

It's 2012 Time to Start Afresh - Learn How to Get Healthy with Love

Even if you didn't make any New Year resolutions, you probably still found yourself thinking about the year ahead. There's something about the new year that brings with it a hard-to-put-into-words expectation, that somehow, some way, things are going to be different.

So, you've decided to wipe the slate clean and start the new year afresh. You're energised, you're excited, you've taken the advice of every reality TV Guru on the box, you're positive, you're optimistic, you're ready to go, a blank canvass, a masterpiece waiting to be crafted...and...nothing.

Problem is, we know we want to change *something* but often don't know what to change, how to do it or where to start. Of course you can do anything, but you've got to know what it is first.

You can do anything and it starts with learning to love – YOU! I know it's what our mother's told us when we came home from school in tears, and she was right, Love underpins everything and it's our pathway to great health.

All of our efforts to live a fully, inspired, alive and sensual life are empty self-promises if we can't find a way to really love who we are. I adore the ancient Hawaiian teaching that we are all born as precious bowls of light; that we *are* precious bowls of light in a physical body and as we move through life our bowls fill up with stones that obscure our bowl of light – it's still there, just dimmed a little bit by all those stones. Here's some simple ways that you can start go behind the scenes, empty your stones and reignite your light – learn how to get healthy with love:

1. Go Behind the Scenes

Tuning In is an Act of Love

Knowing what you want to change is the first step to making it happen. Do it right now. Sit down, close your eyes and tune in to you. Listen to your heart beating (if you can't feel it just imagine what it feels like) and when you've done that for a few moments, feel yourself breathing. Just feel how your breath comes in and with your imagination, sense where it goes before you naturally take another breath. Notice what you become aware of as you do nothing else except feel, notice and sense. Become aware of how it feels to simply become quiet and still on the inside – your heartbeat might become stronger, you might feel the flow of your breath, you might even feel your blood pulsating on its journey around your body. Notice if you start to become just a little bit quieter, softer, dozey even.

Take a Few Quiet Moments to Imagine

When we were kids we could create and imagine anything. In this quiet, inner space you can do it again. Ask yourself "*if I could change anything right now, what would it be?*" Let some ideas float into your awareness – it's not about choosing right now, just let ideas naturally arise – dream big and outrageously, it doesn't matter at this point how you might do any of it, that's the mind trap – right now just let things come into your wild imagination and then simply float away again. Imagination is the language of the body, it's how it speaks to us and tells us what it most wants, what will serve it better. Our body's language is slower than how we speak, so give it time and space to tell you its story.

Embrace What Caught Your Attention

Which idea seemed to get your attention – perhaps you noticed a slight sensation in your solar plexus, navel, stomach, heart or a tingle ripple through your whole body. That's what your body sounds like when you can hear its voice. Bring the idea that most caught your attention back into your inner focus, your awareness back to your heartbeat and breathing and in your mind's eye, as if it's a movie screen, imagine that idea more fully, see it on your inner movie screen – all the scenes, players, surroundings, colours, sights, sounds – see it as if it's already completed and you're watching the playback. As you sit in your inner movie theatre watching your own movie with you in it, tune in to how you feel and see how many feelings you can name – joy, happiness, lightness, contented and so on.

Create An Intention

Get out your paper or crayons and pencils – write it down (or draw it) as completely as you can. Remember every detail. Use your paper as your blank canvass and give your finished piece a name, something that's meaningful to you – be



creative with your naming. An *intention* isn't the same as a goal, it doesn't need lots of details – that's a mind trap too. It's easy to focus on the details, to get lost in trying to figure out "how" this will all come to pass. That's the Ego at work again, the distraction, the small voice that will tell you what you want isn't possible. An *intention* is bigger, grander and more fluid – it's an idea, a possibility, a purpose. Once you're clear on your purpose – the "what" – put your masterpiece somewhere you can see it and refer back to it at least once every day. This is your *affirmation* of what you want to bring into your life – then just sit back and see what flows in – let the "how" take care of itself.

2. Listen to Life

Move Your Body and Get Wild

Your body is your barometer, it's made for movement, and your imagination is your body's language – give it some space to go crazy and wild. Let it be free for once. Find some music that gets your blood rushing (or to be totally wild, forget the music and just let your body start moving the way it wants to move, let it create its own soul music). Once you're ready and you've got your music going, stand and tune into your toes – how do your toes want to move right now? Let them move as they want to the rhythm of the music. What about your feet, how do they want to move? Your ankles, what movements can they make? Your knees – what's their story today? Keep working your way up your body, include your torso, arms, head, eyes, ears, hair – get everything moving. Make the movements bigger, wilder, freer. Do this for at least 3-5 minutes and then sit or lay down. Tune in – how do you feel? How does your body feel? What does your body know now about your intention that it didn't know before?

Unstructured, free and formless movement is fabulous for the soul – make time each week for a little soul music. A Yoga, Zumba or Ecstatic Dance class are other fine ways of tapping into yourself, creating internal space, releasing body blocks and going totally wild. As you go about your life, pay attention to how your body moves and responds as you do this regularly.

Eat Mindfully

Start becoming mindful of the foods you eat – if you don't eat many fresh foods – foods of the earth - start adding bits and pieces in. As you're preparing your meals, consider that your food is medicine for your body and you can show your body lots of good loving by the food you eat. Food also has energy and life force – it grew from the earth just as you do and it may have accumulated toxins along the way. As you're preparing to eat, hold an intention of gratitude (remember saying grace when you were a kid) for the foods that have come to you and ask that the food releases any and all harmful energies back to the earth. As you eat, really feel the food entering your body. Drink lots of water and do the same thing as you drink – feel it making it's way deep into your body, feel it going in and down. Your body will love you for all this attention and you'll start noticing how your relationship with your it starts to change.

Listen to Life and Get Connected

Get out in Nature and expand your world – it might be in your backyard, in a park, a bushwalk, the beach or even sitting at the bus stop waiting for your bus. Expand your senses and really look at what's around you. As you're walking, swimming or sitting, fully take it all in – pay attention to the tiniest details. Walk with love.

Observe the trees, their colours, shapes and varieties. Close your eyes for a moment, focus your attention on your heartbeat and breath, and imagine your ears have super- sonic hearing – how many sounds can you hear, how far away do they seem? If you're in the water (you can even do this in the bath or shower), lay back and feel the water around your body. Be in the experience of the water, how it changes shape around your body, sense it, taste it, absorb it. Lay on the grass and become aware of the earth beneath you – if you become really quiet and still you may even be able to feel the earth's rhythm and movement beneath you. Sit with your back against a tree, feel its shapes and textures against your back, see if you can soften and melt against the tree – let it support you and see what happens.

Get the Glow

Making sustained life change happens in steps and stages – it's a process. Each week go back to your intention and your bowl of light. Decide which stone has to go. Make a conscious choice to empty it from your bowl and then choose one thing you can do right now that re-ignites your light. As your stones are emptied one by one, observe the subtle changes that are happening in your life. Over time, as you consciously empty your bowl of light, watch how your inner sacred light begins to return to its natural brilliance and how you feel more connected to yourself and the world around you.

My 1 Day Women's Workshop – Bowl of Light – shows you in more detail how you can re-discover your own bowl of light, empty your stones and return to Pono – love and harmony. If you know it's time to start afresh and embrace all the moments of your life, you can get healthy with self-love – it's the first and only step into great, life-long health and wellbeing.