



### „You will see it when you believe it „

When confronted with the uncertainty and vulnerability that accompanies life's inevitable difficulties, mindful and creative support can provide the perspective and support needed to regain mental, emotional, physical and spiritual resilience, strength required to overcome self limiting thoughts and beliefs.

Life's balance is a key function of the capacity to bring awareness to what unsettles and unbalances us. The best way to create balance and abundance, emotional resilience and stability is to bring negative feelings to the surface where they can be explored, re lived and experienced with higher self-awareness and released. Spontaneous drawing allows to express, feelings, anxiety, fears, wishes and concerns in a non-threatening manner. Unconscious material, which was previously hidden from exploration, is often depicted in many of the drawings. The artwork enables the individual to communicate symbolically as well as verbally. It affords the person a wealth of symbolism and images which he or she may relate to and learn from. Images serve as vehicles, which facilitate communication, growth, and insight. Having appropriate support allows to release those emotions in front of empathic person who is professional and will support you, make you feel accountable to take ownership of your presence and the future.



### „The Root creates the Fruit“

Difficulty in modulating emotional states often indicates unresolved developmental issues festering beneath the surface. We all fall under the influence of unconscious dynamics which negatively affect and suffocate our ability to think, feel, work, and love. Deep emotional understanding of what is getting in our way can help resolve these difficulties.

On the other side of fear, shame, and confusion, you will be empowered to make more effective choices. Your thoughts and feelings are a reflection of your past and so if you continue to rely on them to make decisions, you will simply be recreating your past.



### Put yourself First

„Nothing has meaning except the meaning you give“

However we have a choice - whether we continuously want to be right or thrive and grow. This requires some practice however the first single ingredient is to take imperfect action, put trust in yourself and faith that following your beliefs and intuition will bring you required outcome even though our mind and ego is holding us back, which in turn limits the growth. By taking imperfect action you are getting closer to your ultimate outcome. We will never be ready or enough because We Already Are Enough We Are Ready. So what are you waiting for... in my case it was not living in my Power. Feeling not worthy of true success and giving more meaning to what others said rather than Fully Trusting, Believing in My Self and living in my Power!

Remember we can be right or or happy!

„The mind's favorite game is to be right ! „  
So next time you have those self limiting thoughts you could say “ thank you for sharing however I will take action regardless ....”  
Honouring yourself, trusting while we have self worth and love towards self and faith that we are the ones creating our life's not the other way round.

“Daily Practice”  
What will I do today to get me closer to my outcome?  
What am I grateful for today ? ( I invite you to practice it daily )

“it is not what happens to you that defines you, but what you make of it “

As Louise Haye used to say ;

“When you believe that every change that comes into your life—good or bad—is beneficial to you, this is the outcome that you will experience. The meaning of this context is that everything that's going on right now in your life, is for your own good, even if it may seem otherwise “



### Loving Kindness

Every cell in our body feels they talk to each other we continuously carry an internal dialogue. How do we take a break or silence our mind? in theory it sounds simple ....

- Interrupting the Pattern
- Mindfulness & Loving Kindness Meditation
- Regular Body exercise
- Clensing
- Looking after our Psycho Social Aspect in life
- Learning
- Staying Open - in Japanese it's called having a student's mind - Shoshin
- Did you know that by reading a specific subject for 20 to 30 min daily for approx a year we can become an expert in that field?
- Imagine that you have combined all above sciences, techniques and practices and now tap into one that you recognise most effective when required to raise your energy for instance if you feel under the weather, having a cold or just not having motivation to take action it's 3 minutes daily meditation can allow to refocus our mind and realign emotionally.

If you add swimming and or any form of physical activity and remain active socially you are already ahead...

