



Jumpstart Your Healing - Supporting Yourself

My greetings to you once again. I trust that you are keeping well and finding ways to take care of yourself. Whatever is going on in your life, remember there is always the opportunity to learn and grow and let go of stress, of old patterns that no longer serve you.

I myself have gone through a very intense period of transition as a result of my decision to retire from my general medical practice to give more of my attention to health and healing counseling and presenting seminars and workshops. My next step is to take time out to have a holiday and recharge myself. I return the beginning of November to begin a new phase of my career and my life.

Some Reflections

I just want to take a few moments to reflect on aspects of health and healing. In my last newsletter I wrote about some aspects of fear and as example fear arising from a diagnosis of breast cancer. A key root or cause of fear is not knowing, not understanding. We tend to fear what we don't understand. With knowledge and understanding comes opportunity to see things from other perspectives and opens more choice - for your thoughts, feelings, and actions.

One of the shifts in perspective that leads to more health and healing is to appreciate that your brain and body are doing their very best all the time to keep you in balance and alive and functioning. Your job is to help by uncovering the underlying mental and emotional distress that is at the root of your disease or dis-ease and is pushing it energetically.

I sense that people generally are more and more aware that what shows up in their life - events, happenings, people, jobs etc. - is linked to how they think and feel and that the quality of their life is determined by the quality of their thinking. This reality has been presented and written about in a variety of books and media for a very long time and more recently in 'The Secret.'

I like to give the example of the following:

Say you live in a house that faces an empty lot across the street and you go away for several months on an extended holiday. When you return to your great surprise you see a new house that has been built in

the interim on the empty lot across the street. If you ask yourself - 'how did that house get there?' - then the basic core answer is:

- at least one person had to have the desire to build it (thought and feeling)
and
- that person had to take action to plan to build it and get others involved to build it.

In brief, there had to be the thought and the feeling to build the house for it to have ever shown up physically. And it is the same with everything, whether the thought/feeling is conscious or unconscious to the person.

In the case of disease, it is critical to get pass fear and ask yourself - what is the thought and associated feeling(s) that are unexpressed here ? that I am unconscious or unaware of ? Those are the factors, the inner factors of your being, that you need to bring to your awareness, take charge of and release for your health and healing.

I have heard some say that what I do is psychology and there are certainly aspects of psychology that are integrated into the work. However, my training in Total Biology helps me to know the core emotional conflict associated with a given disease so that I can pose questions that help the person uncover how the conflict is showing up in his/her life and its impact. There is a huge advantage to being able to formulate effective questions. The answer is in the question and 'better answers arise out of better questions'.

• I want to add here that along with this inner work of healing, the emotional work, be sure to keep up with the physical treatments offered by your doctors and other health care providers. For example, in the case of breast cancer, surgery, chemotherapy and radiation all have their role and can be life saving. To maximize the best results - do the medical therapies AND find ways to reduce your fear and do the inner emotional work.

Always remember you are the power in your life to make yourself healthier and happier.

Upcoming Events for November

***FREE* Introductory Evening Presentation**

Tuesday November, 4th at 7:30 PM

Westgate Wellness Centre, Maple Ridge

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

Please register via the website at

www.keystototalhealing.com/workshops-seminars.htm or by phoning Nelie at 604-463-3234 or e-mailing nelie@keystototalhealing.com

**Monthly Evening Topic - "Getting the Fear Out Of Breast Cancer"
Tuesday, November 18 at 7:30 PM**

Westgate Wellness Centre, Maple Ridge

There is a way to move out of fear into understanding and a feeling of empowerment as your own healer with a diagnosis of breast cancer. It begins with knowledge of what breast cancer really represents. Come and find out for yourself.

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 <http://www.keystototalhealing.com>

WORKSHOP "Jumpstart Your Journey to Health"

Saturday, November 29th 9 to 4:30 PM

A dynamic one-day interactive small group workshop to get you started on your path to health and healing

Maple Ridge, details to follow

Cost: \$137

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.

I look forward to seeing you at the seminars.

Best of health and healing,

Nelie

