



CHRISTMAS 2015

Christmas is almost here again and most of us rush around trying to find the perfect presents for all the people we love or care for.

However what about us? The only person who is with us from conception till death is our self. So we need to be kind and understanding to ourselves.

Give our self the perfect present by focusing on our self. If we can be the best ME, it encourages everyone around us to do the same.

The thoughts and feelings we experience daily form our reality. If we are carrying old hurts or emotional pain it changes how we view the world around us; creating the same scenarios which caused us the hurt initially. This affects us and those very people we wish to be happy.

At this time the universe is bringing up many old hurts and issues we have buried so successfully we often do not even know they still exist. If we find we are feeling emotions from our past or playing out old patterns of behaviour or experiencing previous issues of ill health, we could look at this as a gift from the universe. It is an opportunity to clear these issues and start creating our new reality. It is the same as using a blackboard over and over; gradually a dusty film covers the whole board, so it becomes virtually useless; if we wash the board with water the entire surface is clean and ready for use, without any clouding.

Our brain is very protective of our well being, it only allows issues to surface when we are ready and capable of dealing with them. Thus, if past hurts are rising, we can feel strong knowing we are ready to make the changes and will be able to cope.



How Do We Do This?

Acknowledge that we are feeling. Denial is the strongest of our defense mechanisms and is often in play without us even knowing that we are suppressing and blocking painful emotions. If we continually block our emotions because they are painful or remind us of difficult times, we will continue to carry them. We all have different capacities for burying hurt, however eventually this storage will reach its limit. Additionally carrying these issues causes our vitality to lower and can result in physical illness or pain.

Allow our emotions space to exist. It is only when we can admit something is bothering us, we can start to deal with it. If something is hidden in the back corner of a cupboard we have no chance to clear it away. It is only when we delve into the back of the cupboard we realize these things are still there. By bringing our emotions into our consciousness we have the chance to deal with them effectively and prevent them from creating the same reality over and over. The universe will present the same situation repeatedly till we realise what we are supposed to be learning.

Know that we have the ability to change our responses, feelings and our stored emotional history. Being human is the most wondrous thing; we have the potential to continually alter our behaviour and feelings; to learn new ways of responding and being. How we react to the environment around us is completely our choice. Our reactions to events and situations are entirely under our control. If we look at old painful times we can ask ourselves: "What did I learn from this situation?" "How can I do it differently?" "Was this my responsibility?" On reflection often the experiences which have caused us emotional pain are nothing to do with us, rather it is someone else's issue. Sometimes we have made incorrect assumptions as we did not have the knowledge or awareness we have now as adults. Remember we all have done the best we could at the time and with the resources we had.



Susan Anderson
NATUROPATHY

"Life is for living. Do it well."

Be kind to our self and treat ourselves with the encouragement and patience we give to children.

Susan can help you unearth and resolve old or current emotional issues.

**Oh the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!**

--Dr. Seuss

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