

Complete Balance

Holistic therapies training & workshops with Helen Mawson

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Website Update:

The Complete Balance website is undergoing the process of re-development, what started as a minor tweak has turned into a major overhaul! I am developing a new brand image that more accurately reflects what I do and how I work as a therapist and teacher. Please bear with me and do let me know if there is anything you can no longer find on the site. Thanks for your patience.

Wellness Workshops:

I ran my first Wellness Workshop in Ludlow, Shropshire in June and it was a great success. All attendees enjoyed the day and are now busy applying what they learnt in the workshop to improve their health and increase their vitality!

Provisional dates have been set for the next Workshops for 30 August 08 in Ludlow, and 13 September in Hereford.

In the workshop participants are shown and will learn how to use several Kinesiology/Energy techniques that can be applied daily to improve general health & well being. Participants will learn how to; reduce stress, feel positive, balance their nervous system, clear tension headaches, reduce digestive tension, boost their immune system and much more..... For more information or to book a place please email or phone me.

Useful Energy Boosting Techniques:

The following two techniques are used in my Kinesiology practice and I also teach them in the Wellness Workshops. They both work to balance the energy system and promote health and vitality. If used daily and consistently for a month most people notice a difference in energy levels and general health.

Thymus Tap:

The Thymus tap is an efficient and effective variation on a "Meridian Balance" that I perform as a Kinesiologist before I work with a client. Tapping the Thymus in this way for around 20 seconds will balance your meridian energy system for around 30 minutes. It is a great technique to get into the habit of using throughout the day. It is perfect to use before or after a stressful interaction or situation. Or this technique is perfect when you are feeling an energy slump during the course of the day.

The Thymus Tap will:

- Balance all of your meridians and energies
- Boost your immune system
- Dilute stress response
- Increase strength & vitality

Thymus Tap Technique:

- Bunch the fingers of your dominant hand together
- Tap around your thymus area in a large circle in anticlockwise direction (or left to right)
- Do this for at least 20 seconds and your energies will stay balanced for between 30 -60 minutes

3 Thumps Routine:

1. K27- Points at the end of your Kidney Meridian, dents just below your clavicle. Tapping or massaging these points is a simple yet effective exercise that will:
 - Energize you if your feeling drowsy
 - Focus you if your having difficulty concentrating
2. Thymus – Tapping the area over your thymus glad will:
 - Boost your immune system
 - Stimulate all your energies
 - Increase strength & vitality
3. Spleen Points – Tapping the Spleen Points below armpits bottom of bra (spot is often quite tender to the touch) will:
 - Lift your energy level
 - Balance your blood chemistry
 - Strengthen your immune system

Tera Mai Reiki & Seichem Training:

As most of you know I practice and teach Tera Mai Reiki & Seichem which is a system of natural healing and incorporates both the healing energies of Reiki and Seichem. Tera Mai is closely regulated and federally registered in the United States (where it was developed) as a healing modality.

The attunements in Tera Mai are standardised in order to protect the quality, integrity & purity of the energy. Everyone initiated into the system receives the same initiation and the same energy this ensures that real healings continue to happen. The integrity and power of the system is evident when considering the healing that is achieved for people time and again. In order to channel the healing energies of Reiki and Seichem you must be attuned to them by a qualified Tera Mai teacher. There are three levels of training with Tera Mai enabling you to progress within the system. Most people choose to train in the Reiki element first and then move onto Seichem.

Personal development and the ability to facilitate your own healing takes place at all three levels within the system.

Level 1 Reiki or Reiki & Seichem – opens you to the healing energies and allows you to work with the energy on yourself and others.

Level 2 Reiki or Reiki & Seichem – enables you to channel stronger healing energy, teaches you how to use symbols and how to send distant healing through time and space. After this level you can obtain insurance and practice on others. I also recommend that people study basic Anatomy & Physiology, Interpersonal Skills and Nutrition training before they begin practicing as a therapist. It is also important to read as much as possible around the subject of Subtle Energy / Healing work and Health.

Level 3 Reiki or Reiki & Seichem –enables you to teach the system to other people. Significant personal development is often achieved at this level and healing abilities are enhanced greatly.

I regularly run Tera Mai courses in Shropshire but am prepared to travel if you live elsewhere in the UK and would like to learn the system. A level 1 training course is scheduled for October 08 and will take place in Ludlow, Shropshire. For further information please contact me.

Holistic Life Coaching:

Using the therapies of Health Kinesiology (HK) and Tera Mai I have developed my own style of Holistic Life Coaching. This is perfect for people who have reached an important cross roads in their lives, or who have an important decision to make or those looking for a new direction altogether. Holistic Life Coaching focuses upon the issues that the client presents with and a session often uncovers deep rooted fears that need to be cleared. This then enables the individual to move forward with clarity and focus. Fears around success and failure are common, as are fears concerning self belief and self doubt. No two sessions are ever the same however and each client will be treated as an individual regardless of the issues they present. Holistic Life Coaching is offered as a face to face consultation or as a distant consultation. Please contact me for further information.

Electromagnetic Sensitivity:

Electromagnetic fields are all around us they are being emitted from power lines, electrics and appliances in the home not to mention mobile phone masts and now the latest craze of technology wireless internet connections. Hotels, café bars, restaurants and even entire cities are being made into wireless hot spots, this could however be negatively effecting our health. WiFi is a radio wave that operates at either 2.4 or 5 gigahertz which is slightly higher than a normal mobile phone. WiFi is designed to transmit very large amounts of data and in so doing also emits higher amounts of electromagnetic radiation. The other problem is that WiFi networks are generally switched on and broadcasting 24 hours a day. And even if you choose not to use this at home the signal is so strong that it can be picked up around 2 houses away!

Common symptoms of EMF sensitivity include; skin rash, skin burning, skin tingling, memory loss, poor concentration, confusion, fatigue, weakness, headache, chest pain & heart problems.

Less common symptoms include; nausea, panic attacks, insomnia, seizures, ear pain, ringing in ears, paralysis, and dizziness.

What you can do:

Instead of using WiFi or wLAN you can switch to dLAN, this has the significant benefit of eliminating the harmful Electromagnetic Radiation given off from WiFi systems. dLAN is simply a small box that plugs into any mains socket in your home with a lead that plugs into your computer. In effect dLAN turns your home mains wiring into a hi-speed network. You can have as many dLAN boxes as you wish allowing you to access your WiFi from any room in your house, but without the harmful effects of the EMF' given off by WiFi.

There are also several companies who research and manufacture protective devices that can be worn or placed on electrical equipment in order to diffuse negative effects. One of my favorites is a company called www.implosionresearch.com. We also use several devices in Kinesiology that can be used to protect the body and energy system. For more information on these please contact me.

Keeping your energy balanced is also helpful in building your systems resistance to the negative effects of EMF'. In Kinesiology we have several techniques that are used to balance the energy system when it has been over exposed to EMF'. Also starting to use the tapping techniques detailed above will begin to get your system balanced.

A considerable amount of the research into the safety of phone masts and WiFi is carried out by mobile phone companies, you can't help but think the research is slightly biased!

For more information on WiFi and other EMF issues see www.powerwatch.org