



## **Jumpstart Your Healing - Getting off to a Great Start!**

### **Warmest and very best wishes for the New Year !!!!**

May your very best intentions for 2008 be fulfilled and bring you health, happiness and abundance in all aspects of your life.

### **Getting off to a great start!**

I find the transition from one year to the next a very special time - of transition and reflection. I am always grateful when I take the time to reflect on the year that has come to completion -

- the accomplishments and learnings
- the fun and adventures
- the darker times and challenges and the growth that comes from surviving them
- the positive changes
- and, the areas where I desire to see more positive changes. The 'old year' points to where and how the 'new year' can be greater - more expressive of myself - my passion, my values, my love.

For many, the New Year brings the tradition of New Year's resolutions. I wonder how many of you give a 'groan' - as you recall repeated failures of not following through on your 'resolutions'. Or perhaps you are feeling overwhelmed by a load of tasks, unfinished projects or those not even started, or by a sense of lack of progress in your life.

Along my journey in life, I have learned some tools - from others and my own experience - that may help you out of overwhelm and encourage a sense of focus, forward progress, and greater aliveness.

### **1) Responding to overwhelm - do a 'brain map'**

- Take a blank sheet of paper and from the centre of the sheet draw strokes outward - one for each of the main themes of your life - example: health, work, finances, relationships, leisure, etc
- Next - on each of your theme lines, brainstorm the tasks/projects/items that come to your attention.
- Circle one or two priorities for each theme
- shortlist 3 'items' that are TOP PRIORITY - think of those that

drain your energy the most (often the ones that you most don't want to think about and avoid).

Examples:

- clutter in your home
- organizing your finances
- establishing a fitness, weight loss program

## 2) Preparing for action

- start with one item from your shortlist
  - ask yourself:  
How do I feel about this right now?  
What is my energy level around this?  
My self-talk and beliefs?

*Begin to notice the words you are using. Frequently we fail to follow-through on our 'resolve' because of the low energy (in the thoughts and feelings we carry) that come up for us. For example, if negative self-judgment and criticism comes up every time we think of the task, we are more likely to avoid it and 'go play'.*

Also if our focus is on what we don't want - "I don't like being overweight."

"I don't want this clutter in my home." " I don't like trying to sort out my financial papers." - we stay stuck in the low energy thoughts/feelings. However, it is useful to be aware of these 'low energy thoughts and feelings' as a point of change - to get clear on what we do want.

- then ask yourself:
  - how would I feel if I didn't have this low energy thought/belief?  
then
  - how do I want to feel right now doing this task?  
then
  - how do I want to feel when it is completed?

*Really get into how you want to feel as you do the task, and when it is done. **Visualize and feel** yourself as you are doing and accomplishing the task.*

The more positive energy you bring to the task, the more likely you are going to do it, have fun doing it, do it easily and efficiently because

- you are **finding the ease and joy** of doing it and
- you are **not putting up resistance** to doing it.

## 3) Taking action

- break down the task into 'do-able' portions that you can feel confident you can do and thereby feel **successful** for accomplishing. The positive energy of success will encourage you and draw you forward to completing the task or getting the

results you seek more easily.

- Start small and be consistent - experience success in the small steps, gain confidence.
- Keep visualizing and feeling the ease and joy of the 'journey'.
- Find ways to enjoy the 'task' - for example: do it to music, do it while dancing. *Ask yourself empowering questions such as: "How can I make this be fun and easy?"*
- If needed, ask for help or get ideas from others- for example: talk to a friend who is a great organizer for ideas.
- Reward yourself and encourage yourself. For example, if you have put off clearing clutter for months, even years, be ecstatic for every forward step, as opposed to seeing only what is not done.
- Also watch if you are impatient or saying such things to yourself as - " I won't feel good or happy until the job is done and done well."

or

" I won't be happy with myself until I have lost those 30 pounds." *Why put off your joy and happiness for or make it conditional on completing something? **You can have joy along the way and it is great practice for creating a joyful life!** If you don't bring your joy and happiness into the small steps along the way, you are more likely to not find them even when you have reach your goal.*

So don't make your joy conditional on any outward accomplishment or

condition when you can have it now - choose it and see how your life changes!

For those of you who would like to explore positive change with weight concerns, I invite you to attend the Monthly Seminar Topic on February 5th (see in Upcoming Events below ).

Remember your are the power in your life to make yourself happier and healthier.

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**Upcoming events: All for Maple Ridge**

*Please let me know if you have a group in your community that would like me to present any of my seminars or workshops.*

**Introductory Evening Presentations**

Date - Monday, January 12th

Time - 7:30 PM

Location - Meeting room at Westgate Wellness Centre, Westgate Mall

Date - Tuesday, February 12th at 7:30 PM

Location - TBA

## **Monthly Evening Seminar Topics**

### **' Battling the Weight Issue '**

Date - Monday, February 5th ( January's topic deferred to this later date)

Time - 7:30 PM

Location - Meeting room at Westgate Wellness Centre

### **Getting to the 'Heart' in Heart Disease**

Date - Tuesday, February 26th

Time - 7:30 PM

Location - TBA

### **' Jumpstart your healing journey ' Workshop**

Date - Sunday, February 24th

Time - from 9 to 4:30 PM

Location - likely at the Fraserview Village Centre

*(Note: this workshop is limited to 12 participants.)*

### **Keys to Total Healing Weekend Seminar**

Date - in mid to late March or early April. Watch the website for more details.

Mark your calendars and notify me of interest for any of the above events by e-mailing me to [nelie@keystototalhealing.com](mailto:nelie@keystototalhealing.com).

For your convenience, you may register online on the website at [www.keystototalhealing.com](http://www.keystototalhealing.com).

I look forward to seeing you at the seminars and sharing healing knowledge with you.

Remember, healing is the gift that you give to yourself.

Best of health and healing,

Nelie