



BodyMind Balance

restoring balance to mind, body & soul

November 2010

Sunny Greetings to you all on this beautiful day with warm sunny skies. It's always amazing how a bit of sun can make one feel more positive and optimistic. The activity levels rise and plans and projects get dusted off ready for action and implementation. This month's newsletter discusses living and leading with our heads vs heart centred living - the difference between the left-brain, logical, structured (and generally more accepted) way of living and the non-rational, intuitive way of being that involves a great deal of courage and trust. I am seeing lots of challenges for people at the moment, challenges that are really rocking us to the core, (I have a great remedy to help with this), and that logically we are struggling to understand. Perhaps they are to lead us to a more heart centred, intuitive way of living rather than living blindly doing the same as everyone else - being on the same treadmill unable to get off. So before you action those plans, read Head vs Heart and check that it is what your heart and soul want to be doing! I have also included a challenging perspective for you in Food for Thought, where I challenge some of the status quo. I apologise for the length but trust there will be something in here for you to think about.

- ✦ **Head vs Heart and Soul**
- ✦ **Food for Thought - are we living upside down?**
- ✦ **Grand Opening - Kumeu Country Market, December 12th**

Food for Thought

Perhaps it is all the reading I have been doing on mindfulness of late, but I am questioning whether we live our lives back to front. We appear to spend an ordinate amount of time (and stress!) earning money so we can then enjoy the rest of our lives. What if, instead of making a living, we created a life? What if society demanded no more of us than we share our gifts and talents for the good of all? What if our measure of success was how many people we had helped or empowered rather than the obtaining material wealth?

Many years ago, I heard the following parable which I think demonstrates the essence of my reflection really well -

A marketing guru is on holiday on an island paradise and while lounging on the beach watches the native fisherman catch fish in the time honoured way. He sees this occur every day and approaches the fisherman. He suggests that he could provide a market for the lovely fresh fish if the fisherman got more boats and employed some other villagers to do the fishing for him. The marketer explained that the fisherman could build a fishing empire and then when that was at the peak of its value, he could sell it and retire.

The fisherman listened carefully to the man and his plans and asked what does retire mean?

'Oh,' replied the man, 'that's when you don't have to work, you get to sleep in if you want, sit on the beach and do whatever you wish to each day.'

Head vs Heart and Soul

How many times have you made a decision that had no logical 'back-up' or reasoning? How many times have you missed opportunities because you have overruled your gut feeling with your for and against list? For many of us, the non-logical decisions, to buy that book, phone that person, take that left turn, move city or country have been the turning points in our lives. Of course we knew deep down they were right for us but did not have the words to explain or justify.

And this is, I believe, how to tell the difference between living from our heart and soul vs being head lead. If we can spout off a dozen reasons why we should do something, (neatly ticking all the boxes) then this is more often that not our head talking or leading. The only words we can usually come up with when our heart and soul are talking is 'I don't know why, I just know that ...'

But why should we operate at what I call the heart level? Because eventually if we don't our soul starts to die and cries out in pain. When we live from the level of the soul, from our hearts, we find true fulfilment. True fulfilment can only come when we are expressing our soul. If you are an accountant but your greatest heart's desire is to paint, will being an accountant, even the **'best'** accountant ever, give you lasting fulfilment? I suggest not. Fulfilment comes when we embrace our passion and essence and share it with the world.

Following your heart does not necessarily mean that your life becomes totally smooth sailing. You may still be challenged by the humbling human experiences including pain, sorrow and disappointment but if you are following your heart, you will find the tenacity and resilience required to get up again and keep following the whispers of your soul.

Living your soul's desire may also mean you need to walk against the tide, your family, partner and friends. Society may say you are crazy, you can't do that! but they are not you and they can't hear your soul. The magic of listening to your soul and following your heart is that you inadvertently give others the courage and permission to do the same. What a gift this could be to the world - all of us following our hearts and thereby being fulfilled - what a happy place the earth would be. (See more to the left on some thoughts

'But I am already doing that' the fisherman replied.

How many of us are caught on the treadmill of attainment and haven't taken a breath to check what we want to attain or what is important to us? How do we want to bring up our children?

In the local paper the other day was a story on a new franchise that was introducing a ball skills based programme into schools and kindys to teach children hand eye co-ordination, motor skills and balance which then further supports their physical, mental and emotional growth. Apparently there is a need for this because more than 90% of 12yr olds lack basic skills in these areas. What disservice are we doing our children that they do not engage in simple childhood activities that provide these foundations.

While I don't have the answers, it just seems that we live upside down - I would love society to place higher value on heart-centred living, to value the role of care givers and to nurture our children on all levels not just academically. Perhaps we need to look at a trading system rather than a monetary one? I'm sure the council would appreciate a massage or two in return for my rates! What I do know though is that if we all blindly never question, nothing will change.

Postscript: While questioning whether I should include this column in this newsletter I heard on the news today that the boss of Westpac earned \$5.2million over the past year. YES - it did need to be included! While I don't begrudge people earning good money, I question the heart based value of that role - how many nurses or teachers would that pay for?

around challenging the current status quo).

So, how do you know that you are following your heart and listening to your soul? Try this exercise -

Let's assume you are unsure whether to take one course of action over another.

Sit quietly and put your attention on your breath, feel the in breath and the out breath. Allow the breath to find its own rhythm. Now bring to mind one of your options and observe what happens to your body. Make a note of this. Sit back quietly again and put your attention back to your breath and its easy relaxed rhythm. Allow yourself to relax and when settled, bring to mind the other option and again observe what happens to and in your body. You will probably notice one option is more resonant with your body - there will be an ease, a settled or harmonious quality, a sort of 'click' into place. The other option may cause your mind to kick into action or some nervousness, or increased charge occur or perhaps you feel a sinking feeling or heaviness. The option that has the more settled quality is that which is resonating with your heart and your soul. That is the feeling of listening to your soul.

Another sign that we are acting from the soul or heart level, is that there is no fear, there is only a knowing or certainty. When we are acting from the mind, fear is usually close by. This is because our minds like to be in charge and be busy and fear definitely keep us busy - we try to find solutions to that and that and that! Heart centred living allows us to be gently receptive to life-unfolding rather than follow the labyrinth of mind chatter.

On my heart-centred theme this month I thought I would finish with these two quotes from Mahatma Ghandi which always spur me on to be responsible for my actions and to play my part in changing the world.

Be the change you want in the world

You may never know what results come of your action, but if you do nothing there will be no result

Enjoy the lovely sunshine, listen to your heart, stand tall, play your part and go well!



PS - Looking for an easy Christmas present? Vouchers are always popular and so easy. Simply email me on deb@bodymindbalance.co.nz or phone 412-7234 And I promise next month's newsletter will be shorter!

FAIRS & MARKETS - I am next at:

Angelite New Age Fair Sunday 28th November 10.00am - 3.00pm.

Greenhithe Hall, 7 Greenhithe Rd, Greenhithe

_Kumeu Country Market Sunday 12th December 10.00am - 3.00pm

Kumeu Showgrounds, Access Rd, Kumeu

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