



BodyMind Balance

restoring balance to mind, body & soul

July 2011

Welcome to winter - the season of reflection, rest and internal focus. Winter is the time when nature takes a break and has a breather. Everything in nature slows at this time of the year - but do you? The nights are longer with the darkness arriving earlier but do you go to bed earlier? Living in rhythm with the earth and her seasons, we have a natural balance between activity and rest, receptivity and action. Like nature we also have a rhythm - our own rhythm that just perfect for us. When we tune into and live in accordance with this rhythm, we find that life flows more easily, we have more energy, calmness and ease. See [Finding your own Rhythm](#) for some insight and look to this month's essence - [Chalcedony](#) to further support you.

And I am asking your help this month - be in to win one of three consultations (1hr massage or energy balance) as a thank you for helping me update my business card.

Included in this month's newsletter are:

[Finding your own Rhythm](#)

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

[Food for Thought](#) - some little tidbits to get you thinking

[Help! and be in to win](#) - help me revamp my business card and win an hour consultation of your choice

Food for Thought

I am reading Bruce Lipton's book - 'The Biology of Belief' at the moment. Having seen him speak a few years ago and been inspired it's great to be reminded again how much our reality is determined by our environment - our thoughts, beliefs, words and actions. He states that 'positive thoughts have a profound effect on behaviour and genes but only when they are in harmony with subconscious programming'.

The beauty of this is that most energy-based modalities support reprogramming of the subconscious by re-structuring the energy fields which hold the conscious and sub-conscious patterning. He also says: **'Biological behaviour can be controlled by invisible forces, including thought**, as well as it can be controlled by physical molecules such as penicillin - a fact that provides the scientific underpinning for pharmaceutical free energy medicine'.

Another good reason to have awareness around what we think.

Finding your own Rhythm

With the speed that most of us live at, we are often so busy doing that we rarely stop to breathe. Yet we all have a natural rhythm of rest and activity that when tuned into enables us to move into the flow and into more ease.

But do you know your rhythm? It is easy to find, but, not surprisingly, you have to slow down and listen.

Winter is the perfect time to do this as it is the equivalent of the year's night time - a time of rest and recuperation. But in today's modern world of high activity followed by more of the same, rarely do we stop or even pause. We pack our days (and nights) full and continue at a frantic pace until we literally fall into our beds.

When did you last reflect on whether you are operating at the speed you want to?

Of course, you might ask - why would I bother? I am happy travelling at pace. Continually operating at full speed, pushing past and through our natural instincts to rest and relax leads to collapse in the end - physically, mentally or emotionally. Much better to work with your rhythm and avoid the collapse.

Your rhythm is a bit like the pace at which you dance through life. Some of us are more comfortable doing the boogey, while others prefer the salsa, the waltz or maybe some hip hop. The importance is finding out what yours is, someone else's is not yours. When we are operating in synch with our own natural rhythm we find that we have more to give others as we naturally work with higher energies when we need it and give ourselves the opportunity to recharge or recuperate when needed. This gives us more stamina, creative power and peace.

There is an underlying societal judgement that if you are not doing anything you are lazy, not fulfilling your potential, lucky, fringe, odd etc etc. This mass consciousness belief robs us of our soul and definitely does not nurture or support us. Absolutely strive for goals if desired, but work with your rhythm. This will ensure that you have the energy you need to get you all the way to your goal as well as ensure that you are not compromising your soul on the way.

So how do you establish what your rhythm is?

- Simply stop
- Then breathe - focusing on your breath coming in and going out for three to five breaths
- Then ask what do I want to do right now? And **pay attention**

The trick now is to hear **the first thing** that comes to mind and act on that!

BE IN TO WIN!

Yes I need your help! I am in the process of updating my business card and rather than spending hours (as I have been known to do in the past) trying to get the right words and message across I thought I would enlist your assistance. It shouldn't take more than 10mins and in appreciation, every returned questionnaire goes in the draw to win one of three consultations - your choice of massage or energy balance/healing. Simply [click here for the questionnaire](#), fill out and return by email before **29th July** and be in the draw. Look forward to getting your responses! PS They are transferrable

Thanks for your response

Thanks to those who responded to the opportunity last month to assist Olwyn with her clinicals. I am certain that you will find it hugely beneficial. Olwyn is a great communicator and passionate about empowering others in their journey towards health.

Price increase

I have increased the price of the Soul Heart personalised combinations to \$30 + P&P. In-consultation remedies remain at \$20.

Re-inforcing and rewarding positive service

Whilst having dinner tonight at my sister's the topic of customer service came up. While it is easy to get discouraged about how rife bad service is, how often do we make an effort to contact a company to commend one of their staff on the quality of service they provided? It is often easier to complain rather than reinforcing the shining light of great customer service. While this may seem trivial, it is a great parallel of how we often live. We have a choice of walking the path of negative reinforcement or the path of positive reinforcement. Make the choice - and it won't hurt the customer service employee either!

Depending upon what the answer is, it may be quite a challenge. But it is only when we ask our own inner wisdom that we will be able to tune into our rhythm. Working with this rhythm gives us the ability and permission to rest when needed so our body no longer needs to get sick for us to rest or relax. Or it might be permission to say no! Whatever your rhythm is, connecting to it and acting with it enables you to stay in your power whatever is happening around you.

In addition anything that helps you to connect with your body is also beneficial for connecting to your rhythm. This could include yoga, strolling in or spending time in nature or perhaps just sitting on your porch in the sunshine with a cuppa. These activities allow the rhythm of Mother Earth to seep into your soul.

To finish I would like to share these words from Stuart Wilde, from his book 'The Art of Redemption':

*Life requires us to be brave
Nurturing yourself, resting,
and being calm and in control
develops security and personal strength.*

Let us go and give ourselves permission to rest and reside in the wisdom of our spirit - the rhythm of our soul. This gifts us courage, strength and the upholding of the integrity of our soul.

Go well dancing your dance through life.

This Month's Essence Profile:



Chalcedony - the Gift of Rhythm

This remedy helps you slow down and hear your own rhythm. Useful when feeling overwhelmed and pressured by life. Helps you determine what rhythm is best for you. It assists you to find the right pace for your and yours, and implementing it. It can also help you to rest and not feel guilty about it. Can be used in family situations as a spray to allow more space and time for family connectness.

This month talking of rhythm, slowing down, connecting to our body and dancing our own dance, I would recommend combining Chalcedony with the following:

- 1: **Pink Aragonite** - Gift of Relaxation. This remedy helps us relax and let go. Useful when feeling overstretched energetically. Helps us connect to energy levels and strengthen the body connection.
- 2: **Apopholyte & Stillbrite** - I gift you ease of life. Helps us rest and become ready to move back into the world. Useful for those who 'can't' take a break and feel overwhelmed. Brings an ease around things. Also useful when feeling have too much to do and not enough time - when we are time and amount pressured.
- 3: **Apopholyte** - The Gift of Lightness. Helps us dance the dance of life, rather than stomp through. Useful when wanting to be more light-hearted and not take self and life so seriously.

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 Rhythm 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

We must stop destroying our body and soul for the idea of happiness in the future.

*We have to learn to live happily in the present moment,
to touch the peace and joy that are available now.*

*Thich Nhat Hanh
from Touching Peace*

NO UPCOMING EVENTS JULY - it is a time for rest after all :)

The Greenhithe Fair is NOT on this month and may not be on for August. I will keep you up to date as I am notified.

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