



BODY, MIND, SPIRIT

Are you wondering why some or all your symptoms are returning when everything had been going well? Or alternatively have you been experiencing any strange or bizarre and seemingly disconnected symptoms?

As humans we are comprised of Body, Mind and Spirit. To maintain emotional equanimity and physical well being, it is necessary to have all three aspects of our existence working in harmony. The Spirit is the primary director of this trilogy. However each component is equally important for harmonious function.

Sometimes our Spirit decides to take a break and steps out of our physical reality. It desires time out, a return to the Spirit world in which it is so much easier to exist. If this happens the Spirit does not have to contend with all the physical constraints and emotional problems inherent in us.

It could be that our Spirit has had enough or feels this life is too hard to cope with in the present. When this occurs the main director of our life is absent, then physical or emotional chaos can follow. Whatever physical or emotional ailments we have may be exacerbated, new ones may appear or old symptoms we have not had for months or years return. It could be remedies which were working cease to be as effective. It is similar to a Prep teacher leaving the room; with no leader present, the children can run amok.

I have found this situation occurring for many of my patients this year. Over the past few years the physical separation between the Physical world and the Spirit world has been narrowing. As the Spirit world becomes more accessible, the relationship shift between physical and spiritual reality becomes easier. When this occurs we may be completely unaware of what is happening. Alternatively we might just feel something is amiss with our life, but have no idea of what is out of step, why it has happened or how to remedy the situation. Our mind may then become very busy trying



to rationalise or explain what is going on. At the same time our body may manifest physical symptoms again.

I can help you to identify if your spirit is in residence or if it has left.

I can also help to determine why it did leave. There are multiple reasons why this may happen according to each individual.

It may be for example;

- We are carrying other people's emotional pain
- We are suffering a lot of physical pain
- We feel overwhelmed with life's problems
- We are facing major life decisions and feel uncertain of the direction we wish to take
- We are being influenced by the energetic realm
- Or any other reason

It will depend on each person's current and past life experiences.

When we are unaware of the issues that are impacting on our well being, we can do nothing to change the situation. It is only when these issues are brought to our attention that we have the opportunity to do something about it. We are capable of being in control of our lives if we chose to, provided we know exactly what issues need to be addressed.

It is important to be aware of inviting our spirit to be present. Each of us is on a journey through this life and the lessons we are being given provide an opportunity to learn. Remember these lessons will differ for each one of us.

I can give the appropriate advice, supported by homeopathic remedies, to help reconnect Mind Body and Spirit.

Some suggestions on measures to help keep our Spirit connected with our Mind and Body.

- Spend time in nature; being connected to the earth or water helps us reduce our stress and assists in being fully present.
- Visit our Temple Space, so we have an opportunity for clearing and regenerating our energy.



- Me exercise (I am happy to explain this exercise to those who have not yet learnt it.)
- Meditation, filling our centre with warm golden light and our torso with pure pale green light.
- Space clearing, using whichever method you prefer.
- Appropriate Chakra spray, depending on the most relevant issue confronting us.

Remember the life we have, with all its inherent problems and issues; is a good one and the right one for each of us.

If you need support or assistance dealing with issue, call Susan for an appointment.

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