



freshwaysforward

TRAIN YOUR BRAIN !

Tis the season to be jolly ...

How to be jolly in the midst of Christmas shopping, queue hopping, pavlovas flopping, eating too much, the Christmas rush, dinners with in-laws, kids playing outlaws, leaky tents, mozzie bites, busy roads, bucket loads ... of sand, presents and joy.

'Joy?' you say. Well, yes. Consider the possibility that within the madness of the festive season there can be joy! It occurred to me the other day that most of us would say the most important thing about Christmas for us is being with friends and family; spending time together, playing with the kids and spoiling grandparents. And yet we spend much of our time shopping for presents and food, worrying about eating too much, wondering how so and so, and so and so, are (not) going to get along again this year, and wondering how we are going to pay for everything.

Let's start with money. It usually feels like it's flying out the door at this time of the year, creating a sense of concern or even panic. Most of us have fairly set ways of thinking about how much money we have, how easily it comes to us (or not), what we should do with it, and what it represents. In order to feel calm and in control of this area of our life, having a sense of possibility (for what we could have) and appreciation (for what we do have) can go a long way.

On a practical level, it can be helpful to set a budget, including allowing for extra that covers more than one contingency. If it looks like it's going to be tricky to make ends meet between pay packets, with a potential shortfall, ask yourself, 'Where could this come from?' 'How can I create this?' Now you may already be saying to yourself, 'What do you mean? I already know it's not going to come from anywhere!' But what if it did this time? Check out what beliefs or ideas might be lurking below a dilemma like this, limiting your sense of possibility.

For instance, it might feel really familiar when you say to yourself 'there's never enough' or 'he always spends too much' or 'who's going to give me any money?' If a family needs an additional \$500 for Christmas, some would say that universal law says it's totally possible for them to have it. What kind of belief or idea would you need to have to create this possibility? Of course this is a concept you can take or leave. It may just seem a little too 'out there' right now. Or you could have fun playing with it. Who knows what could happen?

Love is all around. With all the family together at Christmas (or jammed into a caravan on a rainy day at the beach) it can be wildly tempting to start noticing all those characteristics of people that most annoy you. For example, the "lazy one". You know the one; the person who doesn't help with cooking or dishes on Christmas day, or packing for the beach.

And while we're feeling all righteous about how much we do, help, buy, make, we're also usually feeling weary, frustrated or resentful. And what's going on in our body when this is happening? More than likely we're feeling prickly, wound up (literally) and tense.

Mozzie bites and bee stings The bane of summer!

Do you know someone who suffers from allergic reactions to mosquito bites or bee stings? If so, you may be curious to know how this can be cured. Although quite astonishing, it is possible! **So how does it work?** When the body has an allergic reaction, the immune system is behaving as if the stimulus (the mosquito or bee sting) is dangerous, and thus produces a significant response in fighting back. However, as we know, such a sting isn't exactly life threatening, but more of a minor irritation for the body to heal. The **NLP Allergy Cure** process is a simple technique that helps to reset the immune system. Using a straight forward visualisation process, we can give the brain new messages and teach the body to respond in a calm healing way.

Georgia (14) had suffered from a severe reaction to mosquito bites since she was a wee toddler. After one session with me, she now heals as quickly as anyone else does. And even though she had the allergy for more than ten years, and may have been born with it, it was still reversible.

This technique can also be helpful to cure allergies to specific animals, plants and foods.



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Now, perhaps the person who never seems to help with cooking is the one that will often be entertaining the kids for hours on end. And perhaps not. Perhaps they do 'lazy' or 'disinterested' or 'selfish' quite well. Try on the idea that what we're seeing them *do* isn't who they *are*. We are seeing their behaviour. Underneath their behaviour are beliefs, feelings, desires, needs, and ways of coping with stress, pressure and expectations. There is a lot going on that we often don't see or understand. We just get really good at making assumptions!

How easy is it to let go of our frustrations and judgements of others? Do we even want to? It may not feel like it sometimes, but we do have a choice. We can choose to feel frustration or intolerance

and the tension it creates in our body. Or we can let go of it, connect with that part of us that knows compassion, tolerance and lightness, and feel the warmth and relaxation that can bring to the body. I know which experience I'd rather be having at holiday time!

Watching your weight. Then there's the dilemma of potentially eating too much. If you are focused on losing weight right now, you are not the only one. And you're certainly not alone in expecting to eat more than usual at this time of the year! What's important is that you know what's right for you, have a plan, and do all you can to support yourself. Start by deciding what you'd like to have happen. For example, it may be that you'd be satisfied with maintaining your current weight over this time, or losing a little less over the week or so of Christmas. You may also choose to stick to your current regime and goals. Telling yourself you're not going to indulge can be wishful thinking. Be realistic and decide what will and won't work for you. Then stick to it.

You may decide that you will have a few treats which seems quite reasonable. If so, allow yourself to feel okay about it, and *enjoy* it. Otherwise, what is the point, right? Guilt does not live here! Then choose healthy options at other times such as salads, lean meats and fruit, which are often part of most BBQs.

How else can you support yourself? Be your own positive personal coach. Notice and celebrate every time you stick to your plan. Take a few moments to appreciate what you've done. Don't glaze over it by focussing on what hasn't gone so well. And if the plan does go slightly awry, ask yourself what you'd like to have happen next time. Get some ideas from friends if you're finding it tricky to leave all the goodies on plates, and enjoy all the distractions available such as helping kids enjoy their new toys, going walking or driving out to the beach. See, hear and smell the waves rolling in. We have many senses to satisfy – not just our taste buds!

Wishing you and your family a warm, enjoyable and nurturing Christmas. I hope you get what you ask for, and it may not be wrapped up in paper! Anna Mary Roberston (1860-1961) said 'Life is what you make it. Always has been. Always will be.' Thanks to my good friend Amanda for sharing these words.

Merry Christmas to all.



Tid bits and tips: What helped me this year could help you next year

One of my big personal goals this year was to overcome and resolve long term back pain and weakness. I am delighted and excited to share my success with this, thanks to the help of some wonderful practitioners I can't recommend more highly. I have gone from feeling sore and achy most days with poor strength and energy for exciting outdoor pursuits such as hiking and kayaking, to being pain-free and able to enjoy rewarding activities like hiking up Franz Josef glacier last month!



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If you have health goals for next year, these may be helpful details to have! Along with therapeutic massage and naturopathic advice, I have been working with people from the following modalities over the last twelve months, with brilliant results.

Corrective High-Performance Exercise (C.H.E.K)

This is a bit of a mouthful and another way of putting it is to say it's specialised personal training. My specialised exercise programme with Michelle Owen from www.fitness-n-function.co.nz has been pivotal in getting me to where I am now. It has taken me on a journey of discovery – I've been educated and trained in how to develop core strength. I feel really excited about the prospect of going through life with a strong body that I can continue to maintain.

CHIROPRACTIC CARE

Particularly in the early days, regular chiropractic support from Iain Wood (Advanced Spine and Joint Clinic – ph 358 5226) really helped me get movement in my body, and later helped me understand what progress I was making, which was great!

NEUROLINK (NIS)

One of the most exciting alternative health modalities I have come across is Neurolink – helping the brain to send the correct messages around the body to heal itself. As well as helping to get muscles firing again that were not working, I have had extraordinary results with healing viruses and improving digestion. Practitioners include Jonathan Ward (Ellerslie) ph 525 8140 and Debra Hawley (Pukekohe) ph 021 273 5188. To find out more go to www.neurolinkglobal.com.