



BodyMind Balance

restoring balance to mind, body & soul

February 2011

Hasn't the year started off with a hiss and a roar as they say? We all seem to have hit the ground running - I know people who have already moved house, have new job opportunities on the horizon and have their 2011 plans already well underway. I believe this is just an indication of how this year is going to be for us all. When life becomes busy, it is very easy to let our self-care routines slip and move more into a head way of operating rather than heart and wonder where that relaxed holiday feeling went. So this month's focus is all about supporting you to hold onto those routines and maintaining your equilibrium even when life is hurtling along at speed. I have lots to offer to support you in this including my [Personal Transformation Group](#) starting Monday evening 7th March - explore and discover how you can meet life with contentment no matter what is happening and be the hero in your own life. **Unfoldment - The Art of Allowing** - below, has some great tips on how to allow life to unfold, without the pushing and striving to make things happen and yet still have success and abundance in your life. And if you haven't done so already, check out my [Soul Heart Retreat](#) - this fabulous weekend will provide you with lots of tools to help you stay balanced no matter how busy you get. There has been lots of interest so don't delay in booking your space. Continuing with the unfoldment theme this month's essence is Ruby in Zoisite which gives the Gift of Unfoldment. And this month sees me at lots of markets - check out [Upcoming Events](#) for details. Enjoy!

- [Unfoldment - The Art of Allowing](#) - **Why stillness is the best gift we can give ourselves and our families**
- [Ruby in Zoisite](#) - **This months essence profile**
- [Food for Thought](#) - some little tidbits that I would like to promote
- [Soul Heart Retreat](#) - **make the commitment to yourself now!**

Food for Thought

Give Blood!

Having had to use the blood bank service myself in December last year I would encourage anyone who is able to donate blood to do so. Something I know I will be doing - it is a valuable and life-saving service.

Midwifery Services

Looking for a midwife?
Fiona Kerton is a newly graduated midwife friend based in Kumeu who as a mother of three and a registered nurse has a great breadth of experience. She is an independant midwife and supports women across West Auckland from week 12 of their pregnancy. Her contact number is: (021) 0735-721

Soul Heart Retreat

This is going to be a fabulous experience - just perfect for those who wonder why it feels like they haven't had a holiday despite holidays just finishing or perhaps for those of you who haven't had a true break for years.

Unfoldment - the Art of Allowing

What if life had a holiday feeling all year round - that relaxed way of being where we wake each day totally okay with whatever happens? This can be a reality - when we allow life to unfold rather than pushing and controlling, we experience more joy simply because we have less attachment to the outcome so there is less disappointment or sense of failure if things don't turn out as planned.

However there is an art to allowing life to unfold, it requires a shift in perception and change of attitude. A move towards more 'being' rather than doing. It is not about working out the how, it is more about focusing on the why - making sure that our intention comes from the soul or intuition rather than the mind and then allowing enough space to allow the manifestation of that intention.

You may have had an experience of this yourself many times and not realised the significance or ease with which it occurred. Let me give you an example that occurred for me a few weeks ago -

I had friend coming to stay after a fabulous overseas holiday when another friend from out of town, whom I hadn't seen for a couple of years, phoned to say she was up in Auckland and would like to pop round the same day. Ideally I would like to have been present to each of them individually and thought of phoning my friend back suggesting she come the day after but then decided to leave it as it was trusting that it would be fine whatever happens. And then wouldn't you know - my out of town friend calls to say that her plans have changed and could she come the day after instead. Absolutely perfect and all done with no organisation on my part - simply an intention and then letting go and trusting.

So how do we put this into practice? Here are three simple tips:

- **Start your day off in a calm and settled way** eg meditate, sit quietly for 10-15mins, go for a gentle walk in nature (this could be as simple as walking around your garden smelling and looking at the flowers), or focus on your breathing for 3 - 5 mins

Why not gift yourself some nourishment and nurturing so you have more to give the people in your life? Perhaps make it an early mother's day present for yourself or your mum?

You can look forward to gorgeously prepared meals by Olwyn of Grow Your Own Food who is passionate about tasty, healthy and nutritious food that is cost-effective and easy.

And we have the lovely Claire leading us in our creative expression on Friday and Saturday. She has a real gift for supporting you to connect to your inner soul and express this in the way that is perfect for you. It will be a true nurturing weekend at all levels. I would love to see you there.

[Register now](#)

Update on Consultations

I am still in recovery mode til the end of this month. I will let you know when I am back on board. Thanks to everyone for their thoughts, prayers and healing.

Personal Transformation Group

This weekly personal development group is a great opportunity to discover how life provides us with the opportunity to be more of who we are - ie letting our soul shine through. It is a great way to keep yourself on track, be uplifted, gain confidence and improve your relationship with yourself and others. [Click here](#) for more info and [email me](#) to register.

Monday evenings 7-9pm at Anglelite Centre, 4 Reynella Drive, Massey. \$120 for 6weeks (\$20/wk). Starts Monday 7th March

Numbers limited and bookings essential

- **Set an energy of expectation and openness** by saying to yourself - I wonder what will happen today? or I wonder who I might meet today? - Feel how your energy changes when you do this
- **Have an intention, and then trust** that it will manifest as it is meant to. This means have a 'to do' list if appropriate but if you are finding that you are fighting to stay on task, do what is presenting itself to you right now - eg if you want to make some business phone calls or work on that important proposal but your children, work colleagues, significant other or pets are continually interrupting you wanting your attention, put aside your phone list or proposal and give them your full attention. And then go back to your task. Often the words flow better, the people you want to get hold of are available or they may even phone you!

For those of us used to working in a head mode this can be a challenge. Our mode of operation is if we just do this, this and this I will get this outcome or if I just work a little harder 'it' will happen. And of course when it doesn't, we feel like we have failed because we believe it is all up to us. Allowing life to unfold still involves having a goal but we need to let go of the attachment to the achieving or not achieving of it. We set the intention and then make sure we have all our senses tuned (including those beyond the five known) to ensure we are open to the opportunities that arise, so we can take action and go with the flow rather than struggling against it. When we are banging on the door that we believe will provide us with our goal (and whatever that means for us), and getting frustrated that it is not opening we miss the other doors that are opening for us.

So set up your routines now for the year ahead and get ready to ride the wave.

Wishing you lots of delightful surprises!

Go well.



PS - I would love to hear your experiences of going with the flow and letting life and opportunities unfold. Feel free to email me with them.

This Month's Essence Profile:

Ruby in Zoisite - The Gift of Unfoldment



This remedy helps us to remove our veils of perception and filters of tension and stress. As the curtains are pulled back our heart is unveiled. It also helps us see everything 'newly' without the perceptions of old, a buddhist influence where we are present to what is directly in front of us. Helps us with a knowing at a heart level.

To assist with Unfoldment I would blend Ruby in Zoisite with two other remedies:

1: Snowflake Obsidian - Gift of Synchronicity. Helps us get into the flow, to let go and go with the flow.

2: Muscovite - Gift of Anticipation. Helps us tune in with all our senses including those beyond the five known. Ensures our senses are finely tuned and we are excited at what each experience will bring - like the anticipation of opening a present.

To order either of these please [click here](#) or an '**Unfoldment Blend**' at the **special price of \$15** + p&p [click here](#) or alternatively you could [email me](#)

Words of Wisdom

If our minds are at peace and we have compassion, a peaceful and compassionate world will follow. Dalai Lama

UPCOMING EVENTS FEBRUARY & MARCH

NEW - Waitakere Village Market Sat 12th February 10.00am - 3.00pm

Waitakere War Memorial Hall and Park on Bethells Rd, Waitakere

I will be there with my essences.

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

This will be a mini energy workshop where I will be introducing my essences and getting participants to experience for themselves the energy link between body, mind and emotion.

www.whisperedsecrets.co.nz

Kumeu Country Market - Sunday 20th February 2011 10.00am - 3.00pm

Kumeu Showgrounds, Access Rd, Kumeu www.kumeucountrymarket.co.nz

Again I will be there with my essences.

Greenhithe Angelite New Age Fair - Sunday 27th February 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.

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 (includes all meals and shared accommodation)

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](#).

BodyMind Balance Ltd

Ph: (09) 412-7234

deb@bodymindbalance.co.nz

www.bodymindbalance.co.nz

If you have had this enewsletter forwarded to you and would like to subscribe yourself please do so [here](#)