

Heart  to Heart  
HYPNOTHERAPY & ENERGY HEALING

How to help heal Anxiety, Depression and more  
with different techniques

## *Dedication*

*To my children, Nicole, Isabella and Angelica, who without them none of this would have been possible. Through the pain and trials, we experienced as a family, the learning and healing began. With this we can begin to heal the world, help people see how powerful and special these small humans are that have to carry the burden of enlightening all of us.*

*To all the healers who are on the life-changing journey of allowing the blessings that have been waiting for them to pour into this world and make a change.*

*To all the parents who are taking on the daunting task of having a child with labels, you were picked to parent these children because God knew you were strong enough.*

*And to the children and teens, you have the toughest job of all of us, you are here to help change the world, and we will be behind you every step of the way.*

*Namaste*

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## **ANGELS OF ANXIETY BEGINNINGS**

### *Petrina's Story*

December 3, 2014 I sat watching my 14-year-old daughter sipping her charcoal cocktail in the emergency hospital bed in disbelief. Earlier in the afternoon, she had taken 148 pills, trying to end her life.

The anxiety had become too much for her to cope with, a child, who should be enjoying life, having friends and sleepovers, going to movies, laughing and having fun, instead was becoming a recluse, and felt she could not live this way anymore.

She was unable to go to school much at all, it was painful to watch her struggle, her face white, trying to calm her mind...get into the van, drive to school, stare for a moment, then say " I just can't do it mom, let's go home". She would then go back to bed and sleep for hours, or sit in a bath many times a day. Nothing seemed to work and she slowly began losing friends as they moved on to kids that were at school and who they could connect with, and she didn't really mind, she wanted to be alone more and more.

It had started in the beginning of grade 7, it began as stomach pains, headaches and various physical signs. We went to the doctors to check on the physical signs, had tests, blood work yet all seemed normal, the doctor suggested that maybe it was anxiety, hers showing up as more physical than mental.

We then tried to get into the mental health psychiatrist, well apparently you can't just do that so easily. You have to wait for an opening for three or more months to see the councilor first, then if deemed they are close to suicide, you may get to see the psychiatrist. We were suggested as to what medication to put her on, and approximate dose, and was passed back to our family doctor, who was very very nervous of treating a 13 year old with medication and was extremely uncomfortable taking on this role.

So many opinions from so many people on how to deal with it, “just push her, make her go, she will get over it” “it’s a phase” “its puberty” , on and on the suggestions went, yet I looked at this poor child and saw something broken, something I began a journey on trying to fix and figure out.

I had to physically research everything, and read multitudes of books, take courses , discuss with doctors, psychiatrists, teachers , and after completing all this, I thought how difficult it has been to find information and if I was not a pitbull in learning, I don’t know where we would be at this moment. This is why I decided to write this book and to start up Angels of Anxiety , to help parents, teachers and the children with all the treatments and thoughts we tried . Please be aware, you will still have to navigate your own path, as each child/teen is different and will respond to different treatments in their own way. You will eventually find one that works for your family and child/teen and along the way, you will learn so much about yourself too!

There are various ideas and philosophies throughout this book, you can take what you like and leave the rest, but please read through it and see what resonates and touches your heart. If you follow the heart and your instincts , this will be the best answer for your child. Fight for them, you are their world and they need you to be there for them. Fight against the doctors if you have to , they are not God, they do not know your child like you do! Listen and observe your child, try and get out of the frustration and the fear.

They will get through school, they will get over this! We need to look at the big picture instead of the worry about them not learning at the same time everyone else is going to school, maybe they have something more important to do here on earth, maybe it is up to us to help them figure it out. They are special children handed to us because the universe knows we can handle it, so be proud, don’t be sad you have a child with “issues”, be excited to know you have one of the children that is the new evolution! You were chosen to do this!! You must be special!

## INDIGO/CRYSTAL AND RAINBOW CHILDREN

Evolution has happened on this earth over the years, and I honestly believe the children that have been born from 1980- onwards are our next evolution.

Why would that be so strange for us to understand? We believe in the dinosaurs, the ice age, cave men, and much more, so why not believe this?

The name indigo Children come from having a lot of Indigo blue in their aura. This color is the color represented in the third eye chakra, located between the two eyebrows. This chakra works with clairvoyance, energy, visions and spirits.

Here is what Wikipedia says as a definition of Indigo children.

The idea is based on concepts developed in the 1970s by Nancy Ann Tappe and further developed by Jan Tober and Lee Carroll. The concept of indigo children gained popular interest with the publication of a series of books in the late 1990s and the release of several films in the following decade. A variety of books, conferences and related materials have been created surrounding belief in the idea of indigo children and their nature and abilities. The interpretations of these beliefs range from their being the next stage in human evolution, in some cases possessing paranormal abilities such as telepathy, to the belief that they are more empathetic and creative than their peers.

### What are the behavioral patterns of Indigos?

1. They are born feeling and knowing they are special and should be revered.
2. An indigo knows they belong here as they are and expect you to realize it as well.

3. These children are more confident and have a higher sense of self-worth.
4. Absolute authority, the kind with no choices, negotiation, or input from them does not sit well. The educational system is a good example.
5. Some of the rules we so carefully followed as children seem silly to them and they fight them.
6. Rigid ritualistic systems are considered archaic to an indigo child. They feel everything should be given creative thought.
7. They are insightful and often have a better idea of method than what has been in place for years. This makes them seem like "system busters."
8. Adults often view an indigo as anti-social unless they are with other indigos. Often they feel lost and misunderstood, which causes them to go within.
9. The old control methods like, "Wait till your father gets home," have no affect on these children.
10. The fulfillment of their personal needs is important to them, and they will let you know.

Indigos have a warrior spirit, because their purpose is to tear down old systems that no longer serve us. They are here to stop governments, educational and legal systems that lack integrity with determination. To accomplish this end, they need tempers and fiery determination.

They are often mislabeled with the psychiatric diagnoses of Attention Deficit with Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD).

In Doreen Virtues book, *The Care and Feeding of Indigo Children*, she wrote that ADHD should stand for Attention Dialed into a Higher Dimension. This would more accurately describe that generation.

Indigo Children can sense dishonesty, Indigos know when they're being lied to, patronized, or manipulated. And since their main purpose is to move us into a new world of integrity, the Indigos' inner lie detectors are on overdrive.

They don't have the ability to dissociate from their feelings and pretend like everything's okay . . . unless they're medicated or sedated.

When they're medicated, which they generally are, The Indigos often lose their sensitivity, spiritual gifts and warrior energy. So I believe when we do medicate children, it is damaging us as a universe in general, they are not being allowed to do what they need to do, because we as the parents and adults, do not understand this evolution and are fearful of the differences our children exhibit, we want them to be like our friends children! We don't want to be told they have "problems". Basically we are clueless and follow what the doctors and others say, and in doing so, we are putting our children and our future at risk. We are not helping them, we are harming them.

## **CRYSTAL CHILDREN**

They are happy, light and forgiving. This generation of new lightworkers, approximately 1999 onwards, seem to look through you, their eyes so expressive and intense.

The main difference between the Indigo and the Crystal children is their temperament. Indigos have a warrior spirit, they are the leaders , they preceed the Crystal children to break the path open for healing. They want to allow the Crystal children to wake us up! Crystals are here to get us to become more open minded to spirituality, to living through love instead of materialism.

We have basically gone through an evolution that was a "technology" evolution, where we pulled away from spirituality/ religion, and became more focused on technology, the speed of which we did move was lightening fast, and with the technology became the materialism, the false sense of power, the sense of speed and knowledge, which has pulled us away from god as we know it. We have lost our compass, our sense of direction, our compassion, love, caring, our community and children have suffered and benefited all at the same time. Now however, it is getting more into the suffering stage, people are losing hope, are turning on the news in dread of what is going to come on, more shootings, more war, more hunger, the list goes on. People are lost!



Indigos are the beginning stages of breaking down this system, and making us look at things in a different way, maybe it isn't right? Maybe it is time to change.

Hence where the crystals step in. They are here to help us learn to do both, be spiritual and be technical, together imagine what the possibilities are!!

And we are the lucky parents to have these children, and we need to learn and help support them! Not drug them to keep them "normal" , lets help them!

The Crystal Children have "crystal " auras, representing the crown chakra they also shows a fascination for crystals and rocks they have a bond with animals, plants, elderly people.

Crystal Children have telepathic abilities they are able to "read" what people are thinking and feeling. This is the new age coming to us, the children and the lack of communication, with their phones always texting, withdrawing from verbal communication, is actually a start of a new era where we will all be eventually telepathic. We will be able to read people and their moods, thoughts etc.

What will this accomplish? In general it will curb the ability for people to lie, to deceive, to be dishonest, as it will be a turning point in relationships, business and life in general. Imagine how it will be for people who are generally dishonest to not be able to deceive anymore? It will be a game changer in business, love and life.

In the evolved world, we will all be much more aware of our intuitive thoughts and feelings. We won't rely so much upon the spoken or written word. Communication will be faster, more direct and more honest, because it will be mind-to-mind.

Increasing numbers of us are being drawn towards the evolution, we are reading more about spirituality, we are reaching out to learn about chakras, auras, channeling, angels, Akashic records . Before what would be the "granola" generation are now becoming mainstream.

Many of the Crystal Children have delayed speech patterns, and it's not uncommon for them to wait until they're 3 or 4 years old to begin speaking. But parents seem to have no trouble communicating with their quiet children. The parents engage in mind-to-mind communication with their Crystal Children. And the Crystals use a combination of telepathy, sign language and sounds to get their point across. Did you notice the increase in parents working with sign language with their children at birth? We have learned that they are far more intelligent than we realize, that the speech comes when the control of the tongue has happened, but their minds already know so much!

Crystals are judged by medical and educational personnel as having "abnormal" speaking patterns. As the number of Crystals are born, the number of diagnoses for autism is at a record high.

The diagnostic criterion for autism is quite clear. It states that the autistic person lives in his or her own world, and is disconnected from other people. The autistic person doesn't talk because of an indifference to communicating with others.

Crystal Children are connected, communicative, caring and cuddly of any generation. They are spiritually gifted. And they display an incredible level of kindness and sensitivity to this world. Crystal Children spontaneously hug and care for people in need. An autistic person wouldn't do that!

If anything is dysfunctional, it's the systems and doctors that aren't accommodating the continuing evolution of the human species.

If we shame these children with labels, or medicate them into submission, we will stop an evolution which may help save our world. We need to assist them!

The souls of Crystal Children select parents who could raise them in a spiritually nurturing environment. Sometimes, there are parents who are spiritually unaware. In these cases, their grandparents or aunts and uncles are usually highly spiritual, and help to protect and hone the crystal child's spiritual knowledge

## What are the Behavioral Patterns of Crystal Children?

- Sudden extreme sensitivity to people and environments. A person who has previously been sociable and active suddenly finds they can't bear to be in shopping malls or in crowded environments such as restaurants.

- An increase in psychic ability and awareness. This most often manifests in the ability to almost "hear" the inner thoughts and feelings of others. This can be disconcerting if the person imagines that everyone else can also read their thoughts and feelings. Also an extreme sensitivity to negative energy in certain environments or people, including the inability to tolerate certain people who had previously been close.

- This increased sensitivity can lead to panic attacks or anxiety attacks. These can occur at any time, even when the person wakes up at night. Often there is no valid reason for the attack, although the person will often seek to find a reason.

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The person might also find themselves "zoning out" for long periods of time, just wanting to sit and do nothing. This can be irritating to someone who has previously been very energetic and active. This is just the consciousness adjusting to spending more time in the higher dimensions and less time in the 3rd and 4th dimensions. Related to this is the need to rest and sleep for far longer than previously, and a general slowing down.

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Obsessive anxieties about humans being destroyed (by pollution, lack of resources, aliens, technology etc). This is because multi-dimensional consciousness can access all levels of the group mind, including that part which holds the fears and anxieties about the survival of the species. Since the person is often concerned about their own survival, they tend to resonate with this part of the group mind or morphogenetic field.

- An obsessive need to understand what is happening, leading to the mind becoming overactive and the person fearing they are losing it or suffering from "burn-out.
- Depression for no reason, or related to the crisis state. This is often just the consciousness clearing out old layers of energy that need to be released. It is not necessary to "process" or relive the experience, just allow the body to release the energy. Have patience with the process and know that it will pass.
- Disrupted sleep patterns, often waking up to 3 times a night, or just at about 3am. Again this is just the consciousness adapting to new cycles of activity. Higher consciousness is often more active at night since the lower dimensions are quiet at this time.
- Dizziness and "spaciness". This is because you are in "higher" states of consciousness. You need to get used to being at these levels and staying grounded at the same time. These sensations tend to increase with solar flares and full moons as well.
- Increased appetite and putting on weight. This is because the body needs huge amounts of energy to power this process.
- The ability to see beyond the veils. That is, to become aware of spirits, devas,E.Ts and angels as a reality and to communicate with these. This can be very frightening if the person is not accustomed to this kind of other dimensional awareness.

## **RAINBOW CHILDREN**

The Rainbow Children are now being born as the Crystal Children become adults. And these are a few adult Crystal Children that are in their 20s now. Rainbow Children are coming about because the full spectrum of

light that we need to assimilate serotonin in our body has been reduced. In other words, when we go out on a clear day with no smog and we're out in the sunshine, we're receiving in our body a "rainbow" through the sun waves. And that's the way that we were created—to need rainbow energy.

The rainbow children are the third generation of special children that have come to help humanity evolve. Different from the Indigo and Crystal children, Rainbow children have a few more interesting characteristics. The Rainbow children are generally born in the year 2000 and above. In some cases, there might also be a few scouts that came to earth before 2000. The few Rainbow children that are here today are born from early Crystal scouts that were born in the 1980's.

As the name implies, the Rainbow children come to earth with a few more other spectrum of ray color. They are born on the ninth dimension of consciousness, the dimension of collective consciousness. As many people might have experienced it, the Rainbow children bring joy and harmony to their families. Unlike the Indigo and Crystal children, the Rainbow child is born to smile, which is accompanied by their huge hearts that are full of forgiveness.

Doreen Virtue describes characteristics of Rainbow children:

- Very few currently incarnated
- Parents are crystal adults
- Never incarnated before
- No karma
- Do not choose dysfunctional families
- They are all about service
- May have big eyes like the crystal children, but they are totally trusting
- Entirely fearless of everybody
- Bringing in the healing rainbow energy previously brought through Reiki, QiGong, and Pranic healing and other hands on healing.

The purpose of the Rainbow children is to complete the final stages of the foundation that the Indigo and Crystal children have made. The three children, Indigo, Crystal, and Rainbow each have a specific task. The Indigo children are to break down the paradigm of the traditional thinking. Then the Crystal children will build their foundation on the broken paradigm. Finally, the Rainbow children are here to build on to what the Indigo and Crystal children began.

Doreen Virtue says, “the Rainbow children are perfectly balanced in their male and female energies. They are confident without aggressiveness; they are intuitive and psychic without effort; they are magical and can bend time, become invisible, and go without sleep and food. The Crystal children’s sensitivities make them vulnerable to allergies and rashes. The angels say that the Rainbow children will have overcome this aspect... Rainbow children have no karma, so they have no need to choose chaotic childhoods for spiritual growth...The Rainbow children operate purely out of joy, and not out of need or impulse. The babies will be recognized, because their energy is one of giving to parents, and not of neediness. Parents will realize that they cannot out-give their Rainbow children, for these children are a mirror of all actions and energy of love. Whatever loving thoughts, feelings, and actions that you send to them are magnified and returned a hundred-fold.”

Rainbow children are already attuned to the world we are moving towards when things will instantly manifest. Humanity as a whole is not there yet, so the mass consciousness grid holds back instant manifestation from being commonplace. A toddler has a hard time understanding that. They feel if they “think” juice, well then juice ought to naturally appear instantly. In higher dimensions this may be true and it will be true here on Earth as well, thanks to the Rainbow kids making it so.

Rainbow Children tend to: · Have very strong wills and personalities · Be very high energy · Be very attuned to color and color vibrations around them · Have passionate creativity · Love bright clothing and colorful environments · Bubble over with enthusiasm for everything in life · Expect instant manifestation of whatever they think/need · Have healing abilities · Have telepathy.

The Rainbow children seem to be here to implement the Divine Will and they will use their strong will and energy to build the New World on the foundation of peace and harmony the Crystal children are laying down. The Crystal children are only able to lay down that foundation because the Indigo children have already forged the path and broken down all of the old barriers. They are all-important and have to come in this sequence to accomplish their goals. Rainbows are highly sensitive, loving, forgiving,

and magical like the Crystal children. The difference is that the Rainbows have never before been on earth, so they have no karma to balance. The Rainbows, therefore, choose entirely peaceful and functional households. They don't need chaos or challenges to balance karma or grow.

As the other Crystal children grow older, they will be the peace-loving parents who birth the new Rainbow children. The Rainbows being born right now are the scouts, and the large influx of Rainbows will occur during the years 2010 through 2030. Rainbow children are absolutely open hearted, love unconditionally, and have no fear towards any stranger. Unlike the Crystal children who only display affection to people warranting their trust, the Rainbows are universally affectionate. They heal us with their huge heart chakras, and envelop us in a blanket of rainbow-colored energy that we so sorely need. They are our earth angels.



### **Emotional First Aid for Anxious Indigos and Crystals**

Indigo and Crystal children and teens are highly aware, emotionally sensitive energy beings. They come into our world in an amazing assortment of different types and varieties but one characteristic which is similar is they are right brained dominant processors who feel their feelings intensely. In the last several years I have noticed an increase in the number of special children coming to therapy practice with significant and at times overwhelming fears and anxieties.

Some I have seen have separation anxieties, sleep challenges, school related phobias, performance anxieties, night terrors/nightmares, social awkwardness/shyness, panic attacks, or obsessive compulsive behaviors. Whatever the child or teen's presenting issues, it is important to explore the root causes of their problems as well as developing effective strategies for eliminating the troublesome thoughts and behavioral patterns. Part of what creates problems for Indigos and Crystals is their very large energy field which creates heightened intuition or psychic abilities. They may be seeing frightening energetic beings from other dimensions or picking up psychic information which they don't know how to understand or deal with. Due to their large energy fields they may also be absorbing negative emotional energy from people around them which can sometimes make attending school or riding on a crowded school buses even more difficult and draining for them. Many times these highly sensitive children will come home from school so energetically charged that they will need to discharge the toxic energy before they can feel calm and present in their own skin. Wanting to fill up on junk food after school and huge temper outburst may be an indication that your child is either trying to numb out to their uncomfortable feelings or ineffectively discharge the confusing, negative energy. Since these children are vibrating at a higher energy frequency, spending a lot of time in front of any kind of machine which is resonating with its own energetic frequency can also compromise the balance of energy within your child's body. In addition to picking up the EMF's (electromagnetic frequencies) your child's values and belief system are also influenced by the toxic diet of violence and mayhem on television and within some computer games. Many times I have had to clear out trauma memories from children who have been watching excessively violent movies which are creating vivid fears and nightmares. Supervising and limiting your child's television and video viewing and time with computer games and game boys may help to cut down on their anxieties and fears. It also helps to prevent children from numbing out to their anxious feelings by mindless TV and computer preoccupations. Another factor which appears to contribute to children's anxious or fearful behaviors is hidden food or chemical sensitivities. As a young child



my son became very irritable and anxious after ingesting peanuts or red food coloring, dairy and gluten.

Many children's food and/or chemical sensitivities are never discovered leaving many parents to struggle with confusing behavioral or health related issues for their highly sensitive children.

Indigos and Crystals who experience trauma can also become overloaded with intense feelings and memories which may become stuck on the right side of the brain. When something traumatic happens to anyone the memories are stored on the right side of the brain as a chunk of information which still needs to be processed and restored rather than as bits of information which are collected when we think of something more positive.

If the child is not able to process and work through the traumatic experience with their whole brain, it remains stuck on the right side of the brain waiting to be retriggered and experienced again and again. Without an experience which helps the left brain to help process the traumatic event rationally and to place it securely within the past, the child can feel overwhelmed by flashbacks and intense feelings which they are not able to release.

Many children will try to suppress trauma memories instead of processing them because they are so frightened of them. They erroneously believe that if they don't think or talk about the event, their bad feelings will go away. Unfortunately their childish minds often take on irrational beliefs which can cause further problems and anxieties which leads to more negative coping strategies. If your child has experienced something traumatic and has had a significant change in personality or behavioral patterns which have lasted more than 6 weeks, it may be wise to seek out a child therapist who is trained to use techniques such as EMDR (Eye Movement Desensitization & Reprocessing), one of many Energy Psychology Techniques or Play Therapy.

As parents of the new generation of sensitive energy beings we need to function as detectives searching for root causes of their energy disturbances. No longer can we ignore our children's subtle energy imbalances or expect that traditional medicine can fix their problems by swallowing a pill. Parents also need to be mindful of their own emotional states which can be mirrored back to them through their children's behaviors.

## Emotional First Aid for Anxious Indigos and Crystals

If your child is upset, check your own energy! When you are energetically scrambled or stressed, they will be too. Take some time to calm or relax yourself and notice how this affects their energy.

Hint: Do a Hook Up whenever you find yourself getting stressed or upset at your child. You will find your child will calm down much quicker and you will feel better too!

### Hook Up

- 1) Cross your feet at your ankles
- 2) Hold your arms straight out in front of you with back of hands facing each other, thumbs down
- 3) Cross one hand over the other & place palms together & clasp fingers.
- 4) Bend elbows and fold hands in and up until they are resting comfortably on your chest.
- 5) take a big breath in while placing the tip of the tongue against the top of the palate behind the front teeth.
- 6) When you exhale, relax the tongue in the mouth.
- 7) Hold this position until you notice a calming sensation inside. (It can take a minute or two).
- 8) Relax and uncross hands and feet.
- 9) Touch the finger tips of one hand against the finger tips of the other and notice the energy where they meet. Hold for at least 30 seconds. (The energy may feel hot, tingly or like it is vibrating, humming or throbbing)
- 10) When your child asks you what you are doing, tell him/her that it is a way to calm down. Ask them if they would like to join you!

Tip Two: This technique usually will help a child relax and calm down when they are upset, scared or about to have a temper meltdown.

### Taming the Dinosaur

- 1) Rub your hands together quickly to collect energy in your hands.

2) Take both of your hands and place close to your child's head near each of his ears. Without touching the child's body, sweep around his ears & down the side of his head, neck, shoulders and arms and off his hands. Your hands are working like a magnet to pull down and release over – energy from your child's body.

3) This motion probably needs to be repeated 3 to 5 times until the child visibly calms down.

4) Some gentle words which recognize his upset and let him know that it is ok to have whatever feelings he has, may be helpful for the child.

5) Parents can also do this to themselves to help relax and calm their own over-energy!

4) Simply take one hand at a time, cross over to the opposite side of your head and sweep down your neck, arms and off of the fingers. Remember to take some slow deep breaths as you release your over - energy.

Tip Three: Sedating Triple Warmer is another powerful way of calming down a child's over energy. If this procedure is done once or twice a day for three to four weeks, you literally can reset a child's nervous system into a calmer mode.

### Sedating Triple Warmer

1) While the child is calm and sitting or lying down in a relaxed position, hold the front of her knee and the back of her elbow on the same side of the body. You may feel the energy tingling as it moves down the leg to the ground. Is your child able to feel the energy moving too?

2) When the 1st side feels like it is finished (it could be 5 minutes or more), switch to the opposite elbow and knee and repeat the same procedure

3) Next move so you can hold the child's little indentation on the outside of the baby toe with one of your index fingers. Using your other index finger hold the spot where the child's 4<sup>th</sup> and 5<sup>th</sup> fingers join the hand (right where the V is located). You can hold these points about the same amount of time as the elbow and knee points. This is repeated on both sides until all four points are finished.

Hint: This is a relaxing activity to do as your child is going to sleep. It really can help them fall asleep faster plus reprogram their nervous system at the same time.

Tip Four:

Have the child use the karate chop with an affirmation to help shift her out of a negative or uncooperative state. Energetically this is known as being psychologically reversed.

When anyone's energy is reversed we literally will do the opposite of what would help us or we make choices which sabotage our best interest.

#### Karate Chop with Affirmation

1) If the child will cooperate, have them tap the outside part of the hand against the outstretched palm of the opposite hand in a (gentle) karate chop motion. While tapping, have the child say some version of the following:

a) "Even though I am feeling upset right now, I am a super kid!"

b) "I like myself & I'm ok even though I have this \_\_\_\_\_ problem." (anger, sadness, fear, upset, etc.)

c) "Even though I am feeling like a bad kid right now, I love & totally accept myself!"

2) Repeat the tapping and affirmation out loud three times pausing to take a deep breath in between each affirmation and tapping sequence

Content from energy connection therapies

## **ACUPUNCTURE**

### How does acupuncture work?

Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites--commonly referred to as acupuncture points, or acupoints. The most common method used to stimulate acupoints is the insertion of fine, sterile needles into the skin. Pressure, heat, or electrical stimulation may further enhance the effects. Other acupoint stimulation techniques include: manual massage, moxibustion or heat therapy, cupping, and the application of topical herbal medicines and linaments.

Traditional Chinese Medicine is based on an ancient philosophy that describes the universe, and the body, in terms of two opposing forces: yin and yang. When these forces are in balance, the body is healthy. Energy, called "qi" (pronounced "chee") flows along specific pathways, called meridians, throughout the body. This constant flow of energy keeps the yin and yang forces balanced. However, if the flow of energy gets blocked, like water getting stuck behind a dam, the disruption can lead to pain, lack of function, or illness. Acupuncture therapy can release blocked qi in the body and stimulate function, evoking the body's natural healing response through various physiological systems. Modern research has demonstrated acupuncture's effects on the nervous system, endocrine and immune systems, cardiovascular system, and digestive system. By stimulating the body's various systems, acupuncture can help to resolve pain, and improve sleep, digestive function, and sense of well-being.

### What happens during an acupuncture treatment?

First, your acupuncturist will ask about your health history. Then, he or she will examine your tongue's shape, color, and coating, feel your pulse, and possibly perform some additional physical examinations depending on your individual health needs. Using these unique assessment tools, the acupuncturist will be able to recommend a proper treatment plan to

address your particular condition. To begin the acupuncture treatment, you lay comfortably on a treatment table while precise acupoints are stimulated on various areas of your body. Most people feel no or minimal discomfort as the fine needles are gently placed. The needles are usually retained between five and 30 minutes. During and after treatments, people report that they feel very relaxed.

### How many treatments will I need?

The frequency and number of treatments differ from person to person. Some people experience dramatic relief in the first treatment. For complex or long-standing chronic conditions, one to two treatments per week for several months may be recommended. For acute problems, usually fewer visits are required, usually eight to ten visits in total. An individualized treatment plan that includes the expected number of treatments will be discussed during your initial visit.

### What conditions are commonly treated by acupuncture?

Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, insomnia, and infertility

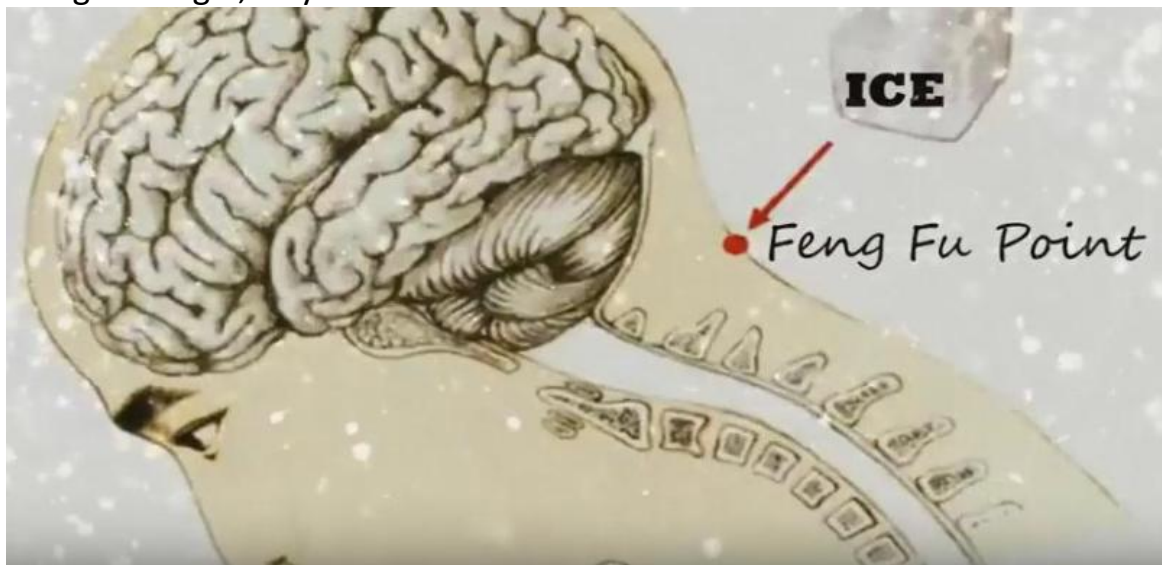
Traditional Chinese medicine is based on the belief that energy (chi or qi) flows through and around the body along pathways called meridians. Acupuncturists and others who practice this medicine believe that illness occurs when something either blocks your chi or causes it to become unbalanced. By helping to increase the flow of chi throughout the body, the organs can function more efficiently.

Each meridian in the body corresponds to a different internal organ. Meridians have pressure points, and it's believed that practicing massage or acupuncture on these points can help release any blocked qi on the meridian, which in turn releases tension in the related organ. Pressing and holding the point draws qi into the channel to invigorate the organ.

It is believed that you can improve your health, mood and energize your body by placing an ice cube on a certain point located on the neck. If you

practice massage or acupuncture, or you've been wanting to try it, this is a quick, easy and safe way to explore the theory of Chinese medicine at home.

The point on the neck is found between the tendons in the back of the neck, at the base of the skull and the top of the neck, close to the base of the hairline. In acupuncture, this point is called Feng Fu or Wind Mansion. Acupuncturists believe that stimulating this point promotes overall well-being. To begin, all you need is an ice cube.



Either sit or lie on your stomach and put one ice cube on the Feng Fu point on the neck. You'll want to hold it there for twenty minutes, or secure it with something such as a bandage or a scarf. The cold will feel unpleasant at first, but within 30-60 seconds you should be able to feel the influx of heat to the point on your neck.

You can repeat this method in the morning and before bed to stimulate the release of endorphins into the bloodstream and create energy. According to Chinese medicine, this practice can restore and maintain physiological balance, while rejuvenating, strengthening and energizing the body. Regular activation of the Feng Fu point is also believed to:

- Improve the quality of sleep
- Improve the digestive system
- Eliminate frequent colds
- Decrease headache, toothache and joint pain

- Improve breathing
- Cure gastrointestinal problems
- Manage thyroid disorders
- Help with asthma
- Aid in the relief of arthritis
- Manage menstrual disorders
- Help manage stress, fatigue and depression

It should be noted that this method is not recommended if you have a pacemaker, are pregnant, or have epilepsy or schizophrenia. Check out the video below to learn more about using the ice method to energize your body by stimulating the Feng Fu point.



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## **AKASHIC RECORDS**

Spirituality is simple living with love in your hearts and no judgements for others. This is simple but we are complicated human beings. We are blinded with the physical world and unable to see the unseen. There are a lot of us who are awakening to our truth which is our spirit and multi-dimensional state of being. This is our truth, we are Light coming from the Source of all that is. What we see are fractals of ourselves expressing in our own uniqueness but truly we are all one in the unified fields of the universal energy. The shadows of ourselves are animated by those who are around us and brings attention to our separated unconscious thoughts. When we become aware of these shadows, we are able to harmonized these into our selves. We will know how to integrate these into our being, when we take the time to listen to the signs that are given to us.

What are the Akashic Records? they are our blueprints to know all our fragmented selves and bring them into alignment with our highest potential. They are the vibrations or living library of our souls. There are multi dimensions that we can tap when we become awake of our true existence. We are multi- dimensional beings, meaning we can be in other dimensions when we want to. This physical plane that we live in is just one of the realm that we tap into. It seems very real and sometimes it can come across to others that this is the only plane of existence. Everything that we see is actually created in the universal energy before it becomes a form. Akasha is the primordial substance before anything becomes a form. So everything that we do, think of, emote, intent or say are all recorded in our Akashic Records. In order to advance and evolve in this incarnation, we need to know what is in our Records that block us from having success

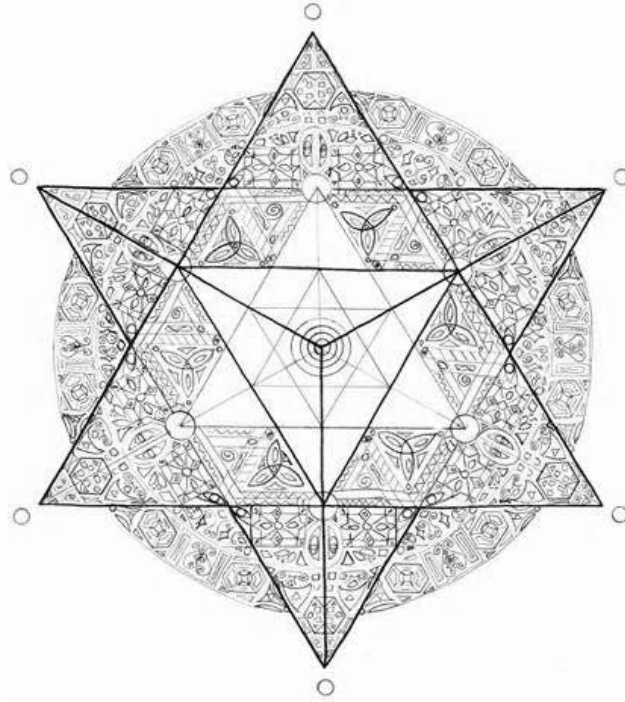
and fulfillment in this lifetime. Success is about attaining happiness and peace. When we have this in our existence we are in heaven so to speak. We live blissfully and we are one with all that is. We consciously create everything with the Source of creation. We are empowered, evolved and enlightened. The light emanates and radiates from within and attract others with our luminosity. We are the positive light of that which creates and one with the shadows of all. We can see the unseen behind the veil. We are in harmonized with the Universal Laws and creating miracles for ourselves and others. We are one. It is an amazing soul journey to witnessed transformations from myself and others with the Akashic Records.

My intention in teaching this is to simplify the vast and complex nature of the Akashic Records to all sentient beings. To share healings from the activations and empowerment of the Lords of the Akashic Records to others. To elevate humanity's consciousness into Divine consciousness. To activate the Akashic Records for those who are called to delve into these mysteries. To pave the way for an easier transition of the influx of coming generations into our Mother Earth Gaia. Why would we want to know about our Records? Because we want to understand the mysteries of life and be attune with our truth. It serves like a compass to our soul's path. We have freewill and every choices that we choose count in our evolution. Everything is recorded, so the Universal Law of Karma exist in this realm. We are not going to be judge but everything that we do in detrimental with our path will be attached to our files. These become the blockages in our spiritual ascension. Ascension simply is the higher vibration of our soul's state which resonates with the frequency of the Source's love for us. We are beings of Love and Light.

Where are the Akashic Records stored? They are in the ether and others claim that they are in the 6th plane of dimension. They are primordial substance that is alive and conscious while we are living this lifetime. Everything is recorded. It is like a data bank and when you open and tapped into your Records you are given the grace of the Lords of the Akashic Records. It is very sacred and guarded by the Lords. Nobody can access them unless you give permission to someone. We are given the ways to access our Records now. Through a Sacred prayer we can be given access by the Lords of the Akashic Records. There are different ways to

access these Records, through your dreams, intuition, insights, out of body experiences and prayer. Journaling with the Records gives you the map to see how you progress and evolve as a soul. Can we heal and clear our blockages through the Akashic Records? Our Akashic Records will give us guidance why we are stuck and how we can clear our blockages. Our past lives are being revealed so we can understand why we have these patterns that blocked us from being successful. It helps us release and clear this victim consciousness in our Records. We are rewriting our Records when we clear these energetic blockages.

What are the Akashic Records Activations? These are energetic substance that we received when our Records are open. You will develop extra sensitivities to the universal energy of the Source of all that is. When we access these activations we become align to our soul's purpose. Our cosmic portal will be open and we are going to receive these healing Light and energy from the Akashic fields. The more we practice accessing our Records, the more we evolve and receive activations for our souls. We receive gifts and raises our vibrations to our highest potential. The gifts of healing our souls become so transparent in our transitions. The Ascended Masters, Archangels and angels, our Higher Selves, spiritual teams and guides help us to create a sacred space and the Lords of Akashic Records dispense the grace to connect us with our true essence. Our souls are returning to home. We become align to our Higher Selves.



## **ANGELS AND ARCHANGELS**

You have guardian angels around you right now. These angels are pure beings of Divine light who are entirely trustworthy and who want to help you with every area of your life. The word angel means “messenger of God.” Angels carry messages between the Creator and the created, like Heavenly postal carriers.

We don't worship or pray to the angels, because we only worship God. Nor do the angels want to be worshipped. As messengers of God, they carry prayers and messages between the Creator and the created (us). If you worry whether you're connecting with God's trustworthy angel, or a

lower energy, ask God and Archangel Michael to protect you and to provide a barrier . . . so that no one, human or spirit, who is not of God's pure love can come near to you. Once you ask, this is done.

Angels love everyone unconditionally. They look past the surface and see the godliness within us all. They focus only on our Divinity and potential, and not on our "faults." So angels aren't judgmental, and they only bring love into our lives. You're safe with the angels, and you can totally trust them.

It doesn't matter whether you're a believer or a skeptic, because the angels believe in you. They see your inner light, they know your true talents, and they understand that you have an important life mission. They want to help you with everything.

Those who regularly contact their angels report great improvements in their lives. They feel happier, more peaceful and confident, and less afraid of death or the future. They know that they're not alone, because they have trustworthy guardians watching over them.

From Doreen Virtue book of Angels

### Archangel Michael

- Color blue, warrior , large sword
- Protection from physical and spiritual dangers, freedom from fear and self doubt.

### Archangel Jophiel

- Color yellow, beautiful
- Help in absorbing information, studying, passing tests
- Freedom from addictions
- Wisdom, knowledge, clear seeing

### Chamuel

- color pink , “he who sees God”
- love, compassion, mercy
- protection against misunderstanding, repairing and healing relationships

### Gabriel

- Color white, “God is my strength”
- Guidance in creating your spiritual life, life plan
- Helps in establishing order in your life

### Raphael

- Color green, “God has healed”
- Healing of body, mind and spirit.
- Inspiration for the study of music, math, science and medicine.

### Uriel

- Color Purple and gold, “Fire of God”
- Inner peace, tranquility of spirit
- Taking away fear and anger, renewal of hope
- Help create harmonious environments

## **AROMATHERAPY**

Aromatherapy is the practice of using volatile plant oils, including essential oils for psychological and physical well-being. It can be mixed with a carrier oil to use as massage oil, or applying to skin, it can be diluted with water to use in a diffuser to scent a room, it can also be used in the bath, or put on a cotton ball under the pillow for sleeping or carrying around in a pocket for easy pulling out and inhaling when needed.

Essential oils, the pure *essence* of a plant, have been found to provide both psychological and physical benefits when used correctly and safely.

Products that include synthetic ingredients are frowned upon in holistic aromatherapy. It is important to note that perfume oils also known as *fragrance oils* (and usually listed as "fragrance" on an ingredient label) **are not the same** as essential oils. Fragrance oils and perfume oils contain synthetic chemicals and do not provide the therapeutic benefits of essential oils.

### The Benefit of an Aroma ~ Inhaling Essential Oils

Essential oils that are inhaled into the lungs offer both psychological and physical benefits. Not only does the aroma of the natural essential oil stimulate the brain to trigger a reaction, but when inhaled into the lungs, the natural constituents (naturally occurring chemicals) can supply therapeutic benefit. Diffusing eucalyptus essential oil to help ease congestion is a prominent example.

### The Benefit of Physical Application

Essential oils that are applied to the skin can be absorbed into the bloodstream. The constituents of essential oils can aid in health, beauty and hygiene conditions. **Since essential oils are so powerful and concentrated, they should never be applied to the skin in their undiluted form.** To apply essential oils to the skin, essential oils are typically diluted into a *carrier* such as a cold pressed vegetable oil, also known as a carrier oil. Common carrier oils include sweet almond oil, apricot kernel oil and grapeseed oil

### Essential Oil Blends

Essential oils can be blended together to create appealing and complex aromas. Essential oils can also be blended for a specific therapeutic application. Essential oils that are carefully blended with a specific therapeutic purpose in mind may be referred to as an *essential oil synergy*. A synergistic essential oil blend is considered to be greater in total action than each oil working independently

### Blends for Anxiety

#### Blend #1

- 2 drops Bergamot
- 2 drops Clary Sage
- 1 drop Frankincense

#### Blend #2

- 3 drops Sandalwood
- 2 drops Bergamot

#### Blend #3

- 3 drops Lavender
- 2 drops Clary Sage

#### Blend #4

- 1 drop Rose
- 1 drop Lavender
- 2 drops Mandarin
- 1 drop Vetiver

#### Blends for Calming

- 1 fl. ounce carrier oil such as sweet almond
- 7 drops Roman Chamomile
- 5 drops Lavender

#### Blends for Depression

##### Blend #1

- 1 drop Rose
- 3 drops Sandalwood
- 1 drop Orange

##### Blend #2



- 3 drops Bergamot
- 2 drops Clary Sage

#### Blend #3

- 1 drop Lavender
- 1 drop Ylang Ylang
- 3 drops Grapefruit

#### Blend #4

- 2 drops Frankincense
- 1 drop Lemon
- 2 drops Jasmine or Neroli

#### Blends for Panic and Panic Attacks

##### Blend #1

- 2 drops Helichrysum
- 3 drops Frankincense

##### Blend #2

- 1 drop Rose
- 4 drops Lavender

##### Blend #3

- 1 drop Neroli
- 4 drops Lavender

##### Blend #4

- 1 drops Rose
- 4 drops Frankincense

#### Blend for Easing Fear

Blend #1 - Suited for Times When You Also Need to Be Energized

- 3 drops Grapefruit
- 2 drops Bergamot

Blend #2 - Suitable for Times When You Need To Be Relaxed and Calm

- 2 drops Clary Sage
- 2 drops Roman Chamomile
- 1 drop Vetiver

Blend #3

- 3 drops Sandalwood
- 2 drops Orange

Blend #4

- 2 drops Jasmine or 2 drops Neroli
- 2 drops Frankincense
- 1 drop Clary Sage

## **BACH FLOWER REMEDIES**

Dr. Edward Bach discovered the Original Bach Flower Remedies which is a system of 38 Flower Remedies that corrects emotional imbalances where negative emotions are replaced with positive.

The Bach Flower Remedies work in conjunction with herbs, homeopathy and medications and are safe for everyone, including children, pregnant women, pets, elderly and even plants.

The Bach Flower Remedies is a simple system of healing that is easy for anyone to use. They can be found on line, or in stores like Choices, and health food stores.

Visit these sites

[www.BachFlower4Kids.com](http://www.BachFlower4Kids.com)

[www.BachFlowerPets.com](http://www.BachFlowerPets.com)

Recipes from the Bach website

### Depression.

**Mustard:** Helps you when you feel suddenly depressed without reason. It feels like a cold dark cloud has destroyed all happiness and cheerfulness. The depression can lift just as sudden for no reason.

**Elm:** You feel overwhelmed by your work load and matters of life and you feel depressed and exhausted.

**Sweet Chestnut:** For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it has tolerated the uttermost limit of its endurance. When it seems there is nothing but destruction and annihilation left to face.

**Willow:** Helps you when you have suffered adversity or misfortune and find it difficult to accept. You feel sorry for yourself and have “poor me” attitude.

**Gorse:** When you feel a great hopelessness, you have given up the belief that more can be done for you. Under persuasion or to please others you may try different treatments, at the same time, assuring those around you that there is so little hope of relief.

**Gentian:** When you are easily discouraged after a small set back. You are easily disheartened when faced with difficulties and often skeptical or pessimistic.

**Larch:** When you lack self -confidence and self-esteem and feel depressed.

### Stress

**Rescue Remedy:** Help any stressful situation where you need to be able to collect yourself and be in charge of your emotions.

**Oak:** Helps you when your inner strength wanes. Usually because you are an over-achiever and will overwork and ignore your tiredness.

**Elm:** You feel overwhelmed by your work load and matters of life and you feel depressed and exhausted.

**Sweet Chestnut:** For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it has tolerated the uttermost limit of its endurance. When it seems there is nothing but destruction and annihilation left to face.

**Cherry Plum:** When you feel like exploding and fear that you may lose control of your emotions and actions.

**White Chestnut:** Helps you when your mind is cluttered with thoughts, usually arguments, ideas, thoughts which you do not wish to keep repeating in your mind. These thoughts might prevent you from sleeping.

**Impatiens:** Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will endeavor to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed

**Oak:** When you struggle on without taking care of yourself, workaholic, wont take a break no matter how much it is needed

**Larch:** When you lost self-esteem and confidence

### Fear and Anxiety

**Rock Rose:** Helps you when you experience terror or fright and you feel frozen and unable to move or think clear.

**Mimulus:** Helps you when you feel fear, the type of fear that you can identify such as fear of spiders, being alone, losing a job, illness etc. You are overly sensitive, get embarrassed and nervous.

**Cherry Plum:** Helps you when you fear that your mind is being over-strained, you feel like you are going to explode or do irrational things. You are afraid of losing control.

**Aspen:** Helps you when you feel fearful without knowing why. You feel that something bad is going to happen, but nothing happens and you cannot tell what you are afraid about.

**Red Chestnut:** Helps you when you are overly concerned and worried about loved ones. You are distressed and disturbed by other people's problems.

**White Chestnut:** Helps you when your mind is cluttered with thoughts, usually arguments, ideas, thoughts which you do not wish to keep repeating in your mind. These thoughts might prevent you from sleeping.

### Panic Attacks

**Rescue Remedy:** Helps at any stressful situation where you need to be able to collect yourself and be in charge of your emotions.

**Aspen:** Panic, nightmares, pounding heart, sweating for no reason, anxious but don't know why.

**Rock Rose:** When you feel that the fear is so great that you are unable to move or react, a frozen fear.

**Mimulus** Helps you when you feel fear, the type of fear that you can identify such as fear of spiders, being alone, losing a job, illness etc. You are overly sensitive, get embarrassed and nervous.

**Cherry Plum:** Helps you when you feel that your mind is being over-strained, you feel like you are going to explode or do irrational things.

## CHAKRAS

Chakra is from the Sanskrit word Cakra, meaning "wheel". It is thought to be an energy point in the body. Its believed there are many chakras in the

human body, but there are seven chakras that are considered to be the most important ones.

In *Anatomy of Spirit* (1996), Caroline Myss describes the function of chakras as follows: “Every thought and experience you’ve ever had in your life gets filtered through these chakra databases. Each event is recorded into your cells. The chakras are described as being aligned in an ascending column from the base of the spine to the top of the head. Each chakra is associated with a certain color

### The Root Chakra

Represented by the color red.

The root chakra is located at the base of the spine, and is related to the anus and the adrenal glands. Areas of body governed are the spinal column, kidneys, legs, feet, rectum, immune system bones, large intestine and teeth.

The root chakra is the grounding force that allows us to connect to the earth energies and empower our beings

Blocked Root Chakras show as low self-esteem, lack of security, feeling unable to survive. Egotistical, sexual driven. Some of the physical dysfunctions of the root chakra are lower back pain, sciatica, varicose veins, depression, immune related disorders.

Balanced Root Chakras are grounded, master of oneself, can manifest abundance, limitless energy.

The root chakra deals with the foundation of our existence. The ancient lineage, bloodline, and DNA that you inherited from your ancestors affect your roots. The body parts are the spine, limbs, blood, legs, feet, DNA.

When we are healing or clearing this chakra, we have to look within our family dynamics to what kind of emotional karma we are carrying.

When the family foundation is not rooted in love and trust, you are going to deal with self-love and self-esteem issues. To release blockages in the

root chakra, you need awareness of the function of your root chakra and be able to connect your “abuse” or “lack of self-love” when you know where the roots of your issues are, then proceed to meditate and ask the Ascended Masters and Archangels to heal you.

#### Crystal for Root chakra

Hematite, black tourmaline, onyx, ruby, garnet, bloodstone, lodeston

#### Essential Oils for Root Chakra

Clemantis, rosemary , corn

#### Questions to journal with your Root Chakra

How are your relationships with your parents and siblings?

What are your patterns regarding money?

Do you have fear with survival?

What is your familys cultural heritages?

These are the seven shadows for the Root Chakra

Abuse, addiction, violence, poverty, illness, abandonment, betrayal

#### The Sacral Chakra

Represented by the color Orange

Located in the lower abdomen it influences your sensuality, emotions, power and creativity.

A well-functioning sacral chakra helps maintain a healthy yin-yang balance. Although the sacral chakra is primarily considered the sexual energy center, it is also the centre where individual creativity resides. It is also the centre of your inner power,

Blocked signs of the Sacral Chakra include problems with fertility, reproduction, lack of creativity, low esteem, self-conscious, insecurity, low back pain, sciatica, pelvic pain, Ob/gyn problems. Workaholic, resents authority.

Balanced Signs of the Sacral Chakra are Joy, good self-esteem, personal power, relaxed, multi skilled

### Crystals for the Sacral Chakra

Carnelian, Moonstone, Orange Tourmaline

### Essential Oil for the Sacral Chakra

Bergamot, Cardamom, clary sage, neroli, orange, rose, sandalwood, Ylang Ylang

### Questions to journal for the Sacral Chakra

Am I a creative person?

List 5 ways I could better nurture my creativity.

How often do I try to change my habits or routines?

I feel inspired when .....

Am I comfortable with my sexuality?

### The Solar Plexus Chakra

Represented by the color yellow



The third chakra is located just above the navel and below the center breastbone.

It is associated with personal power, self-confidence, responsibility and will power. It asks us to be more aware of who we truly are. It demands truth and authenticity.

Blocked - it becomes domineering, obsessive and overly compulsive. A feeling of being invisible and not allowing your personal light to shine, or saying that you want to do something, but always making excuses on why you can't is often a symptom of an out of balance third chakra. Anger and resentment, feeling stuck or being a people pleaser are also signs you have a blockage.

When out of balance, we feel fear of disappointing others, or to subordinating our life and pleasure to the will of others, fear of rejection, over sensitivity to criticism, hot temper, fear of something new, low energy. When in balance, we are free. It defines our self-esteem. The Ego develops during puberty in this chakra.

Balanced - it allows us to lead the way to our authentic self, instead of following someone else and being who they want us to be. It wants us to beat our own drum and stay connected to our hopes and dreams.

Physical signs: illness in the stomach, such as indigestion, diabetes ulcers and eating disorders, hepatitis, adrenal imbalance, arthritis, colon diseases. It controls the immune and digestive systems. When it is balanced, we can fight infections, are free of allergic reactions, and are able to use the nutrients we ingest

#### Crystals for the Solar Plexus Chakra

Yellow jasper, golden topaz, yellow tourmaline, citrine

#### Essential Oils

Yarrow, chamomile, peppermint, lemon juniper, vetivert, marjoram

### Questions to journal for your Solar Plexus Chakra

Do you feel like a victim?

Do you compensate from low self-esteem and shame based feelings by being overly responsible?

Are you afraid of change?

What causes you to lose your power and why?

Do you follow through on what you say you will do?

Do you respect yourself and others?

### The Heart Chakra

Represented by the color green or pink

The heart chakra is located in the centre of the chest.

It is considered to be the love centre of our human energy system. Among others, love, heartbreak, grief, pain and fear are all emotions that are felt intensely within this energy vortex.

Learning Self-love is a powerful initiative to undertake in order to maintain a healthy heart chakra. The heart chakra is the place where unconditional love is centered

The heart stands at the centre of all energies and unifies our being as a whole. It is the point around which all the energies turn. An imbalance of the heart chakra will affect all the other centres.

Blocked- you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. Physical illness includes heart attack, high blood pressure, insomnia, and difficulty in breathing such as asthma, lung and breast cancer, pneumonia, upper back and shoulder problems.

Balanced- you may feel compassionate, friendly, empathetic, desire to nurture others and see the good in everyone

It rules the heart, lungs, circulatory system, shoulders and upper back.

#### Crystals for the Heart Chakra

Malachite, emerald, rose quartz, green aventurine, rhodonite

#### Essential Oils

Holly, poppy, rose, eucalyptus, pine, bergamot, Melissa, jasmine and rosewood

#### Questions to journal for your Heart Chakra

Do you allow yourself time alone for you?

Do you practice true forgiveness by seeing your own faults?

Do you carry a lot of sadness and emotional wounds in your heart that you don't want to accept and look at?

Are you able to let go of controlling everything and letting a balance between intellect and your feeling emotions have control?

#### The Throat Chakra

Represented by the color blue

The throat chakra is located in the throat and neck region.

The throat chakra is associated with the vocal cords and the thyroid gland.

It is the chakra of communication, telepathy and creative expression.

Unexpressed emotions tend to constrict this energy centre. Your inner truth is your sense of what is correct. It is our voice center. It is through our spoken word that we express ourselves to others. Repressing our anger or displeasure will manifest into throat imbalances such as strep throat, laryngitis, speech impediments, sore throat, mouth ulcers, TMJ, thyroid dysfunctions, ear infections

It is through this chakra we manifest what we want in life. A healthy throat chakra makes your voice clear, and resonates with truth. Blocks make it difficult to communicate because we feel suppressed by swallowed emotions, and feelings. The voice is weak and your feelings unclear or garbled .

Blocked – unable to express thoughts, unreliable, manipulative, talks excessively or not talking much, arrogant, forces opinions on others.

Balanced- Good speaker, artistic, centered, lives in the now, easily experiences divine energy.

#### Crystals for Throat Chakra

Angelite, Kyanite, Sodalite, Lapis, blue opal

#### Essential Oils

Cosmos, larch, blue chamomile, sage, lemongrass, geranium

#### Questions to journal for your Throat Chakra

Do you express your thoughts and feelings so others understand?

Is your voice clear and resonant when you speak?

Do you believe you have the right to make choices for yourself ?

Are you a good listener?

Do you lie in order to get your way?

Do you have a good sense of timing and rhythm?

Is your head and heart going in opposite directions?

### Third Eye Chakra

Represented by the color Indigo blue and purple.

The third eye chakra also called “brow chakra” it is located in the centre of the forehead. Our mental calculations and thinking processes are functions of the third eye chakra. We are also able to evaluate our past experiences and life patterns and put them into perspective through the wisdom of the third chakras actions. Our ability to separate reality from fantasy or delusion is connected to the healthfulness of this chakra. It contains intuition and from this chakra, we are able to become clairvoyance, the gift of second sight.

Blocked – undisciplined, meek, afraid of success, oversensitive, schizophrenic, arrogant, talks down to others

Balanced – un-materialistic, no fear, charismatic, total vision, master of one’s self, telepathy

Physical signs of a blocked third eye chakra are: brain tumors, strokes, blindness, deafness, seizures, learning disabilities, spinal dysfunctions, panic, depression, delusion, poor memory, worry, spaced-out, and poor concentration.

It governs the brain, neurological system, eyes, ears, nose, pituitary, pineal glands.

### Crystals for the Third Eye Chakra

Purple fluorite, amethyst, lapis

### Essential Oils

Queen Anne’s lace, rosemary, lavender , peppermint, spruce, frankincense, clary sage

### Questions to journal for your Third Eye Chakra

Do you trust your intuition?

Can you let your imagination soar and visualize?

Do you give reasons and excuses for acting without love?

Do you have “insight” as to what is happening in any situation?

Do you have difficulty concentrating?

### The Crown Chakra

Represented by the color Violet and white

The crown chakra allows inner communication with our spiritual nature/guides to take place. It serves as an entryway where the Universal Life Force can enter our bodies and disperse downward into the lower six chakras below.

The opening in the crown chakra which is located at the top of the head, where the soft spot was on a baby at birth .

Blocked- confusion, depression, senility, fear of success, and lack of inspiration. It can also cause spiritual addiction and over intellectualizing, and a feeling of dissociation from our body.

Balanced- no fear of death, miracle workers, open to the divine

It also effects the skeletal system, and the skin, chronic exhaustion, sensitivity to light, sound and environment.

### Crystals for the Crown Chakra

Clear quartz, diamond, lepidolite, moonstone, purple fluorite, selenite, snow quartz.

### Essential Oils

Cedarwood, frankincense, jasmine, lavender, myrrh, neroli, rose, rosewood, sandalwood, vetiver

### Questions to Journal with for your Crown Chakra

Can you feel a higher power governing your life?

Do you feel inspired and open to new ideas?

Do you feel confused or depressed?

Do you meditate, or pray to god, thanking him for all that you are and show gratefulness for what you have?

Are you always complaining about your unhappiness?



## COGNITIVE BEHAVIOR

Cognitive behavioral therapy (CBT) is a form of psychotherapy. It was originally designed to treat depression, but is now used for a number of mental disorders. It works to solve current problems and change unhelpful thinking

An important principle of CBT is that treatment involves dealing with the symptoms that you are struggling with right now, rather than focusing on the cause of your problem.

CBT involves learning how to change your thoughts and your actions. Why is this important? Because in any given situation, you will have thoughts and feelings about it, and behave in a certain way. These thoughts, feelings and actions all interact and influence each other.

### Change your behaviour

By using exposure, you could gradually approach fears rather than avoid them. Over time, your fears would be reduced. Exposure is one of the best tools at your disposal to face your fears and manage your anxiety in the long run

### Change your thoughts (cognitions)

You might also change the fear if you were able to challenge the thought. When we feel anxious, our thinking tends to be overly negative, because it is completely focused on danger and threat: we don't always see the whole picture.

Learning to take a closer look at your thoughts, and coming up with more balanced and realistic thoughts, is another important tool for managing your anxiety



## CRYSTALS

Crystals have been revered for thousands of years for the decorative, healing and protective properties.

In Egypt, the use of crystals dated at least 4500 BC. Lapis Lazuli was one of the most sacred and spiritual stones. Its function is to open spiritual insight and journey on to the other world.

Crystals were created as the earth cooled and continued to metamorphose and reform as the earth underwent eons of geological change. It contains the record of the planet of millions of years. Crystals are regarded as the earth's DNA , many native people call them the brain cells of Mother Earth.

The clear quartz crystal is another one of the most sacred stones of ancient cultures. Its clarity and transparency give it a mirror quality through which things can be seen clearly. The natural quartz crystal symbolizes white light energy.

The power of the crystal can be found in its structure - growing and reaching up toward light from the deepest parts of earth. It is a conductor of energy - both as a receiver and a transmitter Your personal crystals will attune themselves to your vibrations, as you will attune to the natural vibrations of the crystal. Choose crystals that seem to speak to you or that you feel attracted to for best results.

Clear quartz crystals have been used for centuries in healing. Egyptians used them in pyramids to attract the power contained in light. Their triangular shapes held mystical appeal. American Indians have long revered the crystal as a sacred symbol of light. Crystals have been used to

cut a newborn's cord, and are often buried with the dead in addition to use in many ceremonies and rituals. In the Tibetan culture, crystals are considered sacred objects that are empowered with the elements. Many cultures carry them in pouches for protection from negativity.

Crystals have been used for healing the body, transforming the spirit, inspiring intuitive insight, guarding against negative vibrations, and smoothing the energy flows of spirit and body.

Crystals absorb energy, they soak up vibrations negative or positive from the air and people around them. Therefore, they need cleansing, recharging and activating when working with these crystals.

### Crystal Cleaning

Crystals that can't be damaged by water can be held under a tap or immersed in sea or Himalayan salt – about half a teaspoon to a full glass of water is plenty. Leave for an hour or longer. You can also pass a sage smudge over them, or placing in the light of the moon or sun for a few hours. Citrine, Kyanite and Azeztulite are a few that do not need cleansing.

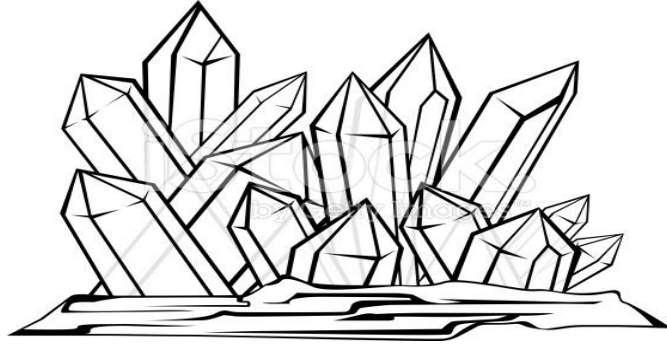
### Crystal Activation

Crystals need to be activated and programmed to start working.

Hold the crystal in your hands. Picture gold or white light surrounding it and come up with your intention for the stone. (ie abundance, healing, etc)

Ask Archangel Metatron to activate and infuse your intention to the crystal.

Ask the Deva spirit of the crystal to receive the activation and to be programmed. Thank them both for assisting you.



## **HYPNOSIS**

Hypnosis -- or hypnotherapy -- uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored. In this naturally occurring state, a person may focus his or her attention -- with the help of a trained therapist -- on specific thoughts or tasks.

### How Does Hypnotherapy Work?

The brain has three components to it, the conscious mind, the ego and the subconscious. The subconscious is like a computer hard drive, it holds all the data the person has accumulated through its lifetime / lifetimes from birth onwards. It stores it as pictures, not emotions, so when working with a client, we access the programs and memories in the subconscious.

Hypnotherapy allows people to explore painful thoughts, feelings, and memories they might have hidden from their conscious minds. In addition,

hypnosis enables people to perceive some things differently, such as blocking an awareness of pain.

Hypnotherapy can be used in two ways, as suggestion therapy or for patient analysis.

- Suggestion therapy: The hypnotic state makes the person better able to respond to suggestions. Therefore, hypnotherapy can help some people change certain behaviors, such as stopping smoking or nail biting. It can also help people change perceptions and sensations, and is particularly useful in treating pain.
- Analysis: This approach uses the relaxed state to explore a possible psychological root cause of a disorder or symptom, such as a traumatic past event that a person has hidden in his or her unconscious memory. Once the trauma is revealed, it can be addressed in psychotherapy.

### What Are the Benefits of Hypnosis?

The hypnotic state allows a person to be more open to discussion and suggestion. It can improve the success of other treatments for many conditions, including:

- Phobias, fears, and anxiety
- Sleep disorders
- Depression & Anxiety
- Stress
- Post-trauma anxiety
- Grief and loss

The possibilities are endless with Hypnotherapy, and it can be used for spirituality as well, finding out about your higherself, past lives, your purpose on planet earth.

## MEDITATION

*Walking meditation is a simple way to connect with your spirit and mother earth in a very grounded way.*

Many of us take the benefits of walking for granted. Each day we limit the steps we take by driving or sitting for long periods of time. But walking even a few blocks a day has unlimited benefits – not only for our health, but our spirit as well, for as we walk, we connect with the earth.

Even when walking on concrete, the earth is still beneath us, supporting us. Walking lets our body remember simpler times, when life was less complicated. This helps us slow down to the speed of our body and take the time to integrate the natural flow of life into our cellular tissue. Instead of running from place to place or thinking about how much more we can fit into our day, walking allows us to exist in the moment.

Each step we take can lead us to becoming more mindful of ourselves and our feelings. Walking slows us down enough not only to pay attention to where we are in our body, but also to our breath. Taking time to simply notice our breath while we walk, through the length of our inhales and exhales, and becoming attuned to the way in which we breathe is taking a step towards mindfulness. When we become more mindful, we gradually increase our awareness of the environment around us and start to recognize that the normal flow of our thoughts and feelings are not always related to where we are in the present moment. Gradually we realize that the connection we have with the earth and the ground beneath our feet is all that is. By walking and practicing breathing mindfully we gain a sense of calm and tranquility -- the problems and troubles of the day slowly fade away because we are in the 'now'.

The simplicity and ease of a walking practice allows us to create time, space and awareness of our surroundings and of the wonders that lie within. Taking a few moments to walk each day and become more aware of our breath will in turn open the door for the beauty of the world around

## **NATURE**

### Why Nature Is Therapeutic

Humans crave a connection with nature. From gardening and horticulture to taking a stroll through the park or hiking through the mountains, man has found solace in nature for centuries. But with a rapidly deteriorating environment, shortage of open spaces, fear of “stranger-danger” during outdoor playtime, and an emerging culture of technology-obsessed youth, American life is punctuated by nature deprivation and a disconnect with the world around us. Although quality time in nature is hard to come by, here are a few reasons to make the great outdoors a part of daily life.

### A Natural High

Generations of brilliant minds, naturalists and authors have documented the many benefits of spending time in nature. Henry David Thoreau (1817-1862), an American author, naturalist, and philosopher best known for his book *Walden*, celebrated the therapeutic effects of nature by saying, “I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us a right.” Nature has played an integral role in the quest for happiness and personal fulfillment of many other historical figures as well, such as Ralph Waldo Emerson, John Muir and Charles Darwin. Frank Lloyd Wright (1867-1959), acclaimed architect and philosopher, advised, “Study nature, love nature, stay close to nature. It will never fail you.”

There is a strong body of research confirming that direct contact with nature increases mental health and psychological and spiritual development. Benefits include stress reduction, a sense of coherence and belonging, improved self-confidence and self-discipline, and a broader sense of community.

## I. Stress Reduction

More than 100 research studies have shown that outdoor recreation reduces stress. In a study of individuals exposed to stressful videos of accidents, those who watched a subsequent nature video experienced faster recovery than those who watched a video with other content.<sup>1</sup> Another study established that a view of nature, even through a window, speeds recovery from surgery, improves work performance, and increases job satisfaction.<sup>2</sup> By observing the ever-changing environments in nature, individuals cultivate a positive attitude, renewed attention, mindfulness, and sensory awareness. In the words of renowned naturalist and essayist John Burroughs (1837-1921), "I go to nature to be soothed and healed, and to have my senses put in order."

## II. Meaning and Purpose

Being in nature also bestows a sense of connectedness, meaning, and purpose. There is a sense of chaotic order in the way nature works; the plants and animals are interconnected in a series of complex relationships. Everything coexists in nature without the necessity of outside intervention. It is a system that has existed successfully since the beginning of time, which provides a sense of structure, coherence, and reliability for those wise enough to use nature as a model for life. Realizing that human beings are an essential component of this larger structure can supply a sense of purpose and belonging.

For many, respect and enjoyment of nature also leads to a sense of spirituality and an appreciation for powers larger than oneself. The wilderness teaches that each individual is unique but also part of the larger whole. In a world bogged down by social pressures, standards of conduct, and the demands of others, nature gives people a chance to appreciate a grander sense that the world is alive, fascinating and meaningful. This universal appeal crosses all cultures and time periods.



“Look deep into nature, and then you will understand everything better,” advised legendary physicist Albert Einstein (1879-1955) .

### III. Heightened Awareness and Physical Activity

Outdoor settings beg for activity rather than passivity as the world is best explored on foot. Hiking through the wilderness merges a heightened sense of awareness of one’s surroundings with the need to take action to move through and be part of nature. People understand and process environmental information through mapping, exploring, and interpreting the landscapes, obstacles, and surroundings. This type of physical activity reduces depression and anxiety, reduces the risk of disease, and improves psychological well-being. In fact, research suggests outdoor exercise has even more beneficial effect than indoor exercise.

A strenuous trek through mountains or desert can represent both a physical journey and a journey of self. Spending time in nature’s silence better acquaints people with their own thoughts and feelings, leading to a sense of calm and inner peace. As expressed by early preservationist and Sierra Club founder John Muir (1838-1914), “Climb the mountains and get their good tidings. Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you... while cares will drop off like autumn leaves.”

### Up to the Challenge

In nature, people learn that challenge is actually the opportunity to improve oneself, develop an internal locus of control, and build confidence. Wilderness experiences give people an optimistic confidence in the predictability of nature and the pace of life, combined with a healthy ability to surrender control. Nature-goers learn to trust their innate ability to overcome both expected and unexpected obstacles and to appreciate that things work out even if they aren’t in complete control. In short, they learn they can cope with whatever comes their way, which in turn builds confidence and a sense of self-efficacy and achievement.

While rising to a challenge is important for developing self-esteem, shared challenge offers the added benefits of affiliation, social support, intimacy, and the ability to help others. This sense of community and intimacy that develops by facing challenges in the company of others translates into other group settings as well, such as the family unit.

### A Nature-Deprived Youth Culture

For many children, quality playtime outdoors has been replaced by televisions and computers indoors. In a survey from Hofstra University, 70 percent of mothers reported playing outdoors every day when they were young, compared with only 31 percent of their children. Fifty-six percent of mothers reported that, when they were children, they stayed outside for three hours at a time or longer, compared with only 22 percent of their children.

Natural spaces stimulate children's imaginations and creativity, and playing outdoors enhances cognitive flexibility, problem-solving ability, and self-discipline. Unfortunately, most children between 6 months and 6 years of age spend an average of 1.5 hours a day with electronic media, and youth between 8 and 18 years of age spend an average of 6.5 hours a day with electronic media, totaling more than 45 hours a week.<sup>3</sup>

In recent years, health care providers have begun to recognize the therapeutic attributes of nature for treating conditions like attention disorders and depression. Researchers at the University of Illinois have shown that the greener a child's everyday environment, the more manageable their symptoms of attention-deficit disorder. <sup>4</sup> In a UK study released in April 2007, a majority of people with mental health disorders reported that taking a "green walk" decreased their depression (71%), reduced their tension (50%), and increased their self-esteem (90%).<sup>5</sup> Studies also show that nature in forms as simple as a plant at work or trees in front of an apartment complex help reduce stress, improve coping skills, and develop self-discipline.

## Children and Teens in the Wilderness

Children and teenagers benefit from experiences in nature more than any other population, particularly in the area of academic performance. A 2005 study by the American Institutes for Research demonstrated that students in outdoor science programs improved their science testing scores by 27 percent. 7 Moreover, participation in outdoor education was directly associated with improved conflict resolution skills and cooperation.

Many parents are choosing wilderness camps and programs to help their troubled teens. Adolescence, an angst-ridden period of self-discovery, is the ideal time to discover the lessons nature can teach. When a teen is immersed into a wilderness experience, they leave their family, their familiar community and environment and the roles they have adopted, to try out new social roles. This “fresh start” presents the opportunity to develop a new self-image, a new way of relating to other people and the environment, and new ways to respond to the challenges of daily life. Ideal candidates for therapeutic wilderness programs are students exhibiting at-risk behaviors, including defiance, rebellion, experimentation with drugs and/or alcohol, sexual promiscuity, poor performance in school, and other behavioral difficulties.

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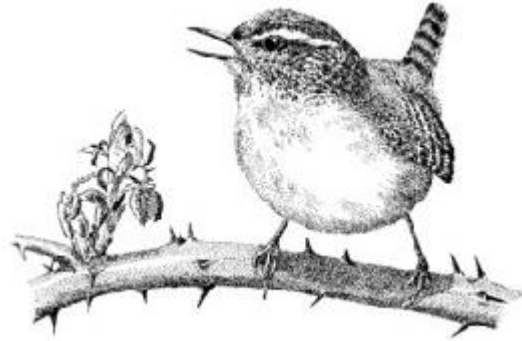
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4F. Kuo and A. Taylor. “A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence From a National Study.” *American Journal of Public Health*, Sept. 2004. Available at: [www.ajph.org/cgi/content/abstract/94/9/1580](http://www.ajph.org/cgi/content/abstract/94/9/1580).

5“Now a Green Agenda for Mental Health.” Available at: [www.bio-medicine.org/medicine-news/Now-a-Green-Agenda-for-Mental-Health-21784-1](http://www.bio-medicine.org/medicine-news/Now-a-Green-Agenda-for-Mental-Health-21784-1).

6See [www.floridagardening.org/download/BenefitofPlants.pdf](http://www.floridagardening.org/download/BenefitofPlants.pdf), [http://parksandpeople.org/publications/special\\_reports/TreeBenefits.pdf](http://parksandpeople.org/publications/special_reports/TreeBenefits.pdf) and [www.projectevergreen.com/pdf/Technical%20Bulletin.pdf](http://www.projectevergreen.com/pdf/Technical%20Bulletin.pdf).

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## **NUTRITION**

There is so much we can do from the nutritional point for helping with anxiety, depression, OCD, and ADHD. It is one of the easiest things to do, yet people tend to look at this last.

You have to imagine your body as a car, we put the correct fuel and oil in the car, it runs smooth, if not, we have major repairs and eventually a complete breakdown. Think how much more intricate our body is and how much more it requires careful consideration about what we put into it!

Even more than ever, we need to take the time to research about foods, superfoods, and vitamins. We can cure many of the ailments we have on diet alone, our bodies are amazing, they if given the right nutrients, can fix itself.

We are falling so into the trap of marketing, that we don't research ourselves on what we actually need to keep healthy. Marketing pushes us into believing what they want us to believe, which in turn makes money.

We believe that milk is necessary, we are not cows, we are drinking another mammals milk, it is disgusting when you think about it. We are humans , not cows, we are not to grow to 300lbs! Humans are the only

species that continues with milk consumption after the first or second year

A plant based diet is much healthier for people in general, we were made to be herbivores, our intestinal track is long, which means it has time to break down nutrients from plant based food. When we eat meat, it putrefies in our bodies before it even gets out! It is poisoning our system.

## Sugar

Most people know that eating too much dessert and processed food can contribute to physical health problems like obesity and type 2 diabetes. Far less attention has been given to the impact of a high-sugar diet on mental health, though numerous studies have shown the deleterious effects a sweet tooth can have on mood, learning and quality of life. In addition to inflating waistlines, sugar and other sweeteners, including high fructose corn syrup, honey, molasses and maple syrup, may contribute to a number of mental health problems:

### #1 Depression

The roller coaster of high blood sugar followed by a crash may accentuate the symptoms of mood disorders. Research (link is external) has tied heavy sugar consumption to an increased risk of depression and worse outcomes in individuals with schizophrenia. There are a couple theories explaining the link. Sugar suppresses activity of a hormone called BDNF that is low in individuals with depression and schizophrenia. Sugar is also at the root of chronic inflammation, which impacts the immune system, the brain and other systems in the body and also has been implicated in

depression. Interestingly, countries with high sugar intake also have a high rate (link is external) of depression.

## #2 Addiction

Although controversial, a growing body of evidence points to the addictive potential of sugar. Both drugs and, to a lesser extent, sugar and processed junk foods flood the brain with the feel-good chemical dopamine, over time changing the function of the brain. In a study (link is external) by researchers at Yale University, the simple sight of a milkshake activated the same reward centers of the brain as cocaine among people with addictive eating habits. A 2007 study (link is external) showed that rats actually prefer sugar water to cocaine. Rats given fatty and sugary products demonstrated classic symptoms (link is external) of addiction including tolerance and withdrawal symptoms when the products were taken away.

## #3 Anxiety

The Standard Diet, which is full of sugar and fat, does not necessarily cause anxiety but it does appear to worsen anxiety symptoms and impair the body's ability to cope with stress. Individuals who suffer from panic attacks, for example, are hyper-alert to signs of impending danger. Sugar can cause blurry vision, difficulty thinking and fatigue, all of which may be interpreted as signs of a panic attack, thereby increasing worry and fear. A sugar high and subsequent crash can cause shaking and tension, which can make anxiety worse.

Research has established a correlation between sugar intake and anxiety. In a 2008 study (link is external), rats that binged on sugar and then fasted displayed anxiety, and in a 2009 study (link is external) rats fed sucrose compared to high-antioxidant honey were more likely to suffer anxiety. While dietary changes alone cannot cure anxiety, they can minimize symptoms, boost energy and improve the body's ability to cope with stress.

#### #4 Learning and Memory

Sugar may also compromise cognitive abilities such as learning and memory. In an animal study (link is external) by the University of California Los Angeles, six weeks of taking a fructose solution (similar to soda) caused the rats to forget their way out of a maze, whereas rats that ate a nutritious diet and those that consumed a high-fructose diet that also included omega-3 fatty acids found their way out faster. The high sugar diet caused insulin resistance, which in turn damaged communications between brain cells that fuel learning and memory formation.

Recognizing these and other risks, the trends in sugar consumption seem to be changing. People are consuming less sugar – about 13 percent (link is external) of their daily calories – which is still far too much, but clear progress from 18 percent just over a decade ago. Our bodies were never intended to handle the amount of sugar that has become the norm in the American diet. At least now we're beginning to recognize that the mind and body are intricately connected and both must be nurtured to achieve optimal health.

#### Extra B vitamins

In a study of people with panic disorder, OCD and depression the B vitamin inositol in amounts of up to 18 grams daily was as effective and had fewer side effects than an anti-anxiety medication. Vitamin B1 is important for blood sugar control and this has a major impact on anxiety. Vitamin B3 is involved in many enzymatic processes and plays a key role in serotonin synthesis. At doses of 1,000 to 3,000 mg a day, it may be helpful for anxiety. Vitamin B5 is very important for the adrenals and therefore helps with modulating stress.

Folic acid and vitamin B12 are important for depression, and given the links between anxiety and depression, they may also be helpful for anxiety. They also support heart health, which is important if you suffer from anxiety or panic attacks, which stress the heart.

There has also been groundbreaking evidence that B6 is extremely useful in treating anxiety and depression.

Good food sources of the B vitamins include liver, meat, turkey, whole grains, potatoes, bananas, chiles, legumes, nutritional yeast and molasses.

### Magnesium and calcium

Magnesium is a calming mineral that nourishes the nervous system and helps prevent anxiety, fear, nervousness, restlessness and irritability.

Magnesium is also very protective of the heart and arteries; again, this is important if you suffer from anxiety or panic attacks. Supplemental magnesium, together with vitamin B6, was shown to alleviate anxiety-related premenstrual symptoms, as well as breast tenderness and menstrual weight gain and pain. This study also showed that even a small amount can make a difference; it used only 200 mg of magnesium and 50 mg of vitamin B6. A typical supplemental amount is 400 to 600 mg of magnesium per day, usually with 800 to 1,200 mg of calcium, as it's typically best to get about twice as much calcium as magnesium.

However, taking magnesium alone can be helpful for anxiety, and you may actually need more than the typical dose, perhaps as much as 1,000 mg of magnesium per day. Experiment with different amounts and decide what's right for you based on how you feel, and cut back if you get loose stools.

Taking magnesium and calcium at bedtime can also help promote restful sleep. A very pleasant and easy way to increase your intake of magnesium is to add about a cup of Epsom salts to a warm bath you'll absorb the magnesium through your skin. Add some lavender essential oil and have a wonderful calming soak before bed, and you'll sleep better too.

Dark-green, leafy vegetables, like spinach, kale and chard, contain plenty of calming magnesium as well as good amounts of the B vitamins. Whole, unrefined grains like oats, buckwheat, millet and quinoa also contain both magnesium and B vitamins. Other food sources of magnesium include legumes, beef, chicken, fish (especially halibut, cod and salmon), nuts, seeds, bananas, watermelon, figs, potatoes and green beans. Homemade bone broths are rich in magnesium, calcium and other vital minerals, with



the added bonus that the gelatin in the broth enhances mineral absorption. Herbs are another source of magnesium. Try chamomile, dandelion, peppermint or sage herbal tea; make a salad using fresh parsley, nettles and dandelion; and add fennel seed, fenugreek, paprika, parsley and cayenne when cooking.

Many high-magnesium foods are also a good source of calcium, especially spinach, turnip greens, mustard greens, collard greens, green beans and sea vegetables. Other sources of calcium include dairy products, sardines, sesame seeds, broccoli and celery. The herbs basil, thyme, rosemary, oregano, dill and peppermint are also good sources of calcium, as is cinnamon.

### Vitamin D

Vitamin D is a fat-soluble vitamin that is found in eggs and fatty fish such as salmon and mackerel (and cod liver oil), but your body can also make its own vitamin D after exposure to ultraviolet rays from the sun, though this is somewhat dependent on the season and your geographic location. It may improve seasonal anxiety and depression that worsen during the winter months. One study showed that vitamin D deficiency was associated with both anxiety and depression in fibromyalgia patients. Vitamin D is also important for immunity, bone health and heart health, and it helps protect against cancer.

When supplementing, be sure to take vitamin D3 (cholecalciferol). Vitamin D2 (ergocalciferol) is the synthetic form and not effective. Recent research suggests that it's most effective to take vitamin D with your largest meal.

### Iodine

Iodine deficiency symptoms manifest as a result of improper thyroid hormone production. Simply stated, when the thyroid gland does not receive enough iodine, trouble ensues. The more serious signs and

symptoms of iodine deficiency may vary according to individuals, but usually include the following:

- Thyroid enlargement – sometimes called “goiter”
- Mental imbalances such as depression and anxiety
- Mental retardation (in extreme cases, and particular in children of mothers who have had an iodine deficiency)
- Fetal hypothyroidism (improper functioning of the thyroid in unborn children, leading to brain damage).
- Autism

Due to the relationship between iodine and hormone balance, an iodine deficiency disrupts the proper functioning of hormone receptors and communication. This may lead to emotional imbalances, anxiety and a lack of sexual interest.

Adding seaweed to meals and soups helps increase the Iodine levels, as well as a supplement that can be found at health food stores.

## Iron

Anemia generally occurs when there is a lack of specific vitamins in the body. Iron is the most common, but you can be anemic if you don't have enough Vitamin B12, Magnesium, Folic Acid and more. Many different vitamin deficiencies can lead to anemia.

Anemia itself can also cause anxiety as a symptom. Those that are anemic are placing their body under a great deal of stress, and this often sends messages to the brain to be more anxious. Further, the brain may not be getting enough healthy blood, and the symptoms of anxiety (such as heart palpitations) may cause anxiousness on their own.

So it is possible for someone to be anemic, and have that anemia lead to more anxiety. It's also possible for someone to have symptoms of anemia, and the person that lives with those symptoms develops an anxiety disorder because of the way the symptoms cause them stress.

An iron test at the doctors can quickly rule this out.

## Omega-3s and omega-6s

It's well known that omega-3s from fish oil (EPA and DHA) are effective for alleviating depression, and one study looking at substance abusers with low fish consumption found that supplementing with fish oil for three months resulted in less anxiety and anger. I recommend that you eat fish, including some oil fish, such as salmon and sardines, and only supplement with fish oil if you know for sure that your levels of omega-3s are low. A good starting dose is 1,000 mg daily.

## Probiotics

You may not be aware that you actually have two nervous systems: the central nervous system, composed of your brain and spinal cord, and the enteric nervous system, which is the intrinsic nervous system of your gastrointestinal tract. Both are created out of the same type of tissue. During fetal development, one part turns into your central nervous system while the other develops into your enteric nervous system.

These two systems are connected via the vagus nerve, the tenth cranial nerve that runs from your brain stem down to your abdomen. It is now well established that the vagus nerve is the primary route your gut bacteria use to transmit information to your brain. While many think of their brain as the organ in charge, your gut actually sends far more information to your brain than your brain sends to your gut.

To put this into more concrete terms, you've probably experienced the visceral sensation of butterflies in your stomach when you're nervous, or had an upset stomach when you were very angry or stressed. The flip side is also true: problems in your gut can directly impact your mental health, leading to issues like anxiety, depression and autism.

It has long been known that probiotics, or "good bacteria" taken in pill or powder form, help maintain healthy gut flora beneficial to general health. Countless studies have also shown probiotics to perform a wide variety of healthy functions, including improved digestion, regularity and immune system functioning. But a study published in the journal BMC Gut

Pathogens breaks new ground. Conducted at the University of Toronto with chronic fatigue syndrome (CFS) patients, this study found that a two-month protocol of probiotics not only boosted the “good” bacteria in their gut but also led to a significant decrease in their depression and anxiety symptoms by addressing their effect on the feel-good neurotransmitter L-tryptophan.

“We were quite excited with the fact that these were positive results and we felt that probiotics truly have a role to play in the management of neurophysiological disorders such as anxiety, such as depression and other symptoms associated with that,” said Rao, the research leader. “Rather than going into medications, which may result in side effects, it’s a safe, it’s a very easy way to manage problems such as that.”

Dr. Alison C. Basted, the co-author of the study, says Bifidobacteria appears to increase levels of tryptophan in the brain, a chemical that ‘helps people feel better.

The study, led by A. Venket Rao and co-authored by Dr. Alison C. Basted, administered 39 CFS patients either three doses of Lactobacillus casei Shirota a day, or a placebo, for two months. They found that 73% of subjects taking the probiotic experienced an increase in levels of Lactobacillus and Bifidobacteria in the gut, which corresponded with a significant decrease in anxiety symptoms. In the placebo group, only 37.5% showed an increase in Bifidobacteria, while only 43.8% showed an increase in Lactobacillus bacteria. The researchers found no statistically significant change in anxiety symptoms among this group.

Rao and Basted believe that probiotics “crowd out” the more toxic stomach bacteria linked to depression and other mood disorders. “Bifidobacteria appears to increase levels of tryptophan in the brain, a chemical that “helps people feel better.” Patients taking the probiotic also showed a marked improvement in their digestion, experiencing less bloating and gas and a reduction in inflammation. The findings are “huge,” Basted said. “The subjects felt less anxious, they felt calmer, they felt better able to cope with their illness, they were sleeping better, had fewer heart palpitations and less symptoms of anxiety,” she said. “We were

pleasantly surprised, that people who were taking probiotics were able to lower their anxiety.”

Rao explained that the good bacteria produce “compounds that get to the brain and help the brain to manage problems associated with behavioral and mood problems, such as anxiety and depression.” He said the findings open “a door to a whole new field and that is the relationship of gut micro flora, or gut bacteria, to many disorders – mental disorders being one of them. So it opens a door to many future research and applications in this area.”

### Fatty Fish

The Standard American Diet is sorely deficient in omega-3 fatty acids, and high in trans fats and saturated fats which have been shown to negatively affect the brain. Since our brains are made up largely of fat and our bodies cannot manufacture essential fatty acids, we have to rely on a diet rich in omega-3s to meet our daily needs.

In studies, foods high in omega-3 fatty acids, such as wild cold water fish (e.g., salmon, herring, sardines and mackerel), seaweed, chicken fed on flaxseed and walnuts, have been shown to reduce symptoms of schizophrenia, depression, attention deficit hyperactivity disorder and other mental disorders. This is likely because of the effect omega-3s have on the production of neurotransmitters (brain chemicals responsible for our moods), including dopamine and serotonin. By supporting the synapses in the brain, omega-3s also boost learning and memory.

### Whole Grains

The primary source of energy for the brain is glucose, which comes from carbohydrates. Simple carbohydrates exacerbate low mood by creating spikes in blood sugar and have been shown to have effects on the brain similar to drugs of abuse. By contrast, complex carbs release glucose slowly, helping us feel full longer and providing a steady source of fuel for the brain and body. Healthy sources of complex carbohydrates include whole-wheat products, bulgur, oats, wild rice, barley, beans and soy.

## Lean Protein

The foods we eat are broken down into substances that are used to make neurotransmitters and other chemicals that allow different parts of the nervous system to communicate effectively with each other and the rest of the body. Next to carbohydrates, protein is the most abundant substance in the body. The amino acid tryptophan, a building block of protein, influences mood by producing the neurotransmitter serotonin.

Sometimes called nature's Prozac, serotonin is associated with depression. Lean protein sources, including fish, turkey, chicken, eggs and beans, help keep serotonin levels balanced. Even more important are complex carbohydrates, which actually facilitate the entry of tryptophan into the brain, reducing the symptoms of depression and anxiety and improving overall cognitive functioning.

## Leafy Greens

Leafy greens such as spinach, romaine, turnip and mustard greens, and broccoli are high in folic acid, as are beets and lentils. Deficiencies in folate as well as other B vitamins have been linked with higher rates of depression, fatigue and insomnia.

Broccoli also contains selenium, a trace mineral that plays an important role in our immune system functioning, reproduction and thyroid hormone metabolism. Some studies suggest that low levels of selenium contribute to depression, anxiety and fatigue. Other sources of selenium include chicken, onions, seafood, walnuts and brazil nuts, and whole-grain products.

The new generation of children, naturally have an appetite for "pecking" rather than big meals. They prefer to eat ongoing through the day, smaller amounts. I usually pack up a few ziplocks with various healthy choices such as cut up vegetables, nuts, crackers etc. to take to school so they can continually eat.

Smoothies are a great start to the day, and you can sneak in various things such as greens, nuts etc.

Bone broth soup is a great way to also have some major nutrients in an easy to digest way. It can be used as a base for all kinds of soups, or eaten on its own as is.

1. Run through this simple checklist when making any bone broth your gut desires:
2. Roast any bones beforehand for added depth and flavor, except fish.
3. Put bones in pot and add water just to cover bones.
4. Add your acid to help draw out the good stuff. We use apple cider vinegar.
5. Bring to a boil and then reduce to a simmer.
6. Skim, skim and skim some more. Scum and impurities rise to the top during the initial simmer phase. Simply skim, discard and keep simmering.
7. Once there is no longer any scum rising to the surface, keep simmering, adding water only to cover the bones as necessary.
8. Prep your veggies. Peel onions, as the peel can impart a burnt or bitter flavor.
9. After about 15-18 hours for chicken and 35-40 hours for beef, add your veggies, herbs and spices. Wait until the final hour to add parsley or celery leaves.
10. Return to a simmer for the final leg, and this time don't worry about adding more water. You want the nutrients and gelatin to concentrate as we bring in the flavors from the veggies and herbs.
11. Add your parsley and / or celery greens if desired. Let simmer for another hour or two.
12. That's it. You've done it! Strain your broth and cool it down or use immediately for making your favorite soup, stew, sauce or meat dish!

## **PSYCHOLOGIST / COUNSELLORS vs PSYCHIATRIST**

A psychologist and a psychiatrist are often confused as having the same meaning. While both study the brain, emotions, feelings and thoughts, there is a distinct difference between the two fields of study. The primary differences between the two fields is mainly the education requirements, the specific training, practice and salary.

As a psychologist, you would begin your education with an undergraduate major in psychology. After earning either a bachelor of science in psychology or a bachelor of art in psychology, you would then need to attend a graduate program to earn a master's degree as well as a doctorate degree in psychology. Following undergraduate classes, there is an additional five to seven years required for earning a doctorate degree. Becoming a psychiatrist requires you to go to medical school. After completing an undergraduate degree in science, you would then attend a graduate program to complete your medical degree. Following medical school, you would complete four years of residency, during which time your training would be in psychiatry. The residency is typically completed at a hospital on the psychiatric unit. There are a number of specializations you can choose to practice in such as general psychiatry, child psychiatry, psychoanalyst, forensic psychiatry and a host of other options. Although there are differences in the two fields, psychiatrists and psychologists often work together in the treatment of patients.

A psychologist is not able to write prescriptions, but may recommended a patient be seen by a fellow psychiatrist in order to receive medications. And vice versa for psychiatrists, they often refer patients to fellow psychotherapists and psychologist to receive counseling and/or mental health therapy.



A psychiatrist is concerned with the patient's well-being, however, their focus is primarily towards disorders such as a chemical imbalance, whereas a psychologist's primary focus is on the patient's thoughts, feelings and general mental health.

With our mental health system in Canada, it is very understaffed and overworked.

The amount of children with Anxiety, ADHD, OCD and other such issues has increased so tremendously over the past few years, that they are sorely unable to meet the demands, and you will find it extremely distressing to try and get help through the system.

Here is a bit about how it went for us, just to give you some insight and some tools on how it works.

As soon as my daughter was correctly assessed as having anxiety through our family doctor, we were put on a waitlist for mental health. The wait list was 3 – 6 months to see a counselor/psychologist.

I began phoning around inquiring about other services, and found several community based clinics that are for children and teens. I went to Camry Counselling centre in our neighborhood, which had a 2 week wait. The difference is they have counselors, not psychologists. They did their best to work with her, but it was ineffective, and eventually our allotted 10 visits were done, with not much progress at all.

In the meantime, it was getting progressively worse. It was harder and harder for her to get to school. Our family doctor was very unsure how to proceed, she like myself, did not believe in medication for her age (12 at the time). The doctor phoned to the Mental Health office to see if it could be pushed along faster - no, there is a list of levels, 1, 2, 3 my daughter was on level 3 – basically wait till all level 1's were looked at, then level 2, and then when time permits, level 3....let me just say, if you are at level 3, you won't be getting in anytime soon.

We began to see the councilor/psychologist, the first step before you are allowed to see the psychiatrist as she is too busy with level 1 children. So we are “suggested” to try medication, and “suggested” what dose by the psychologist, but our family doctor would have to prescribe and monitor.

Our family doctor was put in a very tough situation, she was very uncomfortable giving her medication, and monitoring her, she said it should be a psychiatrist, not me!! We began with Prozac, it did nothing, the dose was increased, still nothing.

Nothing seemed to help, and my daughter felt worse, because it seemed hopeless, so she began refusing to go at all to the counselling. Her spot was filled quickly, and once my daughter worsened, it was back on the waiting list to begin all over, which unfortunately turned into too long a wait, and she tried to take her life.

The sad thing is, you will get into level one if your child tries suicide as mine did. Then suddenly the doors open up, the gatekeeper is now allowing the child to see the psychiatrist, who now looks seriously at the child, and works on medications and doses herself. You are given resources, weekly visits, teachers that come to the house to bring homework and assist in tutoring, family counselling, teachers and counselors jump to attention and assist in any way they can, yet all this if given at the right time, may have prevented my child and many others from trying to take their own lives because they feel hopeless. This is where you will get extremely frustrated and angry.

I will explain the levels :

Level 1 – kids that have tried suicide or at extreme risk to themselves or others

Level 2 - kids that are getting close to suicide or becoming risky

Level 3 – kids that are having issues, but not suicidal or at risk

December 3, 2015, the day that will stay in my mind for life I am sure. I was home at the time, working, which I did more and more of as I did not

like to have her home alone. She said she had a headache, took two Advil and went into the bathroom to have a bath, nothing unusual there, those were her self-help baths, sometimes up to four a day. I knocked on door and opened it to tell her I was just going to pick up her sister, she looked white, and sad, but nothing unusual as of late that seemed to be how she was all the time.

Shortly after leaving, she phoned and said I needed to come home, she was not feeling well. I suggested she get out of the bath and cool off, too hot a bath and Advil probably will make you feel ill, she insisted I needed to come home fast...so I rushed to get her sister and drove home as quickly as I could.

I opened the bathroom door and she was sitting on the toilet with a towel wrapped around her, looking tearful and white. I asked if she felt better, she pointed to the bathtub, there were some of her pills in vomit in the tub. She then kicked out the empty container of her just filled prescription, 140 pills... I looked at her in disbelief, ran and phoned 911. She tried to take the phone away, now in hysterics, telling me she didn't want help, she wanted to die. Her sister stood in shock in the door way I phone her father and stepdad so she would keep occupied.

We got to the hospital via ambulance, and waited yet again, I started to get panic stricken that no one was moving very fast at all, and after a bit of jumping up and down, I was told, "ohhh she won't die on that medication, they know people will try this, so it is not going to kill her....it may give her seizures or heart issues but won't kill her" ..... good to know, did I believe that? Not at all.

We were put into a room, and she was hooked up to many machines and given a charcoal based drink to absorb the medication.

Her heart was going crazy, they kept coming in and monitoring her. The doctor pulled me aside to discuss her issues, and then said to me, "well Ms Bosiak, once her heart is under control, you can take her home"

I looked at him, now understanding the game after all this time, and said "You are kidding me right? She just tried suicide and you want me to take

her home? No way, I am not, she is your responsibility now. Now I know she is level one, I know I get a chance to get her help, so no, I will not be taking her, you figure it out.”

He looked at me shocked for a moment, then scribbled something and walked away. She was admitted into pediatrics to monitor her heart that night. On day 4 she was given a mental health title and her rights as a person disappeared. We were unable to stay with her anymore, they had a “guard” monitor her every move, walk her to the bathroom, follow her every move.

It was then that I had a breakdown, it hit home that she was that bad, that we had almost lost her...I walked with the dog absolutely breaking down, I had not even realized I had been just holding on for that long.

Day 5 she was admitted to Surrey Mental Health for Youth. It was intimidating and scary, a locked down area, with rooms that had one or two beds, and a bathroom. A kitchen where they all sat and ate together, a classroom, and a tv room. Kids from 8 – 18, various issues, some screaming and punching attendants, having to be locked into their rooms. Others moaning and crying, some so drugged up they were just like mannequin’s sitting in a chair.

It was so hard to walk out and leave her there, I was scared for her safety, and scared for her.

They were monitored, poked, prodded, and analyzed. They had intense counselling sessions and put back on track of schooling. She stayed for 6 weeks, and the psychiatrist said he thought maybe the medication she was on was the cause of the downward spiral. They left her off any medication, and there was no anxiety showing up. Apparently with some children, it can do opposite and exuberate the situation.

I was angry, angry that I had not even wanted to put her on a medication, but listened to the psychologists reasons for it, and at the moment when you are in despair and just want to help your child, you cave, even though your gut is telling you something else .

She was allowed to have a weekend pass, it felt strange to have her home, and nerve wracking, would she try it again, more successful now that she knew what to do? How would I ever leave her alone again?

## **PARENTS SELF-CARE**

I remember vividly taking the dog for a walk, and being overcome with hysterical crying. I could not stop, I had been keeping strong so long for her my body couldn't hold it in any more, it had to release.

I proceeded to go for counselling myself, I could feel myself on the brink of something not good, I had frequent buzzing sounds in my head, total exhaustion, a sense of doom in the pit of my stomach most of the day. There was my mother with cancer and had just fell and broke her arm, I was in a new job that was intense and intimidating, I was at the end of a nine year relationship, as he could not handle all the drama in our lives, and wanted to move back to Ontario, which devastated my daughters to no end.

My support person was gone, and I was very angry at that and how he had hurt them, especially Angelica, who was very close with him. It was like losing a father all over again for her, betrayal at her time of need. I felt like I was going into a hole I couldn't climb out of anymore, I wanted to just sleep, to go into bed and sleep and sleep and not wake up. I had no motivation, no energy, I recognized the signs as a start of depression.

I began self-care; yoga four times a week, a massage every two weeks, walks in the woods, meditating, crystal healing, reiki, anything that would help I tried.

After a bit of time, I actually enjoyed being alone, with no man, time to do the things I needed to do and to focus on my kids. I began having my energy back, feeling I could cope, having insight into so many things that it was exciting.

It is extremely important that you as a parent are also taking care of yourself, it is incredibly stressful to have a child with anxiety, depression, or any learning disabilities to navigate life with all its other issues and care for a child that needs a lot of your time. If you are not healthy and keeping in perspective, then it will not benefit anyone.

There are going to be times that you feel you are losing your mind, you may yell at the child out of frustration, you feel like shaking them and telling them to snap out of it, get over it! That is normal, don't beat yourself up about it, children in general do not come with a manual, and children with these issues are even harder to navigate.

As long as there is no physical violence, then we are able to manage and to drive down this bumpy road together, and hopefully come out at the end to some amazing learning, knowledge and love. If you at any time feel that you cannot cope, you need to find help, you need to reach out to whoever you can, friends, family, councilors, teachers, don't let it get the better of you!

You need to be strong and be able to help this confused little person, who has no idea what to do or why they are feeling this way, and the world looks so scary and intimidating to them, they need to feel security in their home and in you that it is a safe place to show emotions, to be themselves and to still feel loved and accepted even though they feel unworthy of it.

Some days, you may need to walk away as the frustration overcomes you, somedays you need to take time for yourself, to go out with a friend for a drink and a talk, to have a hot bath and unwind. It's okay, it's a good thing, love yourself too so your child learns that from you also.

It took many months for me to feel okay about her being home alone, I felt guilty leaving, “what if” always played through my head, but when I started getting into more self-care, spirituality, and learning it became easier all the time.

Hence my discovering more and more about Crystal and Indigo Children, the breakthrough I needed to keep my daughter alive and my sanity intact.

They are teaching you a lesson also, look at this situation through a different lens, see what it is you are learning, what you need to work on, it is a learning experience for all involved.

## **REIKI**

The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. Reiki is not affiliated with any particular religion or religious practice. It is not massage nor is it based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy.

Reiki is the life energy that flows through all living things. Reiki Practitioners understand that everyone has the ability to connect with their own healing energy and use it to strengthen energy in themselves and help others. It is believed that a person’s “ki” or energy should be strong and free flowing. When this is true a person’s body and mind is in a positive state of health. When the energy becomes weak or blocked it could lead to symptoms of physical or emotional imbalance.

A Reiki session can help ease tension and stress and can help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional. A session is pleasant and relaxing and is often utilized for one’s personal wellness. A session is usually 60 to 90 minutes long. A discussion will usually take place during an initial session with a Reiki Practitioner. They will describe the session to the client, give the client an opportunity to discuss any particular problems or issues they are experiencing and ask them what they are hoping to achieve from their session. For the actual session, the client will rest comfortably on a massage table on their back with their shoes removed. Reiki can be performed with the client sitting comfortably in a chair as well. Unlike massage therapy, no articles of clothing are removed and a client is always fully clothed; loose, comfortable clothing is suggested. A session can either be hands-on, where a Practitioner will apply a light touch during the session, or hands-off where they will hold their hands slightly above your body. The session will then proceed with the Reiki Practitioner moving through specific standard Reiki hand positions beginning at the person’s head or feet. A recipient of Reiki might feel a warming sensation or a tingling during the session or nothing at all but sheer relaxation. The session should be very pleasant, relaxing and invigorating.

## **SOUND THERAPY**

Sound has been utilized in various cultures for thousands of years as a tool for healing. Whether through the use of mantras as with the Hindus, the *Icaros* (medicine melodies) of various Indigenous peoples from Central and South America, or Pythagoras' use of interval and frequency, these various techniques all have the same intention: to move us from a place of imbalance to a place of balance.

Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to. By using rhythm and frequency, we can entrain our brainwaves and it then becomes possible to down-shift our normal beta state (normal waking



consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur).

This same concept is utilized in meditation by regulating the breath, but with sound it's the frequency that is the agent which influences the shift.

A sound therapy treatment is both a passive and participatory experience. The passive aspect is that you become more relaxed by laying down and slowing your breath. By doing this, you prepare yourself to become the receiver of sound. It's in this place of stillness that you participate by becoming more open and aware of each sound that comes in. Sound helps create the pathway to this place of stillness the same as a mantra helps you to arrive at the still point of meditation.

Some of the tools used are voice, drumming, tuning forks and Himalayan singing bowls. It's important to note that awareness plays a huge role in our own healing

Sound not only helps with inducing relaxation, but also has a way of moving through areas of blockage. These energetic blockage areas can be located in our physical bodies, our subtle bodies, or both.

The physical body is where we experience localized pain and discomfort. Using tuning forks, especially osteophonic tuning forks (they vibrate at lower frequencies), we can stimulate the release of Nitric Oxide, a free radical molecule that has been proven to positively affect pain transmission and control.

Our "subtle body" is our energetic body. This body is where our life force energy exists, commonly referred to as Qi, Chi or prana. In Chinese medicine, meridian points are used to pinpoint areas that have restricted energetic flow to our physical and subtle bodies. The body is known to have thousands of these meridian lines that are mapped out through the body, in the same way we've mapped out the latitude and longitude of the earth.

The subtle body holds imbalances and traumas that can eventually manifest in our physical bodies, which is why it's important to look at

healing and balance not only from a physical perspective, but as a complete holistic experience that includes mind, body and spirit.

### What can sound heal?

Using sound as therapy can provide results for a variety of issues including:

- Sleep disorders
- Anxiety
- Depression
- Stress management
- PTSD
- Pain management

It's important to consider what kinds of sound we take in from our living environments. Loud sounds can elevate our stress levels, create imbalances in our nervous system, lower our immunity and in extreme cases, cause hearing loss.

When we are stressed, our whole relationship to sound changes, and regular everyday sounds can become magnified and contribute to the feedback cycle of the stress, amplifying it even more. By utilizing sound therapy techniques, we can become better listeners and more aware of the sounds we take in.

Many of us already have a pretty good understanding of the benefits of healthy eating, and the same can be true of sound. This is another example where mindfulness practices like chanting and vocal toning, can help us to find a center and feel grounded. In doing so, when we do have those stressful trigger moments, we may be better equipped to appreciate and discern the sounds more as our own unique symphony constantly happening around us, rather than feel overwhelmed by random cacophony.

Our body, mind and spirit always want to be moving in a direction toward balance, yet we often have too much outer stimulus and noise and not enough time to dedicate to ourselves, which can prevent us from

achieving a better state of harmony. Sound has a way of helping us get to the source of this inner peace we all desire.

Story by Nate Martinez



## YOGA

Yoga — a mind-body practice — is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

The core components of hatha yoga and most general yoga classes are:

- Poses. Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.
- Breathing. Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.
- Meditation or relaxation. In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

The health benefits of yoga

- Stress reduction. A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- Improved fitness. Practicing yoga may lead to improved balance, flexibility, range of motion and strength.
- Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

\*Mayo clinic study

## HEALING PRAYER

This prayer is to declare to the Infinite Source, God or creator of all that is that we are humbly asking for forgiveness that our collective consciousness as sentient beings have collected and imprinted throughout the years. Say this prayer how many times you want to throughout the day. Believe in miracles and this will heal your ancient lineage and those who had come in contact with you. You are a beacon of light, shine your beautiful light to the world.

Infinite Source of all that is, for myself, all of my ancient lineage, all of our relationships, all sentient beings in all timelines, dimensions, space and realities, we are asking for forgiveness throughout our lifetimes. In all our thoughts, words, emotions and deeds that we have hurt ourselves and each other consciously and unconsciously, we ask for forgiveness.

For all the times that we have created and experienced negativity, fear, pain, hatred, anger, gossips, abandonment, rejection, judgement, criticisms, jealousy, lust, sloth, gluttony, envy, greed and wrath, we ask for forgiveness.

For all the times that we have created and experienced sexual rapes, incest, abortion, infidelity, suicide and murder, we ask for forgiveness.

For all the times that we have created and experienced being unloved, not safe, wounded, not supported, not trusted, not nurtured from our parents and others, we ask for forgiveness.

Infinite Source, we ask that we are released, cleared and healed from all these energetic imprints in our souls and Akashic Records from all timelines, dimensions, space and realities.

We now ask that we have our new templates to create new patterns of positive and loving experiences. Infused us with unconditional love, compassion, forgiveness, kindness, gentleness, liberation and freedom, truth, inner peace, joy, abundance in our lifetimes. Thank you, thank you and thank you. And so it is.

## **RDSP FOR CHILDREN NEEDING ASSISTANCE**

A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long term financial security of a person who is eligible for the disability tax credit (DTC). Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59. Contributions that are withdrawn are not included in income for the beneficiary when they are paid out of an RDSP. However, the Canada disability savings grant (grant), the Canada disability savings bond (bond), investment income earned in the plan, and rollover amounts are included in the beneficiary's income for tax purposes when they are paid out of the RDSP.

Who can become a beneficiary of an RDSP?

You can designate an individual as beneficiary if the individual:

- is eligible for the disability tax credit (DTC);
- has a valid social insurance number (SIN);
- is a resident in Canada when the plan is entered into; and
- is under the age of 60 (a plan can be opened for an individual and contributions can be made to it until the end of the year in which he or she becomes 59 years of age). The age limit does not apply when a beneficiary's RDSP is opened as a result of a transfer from the beneficiary's former RDSP.

A beneficiary can only have one RDSP at any given time, although this RDSP can have several plan holders throughout its existence and more than one plan holder at any given time.

A person is eligible for the DTC only if a medical practitioner certifies on Form T2201, Disability Tax Credit Certificate, that this person has a severe and prolonged impairment in physical or mental functions. This form must also be approved by the CRA and the person must be deemed to be eligible for the DTC.

The holder does not have to be a resident of Canada. However, the beneficiary must be a resident of Canada when the plan is opened and when each contribution is made to the plan. RDSP payments can only be made to the beneficiary (or to the beneficiary's estate after the beneficiary's death). Contributors will not be entitled to a refund of their contributions.

For information call Bijan Nasiri

[Bnasiri02mlxc@wfgmail.ca](mailto:Bnasiri02mlxc@wfgmail.ca)

778-990-9293

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Disclaimer

If you are experiencing a health problem, consult your medical practitioner. Do not vary or cease any medical treatment without consulting your medical professional. This program may improve your mental, emotional, physical and spiritual well-being and contribute to your health. However, it is not a medical diagnosis or a medical treatment and does not claim to be.



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