

I think it was John Lennon who said, Life is what happens to you while you are making other plans. The New Year often heralds a time of focusing our attention on what we want to achieve over the next year and things we want to change. However we can also spend so much time focused on the achieving or achievement of THE GOAL that we miss out on life. It's funny how we give ourselves permission at holiday time to go slow, to sit on the porch letting the gentleness and joy of the time settle upon us. But then with the return to our 'normal lives' this ability to be slow and content becomes a distant memory. Having had the wonderful experience of time being expansive recently it has really confirmed for me that there is an abundance of time, love and joy in the world. The turnkey is ourselves. See below for my tips on slow living. I trust they help. And talking of turnkeys – my Health & Happiness Course provides some great insights into how we can change what we experience in our lives – see flyer attached for details.



PSST!!

Did you know that Consistency is the secret ingredient of success?

New Year resolutions abound at this time of the year, but it is not the one offs that make for lasting changes. Any long-term change involves consistency and lots of it.

The same is for a life of joy, vibrancy, peace or happiness. It is often the consistency of how we speak or think or act that determine how our lives are. It is our choices that we make every day that determine what our reality is.

So if you want better relationships, be kind and gentle and loving in your relationships (including those with yourself) If you want a more vibrant, fit body, move and flex it every day.

If you want a healthier body, eat in a healthy way 90% of the time. Having McDonalds with a diet coke is not consistently choosing health and wellness.

Commit to what you want and then actively do that 90% of the time and you will achieve your goal.

Remember consistency is the key!

SLOW LIVING

Slow living is when we hold that holiday space in our daily lives. While this can be challenging, especially with the speed that life is lived at today, I have given some hints below that I have found work for me. Mind you, you have to be vigilant but with consistent practice it becomes the norm.

- 1 Do what is directly in front of you.** Have awareness of your end goal or vision, make a plan and then do what is directly in front of you with full awareness. For instance you may have a vision of your dream home that nurtures and supports you and allows you to be who you are. Your goal and intention and plan is to hold the vision, save the money, look in the paper or similar avenues, renovate etc but in the interim, you still need to do the dishes and the washing etc. If we do this with full attention, we breathe properly and the task becomes an experience (see point 4). Also check out point 3 for trusting that all will come to pass.
- 2 Stay flexible.** Often we get so fixated on the end goal and how we think we should get there that we become inflexible. Staying flexibly means being able to change direction or course if we need to or even change the goal if necessary. Life is full of change and sometimes we need to let go of our need to be fully in control and go with the flow for a bit. For instance we might have a career plan mapped out and then get offered a role in a new department that utilises all our skills and talents and would mean working with a great team of people but that doesn't on our plan so we turn down the role. However that role may have led us down a different path to a more exciting future. Flexibility allows us to see the many open doors we get presented to us.
- 3 Trust.** Trust that where you are now is exactly where you are meant to be. This means that say you are caught up in traffic feeling frustrated because you are running late, your appointment may be also running late and needs extra time. Why not take a deep breath, tune into some good music and sing out loud enjoying where you are right now!
- 4 Enjoy the journey.** You may have heard the saying life is the journey, not the destination. A very wise friend of mine made the point that children's lives are full of experiences. And the journey of life **is** the experience. I remember as a child, my dad stopping the car so we could play on the supplejacks in the bush on the side of the road. I can't remember where we were going or why, but I still have memories to this day 30 years on of that stop. So next time you do the dishes, be like Pooh Bear and have a dishwashing song that you sing! Make it an experience.

Go well singing your song as you live slowly

UPCOMING COURSES

Attached is a flyer for my next Health & Happiness workshop. Please feel free to pass onto anyone you think may be interested in attending. It is great fun and can be life changing. Hope to see you there.



BODYMIND BALANCE HEALTH & HAPPINESS COURSE REGISTRATION

Congratulations on being proactive about your health and happiness. On the course we will be exploring many ways you can become empowered about your choices for a vibrant and happy life. Your place on the course will be secured once your deposit has been received. Please complete the details below and return. Confirmation will be by email (or by phone if email not available).

To ensure you gain the most benefit, there is some 'homework' prior to attending –

Consider what your vision of health, happiness, and vibrancy are. What does being healthy, happy and vibrant mean to you? How does it look, feel, sound like? Take the time to note down what this is for you and bring with you as this will provide the vision and structure for your unfoldment. (A sheet attached for you to use if desired).

Things you need to know or bring:

- ✦ Dress in **comfortable clothes**
- ✦ As we will be having a meditation at the end of the session, please bring a **wrap or blanket and a yoga mat or towel.**
- ✦ Come with an open mind
- ✦ And remember to bring your sense of humour!

The course runs from **9.30am – 1.00pm**

Begins: **Tuesday 17th February 2009**

At: **Infinitely Children**, 192 Gills Rd, Albany

Morning Tea will be provided

Looking forward to seeing you!

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✂ Please detach and return with your course fee.

Registration for Health & Happiness Course beginning: _____

Name: _____

Address: _____

Email: _____ Ph: _____

Deposit of \$80.00 or Full Course fee (\$480) attached

Please send to: **BodyMind Balance Ltd, PO Box 49, Kumeu, Auckland 0841**

Or payment may be made by direct credit: **12 3085 0422491 00**

