



BodyMind Balance

restoring balance to mind, body & soul

December 2010

Wow, what a year it has been - many of us have been rocked to the core by financial, physical and emotional challenges. On a more inclusive scale in NZ we have had Christchurch being rocked by earthquakes - the biggest at 7.4 thankfully with no loss of life, (Friday last week Waipukarau had a 3.5 shake), the Pike River Mine tragedy, and globally huge floods and snow. Often when tragedies occur we struggle to find a reason or understand the 'fairness' of it. While I do not intend to minimise any impact on those affected, what I do find is that these occurrences often touch our soul and prompt our compassion. Is this not a gift for us - to stop for a moment and appreciate what we do have and have compassion for those who may not? We stop in our busy lives and ask "how can I help?" Compassion is not to be confused with pity. Pity keeps people in their pain, compassion allows not only the pain to be felt but also the support and love of others. Pity keeps people in the space of victim, rather than in the freedom of being the hero in their own story. Compassion allows us to be with someone in their pain but allows them to find their own answers and strength within. It allows us to support but not rescue. [Forgiveness](#) below has a great real life NZ example of this.

Despite my best intentions, this month's newsletter is another lengthy one. But I am excited about the extra bits! One of these being the inclusion of a monthly profile of one of my Soul Heart Crystal Essences. This month I have decided to profile two - [Blue Sapphire](#) - fabulous for any allergy irritations particularly for the eyes and my 'Forgiveness or Compassion Essence' - [Rhodonite](#) seeing as this is the theme for this month. Also included in the newsletter this month is:

- [Never say Never](#) - a personal lesson in pride, guilt and acceptance
- [Food for Thought](#) - The Four Agreements by Don Miguel Ruiz
- [Some Exciting Events Happening Next Year](#) - [diarise and book now!](#)

Food for Thought

The Book 'The Four Agreements' by Don Miguel Ruiz provides four 'simple' guides to living a life of personal freedom.

Be impeccable with your Word.

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Forgiveness - the Key to Freedom and being the Hero in our own Story

When we are struck by tragedy or feel we have been wronged by someone or something, our first reaction generally is to want to respond in kind - to inflict pain or hurt. While this may be a natural instinctive reaction, in the long term it does not enable us to move forward. Hatred, anger, blame and rage keep us caught in a trap. We remain energetically tied to the person, situation or circumstance.

When people say how can you possibly forgive for?, they are assuming that to forgive means to condone or excuse and accept the behaviour of the person or

Don't make assumptions

Find the courage to ask questions & to express what you really want.

Communicate with others as clearly as you can to avoid misunderstandings, sadness & drama. With just this one agreement, you can completely transform your life.

Always do your best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstances, simply do your best, and you will avoid self-judgement, self-abuse, & regret.

These four principles are a great foundation from which to live your life. I would love to hear how your changes as a result.

The Four Agreements by Don Miguel Ruiz, Amber-Allen Publishing (Nov 1997).

Never say Never

"Surgery is not an option I would consider" - Those words echoed in my head as I literally crawled to the phone to put a call in to the doctor - "I'd like to come in and discuss surgery options with you please".

Funny how when we say never, circumstances conspire to make us retract those statements. For me, my body which has always met whatever challenge I decided to throw at it despite not always treating it with the care that it deserves, has provided me with a great lesson in pride (always the last to fall!).

persons. Forgiveness does not mean you are saying their behaviour was acceptable, it means you are willing to move on with your own life. It means that you are willing to be responsible for how the rest of your life turns out despite what has happened.

A perfect example of the power of compassion and forgiveness is that of Emma Woods - the mother of 4yr old Nayan who was killed by a teenage boy, who was voted Herald's New Zealander of the Year 2010. If you haven't read it, go online and do so - what a woman and what a role model for us all! Her story is one of inspiration and gives me hope. How different the world would be we all responded in this way to the tragedies, heart break, pain and hurt in our lives. Her ability to forgive the perpetrator of her son's death speaks volumes of this woman but also of the power of forgiveness. I believe our job is to model the behaviour we want in the world whether this is for our children, our extended family or our community or perhaps even world peace. Forgiveness goes a long way towards this. I will leave you with an excerpt from my book - The Crimson Cloak, to ponder.

If we knew that everytime we touch something

*we give it purpose,
meaning,
love,
compassion,
a sense of belonging...*

how would we speak?

how would we listen?

guilt - why have I not been able to resolve this myself? and acceptance - sometimes there is a bigger plan at play that doesn't revolve around little old me - I only need to play my part. So it was after much reflection and connecting to the wisdom of my body, I came to the conclusion that to be in the space I need to be in energetically for next year, surgery was the option. So surgery is booked for mid January and I am looking forward to meeting the New Year with gusto. Sometimes we just need to eat our words! (This is also the reason it has been quiet on the training update front, but looking forward to changing things around next year).

how would we encourage?

I am aware that this month's newsletter is a bit sombre but I believe we need to be aware of the part we play in creating the world we live in. What are our actions contributing to? It is my belief that Christmas (whether we are religious or not) should herald a time of peace and compassion for all. A time when we put aside our pain and celebrate the diversity and joy that being alive can bring. It is a time for honouring family and friends and spending time with those that uplift us whilst enjoying our fabulous NZ summer! On a lighter note, there are some fabulous events coming up next year so check out the details below.

Wishing you lots of love and laughter this Christmas and much success and fun for 2011.

Go well.



PS - Juicer free to a good home!

Are you looking for a juicer? I have a nearly new Cascade brand of juicer looking for a new home. It has only been used a few times and is in excellent condition. A blend of beetroot, carrot, ginger and apple in the morning is scrummy. If you are interested or know of anyone who might be, it is available for pick-up from my home. Thanks to Brigid for her kindness.

This Month's Essence Profiles:

Blue Sapphire

This remedy helps with any 'hotness' in the body and has a particularly affinity for the eyes. Clients have found it highly effective for itchy and irritated eyes especially with the current high levels of pollen and other irritants

around. One client just loves how it works instantaneously and even used it to help soothe her skin after having her bikini line done.

Blue Sapphire also helps with determination so great to use in times of self-doubt. It promotes an inner knowing so you can easily see and know that you are on your path. Use when unsure especially as it relates to business, vocation or spiritual path. As Blue Sapphire cools heat, this remedy is also good for cooling hot emotions such as frustration and anger.

Rhodonite - Forgiveness Essence; The Gift of Compassion

This essence helps soothe the heart and release pain as well as the attachment to pain - what Carolyn Myss calls our woundology. Being the forgiveness stone it helps free us from emotional bondage, it frees the emotional ties so we can relate in an adult heart-centred way.

It promotes unconditional love - where there are no expectations placed upon others or ourselves. It lets love flow in.

Use when wanting to bring forgiveness to a situation or relationship and move into a more heart centred way of being. It promotes smoothness in our lives and our relationships.

To order either of these please [click here](#) or [email me](#)

UPCOMING EVENTS NEXT YEAR

Debbie speaking at Whispered Secrets Yoga Studio

Saturday 19th February 2011, 1.00pm - 3.00pm. Whispered Secrets Yoga Studio,

247 State Highway 17, Albany Village. \$20

I will introducing my essences and promoting a chakra workshop.

Soul Heart Retreat - Rest, Rejuvenate & Reconnect

17th - 20th March 2011, Bella Rakha Retreat Centre, 581 West Coast Rd, Oratia. I am thrilled to offer you an opportunity to recharge your batteries, to breathe and be nourished. Make 2011 the year you start as you mean to go on - nourishing and nurturing yourself so you have more to give everyone else. \$480.00

Numbers limited and bookings essential. [Click here](#) for more details and to book.

Into the Limelight - An afternoon of creative talent and speakers coming together and shining to help you gain confidence, commitment and courage to step into your brilliance. I am one of the promoters here and am looking forward to a fabulous, entertaining and inspiring afternoon run by my great friend [Janelle Fletcher](#).

Sunday 6th March 2011 Ray Freedman Arts Centre, Epsom Girls Grammar For more details [click here](#).

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