

# Project InBetween

INNER HARMONY MAGAZINE

## TRENDING HEALTH

body wellness: love your body with food

*Mind wellness: Art therapy for healing*

soul wellness: solo Travel for coupled up people

## HOLISTIC LIFESTYLE: FINANCEIAL HEALTH



**SoulSync your way to  
a Lifestyle of elevated  
Health and Wellbeing**

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# Project InBetween

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# Project InBetween From the Editor



Dear Readers,

Welcome to the latest edition of Inner Harmony Magazine, where the desire to share all things health, wellness - Exploring the profound connection between mind, body, and spirit. In today's fast-paced world, it's easy to become disconnected from the very essence of who we are. Yet, within each of us lies the innate ability to achieve Inner harmony, heal from within, and embrace a life of true balance.

As we delve into this issue, you'll find stories, insights, and practical wisdom that serve as a guide to nurturing the holistic well-being of your entire being. From the latest research on heart-brain coherence to ancient energy healing practices, and everything InBetween, we aim to bring you a wealth of knowledge designed to empower and inspire.

The mission at Inner Harmony is to be more than just a source of information; we aim to be a companion on your journey toward holistic health. We believe that true wellness is not just the absence of illness but a vibrant state of balance and peace that resonates through every aspect of our lives.

This edition features a diverse array of voices, each contributing unique perspectives on the interconnectedness of mind, body, and spirit in a variety of holistic lens. Whether you're a seasoned practitioner or just beginning your journey, you'll find something here that speaks to your soul, no matter which part of the path you are on. From beginner to advanced, we welcome you inward.

As you read through the pages, I encourage you to approach each article with an open heart and a curious mind. Allow yourself to be inspired, to try new practices, and to connect with the deeper parts of yourself. Remember, the path to holistic health is not a destination but a continuous journey of growth, learning, and transformation.

Thank you for being part of our community. Together, we are creating a world where wellness is not a luxury but a way of life.

With gratitude and light,

*Kristy x*

Editor-in-Chief

# trending health

HAVE YOU JUMPED ON THE  
BREATHWORK BANDWAGON  
YET?



## **Don't wait for a health crisis or wake-up call to realise how disconnected you are from your breath - the breath of life**

Breathing is one of the most natural things we do, often without a second thought. Yet, what we often overlook is how this simple, automatic act holds the key to our overall well-being. Just as brushing your teeth or taking a shower maintains your physical hygiene, breathwork nurtures your mental, emotional, and spiritual health. It's the vital link that harmonizes the body and mind, creating a sense of coherence where true wellness begins.

In our fast-paced world, stress and anxiety have become all too common, particularly in developed countries. Chronic stress, left unchecked, can lead to a myriad of health issues. But within each breath lies a powerful tool—one that can help calm the mind, soothe the nervous system, and restore balance. By practicing intentional breathwork, you activate the parasympathetic nervous system, which naturally promotes relaxation and reduces stress. This simple practice taps into your body's innate healing abilities, enhancing focus, mental clarity, and emotional resilience.

Breathwork is accessible to everyone. It doesn't require special equipment or significant time commitments. Just a few minutes each day can transform your state of being, helping you regulate emotions, boost energy, and connect to the present moment. It's a practice that invites peace amidst the chaos of daily life.

Incorporating breathwork into your daily routine is as essential as any other habit for maintaining your health. It's a small commitment with profound benefits, leading to a more balanced, fulfilled, and harmonious life.



## PRANAYAMA BREATHING

Pranayama breathing enhances brain health by balancing the left and right hemispheres, improving cognitive functions like focus, memory, and decision-making.

Techniques like \*Nadi Shodhana\* (alternate nostril breathing) stimulate and harmonize both sides of the brain, promoting mental clarity and emotional stability. Additionally, the increased oxygen flow from deep breathing nourishes brain cells, reducing mental fatigue and supporting overall neurological function. This leads to a clearer mind and a more balanced emotional state.

### Instructions:

Breathe in through left nostril for 4 seconds  
Hold for 4 seconds  
Close left nostril and breathe out the right nostril for 4 seconds.

## The mind under control is your best friend, the wandering mind your worst enemy - Wim Hoff

### WIM HOFF BREATH TECHNIQUE

The Wim Hof breathing technique boosts health by enhancing oxygenation, reducing mental stress, and strengthening the immune system. The breath hold phase is crucial as it temporarily reduces oxygen levels, causing a controlled increase in carbon dioxide, which balances blood pH.

This shift triggers a natural alkaline state, reducing inflammation and improving overall cellular function. The practice also stimulates the parasympathetic nervous system, promoting relaxation and resilience. Together, these effects increase energy, mental clarity, and physical well-being.

For the full instructions, find your favourite YouTube channel there are many and use the one that works best for you.

Beginners: there is an 11 minute start off - go with what works for you, do not push yourself. Be patient and build up over time. It works, the same way you strengthen your muscles at the gym, over time





# body wellness

LOVE YOUR BODY WITH FOOD, THE  
UPSWING OF NUTRITIONAL PSYCHIATRY





3 BRAINED COOKBOOK  
BY KRISTY ANNE

Did you know that our body actually has three brains? The cerebral brain, the heart brain, and the gut brain (*actually our cells have their own unique brains also, but for this article we will focus on the three major ones*) each have their own neurological systems, sensitive to different stimuli. When these three brains are treated holistically, they work together as a powerful network, leading to improved overall health and well-being. But if one is neglected, the entire system can begin to break down.

Our fast-paced society doesn't allow for presence, connection, or self-care. We've become the most depressed, anxious, addicted, and isolated culture in the world. I've often fantasized about moving to one of these idyllic Blue Zones, but with a young child to raise, that's not an option for me right now. So, I decided to adapt and create a lifestyle that embraces the principles of these regions—right here at home.

## **body wellness: Did you know your gut is one of the '3 brains' of the body**

I was deeply inspired by the Blue Zones documentary, after flicking through Dan's book a while back. The exploration of ancient regions where people live long, healthy lives with minimal mental health or health issues peak an interest so deep. I wanted to know how I could bring it here. These communities thrive by embracing a slower pace of life, prioritizing connection, moderate exercise, and a diet rich in fruits, vegetables, nuts, seeds, and moderate amounts of animal protein—a lifestyle reminiscent of the Mediterranean diet. This approach stands in stark contrast to our dysregulated Western lifestyle, which often leads to burnout, anxiety, and a host of other health issues. As the Eagles famously sang, "Life in the fast lane—sure to make you lose your mind." They weren't wrong.

This led me to create the "Three Brained Cookbook." for those who too desire to support themselves to live a slower more intentional life. I created it to share my own personal research on the importance of caring for the self as a whole. Not in isolation, I resonated with this way of eating because it hot all three brains in one go, less overwhelm. It's designed to inspire people to eat in a way that supports all three brains, helping them reconnect with their roots and make sustainable lifestyle changes. Chronic burnout can feel and often show up as a form of PTSD, years of living in chronic stress is not healthy for the nervous or immune system and it can take years to recover. But it's possible—I've seen it happen, both in my own life and in others.

Embracing a slower, intentional lifestyle required me to make significant changes. Being out of alignment with my true self had wreaked havoc on my health, and I knew it would take time to restore balance. It hasn't always been easy—old habits die hard—but I learned that change is possible at any age. It starts with one decision, one small step at a time.

The cookbook reflects the way I've chosen to eat over the past few years, with simple, cost-effective meals and explanations of the “three-brained” concept. It's about shifting out of the mind - who thinks its in control and allowing the body to take the reins and learning to nourish it by first listening to it and feeding it what it really needs. Not what the mind 'thinks' it needs. Gut health is crucial, but so are heart and brain health. If only I knew in my 20s what I know now.



## **I believe that living a slower, healthier life is within reach. It starts with one decision, one small change at a time.**

My interest in gut health deepened after attending a Lifestyle Medicine conference in 2023, where I learned about the emerging field of Nutritional Psychiatry and Mind medicine. I once participated in a clinical trial for depression and anxiety using probiotics and CoQ10. Initially skeptical, I was amazed at how much better I felt after just a few weeks—better sleep, reduced burnout, and an improved mood. This experience opened my eyes to the profound impact of gut health, not just in supplements, but how can we get it in our food, I knew so little about it, especially on mental, emotional and hormonal well-being.

The journey of starting to treat my whole being—connecting my left brain to my right, and my heart to my mind—grieving the years lost to a life of lack of education, overworking and living in mere survival.

Over time, I've learned that focusing on just one area of health can lead to neglecting the bigger picture. The Mediterranean way of eating supports all three brains—the cerebral, heart, and gut. It's not just a diet; it's a lifestyle that promotes optimal mental, emotional, and physical health. This approach keeps your cardiologist, psychotherapist, GP, and all the specialists happy because they want what we all want for you: to live your best life.

I believe that living a slower, healthier life is within reach. It starts with one decision, one small change at a time. Your worth it! try one meal, one recipe at a time and see how you feel.



## Beetroot Hummus



1 container



10 minutes

---

### INGREDIENTS

- 1 can Chickpeas
- 1/2 Lemon
- 2 tsp garlic
- Salt and Pepper
- 1/3 Cup Olive oil
- 1/2 Cup beetroot
- Hemp Seeds

### DIRECTIONS

1. Deshell the chickpeas for a smoother texture
2. Place chickpeas, squeezed lemon, salt & pepper, olive oil and beetroot into a food processor. If no food processor, a bowl with a hand mixer will work.
3. Adjust seasonings to taste
4. Once complete, sprinkle hemp seeds on top
5. Place into glass container and refrigerate.

#### NOTES

Add some cumin, cayenne pepper to the hemp seeds for some extra zing. Serve with crackers or on toast with some avocado and crumbled feta.

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# Mind wellness: Art therapy for healing

USE ART THERAPY TO HEAL FROM LIFES BIG  
T, LITTLE T MOMENTS -  
MAKE YOUR MESS, YOUR BEAUTY



# Mind wellness: Art therapy for healing

BY KRISTY ANNE  
PHOTOGRAPHY BY  
KRISTY ANNE

Growing up in a quaint corner of rural northern NSW, a little girl discovered the magic of the creative arts. In a world untouched by the hum of technology, finding joy among local artist communities and in the simple wonders around her, the air fresh and free of fast — writing tales of wonder, sketching dreams on paper, molding clay into fantastical shapes, and capturing the beauty of life through a camera lens. The arts were my world, growing up in a playground, expressing the limitless wonders of my imagination often through writing, reading, drawing, painting and singing to the latest 90's boy band.

But as the years passed, the little girl grew up and entered the bustling world of adulthood and city life, the life of lights, fast and the furious. The magical land of creativity slowly faded as she took on the roles of a shift-working nurse, a mother, a wife, and a friend, family life. The journal that once held her dreams gathered dust, the pencils that sketched her heart's desires lay forgotten, and the freedom to create was buried beneath the weight of responsibilities.

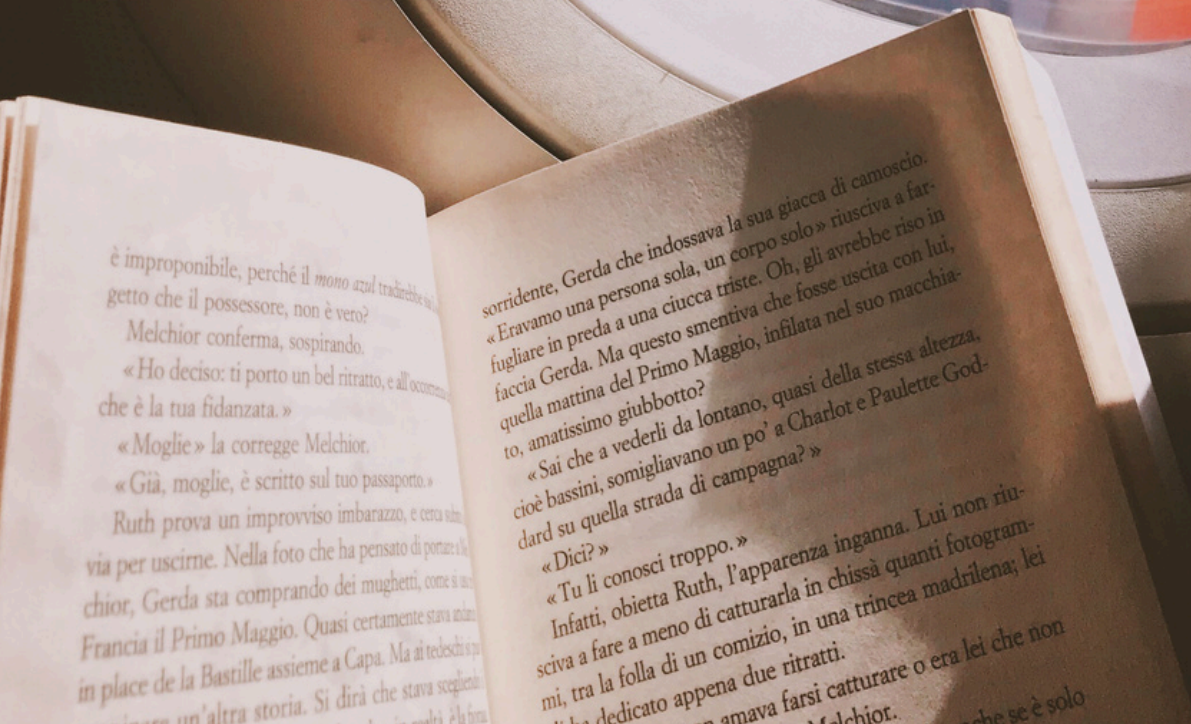
In the whirlwind of life, she became so consumed by the demands of work, the endless to-do lists, and the need to meet everyone's expectations that she forgot about the one voice that truly mattered—her own. Her inner child, the one who once danced with delight in the fields of imagination, was silently calling out to her, begging her to stop, to breathe, to create once more. But she wasn't delighted one bit, she was angry, frustrated and mighty annoyed she had been abandoned and rejected in favour of these other people who were pulling at her five ways from sunday.



# soul wellness:

SOLO TRAVEL FOR PEOPLE IN  
RELATIONSHIPS

BY ELORA CANNE  
PHOTOGRAPHY BY: ELORA CANNE



è improponibile, perché il *mono azul* tradirebbe il  
getto che il possessore, non è vero?

Melchior conferma, sospirando.

«Ho deciso: ti porto un bel ritratto, e all'occasione  
che è la tua fidanzata.»

«Moglie» la corregge Melchior.

«Già, moglie, è scritto sul tuo passaporto.»

Ruth prova un improvviso imbarazzo, e cerca subito  
via per uscirne. Nella foto che ha pensato di portare è  
Melchior, Gerda sta comprando dei mughetti, come si vede  
Francia il Primo Maggio. Quasi certamente stava andando  
in place de la Bastille assieme a Capa. Ma ai tedeschi si  
dice un'altra storia. Si dirà che stava scegliendo  
la foto di Melchior.

sorridente, Gerda che indossava la sua giacca di camoscio.  
«Eravamo una persona sola, un corpo solo» riusciva a far-  
fuggire in preda a una ciucca triste. Oh, gli avrebbe riso in  
faccia Gerda. Ma questo smentiva che fosse uscita con lui,  
quella mattina del Primo Maggio, infilata nel suo macchia-  
to, amatissimo giubbotto?

«Sai che a vederli da lontano, quasi della stessa altezza,  
cioè bassini, somigliavano un po' a Charlot e Paulette God-  
dard su quella strada di campagna?»

«Dici?»

«Tu li conosci troppo.»

Infatti, obietta Ruth, l'apparenza inganna. Lui non riu-  
sciva a fare a meno di catturarla in chissà quanti fotogram-  
mi, tra la folla di un comizio, in una trincea madrilenà; lei  
era dedicato appena due ritratti.

«Ma amava farsi catturare o era lei che non  
amava farsi catturare o era lei che non  
che se è solo  
Melchior.



## **“I felt so accomplished, and the resultant confidence boost irrevocably changed me”**

Solo travel was not something I embraced in my youth but has since become something of a necessity for me. I cannot thrive without the solitude it affords one.

My first solo flight overseas came as a married woman and mother of two sons. I flew from Johannesburg, South Africa to London Heathrow. I rarely left my little family’s side, let alone flew overseas, so this was a monumental shift in our dynamics. This was an explorative venture for me. There was no guilt involved because this was a ‘look see’ visit on my Ancestry Visa for the UK for our family’s future.

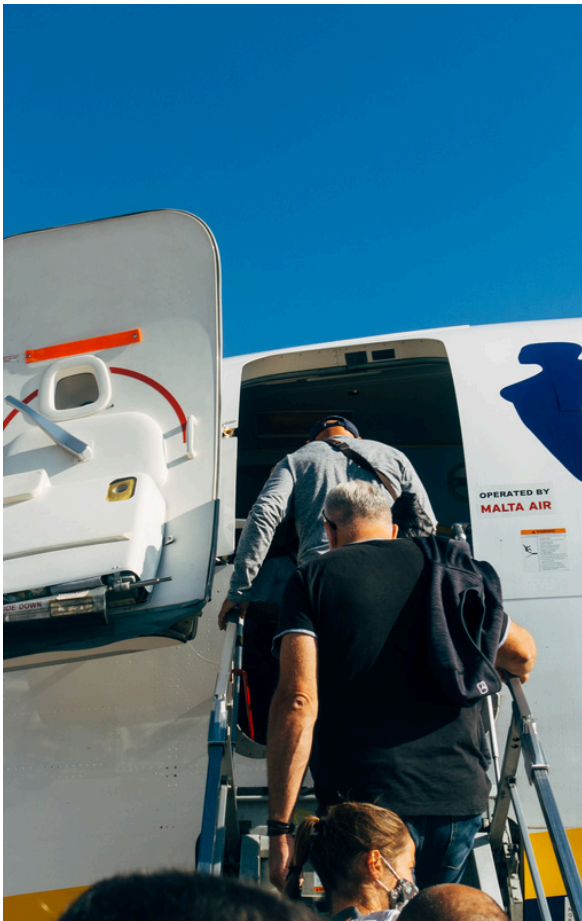
I flew across the world a freed soul. By this, I mean the expansion of spirit exploded within me. I felt capable and free. A little dangerous perhaps, but always the magnet of home called me back.

On my arrival at Heathrow Airport, I had to get a bus to my destination. The bus I had been directed to was not the bus I was supposed to catch. As a seemingly incurable people-pleaser, it was unheard of for me to disregard what I’d been told to do. Unheard of! I do believe that was a turning point for me; the moment I discovered my bravery.

I ignored the instructions I’d been given and hopped onto the bus whose timetable told me it was the correct one. And I succeeded in my mission. Spirit expansion loading...

I felt so accomplished. And the resultant confidence boost irrevocably changed me.





My next solo flight was also an international one a few years later. This time from Sydney, Australia to Los Angeles. This was the flight where I felt the first sprouting of my tiny wings.

This was a liberating experience with the freedom to do as I wished. Intoxicating. Selfish? Necessary. And I was loving it. Again, little to no guilt as a wife but a fraction of guilt as a mother was felt. My sons were young adults still living at home and I felt like I was abandoning them. But intellectually, I knew they were capable. Perhaps it was my own issue?

Since those solo flights, I've taken to traipsing across the country by bus, rail and coach instead these days. Still a wife and mother, but now an empty-nester going to visit her sons, not fly away from them. The irony is not lost on me.

My husband chooses not to join me on these trips. Firstly, because he'd rather drive on the chaotic motorways than enjoy the rumble bumble of public transport. Secondly, he knows that I need these trips 'to gather my thoughts together.' That's code for soul work.

Sure, there have been a few bumps in the road along the way. Occasionally, he feels deserted in favour of other people and sometimes neglected. James, my husband, dislikes being alone whereas I thrive on it. He is always the first to call in the morning when I'm away and again at night. I think it helps him feel connected whilst acknowledging my need for solitude.

But that is the beauty of surviving a long-term marriage, you learn to lean into each other's needs, creating space for them to come to terms with changing circumstances, and adapt in a way that's best for each partner.



As a couple committed to each other long-term, it's important I make James feel loved. I do this by sending texts and images through the day, but also with little gifts on my return. This lets him know that he is on my mind and that I still care for him.

I wrote this piece in my journal after one such trip which explains exactly what I mean: Sometimes it's the little things that we can do to make people feel valued. This trip has helped me realise the importance of doing things for my own enjoyment, but not exclusively.

Journaling is how my story began really. As I journaled about places we'd visited, I started noticing changes in both of us and learnt how we both adapt differently. I feel that writing has helped me see the bigger picture in my marriage and given me deeper introspection. Both of these perspectives have helped save my marriage by strengthening our bond, and developed a healthy awareness of my own needs within the structure of a committed relationship.

My memoir, *En Route*, unravels the complexities of travel and self-discovery as a woman, wife, mother, and most importantly, as a human being on a soul journey.

I have done this trip many times now and never fail to expand just a little bit more each time I do it. It fills me with freedom every time.



You might be wondering why this feeling of freedom is so important to me, after all, I am happily married to a wonderful husband. Freedom within is akin to having the bandwidth to 'lick our wounds' as it were. It gives us space to heal our thoughts without the clamber of life distracting us. Writing is a solitary pursuit, and I have discovered that finding the right words to describe feelings or situations has given me the inner strength to understand myself better and to grow. These are the healing benefits of solitude and writing, for me.

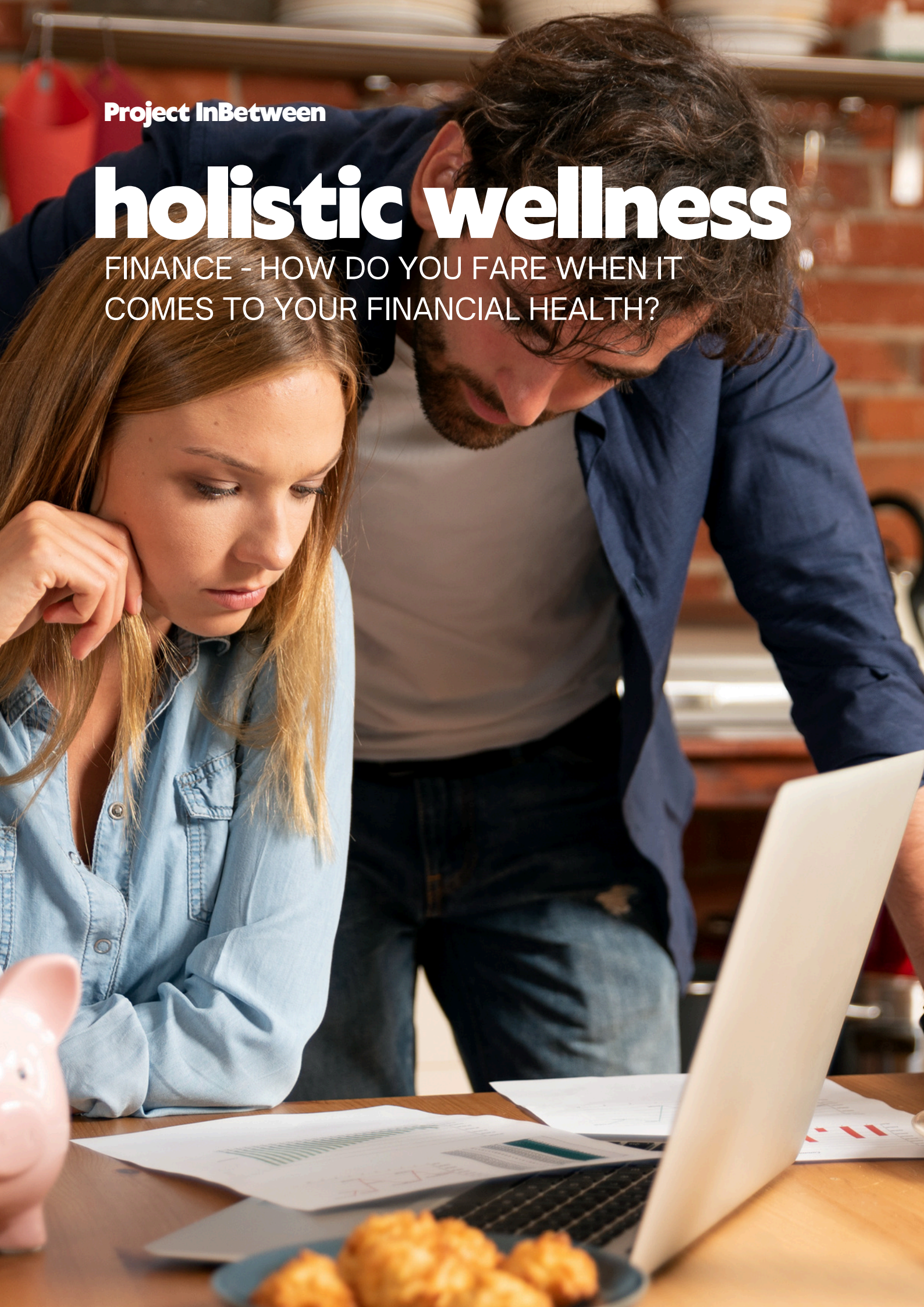
And the healing that I am referring to comes in many guises. Body, mind, soul. In my experience, to get really deeply in touch with our psyche, requires solitude. And lots of it. That is what I find on my solo trips. That is why they are so important to me. The solitude to dive deep within my soul where I find the hurts that need healing. The nurturing that needs applying. And the self-love to give myself these opportunities to expand into a holistic human being.

Of course, the destination is important too, but it is the journey that gets us there that makes the biggest difference. Elora Canne – Writer of life, both real and imagined.

Project InBetween

# holistic wellness

FINANCE - HOW DO YOU FARE WHEN IT COMES TO YOUR FINANCIAL HEALTH?



# Breaking Money Myths: Empowering Women to Take Control of Their Finances

BY LEA MINDFUL WEALTH

Many women face financial challenges due to long-standing myths and misconceptions about money.

These myths often stem from historical gender roles and societal expectations that have discouraged women from engaging fully with financial matters.

As a result, women may struggle with financial literacy, feeling uncertain or overwhelmed when it comes to managing their money. This can create barriers to financial empowerment, making it harder to take control of your financial future.

However, by debunking these myths and embracing a more informed perspective, you can gain the confidence and skills needed to manage your finances effectively and achieve your financial goals. Educating yourself about money management is a powerful step toward breaking free from these outdated beliefs and securing your financial independence.



## “I prefer them to manage all the finances, i’m not good with numbers or money”



### 1. Myth: “I’m not good with numbers.”

One of the most common myths is that financial management requires innate mathematical ability. In reality, managing your finances is more about understanding basic principles, managing your emotions and behaviors, and making informed decisions. Financial literacy is a skill that can be developed with practice and education.

**Mindful Check-In:** How do you currently perceive your financial skills? What steps can you take to build your confidence in handling your finances?

**Journaling Prompt:** Reflect on any past experiences where you felt challenged by numbers or financial concepts. How can you approach learning these skills with a growth mindset?

### 2. Myth: “Money management is only for wealthy people.”

Another common myth is that money management is only relevant for those with substantial financial wealth. In truth, everyone can benefit from sound financial practices, regardless of income level. Effective money management is crucial for achieving security and financial stability.

**Mindful Check-In:** What are your current financial goals? How can you apply sound money management practices to your situation, regardless of your income level?

**Journaling Prompt:** Reflect on how small, consistent financial actions can contribute to your overall wealth. What steps can you take to build your financial security starting from where you are now?

### 3. Myth: “I don’t have time to manage my finances.”

Many women believe that managing finances is too time-consuming, especially with busy schedules. However, effective financial management doesn’t have to be a major time investment. Small, consistent efforts can lead to significant improvements in your financial health.

**Mindful Check-In:** How can you incorporate financial tasks into your busy schedule in a manageable way? What small steps can you take to ensure regular financial check-ins?

**Journaling Prompt:** Reflect on your current time management practices. How can you carve out time for financial management without feeling overwhelmed?

## “Breaking free from money myths is crucial for financial empowerment”

### 4. Myth: “Investing is too risky for me.”

Investing is often perceived as a high-risk activity reserved for those with extensive financial knowledge. However, investing is a vital tool for building wealth and achieving long-term financial goals. By understanding the basics and starting with low-risk investments, you can gradually build your confidence and experience.

**Mindful Check-In:** What are your current beliefs about investing? How can you start learning about investment options in a way that feels manageable and less risky?

**Journaling Prompt:** Reflect on any fears or misconceptions you have about investing. How can you educate yourself and seek advice to approach investing with a clearer understanding?



### 5. Myth: “I can’t achieve financial independence on my own.”

Many women believe that financial independence is out of reach without external help or significant resources. While it can be challenging, financial independence is attainable with the right strategies and mindset. By taking proactive steps and making informed decisions, you can build financial security and achieve independence.

**Mindful Check-In:** What strategies and resources can you utilize to work towards financial independence? How can you set realistic financial goals and create a plan to achieve them?

**Journaling Prompt:** Reflect on any barriers you perceive to achieving financial independence. What actions can you take to overcome these barriers and build a path towards self-sufficiency?

Breaking free from money myths is a crucial step toward financial empowerment. By challenging outdated beliefs and embracing a more informed perspective, you can take control of your financial future and achieve your goals. Remember, managing finances effectively is not about innate talent but about learning and applying practical skills. Financial success is accessible to everyone, regardless of income, and requires only small, consistent efforts and a willingness to shift your mindset. Embrace the process of learning, stay proactive, and remember that financial independence is within your reach with the right strategies and support. By dismantling these myths, you pave the way for a more secure, fulfilling financial life.

**Project InBetween**

Thanks!

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INNER HARMONY MAGAZINE

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