



BodyMind Balance

restoring balance to mind, body & soul

June 2011

Welcome to this month's newsletter as we herald the start of winter where temperatures cool and nature slows down. The theme this month is communication - specifically connecting or communicating deeply with others, and ourselves, at the level of soul and heart. Personally and professionally I have noticed this as a common theme for clients over the last few weeks. There is a real drive for us all to move to a heart way of relating rather than a mind way and the joy of that is how much better we feel in ourselves when we do this. I promise! Interestingly when reflecting on whether I should continue with this theme for the month, I opened up a book I had just got out of the library and the exact words Communication and Connecting were on the first page! I always marvel at how supported I am - as we all are - we just have to be observant!

This month I am introducing some new remedies - see below. These are not yet on my website so you are getting a sneak preview. These three remedies were part of the new batch created last month and totally support aspects of this month's theme.

Also included in this month's newsletter is:

[Communication and Connecting](#)

[Pink Tourmaline](#) - This month's essence profile

[Food for Thought](#) - Literally about food this month. Wanting to get some vitality and wellness in your life? [Check out the opportunity](#)

Food for Thought

Hippocrates said: 'Let food be your medicine'.

How many of us would like to feel better but are unsure what we should or can do? Or perhaps you are totally confused by all the differing 'shoulds' and shouldn'ts? My great friend Olwyn is finishing her Nutrition Diploma and requires clients for her clinical component of her studies. This is a great opportunity for you to experience more vitality and energy in your life for a fabulous price of just \$30. More info and her contact details are [attached here](#).

And yes Olwyn is related - my sister in law. How lucky am I? A friend and sister all rolled into one!

All Blacks Don't Cry

Was quietly impressed with this book written by John Kirwan. It is an honest account of his journey into depression and out again. I found it uplifting with some great tips on how to be present

Communication & Connecting

We live in an environment today where information is at our fingertips, we are able to communicate immediately with people on the other side of the world and we are always available via our mobile phones. But does this mean that we are connected? Is our sense of isolation any less? Are we any less depressed? Do we 'touch' others or is our connection, like the means by which it is transported, linear and devoid of real meaning? I despair when I see and hear how much texting is used instead of direct contact. 90% of communication is non-verbal and includes facial expressions, body language and tone of voice, all of which is missing when we text. What will happen to society when all our communication is made at a distance - figuratively and emotionally?

Most of us desire to connect at the heart level - this is the level where we feel totally heard. To really hear people requires space - we need to bring silence and presentness into our interactions. The buddhists call this Deep Listening. This means that we focus on what the other person is saying without any judgement or anticipation of what they or we are going to say or waiting for the other person to stop so we can jump in with our opinion. How many times are our interactions based on trying to make ourselves right or the other person wrong, or trying to get our point of view across rather than just listening to them? A friend and I spoke recently about neutrality - what if we had no opinion about anything? How would this affect our interactions? How would this affect our feelings about others?

In one of the personal development groups one of the attendees noticed that when she kept quiet and refrained from filling up the gaps, it made a huge difference in her interactions with her family and her feelings about those interactions.

When we communicate at the heart level, we achieve a deeper level of connection and experience a deep level of peace and 'knowingness'. How many of us feel this in the interactions we have? How many of us provide this for others? How about for ourselves? To promote a deeper level of connection with ourselves we again need to create stillness, space and mindfulness. For me this is daily yoga and meditation, for you it could be going for a run, spending time in nature, expressing your creative side, sitting in silence, focusing on your breathing, doing relaxation exercises - Anything that brings you back into yourself. It could be as simple as sitting for a few mindful moments before eating (remember when families used to say grace before every meal - same thing). Creating sacredness in the the mundane routines brings sacredness into your life. (See left - Creating Sacredness for some of my tips). Stop and listen to your children laughing, look at your partner, your friend, parent, colleague - really look - what colour are their eyes? Where do they need your attention? What type of attention do they need?

I encourage you to try the following with all your interactions:

Focus on the person with all your heart, put aside your angst around having to get the washing in, the clock, being somewhere, getting something done etc. Gift them all your attention

Refrain from judging or having an opinion - give the person space to talk

- I loved his commitment to himself with his coffee. A worthwhile read for anyone depressed or close to anyone with depression. He has a huge heart, is wonderfully humble and imparts a great message.

Calling all Knitters

A colleague has started a knitting group where they will be creating baby blankets, beanies, jerseys, booties and mittens for the babies in South Auckland.

As winter strikes Kidz First Children's Hospital at Middlemore is increasingly busy with sick babies and toddlers. Severe respiratory illnesses are the main causes for admissions, which can be addressed by keeping babies warmer. About 30 per cent of the babies and children admitted to Kidz First live in homes with no heating at all.

They hope to supply a lovely array of goodies for these wee tots and if anybody is interested in helping, give Cheryle a call or email her and she will be happy to get you on board.

For those of you who have the odd ball of wool lying around the house, we would love to take it off your hands. Generally we will use 8ply, but we have numerous patterns and if it can't be used for the babies, we have a lovely pattern for chemo beanies for adults, that as you can imagine would be welcomed also.

Figuratively hold them in your hand within your heart as you would a tiny bird

Speak your truth gently and with compassion

The wonderful thing about this type and level of communication is that it also promotes more flow into our lives as we are naturally more open and this allows the energy to flow in us, around us and for us. We end up living from our heart, totally devoid of fear. We no longer feel at the mercy of circumstances (which interestingly enough tend to change to ones of more support anyway!) because we are totally connected to our heart. The pushing and striving changes to one of knowing – knowing you are totally supported, knowing that your needs will be met and that you no longer have to push to make things happen. For those of you wanting to manifest – it happens with no effort and pretty much instantaneously.

Go well and enjoy the deeper level of connection – it is truly miraculous.



This Month's Essence Profile:



Pink Tourmaline (large)

I gift you union. This remedy helps us to dissolve the barriers we erect between ourselves. Opens our heart to others. Surrounds your aura in pink - the Dove of Peace. Use to enter into a greater unconditional love state.

Great to use when all other avenues have been exhausted in trying to get on with people. This allows your souls to connect, without interference from the ego and mind. Use in situations where you want a deeper level of connection.

You could also combine Pink Tourmaline (large) with the following:

1: Chalcedony - Gift of Rhythm. This remedy helps us slow down and hear our own rhythm. Helps us determine what rhythm is best for us. Helps us to rest and not feel guilty about it. Can be used when feeling overwhelmed and pressured by life. Helps us get back to the basics - the fundamentals of happiness. Not about taking time out, about finding the right pace of us and ours and implementing it.

2: NZ Optical Quartz - The Gift of Divine Presence. This remedy helps us light the fire or spark within - the spark of Divine (or God, Buddha etc) that we are. Used when moving to a more 'real' way of being - allows us to touch our soul and light the spark. Can also strengthen the flame.

To order any of these individually or if you would like me to make a personalised combination please [email me](#) including any details on what you would like to achieve or issues you would like to resolve.

Words of Wisdom

Deep within
the joy glows

As we observe
this glow warms and heals us

The shards of our heart
reflecting this light and warmth

Offering rainbows of joy to the world

from my unpublished book The Crimson Cloak

Thanks heaps,

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Creating Sacredness

One of the things that is working really well for me at the moment is to mentally say a blessing every time I touch or come into contact with something. For example we have been blessed many times with things people have donated to us so every time I use the washing machine I thank or bless the person who gave it to us. When I fold the washing I bless the family member to whom it belongs or I may give thanks for having hot running water to wash my dishes in. I am sure you get the idea. For me the blessing often takes the form of golden light surrounding people or deep gratitude. It certainly takes the edge of those mundane chores. Enjoy!

UPCOMING EVENTS JUNE

Greenhithe Angelite New Age Fair - Sunday 26th June 10.00am - 3.00pm

Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

Come and browse the stalls - crystals, my remedies!, new age books, healers, readers, natural products and more.

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