are now is a reflection of your past. Your entire life has led up to this point in time. Where are you now? Assuming you desire more success, happiness and fulfillment in your future - in an exceptional fashion, then you must have a superb shift in energy frequency.

Will your future be a reflection of your past and this present moment? YES, YES, YES it will, if and only if your vibrational frequency remains the same. If you keep the same level of consciousness and self-care, then things will pretty much be the same old - same old.

If however, you decide to go on a self-destructive path or make poor life decisions or avoid deeply rooted personal issues, then your vibrational frequency will contract and thus your life.

You create your own reality based on the decisions you make and what you attract. In this example if you typically play it safe and remain in your comfort zone, then you will eventually cut off from deep personal transcendence. You will fail

to breakthrough and access your brilliance.

This means you will eventually become stuck and possibly fall into crisis. Most people with faith can pull themselves out of crisis unless they have severe mental or physical health issues or a very limited poverty consciousness. Then they move up to feeling stuck. They must fight like hell to return to their sacred comfort zone.

With a stable income and the support of family and friends they often resort to comfort vices such as wine or beer, chips and dip or chocolate. Is this you? Many others rely on addiction to television, sporting events, shallow relationships or the internet that assists them in failing to self-reflect and raise consciousness.

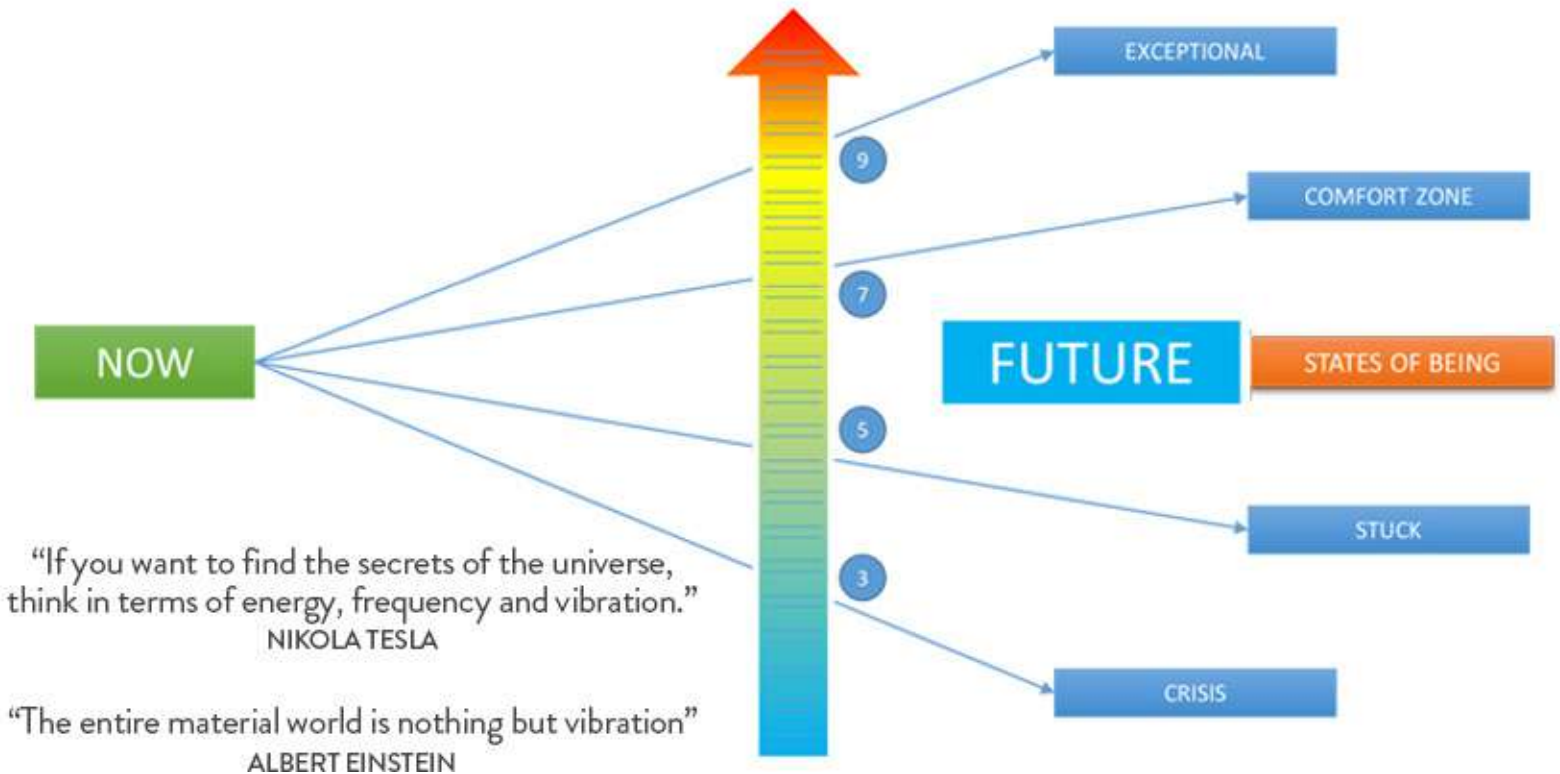
Let's face it your consciousness is either expanding with the entire universe/cosmos into self-awareness or its contracting into selfishness and separation consciousness. The choice is yours. Where are you right this minute? Check out the scale next.

YOUR PRESENT STATE OF BEING

The future doesn't exist in quantum time. There is only NOW.
Changing your vibrational levels now changes the future in the present moment.

If you want to make true lasting change in your future state it starts NOW with adjusting your vibration.
Otherwise whatever you endeavor to achieve won't last.
Your vibration will dampen and dismantle all the work you put in on a physical plane.

WHAT FREQUENCY ARE YOU VIBRATING AT?



Your life is a summation of all your behavior; actions, words, thoughts, feelings, heartfelt intentions, decisions and choices you make. This of course along with your conditioning, belief systems and a little luck of the draw will determine your vibrational frequency.

So, the ancient scriptures including eastern karma “What goes around comes around,” and the western new testament “You reap what you sow,” are definitely true and become the essential fabric of the frequency you vibrate at.

Add to these laws to modern scientific discoveries; the future does not exist in quantum field of

consciousness. It's literally beyond time and space. **THERE IS ONLY NOW!**

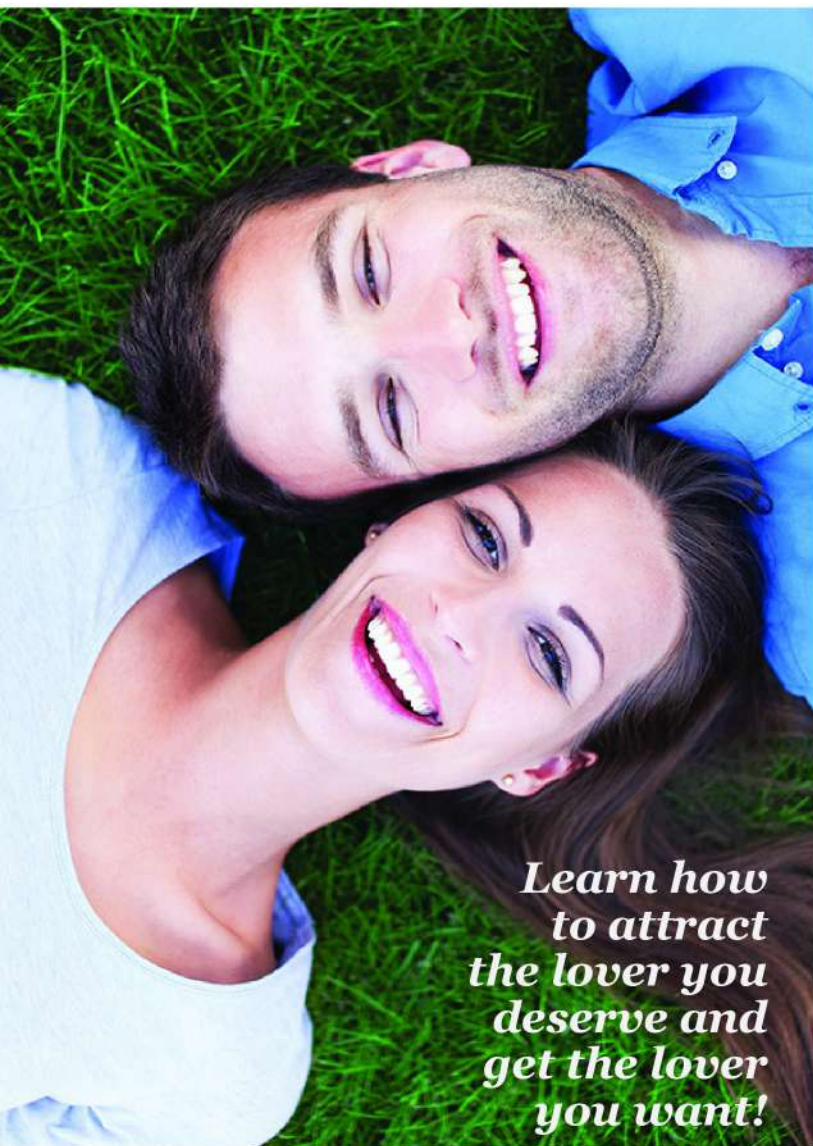
Therefore, raising your personal vibrational levels **NOW CHANGES** your future in this moment of now. The depth of this of course of action depends on how...

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FREEDOM IS THE HEART OF EMOTIONAL SELF EXPRESSION

‘Love’ is perhaps the only word in any language that requires no explanation, proliferation or annunciation when experienced and understood unconditionally in its most beautiful form.

Love is simply acknowledged to be the most intensely felt of all emotions as the deepest expression of sensory consciousness in the known Universe of mind and body. I wonder sometimes, if any of us stop to fathom the complexities and the power of love as an innate form of healing. Just like so many other things, the vibration of love carries the energy to both create beauty and destroy it in equal and opposite measure, sometimes unknowingly. Think of love as a body of water. In its crystal-clear beauty, water can be the reflective surface that sparkles and dazzles the warmth and healing properties of the ultra-violet Sun and Moon. In peace, water can be still, silent and calm harmonising the world of inner-being to create relaxation and balance – like harnessing the properties of tranquillity and equilibrium in meditation. Water is also the unyielding force of a tidal wave or tsunami in its most unstoppable and destructive form – the human equivalent of uncontrollable rage, anger or revenge.

The cellular footprint of every single human being is co-created so naturally and with anatomical precision to assure the perpetual flow of love is the divine thread of indelibility woven unconsciously into the molecular signature at the heart of life. This is the vibration of the heart that tears at the fabric of every one of us for a million different reasons.

These reasons are the challenges and opportunities designed solely to surface the wisdom to finally understand and adore ourselves and each other as nothing more than vessels of love. Plain and simple, love is the soul ingredient of our humanity. Love is nature’s alchemy of divine intoxication that fuels the immemorial transformation and survival of our species. Think about this for a moment if you will – without love, none of us would exist. Profound isn’t it!

For good, bad or in difference, love is ultimate power and how we chose to use this infinite energy source is that which defines each of us karmically from one moment to the next. Love is the seed of evolution affecting all areas of life and how we sow love into each moment is so incredibly important to our own emotional survival as individuals. The skill we often neglect is to recognise and nurture the knowledge that the love we give to ourselves is naturally more important than the love we give to another. Without this wisdom, how is it possible to...

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