



COMPLETE BALANCE

Newsletter 07

Positive Vibes - Positive Lives

It can be difficult sometimes for us to remain positive when there is so much unrest and uncertainty in the world and in our own lives, however when we are able to remain positive it has a magnetic quality that allows us to attract more goodness into our lives. This has a snow ball effect and before we know it we are basking in wonderful positive energy!

There is a saying - like attracts like which is great to remind ourselves of in all areas of our life from time to time.

It is a good idea when you feel a negative thought coming into your mind to replace it immediately with a positive one. If you do lapse into having the occasional negative thought though don't beat yourself up we are of course only human! When you realise though let the negative thought go and then replace it with a positive one to counteract the negative. The more you do this the easier it gets.

A great technique to use when you are feeling positive or happy is to "tap" the good vibes into the space between your eyes. By doing this you are literally tapping the good energy into your system to be stored and remembered at a cellular level. Go on give it a go, just make sure no-ones looking!

Another positive technique that can be done on a regular basis is to write down all of the good things in our lives and give thanks for them. You could make this a daily, weekly or even monthly thanksgiving ritual. By saying thank you and expressing gratitude for what we have we attract more good into our lives again expressing gratitude has a very potent magnetic effect.

Focus on Flower Remedies

Flower remedies work to balance the emotional body which is connected to our physical body. Our emotional body is obviously connected with our emotions it is where our emotional response is rooted and through which we experience the multitude of emotions that make us who we are. When we are out of balance at an emotional level the result in most cases is that some form of illness occurs. This is the same when we become out of balance on a mental or spiritual level. In my Kinesiology practice I work with lots of different flower remedies and am reminded time and again just how effective these can be in tackling a multitude of symptoms and illness. If your new to Flower Remedies you may want to look at the Bach Remedy range.

Dr Bach created these in the 1930's he found that working with specific flowers counteracted different negative emotional responses. There are lots of different combinations of Bach Remedies available now, Neal's Yard stock a wide range of these. You may also want to try The Australian Bush flower remedies that are now widely available in health food shops. This range offers essences that help with a wide variety of issues such as; female issues, energy boosting, relaxing, clearing the mind, and meditation to name a few! A set of essences called Indigo Essences have also been recently developed specifically with children in mind these are also great for adults too. If you are drawn to a specific essence then chances are you would benefit from taking it for a while so experiment and see what you are drawn to. As with all remedies however its generally better to be tested by a professional so you get exactly what you require.

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