

JUNE 2012 NEWS

I am seldom at a total loss regarding a topic for my newsletters but this month I have not a clue as to what I want to write about or what my readers would like to read about. If you have any topics which you would like me to write on in the future, please do let me know.

So, when I allow my mind to wonder, the seed word that comes is "gratitude". Having an attitude of gratitude and focusing on that glass being half full rather than half empty.

I do understand that life is often complicated and challenging. Change often pushes buttons and besides this, we all have something to be grateful for. Having a good understanding of oneself assists the process as one can identify where beliefs block our path to gratitude. This is where a visit to a Kinesiologist could help to identify and clear blockages. The process is relatively simple. Through muscle testing or using a pendulum, emotional blocks, core beliefs, excuses, fears, vows and attachments can be identified and by using a variety of techniques, the therapist can unblock and remove the limiting emotion which is held in the subconscious mind.

Thereafter, all that is needed is the determination to be in control of your thoughts. This decision can be as simple as making a wise moral choice. For example, you see a pair of beautiful shoes but can't afford them. Do you steal them or do you wait until you can afford to purchase them? Would you make the right choice? It's truly as simple as that.

Thereafter, focusing on being mindful and in the now will allow the subconscious mind the opportunity to clear old stuck emotions and prevent further limiting thoughts and emotions to fill the mind and indirectly one's life. It is here that you decide whether you wish to live a mint or manure life ☺ ☹.

Here are a few examples of tools and supplements that can help change one's attitude for the better.

South African Flower Remedies -

- Bell Gardenia ... restores vitality and increases the desire to be joyful,
- Cape Honeysuckle ... balancing essence, allows flexibility of thought,
- Thyme ... enhances receptivity, develops Ultimate Consciousness, ... and many more.

Crystals -

- Green Aventurine ... encourages optimism and zest for life,
- Galena ... allows yielding and softening, assists us to reclaim power,
- Lapis Lazuli ... allows clear perspective and opportunity for growth.

Music - any relaxing, happy music.

Exercise - Yoga, Tai Chi, Nia ... to name just a few.

Food -

- red vegetables and fruit,
 - high protein foods producing Tryptophan which has an uplifting affect on the psyche,
 - low glycaemia carbohydrates which produce Serotonin but also keeps the blood sugar stable
- ... and lastly,

Meditation - for any length of time. A quiet focussed mind is a happy mind. (I offer one-on-one and remote guidance on meditations.)

I would also like to take this opportunity to welcome Lore into my practice. Lore will be taking over most of Angela's duties. (Lucky lady is project managing the building of her new home and has taken

on an environmental role as a Trustee of the Body Corporate where she now lives.) Best of luck Angela. I look forward to having you back on board when your hectic schedule once again allows it.

Regarding upcoming events, I will be teaching Advancing Intuition in Pretoria this month. This course is a fun-filled course which looks deeply at who you are and how to tap into your intuition in a fun and easy way.

Then a new cycle of Reiki courses begin on the 21st and 22nd of July. Reiki is a life changing course that will empower you to help others and yourself on all levels. Physical, emotional, mental and spiritual. You need not have any special skills or talents to do this type of healing. All you need is a wish to expand your own consciousness, enhance your sensitivity and be of service to all that walk this earth ... including our beloved planet.

At the end of the month, Neil and Vivien Schapera from Cincinnati will be coming to Cape Town to teach Crystal Healing and Neil will be offering Part 1 of a Shamanic Course. I am really excited about this course as it will assist me to help my clients in yet another manner.

Further information on all these events is available on this website.

Note ... should you wish this newsletter to be sent to you directly as an email, please let me know by emailing me at info@zeropointhealing.co.za .

Love and light
Debbie