



The Healing Essence Newsletter

Autumn Edition 2007

by

HeavenEarth Natural Medicine Clinic



FREE Competition: If you'd like to be in the draw for a copy of Donna Eden's book "Energy Medicine" visit our website home page www.heavenearthhealing.com Enter your email and you are in the draw.

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New Website Email

If you would like to receive this newsletter by email, please email us at contact@heavenearthhealing.com
Thank you!

The Ramblings of an Urban Mystic

This is the start of a new series of talks that I will be placing on our website www.heavenearthhealing.com over the coming year.

I would like to help you start on a journey that will lead you to happiness. Lead you, to your own personal happiness, and what ever that might mean to you. That could be joy, inner peace, success, prosperity, abundance, health, loving relationships, greater creativity and a deeper connection to the Divine.

You see happiness and living a successful life are different for us all.

I have been on a personal growth journey for over 35 years. In that time I've had many successes and many failures. I have been rich and broke. I have been healthy and I have been sick. I have been in love and had my heart broken and in love again. So when I talk about what works and what doesn't I am coming from my own personal experience. When I started there weren't any life coaches. People who wanted to change their lives using the power of their mind were looked on as a bit new age, a little weird, maybe dare I say it, even hippies.

But as I read more books and attended every workshop or seminar I could, I began to see and feel how important it was to align my mind and my heart to what I truly desired. You see none of what I will tell you will work if you only go at it half-heartedly. You have to be clear within yourself to discover what it is that you truly want. If you have any doubts regarding what you want, then the doubt will be a brake on what you are attempting to manifest.

I have no affiliation with any religious group. I have studied them all. I do take time each day to sit still and open to the quietness, the stillness and the peace of the cosmos. I do believe in a higher power, a great, wise, loving Presence, that is the glue of the Universe. I do believe we are all one at the cosmic level. That the macrocosm of the Universe is reflected within the microcosm of the body's cells.

Right now you are 100% successful, you are hundred percent successful because your mind, your brain, is doing its best to fulfil your programming. Your nervous system, your organs, your brain, (in fact your three brains) are doing their best to fulfil your beliefs and the thoughts that you are constantly filling your mind with.

So the **1st truth** we need to be willing to open to is that **'our thoughts create our reality.'** And the **2nd truth** is that **'our choices will determine our reality.'** "Choice produces results".

Let's look at the first truth, that our thoughts create our reality. What is reality? Do you see the world around you as real? Do you believe what your senses tell you? Do you believe that the outer world is real? Do you trust the newspapers, internet, TV, radio etc., to give you an honest balanced evaluation of the world around you?

To believe in the world around you is to believe in an illusion of mind. You create the world around you by what you choose to focus on. Are you someone who walks down a street looking at the flowers in the trees or looking at the rubbish in the gutter? Same street, different focus.

If I sent five people down the same street, each one would come back with a different street. Some might focus on similar things but each person's interpretation of what they saw would be different. Ask five people to go to a shopping centre and come back and tell you what they saw. The person into clothes would tell you of all the clothes shops, the person into food or money or books or sex would tell you of what they have focused on. Each person would tell you of a different shopping centre, same place, different focus and different reality.

The human brain has approximately 15 billion brain cells called neurons. All these neurons are created by the 30th week of pregnancy. You don't get any more and in fact poor nutrition in the mother during pregnancy can even lower brain cells by up to 40%. You don't get any more brain cells than what you're born with. So why do people have different levels of intelligence? Well it depends on how that person was mentally stimulated, how they were taught, whether they had a rich environment or a deprived environment to grow up in.

Psychologists say that we learned about 50% of our habits, attitudes and beliefs by the time we are for 4 years of age, that we learn another 30% by the age of 8 and another 10% by the time we are 14 years of age. That means we have learned 90% of our basic attitudes and beliefs by the time we are 14 years of age. It seems we spend the rest of our lives dealing with those first 14 years of programming.

Can we change the program? Yes we can, but we first need to realise

*Learn to become still, and to take your attention away from what you don't want, and all the emotional charge around it, and place the attention on what you wish to experience....
Energy flows where attention goes.
Michael Bernard Beckwith*



that we are experiencing the world through how we have been programmed. The way you know you are in the world, in this body, is through your senses - smell, touch, taste, hearing & sight.

Each one of these senses sends millions of messages a second to tell your brain whether you are lying down or sitting up, outside the house or in your bed, if you are hot or cold, ...well you get the picture. That is right, you get the picture of your world and therefore you think it's real.

Scientists have worked out that our brain and nervous system receives about 400 billion thoughts a second and out of 400 billion thoughts, only a few thousand thoughts a second come up into the conscious mind and then we choose only one or two per second to be fully conscious and focused on.

This leads to our second truth, that choice produces results. What I choose to think about creates my world. It's simple to find out what you focus on. What television programs do you choose to watch? What are your favourite sports, hobbies, likes and dislikes, what books do you choose to read? What are things in the world that draw you and repulse you? Because remember with each choice you have to also focus on what you don't like. What do I mean? Well say you like chocolate ice cream. When you look at all the favours you have to quickly scan what you don't like to be able to pick out what you do like.

By choosing, you are using one of the fundamental laws of the world we live in, the third dimension. You see the world through your senses and depending on your beliefs, your world will be created by what you choose to experience; I could say, you choose what you taste, touch, smell, hear and see. For example you choose your music, your food, your partner, your work, your level of fitness, and your clothes. So all your choices depend upon what you like. But that's only half the picture, your choices are also dependent on what you don't like or don't want. Success and failure are feedback loops that teach our brains and our nervous system how to choose the world we live in.

Now I can hear you say I haven't chosen my poverty, my ill health, my loneliness, my sickness. Maybe not, but I bet you have chosen what you think about them and how you deal with them and what you expect will happen from them. We are creating ourselves from moment to moment. **The past will dictate the future if you don't redirect the present.**

We have the gift of creativity. We have opposing thumbs on our hands; we can make and use tools. We have a higher brain (a neuro-cortex) bigger than most living creatures. Our neuro-cortex brain has the ability create new things and new thoughts. Have you ever looked down a busy street and realize that everything you are looking at has been created by someone's brain. Every car moving along a road was made by a brain and is now being driven by a brain.

The secret of happiness and success lies within your mind, within your nervous system, your heart/mind complex, *not* in changing your outside world. Your unhappy feelings aren't the result of a miserable world. The outer world isn't the cause of what you feel inside. It is actually the other way around. You are the cause and what you experience in the world, is the result or effect of your thinking.

So how do we change?

Well, the process begins by giving up your internal struggle with your self. Let go and practice surrendering to what *is*. Sit still and breathe. Let the pain and the suffering flow through you, you become the witness, the observer. Yes it takes great courage to invite the negative 'in for a cup of tea'. By practising forgiveness of self and others you get out of your head and into your Heart. Breathe into your suffering, breathe into the pain and begin to create a place of acceptance for all the parts of you. Love you, hold you in love, embrace yourself with unconditional love and feel a loving Presence that lies within your heart.

Now I know that is easier said than done. I have been there many times and I can honestly say, with practice it does get easier. In fact the acceptance of self is the spring water within the desert. Stop fighting against yourself. Create a heart space within yourself of total acceptance of who you are, the good and the bad. Embrace all of you, warts and all.

Next, once you have experienced a deeper sense of relief and peace, start to begin to create on the inner the life you have always dreamed of, dream about it until it becomes reality.

Don't try to work out how to get there, just create the end result and in as much detail as you can dream it. And remember it is okay to make mistakes and it is okay to keep making mistakes, they are your feedback system. It doesn't matter how many times you fall down, what is really important is how many times you pick yourself up.

For part 2 of this article you will need to go to our website

www.heavenearthhealing.com/health_articles

This is where I discuss one of the most fundamental and important Laws of our Universe. This Universal Law is the backbone of all reality as we know it -The Law of the Opposites.

How to Change Your Life Seminar

Chinese philosophy states that the only thing in life that doesn't change, is that everything changes. We are always in constant change. When people say "Well, then why doesn't my life get any better?"

I would ask, "Have you been willing to take the time to learn and grow? Have you taken the time to create lasting change in your life?"

I am running a One Day workshop on "How to Change your Life" using the best techniques of Traditional Chinese Medicine, Educational Kinesiology, Accelerated Learning, Brain Research, Emotional Freedom Techniques, & Vibrational Energy Medicine.

Learn how to create heart felt changes in your health, your prosperity, your relationships, your work and your connection to Spirit. Discover simple techniques that have powerful affects on how to create the life you have always dreamed about.

The seminar techniques can be used for creating happy, powerful changes that enrich and fulfil your highest desires for yourself.

Learn how to work with the Law of Opposites and the Law of Attraction. The Positive affects of these techniques will flow out into all aspects of your life.

For an introductory fee of \$75,

May 27th, 9.30am to 5pm

Emotional Freedom Workshop



We are getting such Great feedback from our clients who use the EFTechniques to help them over their emotional problems. It can be truly magical in relieving the pain of deep negative feelings.

We invite you to a relaxing peaceful day.

The workshop will teach you in one day all you need to know.

These techniques need no special equipment and once learnt, last a life time.

Fee \$195 manual included. **29th April Sunday**
9.30-5pm Private lessons are also available

If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours.

Henry David Thoreau

good green tea

In Chinese and Japanese cultures there have been many rituals around drinking green tea. It's this high intake of green tea in these cultures that is thought to be responsible for the low incidence of cancer.

Rich in antioxidant flavonoids, glycosides, and polyphenols, recent research on green tea is revealing what these ancient cultures have known for years.

The beneficial compounds in green tea boost immunity and have proven anti-cancer properties even more powerful than vitamins C and E. Some believe that green tea consumption - on average three cups a day - is the reason for the relatively low rate of cancer in Japan. The flavanoid and glycoside compounds, protect the body from damage caused by oxidants, thereby supporting the immune system and helping to slow down the ageing process.

Green tea is made from the dried leaves of an evergreen, leathery shrub, *Camellia sinensis*. Cultivated into bushes approximately 1.5m high, the camellia sinensis is found primarily in India, Sri Lanka and China where it has been grown for several thousand years, although nowadays it is grown locally here in Australia.

Green and Black tea comes from the same plant, however it is the green tea that is made from only the leaf bud and the top two leaves, which are preserved through a steaming process that does not harm the beneficial compounds in the plant. The black tea is produced by a fermentation process which lowers the levels of polyphenols, the constituent that is responsible for green tea's high antioxidant activity.

Considering the many other health benefits of green tea, in moderation it's a useful natural stimulant due to the caffeine content. Regular tea has around 50mg of caffeine per cup and an average cup of coffee has around 100mg, however green tea contains only 20 - 30mg of caffeine per cup, so consequently is less stimulating, even relaxing to many people.

Tradition has it that monks have used green tea to help keep them awake, though still calm, during meditation practice. Some researchers would say that it is this combination of stimulation and relaxation that may be the key to green tea's ability to improve your stress tolerance. It's an ideal alternative to regular black tea and coffee, which disrupt blood sugar balance, deprive the body of vital nutrients and can result in dependency, all increasing the stress levels in your body.

Green Tea has been shown to

- * lower cholesterol
- * lower blood pressure & thin the blood, reducing the risk of heart attack & stroke
- * increases HDL - the 'good' cholesterol
- * prevent dental caries
- * assists weight loss by encouraging the body to burn fat

How much tea is enough tea? 4 Cups daily is a good amount, although even two is helpful. Green tea is generally steeped for 2-3 minutes otherwise it will start to get bitter. As always, get organic tea if you can find it.



Heartfelt Thank You

for your Referrals

Word of Mouth is a powerful form of advertising and we are grateful for your 'spreading the word'.

'Dalai Lama'

visit to Australia

"My religion is very simple, my religion is Kindness"

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Living with Gratitude

From the book 'The Hidden Messages in Water' by Masaru Emoto (an instant New York Times Bestseller)

By observing crystals that formed from frozen water exposed to different stimuli such as thoughts, emotions, words and music, Mr Emoto found that positive, life-giving stimuli resulted in beautiful, diamond-like formations in the ice crystals. Mr Emoto found **gratitude** to be the most powerful stimulus, even more so than love.

Crystals that formed from water exposed to love and gratitude, actually looked more like crystals exposed to gratitude only, than the crystals exposed to love only. From this research Mr Emoto deduced that gratitude is an even more important energy than love for the creation of healing and positive fulfilment.

"When you have become the embodiment of gratitude, think about how pure the water that fills your body will be. When this happens, you yourself will be a beautiful, shining crystal of light"

"Gratitude", says Mr Emoto, "is the opposite of hate with the ability to negate harmful forces in the world".

He conducted a fascinating experiment that demonstrates the power of love and gratitude in forming immunity within the body. He heated two types of water in a microwave oven to see the effect of the magnetic field on the crystals, distilled water that generally results in well-formed crystals and tap water from which it is difficult to form crystals. However, the tap water was also shown the words love and gratitude. The results were remarkable:

"The crystals formed from the distilled water were deformed and incomplete, but the water shown the words love and gratitude formed complete crystals. In other words, love and gratitude were able to make the water immune to the damaging effects of the magnetic field"

As Mr Emoto points out, there is so much to be grateful for in the world. So often, however, many of us become caught up in the race for more, to do more, to achieve more, to have more. Our minds become so constricted by thoughts of lack and impoverishment that we literally negate the creation of abundance in our lives. We struggle in one direction while moving in another.

In Emoto's words, *"All you must do is make a simple choice. Are you going to choose a world of love and gratitude, or a tortured world filled with discontent and impoverishment? The answer will depend on your attitude at this very moment"*

In order to attract abundance and welcome joy and fulfilment into our experience, it is essential that we immerse ourselves in the feeling of abundance and the belief that there is enough for everyone.

When we see ourselves as connected in love and gratitude rather than in competition with one another, we will support the belief of abundance for everyone on the planet.

Emoto, Masaru (2004) The Hidden Messages in Water, Hillsboro, Oregon: Beyond Words Publishing. First published in Japanese in 2001.

"Our lives begin to end the day we become silent about the things that matter."
Rev.Martin Luther King Jr.

Soy Research: Multi-Nationals Won't Spill the Beans

This article is to help you make an informed nutritional choice.

Soy is in so many processed foods these days - everything from biscuits, cereals, cakes, pastries, pies, yoghurts, meat alternatives. It's the cheapest source of lecithin, which enables us to have really smooth chocolate and inhibits the crystallisation of sugars. It makes baked goods crusty and hold their shape. It's used in (real) sausages, veggie burgers, chicken nuggets, baby foods, rusks & milk supplements, fish fingers, ice cream, sauces and then there's pet foods, animal/stock 'meals', besides the more familiar products like soy milk, soy yoghurt and soy flour, tofu, tempeh, miso.

Personally, I would use soy the way it has traditionally used prepared - fermented, in small quantities, as a condiment, ie miso or tempeh. *Why?* I hear you say - with so much positive 'trust me it's good for you' media exposure. And hey!! It's safe because the Asians have had it in their diet for thousands of years. For me, there are still too many reports of toxic reactions, severe metabolic changes and extreme hormonal disruptions to consider this as a 'safe' food.

...Let's shed some light on a few clouded points.

In Asia, soy has been used SPARINGLY, 6 - 8 g per day, as a condiment miso, natto or as tofu/curd. The soyabean's natural toxins were treated through a fermentation process, from 6 months up to 5 years. They did not use soy for the protein content of their meals, as they derived their protein from animal meats, and they did not drink smoothies by the litre. Their daily intake would be drastically small compared to that we have been eating in the west. Remarkably (maybe not), no one in the soy industry marketing arena has gone to the trouble to mention that there are huge differences in the preparation practices of the traditional soy users and how it is processed today in the west. So the 'health claims' regarding lower incidences of cancer in Asia are due to other aspects of their diet and lifestyle, not the tiny amount of soy they consume.

The second essential point to make is that in 1998 the multinational corporation, Archer Daniels Midland (ADM) petitioned the FDA in the U.S. for 'GRAS' status for *soy isoflavones*. (GRAS - Generally Recognised As Safe) *This is ironic* considering the soy isoflavones (plant oestrogens), genistein and daidzen, were the reason that **two senior FDA scientists, Daniel Sheehan and Daniel Doerge, specialists in oestrogen research, vigorously opposed the promotion of soy's 'health giving' isoflavones.** WHY? Because it was found that they **demonstrated toxicity in oestrogen sensitive tissue and the thyroid gland. They were particularly concerned about the effects this would have on fetuses and infants** as this is such a highly sensitive phase of development. Sheehan and Doerge are now disallowed from publicly commenting on this soy issue. *Why?*

This 'GRAS' claim is truly beyond belief considering scientists and farmers have long known that soy is toxic to animals and will disrupt their endocrine system resulting in hormonal imbalances, reproductive organ deformities and infertility, this also includes not being able to properly feed their offspring due to inhibited milk production. In New Zealand in recent years, a number of bird breeders noticed that the effects of bird feed was creating beak and bone deformities, goitre, systemic immune disorders, infertility and premature maturation. This bird feed contained soyabean, but the unbelievable comment on the feed packaging was that 'Would you believe this bird is just 11 weeks old?' (*like it was a good thing!*), displaying an adult looking Rosella. Normally an adult bird takes 12-18 *months* to get its full coloured plumage. *11 weeks?*

Does this not scare you even slightly? The fact that this has been known for decades now, how soy can effect animal hormonal development and yet it is widely used in INFANT milk formulas?

Another contradiction is the claim soy is great for menopausal women because it is full of isoflavones and helps increase oestrogen levels (not every menopausal woman has low oestrogen), AND that it is also safe for tiny infants. A newborn child needs high doses of plant oestrogen?? How does that work? It doesn't.

So what does this mean, how does it add up for the bulk of the population going on without any idea of that what is going on with their body is related to what they are putting in their mouths? It means there becomes oestrogen dominant women and men with abnormally high oestrogen (feminising). It means that there is an ever increasing rate of thyroid disorders; metabolic disorders relating to obesity; female children that mature early, with pubic hair starting at 4, early breast development and menstruation as early as 7; males matur-

ing late with undescended testicles, soft voices, and developing breast tissue; Infertility in both women & men; digestive disorders...

In my mind, it's easier to avoid soy, or eat it in the traditional way, than to deal with unpredictable and undoubtedly harmful side effects. There are herbs & nutrition available to help menopause, there are alternative protein sources for vegetarians, there are alternative infant milk formulas, there are other 'milk' substitutes.

This Article has been edited; the FULL Article on Soy is under 'Health Articles' on our Website. I encourage you to read further. There are Other Informative Sites listed there, Also a site with how to make home-made infant formula.♥

Rob's Joke of the Month

(Shauna won't put her name to it)

70 year-old Mrs Potts went to the doctor for her annual check up. He told her she needed more activity and recommended sex three times a week.

She said to the doctor, "Please, tell my husband."

The doctor went out to the waiting room and told Mr Potts that his wife needed to have sex three times a week.

The eighty-year-old husband replied, "Which days?"

"How about Monday, Wednesday, and Friday?"

"I can bring her on Monday and Wednesday," the man said, "but on Fridays she'll have to take the bus."

:: easy Autumn dessert recipe ::

This is a nice warming dessert and is very quick and simple to make.

Core & Slice 6-8 ripe pears and put in to a large fry pan with two teaspoons of melted butter.

Allow the fruit to thoroughly warm through and then add two tablespoons of maple syrup, 1 teaspoon of cinnamon and a 1/4 teaspoon of ground cloves.

Top this off with some pecan nuts tossed in at the last minute.

You could easily add different dried fruits like sultanas, chopped figs, raisins or a few bits of chopped dates - just remember that dried fruits are high in sugar content. Alternatively you could add more nuts to increase the protein content.

You can lower the butter or maple syrup amounts if you wish.

The cinnamon is helpful for sugar metabolism.

For more dessert recipes go to our website under our new Recipe section in

www.heavenearthhealing.com/health_articles

There you will find 'Zam's flourless Chocolate Cake' ...yummy

Free Autumn Competition

If you'd like to be in the draw for a copy of Donna Eden's book **"Energy Medicine"** go to our website home page **www.heavenearthhealing.com** and enter your email and you'll be in the draw!

Some day, after we have mastered the winds, the waves, the tides and gravity, we shall harness.....the energies of Love.

Then, for the second time in the history of the world, man will have discovered fire.

Teilard De Chardin



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