



**FINDING MY TRUTH**

**A COURSE IN  
AWARENESS  
AND WELLNESS**

**WEEK FIVE**

Welcome to Week Five	3
Love is our teacher	4
How do we get back to that state of love?	6
“Choosing Love” exercise	7
A “breathing tool” to bring in any time	8
The Heart	9
Signs of stress between heart/mind/body	10
Taking Responsibility	11
FYI Essential oils	13
Diet	15
Good fats	15
Omega 3 rich foods	16
Reminder about sugar	17
Why organic?	18
Benefits of Organics	18
Vitamins and minerals: a brief summary	19
The 7 limbs of Yoga - Deepak Chopra	21
Healing ourselves on every level	25
Preparation for our final week	27
Finishing with Movement and Meditation	28

# Welcome to Week Five

*To begin this week...*

- Go over the **Wellbeing wheel**
- Look at the **Physical/emotional/mental wellbeing sheet**
  - How is sleep?
  - Bowels?
  - Water intake?
  - General feeling of health?
- Remember everything is about supporting your journey of transformation...
  - do you feel that is happening?
  - Were you more aware of your thoughts?
  - More aware of your breath?
  - Did you manage to use any of the breathing techniques?

*How are you going to implement tools when life gets busy?*

*What will you set aside everyday to engage with so you KNOW that you have given yourself that reset?*



## Love is our teacher

Love will heal the world. The more we let go of the mental chitter chatter, the more connected we can be to our hearts. When we are connected to our hearts, we are calm, we are kind, we are generous, we are integral, we are peaceful, we are well, we are present.

*Lets just sit quietly, gaze soft or eyes closed and connect to our heart.*

*Place your hands there if that helps.*

*Breathing in love and breathing out love*

*Feel the warmth fill the heart space.*



Allow yourself to ease into your heart centre and feel this space open and expand. Let your heart open. Let the breath, breathe through any shields you have built up over the heart in hope to protect it. Allow the breath to dissolve these layers as they are preventing you from feeling.

Allow your heart to embrace love and to forgive. Feel this loving kindness flow through you and around you, filling every part of your being with unconditional love. When you feel ready, start to share this love with those in the room with you and with the world outside of you.

*2-5minutes*

*“I choose love, and only love. The loving way is my way.”*

Every time we connect to our heart we are present. Our past is gone and our future unknown. So let us live in this moment. We can create images and visions of the

future we want to build but we must live in this moment. It is everything that we have.

*“All of our relationships are about love.  
Love is the heart of our world and the heart of our lives.”*

Extracted from Pukka Herbs - S. Pole

+

*Love teaches us kindness, patience, forgiveness,  
non judgement and compassion.*

What is there not to love about LOVE!



## How do we get back to that state of love?

- *Embrace the lessons in the past 4 weeks!*
  - *Practice Self-care and self-love*
- *Practice living with present moment awareness*
  - *Meditate*
  - *Sleep*
  - *Love*
  - *Be grateful...*
- *Eat real foods - connects you on so many levels to all that is!*

*Why not keep adding to this list?*

We have lost touch with the power of our hearts and forgotten the words of many great minds of the past who focused much of their writings on its importance to mankind - the Egyptians, Einstein, Leonardo de Vinci to name a few...

So, again, Present moment awareness.

The more present we are, the more choice we have on which direction to go, which thoughts to put our attention on, which jobs to choose that make our hearts sing... we deepen our connection to mind, body, heart and soul and listen to what they have to say in union.

*“If we focus on fearful, doubting, anxious thoughts  
we are hostage to our ego.  
If we focus on loving, kind thoughts  
we are hostage to love.”*

G Bernstein

## **“Choosing Love” exercise**

- *Seated and quiet. Close the eyes. Relax*
- *Bring into your minds eye any areas that may just need a little bit more loving.*
- *Release any judgements, any conflicts and say in your minds eye:*

*“I choose love.  
Let love guide me in all I do and  
All I choose and decide to do”.*

This can be hard as we may have a few layers to shed. Guilt, shame, resentment, rejection... and we have to feel these things in order to be able to let them go... and this can be a wee uncomfortable at times!

But the more we connect to the voice of Love the more connected we are, the more creative we are, the more freedom we have. We are filled with compassion, forgiveness, love and kindness. It is a pretty awesome place!  
The voice of fear breeds judgement, insecurity, separateness, low vibes, ill health.

Don't shut the voice of fear out. It is really important you listen to it. You have to let the fears out and tell the mind and body that it is safe and everything is ok... then that seed buried deep inside telling you otherwise can disperse into nothingness, leaving room for only love.

*When you or others are angry or sad...show yourself/others love  
Remember **buzzing bee** is a great release for when you feel angry*



## **A “breathing tool” to bring in any time**

*I breathe in Peace  
I breathe out conflicts  
I breathe in Love  
I breathe out fears  
I breathe in compassion  
I breathe out judgements  
I breathe in unconditional love  
As I breathe out I let go of all hurts and embrace forgiveness.*



---

*Namaste*

x



## The Heart

The heart is the seat of our emotions. It is really important to always check in with your heart. How is it feeling. How is it beating - steady, calm and slow or super fast? If the latter, why?

The heart knows. When we get lost in our heads we over analyse everything. We over intellectualise everything. When we let the hearts lead, we speak with wisdom and knowing.

The heart beats about 100,000 times a day without us even realising. Now that is something to be grateful for! We thrive when we feel loved and suffer when we don't.

*Love yourself and love others.*

The heart is **always** speaking to the brain. Electro currents or messages go back and forth. In fact the heart sends way more messages to the brain than the other way around.

The heart singing, the body is well. The heart stressed, the body is in overdrive. This leads to inflammation and to immune issues and to disease. The best way to get out of stress mode is to connect to the present and connect to your heart.



## Signs of stress between heart/mind/body

*Low or high blood pressure*

*Short temper*

*Anxiety*

*Sleep deprivation*

*Palpitations*

*Muscles spasms and tension*

As we become more aware of our thoughts, our stress levels, our reactions and our responses, we start to care for our hearts too. We are able to bring it back into a coherent state through present moment awareness, careful choice of thoughts, meditation, gentle movement, attitude breathing etc...

*Take a moment to think of a situation where you might have chosen different thoughts and a better response.*

*What changes would you make?*

*“Peace comes when the self is in harmony with the rhythm of the heart.”*

Hazrat- inayet Khan / Pukka herbs - S Pole

*Lets take a moment to get present, bringing in something that we might just like to let go of.*



## Taking Responsibility

Remember to let go, to change and transform we have to take responsibility for ourselves. We have to recognise that we make choices and they are our responsibility. If we make a mistake... its ok. Say sorry and move on. Make the necessary changes, apologise, say thank you ... do whatever you have to do and move forward. Learn from your mistakes.

*As someone once said...  
there are no mistakes only lessons!*

*If you find yourself blaming.*

**STOP!**

*It is not helping.*

*You don't like it – change it.*

*If you find yourself criticising.*

**STOP!**

*It is not helping.*

*You don't like it – change it.*

*Communicate.*

*If you find yourself judging.*

**STOP!**

*It is not helping.*

*You don't like something, change it.*

If you can't change it, then focus your loving energy on something that can help your surroundings and world. An example here... we cannot change those in charge but we can plant a tree or two to support the environment. Or support those awesome charities clearing the plastic from the oceans. Or pick up the rubbish on the lay by.

*We can always do **SOMETHING.***

*If you find yourself going to things  
and then complaining that you are tired  
or you didn't really enjoy it... **STOP going!***

Choose things that you can give 100% your best self, show up and be the light you are. IF you cannot be this, stay put, recharge until you can shine the light. We are no good to anyone just showing up because we think we should or we are suffering from FOMO.

If you cannot produce your best at a work function, say that. Ask for more time. If they want your best self they have to accept that!

*Rest when you need rest.  
You get the vibe?!*

*If you are judging, criticising, complaining, or fuelling the drama.  
**STOP! Let things be.**  
'you have to do what you gotta do.'*

# STOP!



## FYI Essential oils

Amazing for all areas of health. Definitely an area to explore, along with homeopathy. Both these support the body as a whole and help prevent disease. They realign and bring balance.

Make sure you buy quality oils. They are very powerful, so use them with respect. My favourite homeopathic remedy is Arnica – a must for every medicine cupboard! :) Great for bruising and any swelling or inflammation. **Weleda Arnica oil** is fantastic. Especially for sports associated injuries.

A brief description of some of my favourite oils.

### **Ylang Ylang**

Essential oil is also used to alleviate stress, relieve pain, reduce inflammation, improve mood, and enhance libido. In addition, **ylang ylang essential oil** is said to act as a natural insect repellent, promote wound healing, and diminish the appearance of scars when applied to the skin.

### **Grapefruit**

Reduces stress, stimulates circulation and increases energy. Enhances mood and improves digestion. Inhibits Microbial infections - prevents wounds from becoming septic. Stimulates hormone secretion. Controls appetite and increases urination

### **Bergamot**

Anti-bacterial and anti-inflammatory. It is an effective spot treatment for acne for those who do not have sensitive skin. Might be good for cysts too as has analgesic qualities. Reduces fatty deposits in the liver.

### **Frankincense**

Spiritual awakening. Reduces stress and depression  
Very good for bites and stings. Anti-cancer, anti-inflammatory and anti-tumour.

### **Lavender oil**

Calming, antiseptic, relaxing

### **Eucalyptus oil**

Clears nasal and chest infections. Immunity booster  
Antibacterial

### **Tea tree**

Skin fungal infections.

### ***Rosemary***

Boost memory, prevent muscle spasms and support both circulatory and nervous system.

### ***Lemon***

Improves mood and relieves symptoms of stress and depression.

### ***Peppermint***

Increases alertness. Great for digestive system too.

### ***Ginger oil***

Great for digestive health

### ***Chamomile Oil***

Very good for skin conditions, combined with coconut oil.  
Stress reliever too. Aids sleep Enhances a good mood

In a general sense, many of the oils help with the following:

- Balance Hormones
- Reduce stress
- Boost Immunity and fight infections
- Support digestion
- Boost energy levels
- Improve brain function
- Alleviate aches and pains
- Boost skin and hair health
- Reduce Toxicity
- Relieve Headaches and Migraine
- Promote sleep

You can buy a diffuser too and use them in your rooms



# Diet

So we have looked at foods in length at the beginning and this is really a recap but also a few more essentials to consider.

Once again we need to nourish our bodies with real, wholesome, good foods.

**Organic** as much as you can.

There is a lot around fats and here I want to encourage you to eat plenty of good fats as they are essential to the brain. They are great for our heart, they reduce LDL cholesterol, the kind that clogs up our arteries, they decrease sugar cravings and they help balance out glucose imbalances. They are anti-inflammatory and the omega 3's and 6's in balance are very good for our overall health. Omega 3's specifically. Too many 6's can cause inflammation. These are plant based oils.

Unhealthy fats, the ones to avoid, simplified are trans-fats. The ones found in a packet. The ones cooked in partially hydrogenated oils. They also lower your HDL cholesterol, the good kind, that keep blood vessels clear. Trans-fats lead to type 2 diabetes and many other complications.

## GOOD FATS

Avocado  
Olive oil.  
Extra Virgin Olive oil  
Coconut oil  
Nuts - especially walnuts  
Seeds  
Seed and Nut butters  
Olives - also lower histamine and act as an anti histamine on a cellular level.  
They are high in sodium so not too many!  
Flaxseed  
Fresh oily fish  
Chia seeds  
Eggs  
Full fat dairy - ORGANIC  
Grass fed organic beef  
Dark chocolate  
Endaneme

Remember some of the above you may not like or your body may say no.  
Do not panic just find what works for you!

### OMEGA 3 RICH FOODS

Mackerel  
Walnuts  
Pecans  
Flaxseeds  
Salmon  
Chia seeds  
Pumpkin seeds  
Olive Oil  
Soy Beans  
Spinach  
Eggs  
Sardines  
Papaya  
Brussell sprouts

When we feed the brain lots of Omega 3's we feed the Neo cortex, the higher brain and this allows us to live in a higher vibration. We want to help and make a difference.

When we live off sugars and rubbish we are feeding the **Limbic brain** — anger, fears, predatory. We focus on only ourselves or on our children only. We want to feed the **Neo-cortex!**

We want our diet to be mainly plant based and incredibly colourful.

We want our body to be Alkaline as much **Dis-ease** feeds off an acidic environment

Now you might be saying well I eat all this and still feel rubbish. Maybe you are suffering from an imbalanced gut... no nutrients are being absorbed. We have looked at gut health and so if this is the case, then look back at what you can do.

Imbalances in our gut can cloud our thinking, we get brain fog and we put stress on our nervous system.

Add digestive enzymes when you eat and pre and probiotics before bed.



And remember we have to keep all the elimination organs open and moving.  
Regular cleansing to shift the toxins. When toxins get stuck we get sick.

Support yourself with breath work, kindness, sleep, time etc...

## REMINDER ABOUT SUGAR

Sugar is as addictive as cocaine and heroin.  
There are 12 tea spoonfuls in a can of soda!  
When you start to give up sugar it will feel uncomfortable!  
Simple sugars cause the ups and the downs.  
This can be resolved by eating complex sugars only.  
Remember, always look at ingredients.  
Sugars hidden everywhere — even in Vitamins.  
They promote vitamins for immune health and yet they are laced with sugar  
destroying your immunity!

NB: See the notes on **Names for Sugar** on page 18 of the **Extra sheets document**.



## Why organic?

Ok, so it is more expensive and really it should not be. We should all be able to have organic foods. It would be better for the Earth and the people on it. And all the life that lives off the planet. I do believe that those that can afford it must do their best to do so as perhaps it is for the privileged to create the demand so eventually demand is so high, everyone has access to it. It becomes affordable to all. Lets do our best to help bring the great divide to a minimum?

## Benefits of Organics

- **No GMO's**
- **No pesticides/antibiotics**

*(Think what a pesticides job is. It is doing the same to you but over a longer period because you are bigger than the insect they are trying to kill off)!*

- **Fewer allergies**
- **Fewer thyroid issues**
- **Fewer inflammatory issues**

*(Consideration - there can be 56 pesticides on one apple! More in USA I think)*

- **Healthy soil**

*We are giving back to the planet for more growth and more food. At the moment we are poisoning Mother Earth and soon she will say enough. It is time to give back!*

- **Support the organic farmers**

*You can eat less meat and dairy and go organic. This will possibly be the same in costs. And less meat and dairy is good for you anyway!*

Also to be aware of, some foods are more toxic than others. But don't let fear take over. Eat well. Wash your produce and do your best to support yourself and where the food has come from. Everything you need, your courage, strength, compassion and love: Everything you need is already within you.

## Vitamins and minerals: a brief summary

### **Magnesium**

The miracle cure. So it has been known to be. Many of us are deficient and really need to address it as it is key to our overall health. It can be found in **Whole grain breads, bananas, avocados, green leafy vegetables, Cocoa, seeds** and **nuts**. It is very important for the nervous system and heart rhythm.

### **Zinc**

Very important for growth, strong immunity. It is in **red meat, dried beans, milk, nuts, oysters, poultry** and **hemp seeds**. Teenagers use up a lot of zinc so very often need to supplement.

### **Chlorophyll**

Increases vitality and health by reducing chemical and environmental damage. It is also brimming with **Magnesium** and **zinc**. Detoxes on a cellular level. It reaches toxins and inflammation through all the main organs.

### **Iron**

Iron helps the red blood cells carry oxygen to all parts of the body. It is important to get our iron supply through **vegetables** and if you are taking a supplement to do the same here too. **Floradix** is an example. I can highly recommend it as it helped me sort my **Anaemia**. Six months and my iron has been fine since. Also remember to eat lots of **citrus fruits** as **vitamin c** is required for **iron absorption**.

### **Calcium**

**Calcium** is vital for bone health and teeth. Keep the bones strong from an early age. If you are **Vegan** make sure you are getting **calcium** from a supplement if necessary. Maybe get checked first.

### **Phosphorus and Potassium**

Both **phosphorus** and **potassium** are important for bone health and nervous system. You can get these from **organic dairy, green leafy vegetables, bananas**.

### **Vitamin A**

Retinol - prevents eye problems, promotes a healthy immune system. **Organic milk, organic eggs, liver, dark green vegetables, kale & orange vegetables, carrots, sweet potatoes, pumpkin...**

### **Vitamin C**

**Vitamin C** is needed to form collagen which is the tissue that helps hold cells together. Healthy bones, healthy gums and blood vessels. It contributes to brain function and wound healing too. **Strawberries, kiwi, guava, citrus fruits, peppers, tomatoes, broccoli** and **spinach** all have lots of **Vitamin C**.

### **Vitamin D and D3**

Important for bone health and mental health. Also the immune system. **Egg yolks, oily fish, sunshine** and **orange juice**.

### **Vitamin E**

An **antioxidant** and it helps protect cells from damage. Important for health of red blood cells. It is found in many foods, **vegetable oils, nuts, green leafy vegetables, avocados, wheat germ** and **whole grains**.

### **Vitamin B12**

**Vitamin B12** helps to make **red blood cells** and it is important for nerve function. You can find it in **fish, meat, eggs, cheese**.

### **Vitamin B6**

It is important for normal brain and nerve function. Helps the body break down proteins and make red blood cells. **Potatoes, bananas, beans, seeds, red meat, nuts, eggs, spinach**.

### **Thiamin - B1**

**Thiamin - B1** converts carbohydrates into energy - it is key to the heart, muscles and nervous system to function properly. Found in **cereals, pasta, dried beans, soy foods, peas** and **wholegrains**.

### **Niacin - B3**

**Niacin** helps body turn food into energy. It is important for nerve function and skin health. **Red meat, peanuts**.

### **Riboflavin - B2**

**Riboflavin** is essential for growth, turning carbohydrates into energy and producing red blood cells. **Eggs, lentils, peas, dairy, green leafy vegetables, broccoli** and **asparagus**.

### **Folate - B9 - folic acid**

**Folate - B9** helps the body make red blood cells. It is needed to make DNA and is found in **liver, dried beans, legumes, orange juice, rice** and **cereals**.

# The 7 limbs of Yoga - Deepak Chopra

I share these as I think they are great tools for directing our true self in the direction it really wants to go.

1. **The law of Pure Potentiality**
2. **The law of Giving and Receiving**
3. **The law of Karma**
4. **The law of Least Effort**
5. **The laws of Intention and Desire**
6. **The law of Attachment**
7. **The Law of Dharma - Our soul's True Purpose**

## ***1. The law of Pure Potentiality***

This is all about where we place our attention. It is about living in the moment and putting your attention 100% on your intentions. Remembering to focus on the intentions that lift you not sink you! And the 'ego' self will step in and say, 'you can't do that because ...' But you must keep rewiring and say, 'yes, I can!' Let the soul speak. Keep focusing on these attentions so that in time they will manifest into your reality.

*Where would you like to place your attention more in life?*

The vision board is also great for this. Or a big list! Whatever works for you!

## ***2. The law of Giving and Receiving.***

This is our masculine and feminine energy and both need to be in sync. Often we find it easier to give than receive and often we can receive and yet struggle to give. We must give and receive unconditionally and with gratitude.

*When you feel 'stuck' check in with your heart and ask, 'how can I help today.' 'Where can I be my best self today.'*

### **3. The law of Karma**

We have choice. We attract what we put out. We need to take responsibility for this. Follow the choices that feel easy and connect to your heart, your truth. You want a happy, generous life, then be happy and be generous.

*Be patient, be kind, be aware  
and life will unfold just beautifully!*

### **4. The law of Least Effort**

This is about embracing life's flowing energy. It is about letting things unfold in a creative and flowing manner and with ease. It is about taking responsibility for what comes and riding the challenges from a heart space and seeing them as redirection or 'an opportunity in disguise.' D. Chopra

*Do your best not to lose energy in friction or conflict.  
Reserve your energy and keep it close.*

### **5. The law of Intention and Desire**

This is about playing with the concept and even go as far as believing in the concept of the **quantum field**. In this field all energy and information exists. What you think, intend and put your attention to, manifests from here. The more we deepen the mind/body connection, the easier this becomes to fathom. You then start to realise that you are neither mind or body, you are the awareness of both! And the mind body is carrying this Awareness.

*Make a note of all the things you intend to do... in 1 week, 1 month,  
3 months, 6 months, 1 year. Keep referring to it and see what unfolds.  
You may have done this already with the vision board.*

### **6. The law of Attachment**

A big one for those who hide their fears and need for control behind material things. When we are attached to things we have fear, we have anxiety buried deep within us, we think these things make us feel safer. But actually all we are doing is hiding from our true nature. We too often look outside of ourselves to find happiness, when it is

in fact within us all the time. We compare and then despair. We buy this and that and then think we need more to value ourselves in society. We are never happy with our lot. But actually if we just for a moment said, thank you for what we do have, we would be stepping into a different paradigm of living and open our hearts to creating more of what we really do want.

So when we are attached, we add to the fears because then we have the added fear, of “what am I without this. **Oh no, what happens IF I lose all this....**” And it starts to spiral out of control with the **what if**.

The more we embrace our life of awareness and wellbeing, the closer we become to true joy and contentment. We start to relinquish control and embrace and love the energy and flow of life.

*Play with being curious and embracing uncertainty and the unknown.  
Make changes to your daily routine. How does it make you feel?  
How can you trust in it more? Do your best to let go of ‘should’ and  
replace with ‘could’ or ‘I am.’*

### **7. The law of Dharma – Our soul's True Purpose**

Very often we find ourselves down a path that does not fill us with a feeling of integrity. We are almost doing what we are doing in survival mode, slightly shut down. Unconscious. However the more conscious we become of what we do and say and how we live and behave, we start to become aware of our uniqueness, of our creativity and what we have to share.

It is important to have a purpose every day and even more importantly it is really important to connect to our true purpose. Work is then no longer work. It is a fun part of your day. Life becomes so much more flexible and balanced.

Be patient and kind with yourself but see if you can bring in more and more of what you love into your days. Gently bringing them in and just see how it all unfolds.

Every time you are faced with a conflict because of someone else's misunderstanding or judgement... connect back to your truth, call on someone that can give you a boost, and keep yourself on track. It will all be worth it!

If you find yourself trying to be recognised for your efforts, do your best to let this go.... You will be but in a very different way to how we have been taught.

## ***Our purpose***

Keep celebrating your progress and achievements with little taps on the back. Our soul has a purpose and our body has a purpose – to look after the soul. So make sure that you look after your body, always.

Remember without you even thinking about it, the **respiratory system** gives you life, controlling the breath; the **digestive system** makes sure the food is digested and that nutrients and waste go to where they are meant to go. The **endocrine system** is in charge of growth and repair and making sure all the hormones do what they need to do, the heart beats effortlessly, keeping you alive.

*Your body is amazing  
so do your very best to care for it!*





# Healing ourselves on every level

Healing ourselves on every level  
so that we can embrace life and all its beauty 100%

*Here are some key things to remember:*

**Always be kind to yourself.**

It is a journey and there is no rush.

**Work with crowding out the bad stuff with good stuff.**

Work with the 80/20 rule.

**Make sure you support the body when you increase the demands on it,**  
whether a night out or a 30 mile run.

**Think Nutrients always!**

**Balance is fundamental.**

**Be aware of your feelings and feel them.**

Then let them go. Embrace every moment for what it offers.

**How does your body feel?**

**Awareness:**

Awareness of breath,  
Awareness of sleep patterns,  
Awareness of how you feel after eating.

**Allowing things to move.**

**Allow things to shift and let go.**

**Embrace a self care routine.**

Does not have to be the same every day  
but make sure you embrace tools of self care every day!  
If each of us embrace self care we will find peace,  
bringing peace and joy to Earth!

**Be patient.**

**Notice when you feel sad. Or angry.**

Or when you find yourself responding erratically.  
What is unnerving you? Where does it come from?  
Do not judge it. Do not suppress it. Just let it come forward.  
Are you speaking kindly to yourself and to or about others?

**Focus on *what is*, not *what if*.**

**Remove “*I should*” from your vocabulary.**

**Are you rushing?**

If so why? Slow down.

**Are you embracing being?**

**Surround yourself with kind, loving people**

who support you and encourage you.

If those you love are struggling with that, then you must speak to them.  
Communication is imperative to a healthy, happy life. Help reduce their fears by  
sharing your beliefs and your heart.

**Shed your pretences.**

Show the world who you are!

**Share your heart.**

If people shy away or judge, it is because they are not ready.  
But you will attract all those that are ready and waiting for your light.

“Some people will never like you because your spirit  
irritates their demons”, Denzel Washington.

**Go for it!**

However scary it feels.



## Preparation for our final week

Over the coming week before our final week, please start to list on a piece of paper what tools you feel you will bring in and play with on different days for different emotions and experiences, ie:

- More **sleep** after a night out.
- More **lemon water**.
- **SODA**
- Allowing emotions to **flow** - energy in motion
- **Herb tinctures** to support the organs...
- Work out where and if you need **more guidance** in areas

And how will you support yourself when you are tested - such as feeling ill, or a life challenge.... This is the time we want to go back to what we know.

*This is the time to make the change  
and move forward.*



·



·



·



·



## Finishing with Movement and Meditation

