



BodyMind Balance

restoring balance to mind, body & soul

October 2010

Welcome to October's newsletter. With the last of the school holidays complete, this time of the year gets me thinking about the end of the year and all that that means. My holiday reading was a highly recommended book - mindful YOGA mindful LIFE (see details below left) and this prompted me to consider whether my focus on the future was the best way to live. The buddhist tradition tells us that we are the creators of our own suffering and that if we cultivate the ability to be content and happy in the moment we end the suffering. The only constant is change, everything is impermanent so if we constantly focus on attachment to these impermanent things we create suffering! Simple huh? In this month's newsletter I discuss contentment and provide some more relationship food for thought on how we hold on to hurts and emotions. I trust there is something for you in here.

- **Does being Content mean settling for Second Best?**
- **Some more relationship 'food for thought'**

Food for Thought

Prior to embarking on our holiday, my husband and I had a heated argument complete with raised voices and swearing. I continued to stew over what this meant, ruminating and going through all the possible scenarios, future conversations etc. The interesting thing I observed were the differing comments made to my mother-in-law the prior to heading out the door. My husbands comment was "Well we've just had an argument so good to leave that behind". Mine was: "A great way to set the scene". Who do you think treads through life with less baggage?

It really gave me a great insight into how we have the opportunity in every moment to see it (eg an argument or comment) for what it is - an outlet of pressure and frustration in that moment. We can leave the moment (the past) behind, or carry it with all the other past experiences as a burden on our shoulders, further impacting our states of happiness or beliefs about our selves and our lives.

Needless to say, I am learning to let things be just in the moment!

The book mindful YOGA, mindful LIFE by Charlotte Bell is a great read on the essence of living mindfully in the moment. It provides some great insight into the philosophy that is yoga and the seamless blending of this with Buddhism.

Warning - makes you want to live a much simpler life!

Does being Contentment mean settling for Second Best?

One of my edicts is that if you are not happy with what you have then why would you be happy with anything more?

How often do we think that we will be happier when we have a better relationship, or a relationship, more money, more time, better health? But all this focus is essentially a spotlight on what we don't have and prevents us from appreciating what we do have.

What if this was all there was? What if nothing changed - how would this be? How would it affect you?

A clue - if this sends you into despair then you may be creating your own misery with an emotional investment in what you do not have rather than being grateful for what you do have. But does this mean that we have to be happy 'with our lot'?

I say no, there is nothing wrong with wanting more out of life, our relationships, our work etc but if we are constantly wanting, where does that leave us?

I believe that the key to creating more of something in your life is letting go of the emotional investment in it (this is what the buddhists mean when they talk of non-attachment) and appreciating or being grateful for what you do have.

The following exercise will give you a tangible experience of gratefulness:

Think of something you can be grateful for in your life eg great friends, a loving and caring partner or family, a roof over your head, food in your tummy, your or your family's health. Now put your attention on your body - how does it feel? Do you have a small smile on your lips and your eyes? How is your breathing?

Now - think of something that you would like to manifest in your life - something you strongly desire (or it can be something you don't want to lose). Now, put your attention on your body - what has changed? Does your body feel open and welcoming? What has happened to your face? How about your breath?

New Combination Essences now available!

I have created three combination essences to help with three of the most common issues clients present with:

Brave Heart - for courage and bravery. Perhaps you are taking the first step towards something new, public speaking or just being challenged to be strong in your life. These are the drops for you.

Sunny Days - for helping us have more joy and happiness in our lives. These are great drops for when you have Monday morning blues even on a Wednesday and the skies seem grey.

Calm Body, Peaceful Mind - for helping with reducing and coping with stress. Great when you observe you are holding your breath, the mind won't stop and the body needs a rest.

To order, please [email me](#), phone 412-7234 or [click this website link](#).

When we feel abundant and grateful in our lives - we are more open on all levels and this allows the flow of abundance and joy into our lives. We don't have to work for it, it just happens. It is like the gate is open and the welcome mat out.

Say you are looking to get a better position at work - you get clear about the details and take action to achieve this, eg upskill, approach your boss, apply for that position. But, while doing this, reflect on the new job (or house, car, partner) and observe whether having this greatly influences your state of mind. Do you have a lot of energy or emotion invested in this coming into your life? Sometimes we can 'hang our hat' on things coming into our lives but this robs our self esteem and personal power. In reality we are complete with or without the object of desire. An 'Attitude of Gratitude' (the modern take on the ancient traditions and great scholarly works) allows us to know this. Gratitude is the key that opens the doors to a life of abundance and happiness.

Now why not try it for a day? List 12 (or more) things you can be grateful for and express your gratitude hourly or every half hour. See what happens. And of course, then make this a habit for every day! So does being grateful mean settling for second best? Absolutely not. What it does mean, is that we are open to having more of the 'good stuff' in our lives. It also helps us remain internally happy rather than be at the mercy of external or outside situations and influences.

I thought I would finish with some words for reflection from the Prophet by Kahlil Gibran on possessions and giving:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over-prudent dog burying bones in the trackless sand as he follows the pilgrims to the hold city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much which they have - they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

Have fun being grateful and enjoy the smiles that go with it. Go well!



JOY
is not in things
it is in us
Richard Wagner

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