



December 2010 newsletter

760 749 7512 be

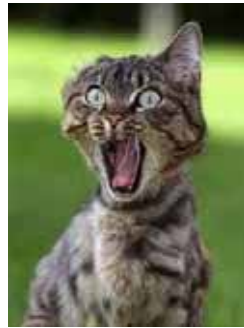
This time of year can be uneasy for some and for others it is joyful. Why is it that for some it is such a difficult time of year.... because of emotions.

Yes, the very word brings up many feelings. Some say "I'm in touch with my feelings?" Others will tout "I know how to handle my emotions." But there is something about this time of year that uncovers deep emotional pain that will present itself in many forms. Want to know the secret ... just let go. Ok, we have all heard ... let go and let God. But what does that really mean? If it were really that easy why do so many people get depressed over the holidays?

I have seen many types of mask that people wear. Some are guarded, knowing full well what their problem is and just want me to confirm it. Others are resistant to the fact they may have to change something in their lifestyle to heal. Some even want me to just give them the herbs to make their problems go away. But believe me, no one has yet to walk into my office and say, "I know it's my entire fault and I need help." That would take real courage and real strength not blaming others for their painful feelings.

So what would I say to that person should that opportunity present itself. I would say "Congratulations; you are on the path to finding your happiness." Most of us still have deep pain that shows up at the most inappropriate of times and we get our feelings hurt. What if I said, that is the perfect opportunity to look at what it feels like or what does it remind you of? If you still feel an inkling of "ouch" deep within, especially when someone says unassumingly something in a conversation that brings up an unpleasant emotion, that is the perfect time to look at why it still resurfaces after all this time.

There are many easy therapies that can



"I'm in touch with my feelings"

taught to help you ease this pain of resistance. First off, stop blaming others for your feelings. Second, when you are truly tired of having this pain resurface, only then can you begin your journey to peace. I personally have experienced the power of EFT (emotional freedom technique) www.emofree.com. It may look silly, but all the tapping on the meridians help bring stuffed, trapped emotions to the surface and only then did I start the process of healing.

At time herbs will help. I had a large party and was feeling anxious, for no apparent reason. After talking to myself as to how silly I was feeling, I decided that a couple of Kava kava would calm me. It did, and it also gave me the opportunity to look at why I was getting nervous. Me nervous... only 20 people are coming and will all the food be ready? I started laughing at myself realizing there are only certain things I can control.....so let go. I stayed in my power and did not turn to anger, alcohol, or prescription drugs and dealt with the fear of looking foolish and unprepared which truly meant to me, I was not loveable. When I looked at what fear was surfacing, I could work on it and turn it around and started having fun. No one did it to me....I did it to me.

So if you are experiencing any unresolved emotions that you would truly like to resolve, call me for an appointment where we can safely uncover and mend the "ouches" in your life.

Happy Holidays and let the season fill you with peace