

Worried? Time to Empower Yourself!

Part I

Guess what? In case you didn't know, it's an inside job – all of it. It's understandable, given the current situation worldwide, that you might feel fearful or out of control of your circumstances. However, you CAN still empower yourself to attract the life you desire.

Physical Health

It's true that it's hard to consider working on empowering yourself, if you don't feel well physically. Right now, it's imperative to keep your immune system strong to preserve your physical AND mental health.

There are zillions of natural remedies to heal from illness and these days a plethora of information online about alternatives. Herbs, homeopathic remedies, energy healing, neurolinguistic programming, Emotional Freedom Technique, forest bathing are some examples. Many traditional cultures have signature dishes that include certain herbs, spices, roots and vegetables that can prevent and cure illness. Eating with medicinal herbs kills two birds with one stone and is an easy way to get into a habit of taking a healing remedy.

There are also gadgets, such as motorized magnets, magnetic pads and Bemer mats that have healed countless people of a wide range of illnesses.

Although it's important to research healing modalities for general health and well-being, examining your daily diet is fundamental to a healthy life. There are millions of dietary programs available, because there are different body types that require different diets. Siddha/Ayurvedic medicine uses a science of body type to determine the best diet for an individual. Some practitioners, such as Carolyn Mein, have developed dietary systems based 25 body types. Regular meal times are important, but it is also not helpful to eat if you are not particularly hungry. It's important to pay attention to your body and to stay aware of any unhealthy eating habits that you may have developed. The more your diet consists of organically grown food that comes right from the ground, as opposed to being processed, the more your health benefits.

Another area to examine is exercise. Some exercise routines have been greatly disrupted as gyms and pools are closed and classes have been cancelled. Therefore, it's important to find fun and creative ways to keep up an exercise routine. Exercise should be fun!

Have you ever considered turning on music and dancing as a form of exercise? It doesn't have to be a grand ballet, but could

be movement akin to social dancing. There are also online classes to guide you through movements such as Pilates or aerobics. Classes are a great way to stay committed to an exercise routine. Even walking or hiking a half hour to an hour a day has great benefits. Walking is easier on the body than running and helps to center and ground your awareness. Also, walking is a wonderful opportunity to spend time in nature which further supports your health.

One of the most important keys to staying healthy is a balanced sleep schedule. Regular exercise promotes good sleeping habits. However, there are many stress factors that make it difficult to get the right amount of sleep. If you are drinking coffee throughout the day and having problems getting to sleep or sleeping deeply enough, then you may want to consider cutting back on coffee or even completely eliminating it from your diet.

Also, if you eat past 7:30pm, you might not sleep as deeply as you need to as the body labors with digestion. Watching upsetting TV/video programs or the news before bed can also disrupt peaceful sleep patterns.

Meditation can be an excellent way to calm the mind and ease you into deep and peaceful sleep. Also, reading an inspiring book does wonders. The back and forth eye movement while reading is one of the best remedies for insomnia.

Consulting with a professional can be educational and quite helpful. Ultimately, however, it's up to you to use your intuition, in order to make the best choices for your physical health. The more you cultivate body awareness, the more empowered you will feel.

(Stay tuned for next week's Part II: Emotional and Mental Health for Self Empowerment)

Emotional and Mental Health

Of course, solid emotional and mental health are key aspects of a good life. If you have been feeling negative or fearful lately, then it's good to address the feeling head on.

You can get in touch with where you feel the blockage in your body and just focus on it. Close your eyes, observe it and allow it. It may move throughout your body and then finally dissolve. Try not to judge it.

There are many alternative modalities available these days that can help with negativity. Flower essences and gem essences are fabulous for lifting your mood and also for addressing a number a various specific emotional and psychological issues head on. The essences themselves do not contain particles of flowers or gems. Instead, they are an energetic imprint from flowers or gems soaked in sunlight for approximately 6 hours./sympathetic resonance

Spiritual Health

Meditation/affirmation other modalities gem and flower/being
in nature