



Jumpstart Your Healing – More On Healing

Springtime and Healing

Greetings Everyone. I am writing this over the Easter weekend. For me on the west coast, Spring is much in evidence with new leaves budding on the shrubs and trees and daffodils in bloom. I know from friends in the East they are virtually paralyzed by big snow falls ! I caught a news clip showing an interview with a man in Labrador recently. He was asked when spring arrived in his area and his reply - " Oh, June or July. "

When Spring does come, plants planted in the fall - tulips, daffodils and crocuses among them - come up through the soil and show themselves. A question: what have you planted, or has been planted unknowingly, and is showing up for you in your life?

- Behaviours?
- Patterns of reaction?
- Manifestations - physical, as in disease, or other 'events', example in relationships, in your career, financially, etc. ?

The process of healing involves digging up the buried or unconscious programs -that are the response to unreleased past emotional traumas, beliefs and thought patterns. Bringing the light of conscious awareness to this buried material allows you to then consciously choose a different response - a different solution to the high stress pattern.

The disease is in reality a default mode of reaction to stress pattern and as mentioned in my previous newsletter in March, the reaction is linked to a child version of yourself and deeper roots as well.

Recently, I worked with a client who made the comment, after her first session of exploring her emotional story, that she realized she had not grown up in her ability to handle stress and had not developed, and was not using, more adult ways.

In other words, she was blocked in her choices to react to stress and by default, in the moments of high stress or steady prolonged stress, her brain kept replaying her first solution, as a child of 3 years,

automatically, to 'save the day'.

Let's review the steps to get pass this blockage for my client:

1. awareness that there is a 'blockage' - represented by the disease or behaviour pattern that she is troubled with;
2. exploring the emotions, thought patterns and beliefs that the disease represents - in other words, getting at the deep meaning and impact that the disease is responding to - the 'why' of it;
3. understanding the disease as a solution in the moment of high stress for her survival that has continued to show up as the solution ever since;
4. recognizing her ability to find different solutions (make choices) that are more appropriate for her now, in the present and in the future.

Healing is a process of maturation - of claiming your adulthood and shedding the fears and disempowerment of childhood and pass programming from your family tree (more of this in another newsletter). It is also a process of becoming conscious and more autonomous and of opening up to all your choices in present time. And to mature, you have to be willing to remake yourself, to let a part of your former self 'die' - just as the seed remakes itself and sheds its seed form to grow into a flower. This remaking of the self may appear to be a daunting task. However, you do not have to remake all of yourself - just a small part of the portion (estimated at most 3 to 5 % of the whole) that is troublesome for you - that you are aware needs change or you want to change.

In my presentations, I speak of this troublesome part as a series of 'filters' that we are not aware of and that 'colour' all of our experience - filters of 'I'm not good enough'; 'I don't belong' ; 'I'm rejected by those I most care about'; or 'I'm not safe'; 'I never have enough' ... etc. to name a just a few. These filters represent the unconscious themes or beliefs about ourselves and unknowingly influence our reactions. In my workshops and seminars I get you to use tools - the 'keys to healing' - to reveal to yourself these filters and begin to set them aside and open yourself to present day choices.

This is the intention of the one-day 'Jumpstart your healing journey' workshop and is carried into more depth in the weekend seminar - 'Keys to Total Healing'.

Give yourself the gift of some emotional/mental 'spring cleaning'.

(See in 'Upcoming Events' below for dates and details.)

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

Upcoming Events for March

Introductory Evening Presentation

1. Wednesday, April 9th 7:30 PM

2. Monday, May 5th 7:30pm

Westgate Wellness Centre, Maple Ridge
(above Shopper's Drug Mart in Westgate Mall, 203rd and Lougheed)

Monthly Evening Topic - "Insights About Depression "

Monday, May 12th 7:30 PM

Westgate Wellness Centre, Maple Ridge

You will discover that you have more answers and more empowerment in you life than you may currently feel. There is indeed a 'light at the end of the tunnel'. Learn ways to point yourself in the right direction.

NOTE: Previous attendance at an Introductory evening talk is recommended, although not essential.

Cost: \$20

Please register by phone - 604-463-3234 and pay at the door or online at www.keystototalhealing.com

WORKSHOP "Jumpstart Your Healing Journey"

Saturday, April 19th

Testimonials

" Thank you for a wonderful workshop! I am grateful for all the insights and learning ... "R. Z. Langley

"I appreciated very much Nelie's clarity and patience in guiding us and giving us the tools to explore our deepest issues and needs." J. R., White Rock

Please check the website www.keystototalhealing.com for details and indicate your interest by e-mail or phone to 604-463- 3234.

WEEKEND SEMINAR ' Keys to Total Healing '

Friday evening, Saturday, Sunday - May 23rd to May 25th

- fascinated with what you heard at an introductory talk or monthly seminar?
- want to take your understanding to another level?
- want to enhance your opportunities for healing or helping others to theirs?

- Then come to this insightful and powerful weekend seminar. This weekend seminar has changed lives and it can change yours.

Testimonials

" If you want to upeel the emotional onions of your life that cause physical distress, this is a good place to start. " K. O., Surrey

" This seminar/workshop is an excellent way to deepen your understanding ... in a way the evening presentations cannot. ... this is an area I want to always enhance my life. " K. S., Maple Ridge

Date: May 23rd - May 25th

Location: Maple Ridge, Poolside room, Fraserview Village Centre (116th Avenue, near 227th Street)

Check the website for details and registration -

www.keystototalhealing.com and ***watch for upcoming events in May.***

I look forward to seeing you at the seminars.

Best of health and healing,

Nelie