



BodyMind Balance

restoring wisdom, sacredness, joy & balance
to mind, body & spirit

August 2011

Welcome to August's newsletter. August is the last month of winter for us here in the southern hemisphere, so naturally there is a general lightening occurring which is noticeable in the lengthening of the days. With the Maori new year beginning at the end of July, it really reinforces the feeling of new beginnings around the corner. This month's focus is the Divine Feminine - this being the common theme for clients recently and I believe this is the new way of being that we need to embody for the global change that needs to occur. The old patriarchal power based systems are crashing down around us - financial (US, Europe), societal (Syria etc) and the riots in England. In Friday's herald, Jim Hopkins article (A13) opened with the statement, 'London's violence shows time's up for the old ideas, and we need to change the prescription.' He asks us to think again. Whilst he is right about things needing to change, I believe it's not that we need to think differently, we need to stop thinking so much and operate from our heart and our compassion. The sooner we move to a more heart-based way of being the better. The Divine Feminine can require us to redefine our interpretation of the feminine and power - see below for some help with this or check out this month's essence.

Also included in this month's newsletter are:

- [Striated Jasper](#) - this month's essence
- [Food for Thought](#) - a seemingly simple answer to suicide and bullying?
- [Marathon Fundraising](#) - here are two great opportunities and women to support

Food for Thought

In the space of a week, several people told me of a number of unrelated suicides - two were teenagers. It got me wondering why our children are in so much pain and what could we do about it. I read once (and I can't remember where) the way to solve the violence and non-caring in our society is to teach our children to look after those who are smaller than them. Such simplicity and yet imagine if this happened. We would all be cared for, looked after and supported. No more bullying and potentially less suicides.

Furthermore, at the risk of sounding like Patricia Bartlett (and if you know who she is, you are showing your age or mine!), as a parent, I am appalled at the quality, or should I say lack of quality, of relationship modelling across all media. If you close your eyes and listen to supposedly children's programmes or cartoons, you wouldn't hear compassion, respect or peace in the voices of the characters. Try it, listen to the tone initially and then the words. I suggest you will be shocked. Is it any wonder that our children don't know how to be kind to one another if they are continually being fed and exposed to disparaging, sarcastic and denigrating examples. Make no mistake, everything we are exposed to impacts upon us. What are you ingesting or allowing others around you to ingest?

Maybe worth thinking about?

The Divine Feminine - redefining Power

For many eons to be powerful has been synonymous with domination. The time has come for this to change. This is the age of co-operation, where the solutions are found by working together for the betterment of all. No longer can we plunder the earth's resources wantonly and no longer can we live in our minds and our egos. We must move to our hearts. Stuart Wilde talks about 'going one foot down from our heads and four feet out to the person in front of us' to move to heart centred way of living.

What is the Divine Feminine? I can only tell you what my own experience of this is - you must find your own. But I trust that I can provide some sign posts for you.

To touch the Divine Feminine, you may first need to redefine your belief and experience of power. As I said, for many eons power has been synonymous with domination and control. Yet true power is not dominating - it is quiet, strong, compassionate, courageous and enduring. For me the maori word of mana gives a sense of this true power. Perhaps you can think of someone who has mana, or maybe someone who has a quiet inner strength about them. These people have no need to exert their power or force, they emanate it. They are wise and just, above the dramas that play out around them. Their strength is not a hard armoured rigid shell - instead it is a way of being. The true test of power is having it and not using it.

There are for me core values associated with Divine Power and the Divine Feminine - integrity, honour, respect, compassion and courage. I know that when I embody these qualities or values I feel the Divine Feminine within me. I am lighter, stronger and I uphold the integrity of my energy field. I feel like I am shining light and love upon all and everything I come into contact with.

So what is your belief or definition around power? What about feminine power? Feminine Power is not about being powerful in a masculine way as a female. The Divine Feminine is Mother Earth, Gaia and is within us all. I was reading some of Soluntra kings' website and loved the connection she made that Heart is an anagram of Earth. One and the same!

Two Marathon Efforts worth supporting

It must be in the air - I have a great friend running the New York marathon in November and a sister running Auckland in November and both are fundraising for worthy causes.

Janelle is supporting CatWalk Spinal Cord Injury Trust which aims to find a cure for spinal cord injuries. This charity has a real resonance for Janelle as her 2nd eldest Jemma sustained a spinal cord injury as a pre-schooler resulting in Jemma being in a wheelchair. She is now in her mid twenties with two girls of her own.

Janelle ([check out her brief bio here](#)) is holding a fabulous **Reinvent Yourself Girls Night on September 8th** as a **fundraiser** for CatWalk. There will be some fashion, fun, make-overs all for \$20 plus the opportunity to bid on some great goodies with all proceeds going to CatWalk. If you are interested in attending check out the details on her [website](#). I will be there as part of the welcoming committee so hope to see you there for some fun and inspiration. And if you can't get there on the evening and still wish to sponsor Janelle, here is her sponsorship link: www.fundraiseonline.co.nz/JanelleFltecher

My sister Nikki is supporting the Heart Foundation. Our sister's partner and Nikki's brother-in-law died at 37 from a heart attack so again a cause close to her heart. Her link for sponsorship is:

<http://www.heartracer.org.nz/NikkiWilbur-Smith/>

Have a little faith

Mitch Albom's book 'Have a Little Faith' is a great read on the choices we can make in life. He is a fabulous writer who perfectly intertwines two seemingly unrelated lives to show how we are all one. The two main characters in his book also touch on the impact of or lack of sacred communities - a reality sorely lacking in today's society. The Rabbi he writes about says at one point: 'Vengeance rises, tolerance is mocked'. How true for us today - we are often so based in our ego that we are prepared to fight or to stand our ground at all costs. Working with the Divine Feminine allows us to have less opinions about things, to be more neutral, to allow others to walk their path without interference or judgment from us. A great question to ask is: If I didn't have an opinion about this, what would I do, say, respond?

This book is a great easy read - I highly recommended it and his earlier book - Tuesdays with Morrie. Have your tissues on hand.

How do you redefine Power so you can touch the Divine Feminine?

- Ask yourself what does power mean to you?
- What is your definition of power?
- What has been your experience of power to date?
- What does feminine mean for you?

Do not be fooled into thinking that Feminine power is weak or frail. When we touch and embody the Divine Feminine we possess a strength that is uncompromising and strong, it allows us to speak our truth clearly and quietly, to walk lightly upon this earth with integrity, strength and wisdom - to be a way shower. It is holding strong in your power, not being affected by what others think of you, allowing others to be in their space - creating space for them to grow. You honour yourself and by this honour those around you.

To connect to the Divine Feminine we need to go deep within and then open wide. The following tips can help with this connection:

- Honour yourself - gift yourself enough rest, regular exercise, nourishing food and affirming thoughts and words. Be present to your needs
- Define what values or qualities you associate with the Divine Feminine and then embody them. Affirmations, breathing in of qualities and visualisations are helpful. Perhaps use the values or affirmation as your passwords.
- Refrain from always having to put your opinion across. Questioning whether your opinion or point of view is valid or needs to be aired is always good! (I love this exercise, I am quietly amused at how much I need to put my two bits in!)
- Speak your truth from a place of calm and compassion in a gentle, non-judgemental or blaming way
- Connect to people by silently asking what they need or what are they really trying to say. Saying less is a great way to allow others to feel heard.

The Divine Feminine is the 'New Way' and her time has come. Allow her into your life and watch the miracles unfold for yourself and Mother Earth.

Go well



PS - To lift the mood a bit, be the first to reply with who Patrica Bartlett was and get a free personalised Soul Heart Essence remedy for yourself or someone else!

NEW! IntoLight EMag

There is a new Emag publishing its first issue on the 1st September. It is anticipated that this will have loads of stories, articles, events calendar, book reviews and more. I have an article in the first issue and intend to be have regular column on my Crystal Essences. I will flick through the link once it is online.

This Month's Essence Profile:



Striated Jasper - This is my Divine Feminine remedy. It helps us not get caught up in the emotional mires and webs - gives us emotional distance. It is strong, earthy and grounding and energises. Useful for female rights of passage and connecting to the eternal feminine power. It can also help us mother ourselves and heal emotions of abandonment. This remedy is also helpful when we give of ourselves to others as it allows us to still hold our energy so the giving is not at the detriment of ourselves and our energy. Some other remedies to help seed in true strength and power and increase the connection to Gaia would be:

1: **Khamballah Jasper** - Gift of Presence. This remedy helps us see and walk the way but also be the wayshower for others. Releases pride - softens the way, softens us. Helps us step into our power and step up to the mark. Helps us don the mantle and see the tasks ahead and do them. Can also release stubbornness. Can help the soul to fulfill its contract - supports us stepping 'into the jungle' despite the predators.

2: **British Columbian Jade** - Nourishes us at a heart level so we become indstructible. Helps us heal the past and the future. Helps us stand strong like a Kauri. Resonates with eternal time, the very ancient.

3: **Pounamu** - The Gift of Resonance to Ancient Wisdom. I gift you connection to Papatuanuku. See the misty paths of the acient ones. Tread the paths of the wise ones. Brings in sacredness - we are all one. Become the warrior, walk your talk. Walk lightly upon the earth, but not act lightly or be irreverent. Use when wanting to really walk your talk, to stand with mana. This is like the cloak of attainment.

To order any of these individually please [click here](#) and scroll down the page and select the remedy or if you would like this specific Divine Feminine combination please [email me](#) (Cost: \$20 + P&P)

Or alternatively if there is something else you would like me to make a personalised combination for please [email me](#) including any details on what you would like to achieve or issues you would like to resolve. (Cost: \$30 + P&P)

Words of Wisdom

'See with your heart and listen with your soul'

Collette Baron-Reid

Wisdom of Avalon Oracle Cards - The Swan

UPCOMING EVENTS AUGUST

Kumeu Country Market - Sunday 21st August 2011, 10.00am - 2.00pm. This market has it all, food, products, produce and me! At Kumeu Showgrounds, Access Rd, Kumeu.

The Greenhithe Fair will NOT be on August or September. I will keep you up to date as I am notified.

BodyMind Balance Ltd

Ph: (09) 412-7234

deb@bodymindbalance.co.nz

www.bodymindbalance.co.nz

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