



# **FINDING MY TRUTH**

## **A COURSE IN AWARENESS AND WELLNESS**

**WEEK TWO**

Welcome to week 2	3
How has the past week gone?	4
The Practice of the Present Moment	6
What is Inflammation?	8
How can we help ourselves?	9
The causes of Inflammation	10
What reduces Inflammation?	11
Anti-inflammatory foods	12
Cravings	14
Reasons for Cravings	14
The issue with Wheat and Gluten	16
A note on Casein	17
Gut Health	18
How can we tone the fibres of the vagus nerve?	19
How do we know we are out of balance?	20
We can also help support the gut with Prebiotics and Probiotics	20
Another breathing practice	22
What is Candida?	23
What triggers or causes Candida?	23
Symptoms caused by Candida overgrowth:	23
The Issues with Sugar	24
New sugar habits	26
Ayurvedic medicine	27
Exercise: who am I? meditation	28
What is bio-individuality?	29
The benefits of Lemon Water	30
The discomfort of change	31
Opening up your drainage pathways	37
Yoga Practice to finish	39
Awareness for week three:	40

## Welcome to week 2

*Let's begin by reviewing the aims of the six weeks:*

TO HELP YOU BE MORE AWARE OF YOUR TRUTH

TO HELP YOU BE MORE AWARE OF WHAT YOU EAT  
AND THE IMPORTANCE OF LOOKING AT THE INGREDIENTS.

TO HELP YOU NOURISH AND NURTURE YOUR GUT.  
WHICH IS ESSENTIAL TO OUR HEALTH –  
MENTAL, EMOTIONAL AND PHYSICAL

TO HELP YOU CREATE A LIFESTYLE THAT FITS WITH YOU  
AND EATING HABITS THAT WORK FOR YOU...  
CELEBRATING BIO INDIVIDUALITY.



## How has the past week gone?

I would like to go over the Physical sheet again. And see if the answers are the same or different... Have a peek at the **Wellbeing Wheel** (page 10 of Week 1) and the **Physical Sheet** (page 31 of Week 1) then scan over the questions here. Anything different or the same?

*Here are some questions to ask yourself  
before proceeding with the module:*

How has the gratitude journal gone?

Water intake? How is that going?  
Bring in with every coffee, before every meal... every craving?

Have you engaged with the breath?

How are the daily commitments going?

Did you notice how you responded to things?  
Are you more aware of your thoughts?

Did any challenges come up for you?

How has your sleep been? Have you managed to get to bed a bit earlier?

How are your bowel movements? Have they changed?



Today we will look at **inflammation**, **sugar**, **gut health** and **bio-individuality** and practice some yoga to create your daily sequence. You can do the whole thing each day or just engage with one pose. (sketch it)

Lets also start a page of what you DO want to bring into your life long term.

*(Take a moment to write these down).*

### **Affirmations**

Affirmations - these are key to retraining the brain. If you hear yourself stuck in the negative thinking pattern, say out loud to yourself, I choose again! And choose positive thoughts, phrases, images and feelings.

Don't suppress negative emotions. Feel them, they are there for a reason but let them go. When we store them we stagnate!

Sticky pad for you to place them all over the house: I am kind. I have a great job. I am funny. I am safe. I am strong. I am loving. I have an awesome office. I have a booming pub. I am abundant. I am grateful.

We will look at these again, later, in case.



## The Practice of the Present Moment

Being present, takes us out of the past and stops us getting lost in the future.

It is the gift of *life*. We live with awareness and are no longer our thoughts or past. We are our truth. It allows us to let go of things of past and to embrace the unknown and uncertainty, trusting that everything is going to be ok! It is our connection to everything. There is no separateness in the present moment.

It is NOT easy but the more we practice and commit to practicing present moment awareness, we live life very differently. If we are 'addicted' to our past then that is going to be our future too. "We don't want to get up in the morning because the body 'knows' the future already because we are stuck in the past. IF we live in the present and we question the doubts of the body/mind we have the choice to re educate the body, the mind a new way", *Joe Dispenza*. Yes, we will face every reason not to meditate, not to be still, not to heal, not to change... but with commitment and discipline, it then happens... the body starts to surrender and you start to master the present moment and embrace stillness. Life will be more conscious, happier, healthier and you will feel better.



THE POWER  
OF NOW

“Your body is your unconscious mind. So if you cannot think greater than you feel, your body is believing it is in the past. And you get stuck. And the body starts to break down”. *Joe Dispenza.*

SO, we want to be conscious and live consciously and be aware so that our body is ALIVE.

*We ARE the STORIES we tell ourselves.*

We become addicted to the pattern of thinking and unconscious living.

So I invite you to practice living in present moment awareness.

Right now, focus on nothing but the breath and on the body and be still.



*Can you think of anything else whilst you do this?*

Every time you are engaging in something I want you to check in with yourself. Are you thinking or are you listening 100 percent to whoever is talking. Are you engaged 100 percent in what you are doing?

Each time you drift off, bring yourself back. You will see beautiful patterns emerging the more you practice.



## What is Inflammation?

*“Unexpressed negative emotions and tension are communicated back and forth between the brain, heart and gut along the vagus nerve, creating diminished function that often shows up in a tight stomach, an irritated bowel, constipation, and other signs of inflammation.”*

*Deepak Chopra*

Inflammation is both a result of emotional and physical ill health. It is the chronic activation of the immune system. It is when the immune system forgets to turn off. A Release of chemicals and proteins from the immune system and other cells can create irritation to the tissues.

Chronic inflammation effects every cell in the body. We cannot always see it but we sure can feel it! Do you every suffer from any of the following ?

**Pain in Muscles and Joints.**

**Brain fog**

**Feeling puffy**

**IBS**

**Headaches**

If you do then it is very likely inflammation is going on. It is often the case that there is an underlying allergy of sorts or a viral or bacterial/parasite or fungal issue upsetting the system. Or it might be too much sugar in the diet as sugar stimulates the immune system cells to actively release inflammatory molecules that travel through your body causing damage and irritation.

**Additives** and **e-numbers** (etc.) suppress the immune system leading to inflammation. ie, caramel colouring in beer and barbecue sauce...

The immune system is a surveillance system that works out what is good for you and what is not. Your Skin and Digestive system are the first things to deal with the outside world so it is really important to create good gut health and be conscious of WHAT you put on your skin. Your intestinal lining when opened up is as large as a tennis court. It is a barrier for preventing food sensitivities.



# How can we help ourselves?

Look at foods as Nutrients **NOT** calories.

*Avoid the following:*

soft drinks  
juices  
white flour  
processed sugar  
candy  
cookies  
ice cream

Inflammation is a whole body problem, from head to toe:

**Acute inflammation** is seen in redness, swelling.

**Chronic inflammation** causes few, if any obvious symptoms and is going on inside us unseen.



# The causes of Inflammation

- Processed foods
- Stress
- Lack of communication between cells.

We can pretend to block out stress mentally by accepting a situation or normalising it but our cells cannot do this. Our heart rate then suffers, mind dulls and our mood flattens. (Adapted from Deepak Chopra)

- Tensions at work or in a relationship creating resentment, anger or anxiety.

We suppress emotions that should otherwise be allowed to be felt and let out (in a natural way) and when we do this the body starts to ache and suffer and inflammation raises its head.

- Acid based diet leading to too much acidity in the body.
- Loneliness and separation



# What reduces Inflammation?

- Meditation

- An increase in self-awareness

- Kindness to the self

- A more alkaline diet

- Plenty of fresh water



## Anti-inflammatory foods

*Inflammation of any type is the foundation of dis-ease.*

**All berries** especially **Blueberries & Cherries**  
**Spinach Kale**  
**Collards**  
**Lemons** (add to water) and **Limes**  
**Avocados**  
**Tomatoes**  
**Bell peppers** and **chilli peppers** – full of vitamin c and antioxidants  
**Mushrooms**  
**Grapes**  
**Walnuts** and **Almonds**  
**Fatty fish: Salmon, Mackerel, Sardines, Tuna**  
**Extra virgin Olive Oil**  
**Coconut oil**  
**Turmeric**  
**Good carbs** - real food! **Brown Rice, Wholegrain pasta, Quinoa**, etc.  
**Dark chocolate** and **Cocoa**  
**Green Tea** – contains anti-oxidants and is anti-inflammatory  
**1.5-2 litres of fresh water a day**  
(herbal teas do count but it is good to have those as an extra!)

*We want to **crowd out** the following with the above:*

**Sugar** – look at the sugar list as it is hidden in EVERYTHING!  
(see pages 19 and 21 in **Part 3** of the **extra sheets**)

**Trans-fats** - easiest way to relate to these is anything in a packet.  
They cause inflammation and also lower good cholesterol.

### **Vegetable and seed oils:**

Make sure you are eating lots of omega 3's to balance out the intake of the omega 6's (see page 23 of the **extra sheets** on omega 3 and 6's)

**Refined carbs – basically anything white.**

They are white flour, white bread, white rice, pastries, sodas, snacks, pasta, sweets, breakfast cereals and added sugars.

They are also added to all sorts of **processed** foods.

**Alcohol** in large consumption

**Processed meats**

*Does this list resonate with you?*

*Do you feel you are eating enough  
anti-inflammatory foods?*

*Do you feel you may suffer from any  
inflammatory issues?*



# Cravings

Cravings are messages.  
When you get a craving ask your body...

*why do I want it?*

What does your body need? What does it want? We have not been taught to listen to the needs of our bodies, but when we start listening we start recognising what it is we need to do in order to be our best self, our healthiest and happiest self.

Our bodies are always repairing themselves so they know exactly what they need, we just have to be open to listening.

Just think your heart beats without you even thinking about it. Your lungs breathe and your body is a super computer!

## REASONS FOR CRAVINGS

1. **Lack of Primary food - love, support, safety, enjoyable job....**
2. **Water**
3. **Yin and Yang - look at yin and yang sheet**
4. **Inside coming out**
5. **Seasonal**
6. **Lack of nutrients**
7. **Hormonal**
8. **Sugar encourages cravings.**

We do need sugar though, just make sure it is 'natural'.  
The liver needs it to function to its very best.

When Love is missing we crave ***cigarettes, alcohol, drugs, affairs, sugar, chocolate.....***

**So make sure you share and show the love** and be open to receiving it too!

Sometimes we get caught up in surviving day to day, or we are way more tired than we are aware of and when this happens, we find it hard to show love, let alone love ourselves.

Three Hugs a day are very HEALING - important to ask if you can give someone a hug. Respect each others energies.

Communication is key. Kindly and with integrity.

*Speak what you feel.  
Do not bottle it up.*

Listening – **REALLY LISTENING** is healing for all involved.

Touch – **KEY**. We then remember what it is like to 'feel'.

**LOVING** – Environment essential to our wellness.

**KINDNESS** – surround yourself with kindness.

It has been proven that kindness boosts the immune system of the one being kind and the person receiving too.

*“NO MUD, NO LOTUS.”*

Thich Nhat Hanh



I feel this quote encourages one to keep going.  
We have to shift through the mud to get clarity, vitality and truth.

*Does this mean anything to you?*

## The issue with Wheat and Gluten

Traditional wheat was four and half feet tall now it only grows 18 to 24 inches tall. So we are cutting back the plants way too early.



By not allowing the plant to reach its full growth, we are eating the 'youth' of the plant making the plant very undigestible.

Gluten is a very sticky protein and latches on to our cells creating inflammation. We therefore need to be aware of how much we are consuming.

The issue lies in the fact that Gluten is in many processed foods, many frozen foods (some fries), and much of the wheat consumed in cereals and cheap breads for example is fortified, so not even wheat.

Do your best to eat wholewheat and if you eat bread, eat less of it and fresh. Organic where you can for pastas etc.

When we remove Gluten, very often all inflammation disappears, all pains and mental anxieties lessen or disappear and auto immune issues are better or reversed. Gluten is one of the causes of IBS (*Irritable Bowel Syndrome*) – with symptoms ranging from nausea, bloating, diarrhoea, weight loss, to vomiting and immobility.



Gluten also creates skin rashes, anaemia, mouth sores, tingling in the legs and feet. Giving wheat a break will just allow us to allow any healing in the gut that is needed, to take place.

## ISSUE WITH DAIRY & OPIATES

OPIATES are another issue – ADHD, ADD, BINGING, Bipolar, Brain Fog.

Cheese (see, **A note on Casein**, below), red wine, sugars, chocolate... anything that gives us a high.... The brain is very clever and knows that the opiate will help us get out of the low. But actually it makes it worse so we need to make sure we are feeding the brain enough good fats and good sugars so that it does not head towards the craving.

Both **wheat** and **dairy** can often be the foundation blocks causing many allergies too.

## A NOTE ON CASEIN

The author of The China Study, Dr. T. Colin Campbell, says through his studies he has found casein to be the most relevant cancer promoter ever discovered. Because casein digests so slowly, natural morphine-like substances in casein known as **casomorphins**, act like opiates in the body as they enter the bloodstream. Just minutes after you eat a dairy-based food, the casein protein begins to break down.

This releases the drug-like **casomorphins**, which attach to opiate receptors in the brain and cause severe addictions to dairy products (hence the reason they keep people coming back for more.)

**Casomorphins** trigger such an addictive response that they've been compared to heroin in terms of their strength to cause food addictions and mood disorders.

Casein's slow digestion rate also puts great strain on the digestive system since the body has an extremely difficult time breaking down casein. Common symptoms of dairy sensitivity due to casein are: excess mucus production, respiratory problems and digestive problems like constipation, gas, bloating, and/or diarrhea and allergies.

Dairy intolerance is also known to cause skin issues like acne, rashes, redness or irritation.

Casein is addictive for a reason – the mother cow needs her calf to keep returning for milk!

# Gut Health

80 percent of serotonin is made in the gut and 70 percent of the immune system is in the gut which in this sense may be considered our **second brain**.

*That gut feeling is imperative to our livelihood.*

It regulates our mood digestion, social behaviours, memory, sexual desire and it plays a role in our bone health. We need **prebiotics** for the **probiotics** to feed on.

We actually have three brains.

The brain we know and the gut and the heart. The latter two operate as two brain centres. And they dominate the brain. More messages go from the heart to the brain than the other way around!

There are 100million nerve cells lining the gastrointestinal tract and they are sending signals to the brain when there is an imbalance.

*Imbalance equals mental and physical issues.*

The vagus nerve runs from the top of the spinal cord all the way down through all the major organs of the body. It is the main component of the parasympathetic nervous system. When we tone the fibres of the vagus nerve we create happiness and health.



## How can we tone the fibres of the vagus nerve?

### **BREATHING!**

*Exercise: Inhale for 5. Hold for 5 and then breathe out for 10 through mouth.*

As said, the state of our gut is key to our health. The gut and heart drive our brain and daily consciousness. We need to go deep and create homeostasis in the gut. When our gut is functioning at an optimal level everything is good.

These three centres are recognised in many traditions.

**Upper – Brow Chakra – Brain**  
**Middle – Heart Chakra – Heart**  
**Lower – Hara (solar plexus) – Gut**

All these centres store Chi - life force - Prana

SO it is imperative to keep our hearts and guts happy. When our heart is unhappy it sends stress signals to the brain which then sends similar signals to the body. When our hearts are happy it sends happy signals to the brain which then tells our body to relax and chill. Our guts are alive and totally in tune with everything... so listen.

*Breath of Fire is great for clearing stagnant waste in the lungs and the belly.*

Deep abdominal breathing is also hugely beneficial for our health and keeping these three brains strong, healthy and happy.

Awareness here is that we are far more than we think we are!



## How do we know we are out of balance?

Most diseases today start in the **Intestinal Tract** – our internal skin.

We can feel out of balance, irritated, suffer IBS, allergies, asthma, auto-immune issues. Or often we will be suffering from toxic overload or suffer from conditions such as Chronic Fatigue.

Our stomachs are incredibly acidic, 1.7 ph. It is like battery acid.

We must chew our food to digest.

Before medicine look at food – gluten, dairy, yeast, coffee, corn, chocolate

### WE CAN ALSO HELP SUPPORT THE GUT WITH PREBIOTICS AND PROBIOTICS

#### **PREBIOTICS - feed good flora**

Stimulate growth of Intestinal bacteria and promote wealth and wellbeing.

Foods that are full of prebiotics are:

Jerusalem artichokes

Leeks

Onions

Banans

Garlic

Green tea

Yoghurt

SoyBeans

Honey

Legumes.

**PROBIOTICS are the friendly bacteria  
that feed off the prebiotics.**

They regulate our metabolism and aid in detoxification

Help remove Allergies

Act as Cancer protection

Modulate immune and inflammation

Help Nutrient utilisation

Aid Oral health.

Increase absorption of minerals

Remove pathogens

Prevent urinary infections or help clear them.

Live in the intestinal tract, lungs, skin.

Auto immune reaction to certain proteins can manifest in skin rash.

Remove Corn, Peanuts, Dairy, Shellfish and Eggs

NB - Most of our body runs on glucose but not the Digestive system

**FOODS FULL OF PROBIOTICS**

Raw Vinegars

Sourdough

Miso

Tempeh

Yoghurt

Keffir

Beer

Wine

Kombucha

Kim chee

Sauerkraut



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## Another breathing practice

*Remember that breathing is essential to gut health*

*In through the nose for 4*

*Hold for 7*

*Out for 8*

*Daily*

Squeeze out any extra from lungs.

*“Everyone has a doctor in him or her;  
we just have to help it in its work.  
The natural healing force within each of us  
is the greatest force in getting well.”*

Hippocrates



## What is *Candida*?

***Candida*** tends to be because of a diet of processed foods and too much sugar.

There are many other issues that cause similar symptoms to the following list so it is important to look at the self as a whole. The adrenals, sugar imbalances, food sensitivities, such as gluten, emotions can all create similar symptoms as listed below. Very often, though, ***Candida*** can be an underlying problem to deal with.

### WHAT TRIGGERS OR CAUSES CANDIDA?

#### **Stress is a huge issue.**

The contraceptive pill can bring on excess ***Candida***

Sugar - both refined and processed. ***Candida*** thrives on sugar

Alcohol as it has a lot of sugar in it.

Not eating fresh vegetables.

Antibiotics and medication can increase the risk of ***Candida*** as both good and bad bacteria are killed off. Lifestyle choices and other factors can allow candida to expand rapidly.

#### **How to get ride of *Candida***

Increasing water, fresh food and fresh vegetables is key. Introducing garlic in meals and apple cider vinegar mixed with water before each meal is helpful too. ***Candida*** does not like apple cider vinegar! Getting sleep. Removing all processed foods. Removing sugars.

### SYMPTOMS CAUSED BY CANDIDA OVERGROWTH:

Sugar cravings and cravings for carbohydrates  
Sinus issues. Thrush  
Skin issues . Low libido  
Lack of concentration  
Joint pain. Brain fog  
Headaches and Migraines Hormonal imbalances  
A white coating on the tongue  
Food sensitivities. Bad breath  
Issues with weight.

## The Issues with Sugar

So Sugar has been all over the news lately as the demon yet, shops do not seem to be taking the **processed sugars** off their shelves to help the young stop their habits. It has been seen to be as addictive as cocaine and as detrimental. Not as expensive perhaps.

However, **natural sugar**, is key to our diet and our health as much of the body depends on it. So we must feed ourselves fruits and whole-grains to feed the body what it needs.

*Sugar is hidden, like gluten and wheat, everywhere.*

They will even add both of these to a pack of chips from the shops. Why? All you need for chips is potato and sunflower oil. So make sure you read the label! For everything!

Ok, so with sugar, we must not be fooled by the 'sugar free' drinks. They have replaced the sugars with other sugars that are both artificial and detrimental to your physical and mental health. See the sheet of sugars, listed in the extra sheets manual.

For example **Aspartamene** destroys the immune system and causes extreme anxiety.

*Ask yourself honestly – How much sugar do I consume?*

*When do I reach for sugar?*

*Why do I need to reach for sugar?*

*Do I feel tired?*

*Why do I not rest instead of reaching for a stimulus?*

Where might I consume sugar... sweets/chocolate (the obvious ones), dried fruits, alcohol, biscuits, flavoured crisps, cakes, ready made meals...



These are all simple sugars. They create the ups and the downs. They have no substance and no nutrients. So the body will feel unsatisfied and keep asking for more. A fact to consider - a fizzy drink lowers your immune by 20%!

### *Sugar depletes the immune system!*

Our immune system is key to keeping us well. It decides what stays and what goes from the body. Those sensitive to sugars suffer from anxiety, mood swings, depression, sleep issues, and those that seem to tolerate it end up damaging themselves inside out – inflammation, bowel problems, headaches, skin problems, AdHd, spots ADD etc... Sugars have to be the first to go with any of these issues!

The simple sugars damage the pancreas too as they are digested very fast but there is nothing for the body to absorb. The sugars eat up **calcium** (important for bone health and teeth); **Magnesium** (key to so many processes in the body); and **B vitamins** (essential to the nervous system).

When we eat too many simple sugars the pancreas produces too much insulin in effort to keep the balance.

If we produce too much insulin the body is working over time to restore itself. The liver can store some of it, which it would in the hunter gatherers time, preparing for a tough winter, but it cannot store the amount many of us put into our bodies.

SO where does it go? Well the **adrenals** then start to work over time and **cortisol** is produced to try and help control the sugar levels, mineral balance and blood pressure. And then we have too much cortisol in the body which leads to weight getting stuck around the waist and exhaustion.

### *So in short. Not too much sugar!*



## New sugar habits

We do need sugar – but in whole foods. These are known as **complex sugars**. They include the **whole grains** – **Brown rice, Quinoa, Legumes, Potatoes, Fruits**.

NOT **additives, E-numbers** and **chemicals!**

And to take with you – the effects on children and adults are in fact:

*Low self esteem*  
*Bad teeth*  
*Diabetes*  
*Obesity*  
*Mental health issues*  
*Changes the brain chemistry of teenagers*  
*High blood pressure*  
*Behaviour issues*  
*Bacterial infections*  
*Spots*

We need to RE TRAIN the taste buds. When removing the sugar you are going to CRAVE it. Up your fruit intake. Up your water intake by a litre at least. Add apples, mint, ginger, cucumber to your water. Home made smoothies, plain yoghurt, dates, nut butters, sweet vegetables (make into crisps), only a small amount of dried fruit.

Note that there are 77 grammes of sugar in a dried mango and 7 grammes in fresh mango!



# Ayurvedic medicine

*The science of life. The knowledge of life.*

I refer to Ayurvedic medicine as for me, it supports the concept of bio individuality. Ayurvedic medicine treats the whole mind, body and spirit. It was created over 3000 years ago.

*It is all about how we feel and what the body is saying.  
It is about the Individual.*

We are part of **Vata**, **Pitta**, **Kapha** – space and air, water and fire, water and earth - connection to Nature.

*Vata - Energy and movement  
Pitta - Digestion and Metabolism  
Kapha - water*

Often we need to look further than diet and also how we use diet to cover up areas of our life that we are hiding from or behaviours that we are unaware of and their impact on our lives and perhaps others lives. There is much to learn from Ayurvedic medicine – perhaps an area you may explore?

*A question we can consider is “**who am I?**”*

This question helps us to look inwards and start to connect to our truth and our uniqueness.

We start to leave behind the conventional, separate approach of ‘me and the world.’  
We begin to move towards a more connected approach: **‘the universe is within me’**,  
*Deepak Chopra.*

This understanding is that consciousness creates our reality. Consciousness being the void we cannot see but when we are in silence we can sense and feel and access infinite possibilities.

## **Exercise: *who am I?* meditation**

*Exercise for **Two minutes** - sitting*

*Who am I?*

*Take the layers away... The name... The roles...*

*Who am I?*

*What is my purpose?*

*What do I want?*

*What am I grateful for?*

Become aware of your heartbeat.

Bring your awareness to your finger tips and place hands on the heart.

Relax into your body and in 20 seconds open your eyes.



## What is bio-individuality?

*Bio-individuality is a simple concept of working out what works for us as an individual.*

Diet will change with environment, with needs. Some weeks we may be sitting more, so require less. Some weeks we may be very active and require more. Or we maybe in the damp and need warm foods. Or our gut health may just need some raw foods, or the absolute opposite. The key fact is what works for one, may not work for another so that is why many of the 'diets' out there create a struggle or a conflict as one wonders - why has that transformed him/her and not me?! Oh wham there is another conflict to deal with..

*It is all about AWARENESS of the self and the self's needs.*

The way to access this is to listen to our hearts again and to how our bodies are responding to situations.



## The benefits of Lemon Water

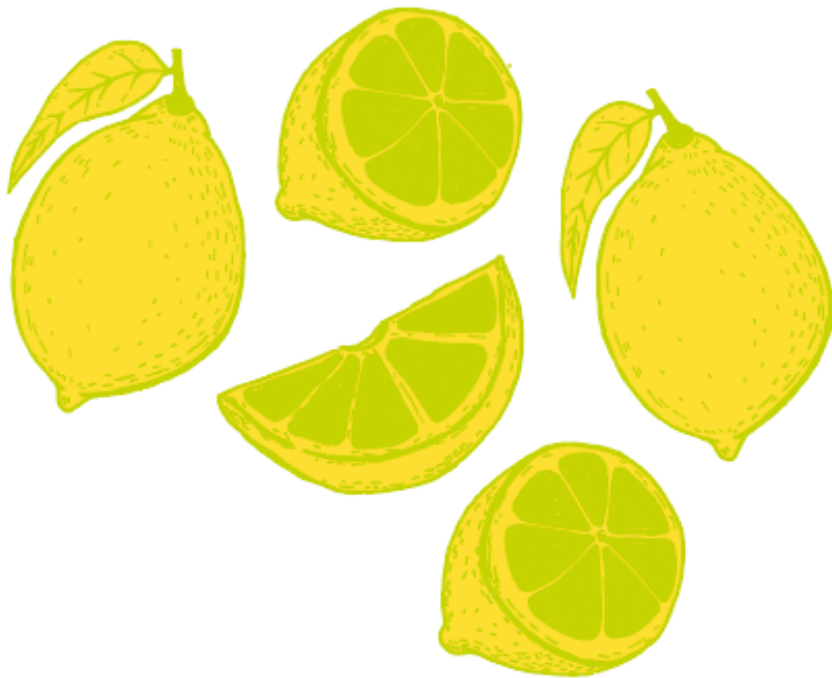
Our bodies are 60 percent water.

*Lemon and water first thing!*

Help us create an **alkaline environment reducing inflammatory issues**. It hydrates you. It helps to lose the toxins floating around your GI tract, relieves you from indigestion, burping and bloating.

Very high source of Vitamin C

Helps with Bad breath  
2-3 lemons per pitcher of water



## The discomfort of change

When we start to re-create our lives, we are embracing the unknown. It IS going to feel uncomfortable as it is a place of uncertainty. We don't have to 'fear' it or wait for it to happen. We need to embrace it and believe it and trust.

We think things will happen overnight but if someone has been ill or unhappy for a long time... it is going to take TIME to get better. Or it may be that you have been floating by just fine but you want a little bit more or a bit more balance in your life. Here we need to let go so we can let our wings fly.

We have to overcome all the emotions, all the traumas, all the conditions. And sometimes the body gets worse before it gets better but if we are happy we won't care anymore and guess what... that is when it disappears. "it is the emotion of relief that will take the pain away," as Joe Dispenza says.

*"When you believe in yourself, you believe in possibilities.  
When you believe in possibilities, you believe in yourself."*

J Dispenza

If we are living in survival mode, our dreams are going to be a long way off! We are living separate from everything.

We live in a realm that has infinite amount of space. This is the quantum field. We cannot see it but it is our connection to all that is. When we are fully present we are connected and our antennae can access information that our 'conditioned' mind cannot quite fathom.

The quantum field exists even though we cannot see it. It has been measured. If we place our attention on the field we expand and connect. If we place our attention on 'matter' – the three dimensional world – we end up becoming aggressive, judgmental, competitive, insecure, anxious, guilty, etc... this is the result of focusing on the material.

*Which sounds more attractive?*

"Our personality creates our personal reality", *Joe Dispenza*. If you want to create a new life, you have to change your personality. You need to Be aware of how you feel, need to think about how you think, speak, act. We have to start observing our states of mind and the state and reactions of the body.

*To do this we have to start by being present and letting go of the old self.*

This in itself can feel pretty uncomfortable! But the more present we become the more conscious we become of our unconscious states. We start to become SO conscious that we will never be unconscious again in our waking state.

When we are this conscious we have so much choice and we feel so connected that joy, love, compassion, kindness – all those feel good emotions just keep on flooding through. It does take discipline though and it not easy. But it is awesome when we start seeing that light shining through stronger and stronger.

So each day we want to start by asking ourselves:

*How can I be my best self today?  
What can I share today to help myself and others?  
How can I feel great today?*

Change your routine each morning... use a different mug, have a different breakfast... notice your feelings on the way to work... if you start getting caught up in frustrations or fear because you are stuck in a traffic jam and might be late. Breathe. Be conscious of these feelings. It is what it is. Everything is going to be ok. Feed the negative thoughts with positive thoughts.

*I am safe. I am loved.  
I will catch up with my work, no problem.*

Apply this to any negative scenario.  
Be aware of your thoughts and start to take control of them.

BY asking these questions we are creating a new day, we are no longer living in the program of the past.

I was listening to Joe Dispenza's lecture on '**becoming supernatural**' and took the following from it:

“If we can teach our body emotionally how our future feels before it happens, we are creating our life from that moment”.



“So the moment you feel what it is like to be abundant, empowered, to be loved, to be happy, to be in the job of my dreams, ... you are already these things. You are remembering your future! We start to erase the traumas of the past. And you start to select information and images from the quantum field.

The stronger ***the emotion of your new idea***, your body feels it, you select a new gene and you show your body what it feels like to follow your dreams.

The energy goes to the heart and the heart becomes coherent and you start to create ripples around you, an electromagnetic field, up to 3 metres wide. You are connected to something far greater!”, *Joe Dispenza*. We will look at heart coherence later in the course.

If you are interested in understanding more, take a look at [heartmath.org](http://heartmath.org).

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Suddenly we are coherent in our brain and heart and we are hooked up to the field of consciousness. When we are separate and living in suffering, we have no connection.

With awareness we have choice and so it is our choice to focus on the thoughts of change. We are so aware that we can tell the thoughts that say, *'I can't, I won't, you are this or that...' you say... no way... you are not taking me back. I am going this way'*.

Keeping the vision alive we let go of the old self and keep creating the new self. And life starts throwing things at you that keep you smiling. You keep your energy up and the Universe responds!

If we react and become the victim again in a traffic jam, at work or whenever, we are back to the old self.

*We have a CHOICE!*

If we collaborate with the energy of the future and continue forward, we are more patient, more loving, more compassionate. We keep giving because it feels good! We start receiving and we keep getting more and we keep giving more. It is a beautiful moment of giving and receiving.

*Strange things will begin to happen!*

*Can you believe in a future that you cannot see or feel?  
Can you select a new potential in the quantum field?*

*Have you ever felt it, seen it?*

You don't need to look for it. It's already there. Just relax.

*“It will find you! It will rock your world.”*

J. Dispenza

And you can do it again and again

*“You are the creator of your life not the victim of your life.”*

J. Dispenza

“Nobody changes until you change your energy...  
You are the consciousness using your body...”

*“When we connect to source our biology comes whole and ordered.  
Our brains start to synchronise. **Wholeness, Duality**. When you feel  
whole you have everything and the body starts to rest. The mind is still  
awake ... this is **Theta**. And here beautiful creation happens.  
The analytical mind is asleep.”*

J. Dispenza

*Sounds pretty special to me. :)*



## Detoxing

*The aim of this course is to support you  
and your body to detox daily.*

We are hit with many chemicals every day that we have no control of and so it is imperative that we help the body to clear these. Yes, we have choice in many things but with the antibiotics, chemicals and pesticides used on the land we cannot but help come into contact with these.

We need the big companies and farms to change their ways... but that is a different story. If you would like to learn more - look up **compassion farming**.

We are always detoxing and in order to help the body do its job effectively we need to create a daily routine, not a annual or quarterly detox.

A toxin is any substance in the body that needs to be neutralised or eliminated to avoid causing issues in the body.

### **XEONBIOTICS AND ENDOBIOTICS (ADAPTED FROM INTERNET)**

**Xeonbiotics** are substances that have entered the body through inhalation, ingestion or through the skin. Just to give you an idea over 5 million chemicals have been introduced in the last 50 years and we are facing 75,000 of them on a daily basis.

So it is imperative we know what we are eating, drinking and putting on our skin, the best we can.

The **Endobiotics** are made within the body, such as **Oestrogen**. These have to be managed by the body's physiological processes.

When toxins get stuck in the fat tissue it alters cell activity which causes inflammation and oxidative damage. But we have evolved to clear these issues effectively if our body is not under too much stress.

**Many organs in the body are key to detoxification.**

We need to encourage the following:

**Regular urination** – supporting the kidneys

**Regular bowel moments** – at least once daily

If we do not have regular movement the toxins go back upstream.

**Supporting intestinal health** – when encouraging detoxification it is critical that we are removing detoxification products from the body.

**Regular skin brushing** – protect and nourish the skin – our third lung

## THINGS WE CAN DO

- **Eating organic** – helps to avoid pesticides
- **Drink plenty of water** – helps the toxins move out the body
- **Liver support** – support the Liver with **Spirulina** for example.

**Spirulina** helps detox the liver and protects your cells against oxidative stress. **Chlorella** binds to heavy metals so helps clear these from the body

**Milk thistle** and **Dandelion** both support the Liver



# Opening up your drainage pathways

## **Kidneys:**

Drinking plenty of water

Not too much protein as it makes the kidneys work extra hard

## **Colon:**

Unprocessed foods

Whole foods

Chew your food and eat with mindful attention

This enhances the production of digestive enzymes

Fermented foods to increase and diversify the bacteria in your gut microbiome.

Apple cider vinegar, organic greek yoghurt etc...

Lots of fibre - chia seeds, oats, flax seeds etc...

## **Liver and Gallbladder:**

Milk thistle, Dandelion and Beetroot are great for supporting the liver and gallbladder

## **Lymphatic system, the body's cleaner:**

Movement

Exercise:

Yoga / Tai Chi / Qigong

all help with the movement of the lymph

Massage

lymph and cranial sacral especially

Sauna

Dry brushing

part of your detoxing routine

Bathing

detox with salts too

## Brain Glymphatic Drainage:

“The **glymphatic system** is a glial-dependent waste clearance pathway in the brain, in place of lymphatic vessels, dedicated to drain away soluble waste proteins and metabolic products. Several key physiological processes have been identified that control **glymphatic transport function** and waste clearance from the brain”.

### Sleep

This system detoxifies when you are asleep and it maintains the central nervous system.

### Walk

Standing drains cerebrospinal fluid.  
Do not sit for long periods of time

### Breathing

Breathing exercises to make keep your brain clear.  
Deep breathing and strong inhalations  
have been shown to stimulate  
the flow of cerebrospinal fluid in the brain.

*These need to be your daily life.*

*Look at the suggestions above.*

*What do you engage with now?*

*What would you like to engage in more?*

*How can you make it a reality?*

*How can I help you make it a reality?*



# Yoga Practice to finish

**Breath of Fire**  
**Sat Nam**  
**Cat/Cow**  
**Sun Salutation**



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**2 minutes quiet**



## **Awareness for week three:**

### **Be aware of:**

*which foods make you feel great?*

*which foods make you feel a bit sleepy or not quite right?*

*how much sleep you are getting?*

*how your bowels are?*

*how you feel after eating?*

*any cravings that might arise*

*how you respond in your day to day encounters?*

*how your body feels after moving?*

*Start embracing your movement/exercise choices daily  
2minutes to 1hour.*

*How do you feel after?*

