

NEWSLETTER

January 2020

A very happy new year and 2020 has lots to offer. Let's make the change happen.

In this edition, I would like to talk about change and why we hesitate to go for change.

Why are we reluctant to embrace change?

Change means uncertainty and our ego does not like

change. We want to know the outcome before we actually start with the change. I have been there many times myself and yet, I was always courageous enough to implement the change. I just let the change happen and often, I ended up where I didn't want to be, but I always saw it as: "Ok, a diversion!" I got tired of diversions! I made many "mistakes" in my life and I have experienced a lot of ups and downs. When I now look back, I know why I experienced all those rollercoaster rides and I certainly learned my lessons. All of them were beautiful in the end.



When you change direction in your career, it is very scary and certainly very uncertain. I adopted a belief of faith. I started to trust my inner self, I learned to practice self-love and I learned to see my self-worth. Most of all, I learned to take responsibility for myself and to ignore my ego trying to keep me in my comfort zone because I realised that I made the same mistakes over and over again. Different setting but same mistakes. I could never understand why that was. Why, as an independent and intelligent woman, would I make the same mistake a million times? In my previous career, secondary school teacher with middle management responsibilities, I was very successful, but outside of that environment, I felt like a jelly fish. There are several explanations for it. I had rules to adhere in the establishment and it was so my comfort zone, my comfort zone in a sense that I got conditioned through the society I grew up in, to be told what to say, what to think and what to be like. In other words, I had to follow those rules, otherwise the consequence was unpredictable because the boundaries then were like no-man's land. And no-man's land varies in size and stretch, it was not linear as too predictable. In my personal life, I was not able to set healthy boundaries. Why not? Because I never learned it. I also never knew that I had to. It made sense to me in the classroom, but I never wanted to be the teacher in my personal life and yet, you have to step into your own power without manipulation and control. I wanted to BE ME as I always knew that I did everything from my heart and with great enthusiasm. So, I went on that journey and I did not know that I would one day. I had no idea. So, what is needed to go for change?

You need to be: 1. Open-minded 2. Self-aware 3. Flexible in your thinking 4. Responsible for yourself 5. Willing to try out new methods 6. Authentic 7. Determination and humour

My mistakes weren't mistakes. They were life lessons and I am certainly very grateful for all of them. CHANGE is positive with a positive mindset but first, we need to identify what is going on in our subconscious mind because that runs the show! I am here to help.

I have recently completed a course on energy healing through our chakra system.

Our chakras are energy centres in our body.

There are 7 chakras in total and each chakra is represented by a colour and it represents an emotion. Rainbow colours. In order to attract what you want, the energy of the chakras need to flow nicely and effortlessly. I would like you to imagine that your body is the riverbed and when all chakras are clear, the water as in energy will flow nicely. If there are chakras blocked, the water will become stagnant and we all know what happens when water does not move. It gets muddy and full of toxins. All part of our subconscious mind but through energy. Energy cannot be destroyed. Energy will always find its way but it can also build up. You might have experienced the feeling of "I feel like a pressure cooker. Ready to explode!" This is when there is a blockage as energy needs to flow effortlessly. Chakras can be unblocked, the water can run nicely again with a beautiful sound of a peaceful lapping.

Everything is energy and your thoughts are energy and every thought carries an emotion and emotion stands for **Energy in MOTION**.

Let's put the jigsaw pieces together. The picture is beautiful.

