



BodyMind Balance

restoring balance to mind, body & soul

May 2011

Here we are in May - which not only heralds the final month of autumn for us here in New Zealand but also includes Mother's Day (earlier this month on 8th). While there is much commercialism around Mother's Day (and all the other Days!) I believe it is a good prompt for us to reflect on our relationships with our mothers, absent or present and the relationship we have with ourselves. Mothers provide us with our primary role model for love and while our relationship, or non-relationship, with our mothers can give rise to patterns or experiences that may or may not serve and support us, at some stage we need to become responsible for our own sense of wellbeing. Having true love for self and others can be the most healing action you can undertake for yourself and the world. Mother Teresa was a great inspiration for this - see Love is the Answer (taken from How to be a Woman of Influence and Mother Teresa's chapter on Love). As a mother myself I know that most mothers do the best they can and while sometimes this may fail to live up to your expectations, you always have the opportunity to hold onto that disappointment and hurt or to move beyond and heal yourself, your mother and your relationship with her. As the Beatle's said in the 60's - All you need is LOVE. You can also check out some great essences to assist with bringing more love for self and others in your life - see below for details. So despite sounding like a re-incarnation of the hippy generation I trust you find something to inspire you. Also included in this month's newsletter are:

[Love is the Answer](#)

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

[Food for Thought](#) - [meditation class](#) and [next personal development course dates](#) and details plus an apology

Food for Thought

To change the world, we must be a living embodiment of whatever it is we want.

Any parent will tell you that children learn by what we do, not what we say.
What are you doing?

If you want more kindness, be more kind, if you want to be treated with more patience or respect, treat others and yourself with respect and patience. If you want your children or partner to be gentle, be gentle to and with them.

Mother Teresa said: 'Be a living expression of God's kindness: kindness in your eyes, kindness in your smile, kindness in your warm greeting.'

What will you choose to be in the next moment? What do you wish to bring into the world?

Love is the Answer

Whilst reflecting on what to write about this month, and playing with the idea of love, a friend brought Mother Teresa to my attention specifically the chapter Mother Teresa: Love, in the book 'How to be like Women of Influence.' (Thank you Spirit!). In the book they describe her as 'the living embodiment of compassion and love'.

So how is Love the Answer? When we feel loved, we have no need to prove we are right, we do not come from a place of pain or fear and more importantly we give love out which in turn creates and grows more love. You will know people who do this and those who don't. Whose company would you choose to spend time in? But of course the point here is that if you meet those who are less loving or lovable with a loving energy this would in all probability change!

As Mother Teresa was quoted ' The biggest disease today is not leprosy or cancer or tuberculosis, but rather the feeling of being unwanted, uncared for, deserted by everybody. The greatest evil is the lack of love and charity, the terrible indifference towards one's neighbour....'

And of course with love comes its partner acceptance - if we are able to accept others for who they are and the path they are on, then our interactions are tinged with more love than if we don't. Meeting someone with love does not mean accepting abusive behaviour, it does mean having clear boundaries that are set and held with love for self and others but also allows others to walk their path in the way that they feel is right for them.

In their book on Women of Influence, Pat and Ruth Williams and Michael Mink, give the following pointers on how to be like Mother Teresa:

Do what you love

Read constantly

Accept no limitations for your life

Don't be afraid to ask for what you need (*Mother Teresa was a phenomenal fund raiser*)

Apology

Sorry to those of you who received my email auto-respond this week which I forgot to remove upon my return from Napier on Saturday.

As an aside - had a fabulous time massaging at a law conference down there.

Weather was great, nice hotel and good company. Was more like a holiday than work...What more could a woman ask for?

April Special

Many of you took advantage of April's special and it has been inspiring seeing how consecutive treatments have accelerated the results in both massage or healing.

Meditation Class

I am running a meditation class on Monday evening May 30th 7.00 - 8.30pm. The cost is \$30 and will be held at the Angelite Centre, 4 Reynella Place, Massey.

The primary focus of this one-off class is to teach you a form of meditation that releases stress at all levels. It does not involve controlling the mind, just a simple technique that is easily applied. As it supports a greater level of relaxation and peace it can promote higher levels of attunement and therefore increase the quality of other forms of meditation or spiritual connection and practice.

There will be an opportunity for a 'meditation check' a week or so later.

To book please [email me](#).

Personal Transformation Group

The next evening group starts Thursday 26th May, 7.00 - 9.00pm at Angelite Centre, 4 Reynella Place, Massey. it runs for 6wks and is \$120 (\$20 per week)
Places are limited so [book](#)

Clearly define what you want to accomplish

Set an example - *see food for thought*

Be cheerful even if you don't feel like it (*Great advice*)

Care about those in need

Learn by experience (*If you are repeatedly getting the same experience, look to see what you can change about yourself*)

Write letters - *especially important in today's world of technology.*

Don't let age slow you down

Speak from your heart

Stay humble

Simple huh? To help you on your way to expressing more love in your life, here is another quote from Mother Teresa which she said to her sisters (who needed to have a cheerful disposition to be accepted into her order):

*Let us always greet each other with a smile
for a smile is the beginning of love*

Let us go and spread our smiles and love to the world. Don't forget to smile at yourself as well!

Go well.



This Month's Essence Profile:



Amber - the Gift of Gentleness

This remedy gives you the Gift of a mother's nurturing rhythm. It envelopes you in a shawl of warmth. It gives you softness, gentleness and safety.

This month if you were wanting to move beyond pain around your relationship with your mother I would recommend combining Amber with the following:

1: **Green Fluorite** - Gift of Compassion and Clarity. This remedy helps us move out of our wounded states and those states of blame (which keep us powerless) into a more heart centred relatedness.

2: **Mookaite** - (small brown one) - The Gift of Comfort. This remedy helps us to open our hearts - which of course is the first step in healing. It gently opens the way, softly, softly.

Depending upon your need you could also look to add these:

3: **Jasper (striated)** - Helps us to mother ourselves and assist with emotions of abandonment

4: **Pink Fresh Water Pearls** - The Gift of Femininity. This lovely remedy helps us find the gentle space within, helps us connect to our femininity - the soft compassionate part that accepts all as it is with no blame or judgement.

To order any of these individually please [click here](#) and scroll down the page and select the remedy 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

I would like more people to give their hands to serve
and their hearts to love -

to recognise the poor in their own homes, towns, countries
and to reach out to them in love and compassion,
giving where it is most needed,
and share the joy of loving with everyone.

Mother Teresa from how to be like Women of Influence

[your place now](#)

This is a great way to spend an evening of self exploration in a supportive environment - you learn about yourself, how to live spiritually in today's world, be more of who you are as well as some easy tools to cope with life with more ease. You will gain confidence, improve your relationship with yourself and others and find more joy in life. You may even change your life!
If you would prefer a daytime option, please [email me](#).

UPCOMING EVENTS MAY

Greenhithe Angelite New Age Fair - Sunday 22nd May 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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