

Break Through

Your Way ... the ONLY Way!

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You could also email Pauline at therapy@trueessence.co.nz or call her direct with your details on 0800 377 363.

Regaining your life balance - just let go

With the strains of modern living, so much can happen in life that threatens to tip the scale of our tolerance, focus or purpose, especially in the time leading to Christmas.

Sometimes we get caught up with the issue of our experience. Sometimes we put up with it. At other times, we just plain walk out on it or avoid it at all cost. No matter how we react, we become imbalanced.

Each lesson in life is just another opportunity for us to discover how well we can remain in balance, despite the turmoil around us. A strong tree stands tall and sways gracefully with the slightest of breeze and the meanest of storms. A tree with weak foundations can be easily blown over or uprooted and blown about at the mercy of the winds leaving debris in its trail.

While it is fully understandable why people react to circumstances, is this really the way to live life? In essence, who would become the victim of the circumstance? Often all parties involved including innocent bystanders get pulled in to the midst of it all. If there was an option that gives no victims ... would you choose that pathway, I wonder?

Become aware of your thoughts and reclaim control of "yourself".

Remember ... no matter what happens, you can decide when to stop whatever is happening within you. You may not be able to stop or change what others may do but we can certainly stop it from taking over our thoughts and our life.

No matter what has been said or done ... if we keep on carrying that consuming 'thing/feeling/thought' within us for the rest of your life, who will it affect and how?

Nobody can make you feel the way you do ... eventhough the circumstance may have prompted all those feelings, it was not the person or the situation that has brought about all the feelings that you now feel. Place your awareness in the right place and you will be free to think clearly, act clearly and be true to yourself.

Each experience is either an opportunity for you to discover how to nurture the balance within you or as a challenge or a fight to remain in the experience of living. Are you a flexible branch on the tree of life or the inflexible lamppost with a shallow concrete base?

How many times have we become upset with an event and within a few year, realised the lessons we gained so powerfully. It may not have been pleasant but need we have gotten so involved into it all? Of course many people may think that because something had happened, it now stops them from achieving and doing what was right.

Now ... I ask you, "Was it really that at all? Did each of us not have a choice to either let it rule our life or to let it help us develop? At every junction in life, don't we all have a choice to take a different direction - may it be right, left, straight ahead, backwards or standing still? It is still all a choice. If we end up having to make a choice anyway ... why not make one that is true to us, one that supports us and our purpose?

We are all here in this life, on this earth, for a reason that perhaps we in our human experience may not be able to accept or comprehend fully. However, as souls we can perhaps begin to allow our truth to guide us.

When we discover our own personal truth, our root system extends deeper into the ground. As this happens more and more with each discovery of our self, we become that tree that is secure and stable within itself.

As the song goes ... **Row, Row, Row your boat ... gently down the stream?**

Would you rather flow with life or fight the current? I suspect that you'd prefer to flow downstream and enjoy the scenery instead of fight the current upstream.

I wonder what is your decision? Which life would you choose to live?

No one can make you inferior without your consent.

Eleanor Roosevelt

Balanced lifestyle through nourishment and detoxification

by Irene @ www.healthysense.co.nz

With more and more people becoming compliant of the dis-ease modality that uses a drug for a bug, many families have forgotten about natural wellness and balanced living. However, it is important to be mindful that the development of chronic and degenerative diseases often goes through many stages before it manifests into serious diseases such as cancer, cardiovascular disease, arthritis, diabetes, etc.

Some of the basic causes of disease are nutritional deficiency, the accumulation of toxins, lack of rest and/or exercise and prolonged emotional stress. Without proper nutrition, our cells are starved of the important nutrients that are required for them to function properly. If we overload our bodies with overprocessed and devitalized foods, preservatives, salt and sugar that is so abundant in our foods today, a clean out may be required before further good nutrients can be absorbed into our system.

Whilst we should look after our detoxification organs and help our body detoxify more effectively everyday of the year, spring is a good time to clean up your insides, particularly if you only plan for an internal spring clean once or twice a year.

Just as we need to service our cars by changing the oil and air filters, our body will benefit from a good clean out especially since we cannot change our internal filters. Skin scrubbing can also help to remove toxins from the body.

After a detoxification programme, we need to nourish the body with appropriate nutrients, minerals and a good probiotic. Some benefits of going through a detoxification programme may include a feeling of being energized, a sense of experiencing a healing and in some instances, weight loss.

The road to wellness involves many steps and each small step makes a difference. You can easily reduce your intake of caffeine and saturated fats while increasing your intake of essential fatty acids and minerals by substituting tahini for butter, drinking herbal teas instead of coffee, steaming or grilling fish rather deep frying.

The effects of modern farming and high rainfalls in New Zealand deprive our soil of essential minerals, hence it is very important to take in minerals and trace minerals on a daily basis to supplement the deficiencies in our food chain. These important minerals include but are not limited to magnesium, zinc, selenium and boron.

A healthy diet should include good sources of essential fatty acids found in seeds, nuts and cold water fish; and raw foods contain valuable life enzymes.

Fruits and vegetables contain soluble and insoluble fibres that are important for our cardiovascular and gastrointestinal health. Beans and pulses are a great source of protein, fibre and low GI carbohydrates.

Wellness and a balanced living is large topic in its own right and this article is just a tip of the iceberg. If you would like to embark on your road to wellness and embrace a balanced lifestyle, call Irene on 09-2728203 or visit the website www.healthysense.co.nz to order online. Health e-Sense is located at Botany Junction, Corner of Te Irirangi Dr & Ormiston Rd in Flat Bush, Auckland.

Thoughtful Moments:-



I came across this life story some years ago. I cannot recall the book I read it in but the gist of it went like this.

This mother had a son who was killed by another young man. At the end of the court case when the young man was sentenced to prison, before being led away, the mother stood up and yelled out - "I will kill you".

However, when it was time for visits in the prison, to the surprise of the young man, his visitor was the woman whose son he had killed. As he was regretful of what he had done, he was ready to face the consequences of his actions, to face the mother and whatever she wanted to say or do.

For the remaining of his prison sentence, the woman continued to visit him and throughout the years she was thoughtful and kind during her visits. When the time came for his release, he had nowhere to go and when the woman knew of this, invited him to stay at her home.

He did this for the first few weeks, and one day, over dinner, he could stand it no longer.

He asked the woman ... "I fully understand the feelings you may have for me for killing your son. You said the day of my sentencing that you were going to kill me. I have been waiting for you to kill me because I know that I deserve your hate and I deserve to die. However, you have only been kind to me, feeding me and clothing me. I cannot stand the suspense anymore. When are you going to make the move and kill me?"

The woman looked at him and this was her reply ...

"I did kill you. I killed all those bad feelings I had of you inside of me and I got to know you. I killed the part of you that was inside my head and you are a different person now to when you killed my son. So the you who killed my son is dead. If I had carried all that hate I had for the old you inside of me, I would have been dead myself. I would not have been able to live fully these last few years. I would have waited for the day when you yourself was dead and that would have been years of my not being able to move on. I chose to do the opposite and I got to know the real you. You have grown into a person that I now respect and willingly accept into my home."

There are many layers in this story. Some may see it as an act of forgiveness, some will see it as the woman rescuing and helping this man to realise himself. Now ... there are many more meanings that are quite deep. I wonder ... How many layers do you see?

A Teacher In Every Child



My 5 year old had a school disco a few weeks ago. On the big day, she took an hour and a half to get dressed and finally with 4 dresses strewn across the floor, war paint on her face and hair *just perfect*, she sets off in excitement, busily chattering away.

As we enter through the entrance, standing still with bag of chips in hand, she looks up at me with a frown as I usher her in. We find her friends and they encourage her onto the dance floor as the music blares loudly into our ears. Before I knew it, she was nowhere to be seen. I look around frantically to no avail – no sight of her amongst her dancing friends.

In panic, I start combing the hall and as I turned around, to my amazement, I find her standing right behind me eating her chips.

She lasted all but 15 minutes in that room. I encouraged her to give it a chance since we already paid to come in, suggesting that there were parents standing by the door making sure kids did not leave until this finished.

She looks toward them and without hesitation, walks over ... and purposefully asks, "Can I go please, I do not like it here. I thought it was going to be fun but it is not." Talk about a clear mind!

We left the event and ended up going to the park in her party dress followed by some window shopping. Two hours later, we got home and when asked how it went, her immediate reply to my amazement was "Great! I enjoyed myself very much."

I was baffled. What did she mean "Great"? On the way home she had just told me that she had decided not to go to the next disco if there was any. Curiously her Dad enquired what she enjoyed best about the disco.

She had a silent moment and after giving a brief confused expression, she finally answers "Oh, that! I did not like it. I thought it was going to be fun but it was not fun at all." and she proceeded to share with her Dad and Granma about how happy she was and about the other things she did after the disco.

The couple of days later, an aunt who had heard about how excited she was prior to the event, commented that after getting all dressed up, how very disappointed she must still be feeling. To my surprise, I discovered that she had moved on and no longer affected her except when she is continuously asked about it.

What did this experience teach me?

1. Children do naturally know how to let the past be the past –just by letting it go.
2. Children do have an innate ability to get over things quickly and remember mainly the pleasant events. They easily focus on the '*joys of life*' instead of the disappointments and in the so called '*disasters*'. It is the adults around them that can remind them of the issues already forgotten through their questionings. The reminders can tell them unconsciously that perhaps they need to dwell on the disappointments.
3. It is very natural to focus in the moment of the now. Children innately know to focus on the present.
4. We all naturally know how to go towards achieving our goals to experience success infinitely. We all have within us a drive that propels us unconsciously towards achieving happiness and freedom, no matter how much we have been conditioned to hold on to or dwell on grudges, past failures, fear, disappointments.
5. Children often don't do things just because it is expected of them. It is us adults that are often caught up in the expectations and limitations.
6. We were all children in the beginning and have it within us to be truly happy and free. Just because we were conditioned through our experiences to hold on to life in a way that restricts us from experiencing joy, would you like to change that or have what you've had for the last few decades. As Henry Ford says, "IF YOU ALWAYS DO WHAT YOU HAVE ALWAYS DONE, YOU WILL ALWAYS GET WHAT YOU HAVE ALWAYS GOT."

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Dr Reinhold Niebuhr

NEW YEAR Special

Applies when you mention this newsletter.

'New' clients

\$20 OFF your first session

for appointments made before 31st January 2007
Assessment appointments are still FREE.

'Graduated' clients

\$20 OFF your refresher

for appointments made before 31st January 2007

Clinic OPEN throughout the Christmas period
except for statutory holidays!

Pauline will be working throughout the Christmas period
to ensure that you can contact her on 0800 377 363
throughout this important time of change.

Uplift Depression Realise your Potential
Enjoy Abundance End Addictions

Call Pauline when you are ready to begin your personal
journey of change. Don't wait until the new year to make
a New Year's resolution. **Ph 0800 377 363 Now!**

Make a life decision now.
Success is your birthright - reclaim it NOW.

Quotes:

It is not because things are difficult that we do
not dare, it is because we do not dare that they
are difficult. *Seneca*

You never change things by fighting the existing
reality. To change something, build a new model
that makes the existing model obsolete.
Buckminster Fuller

An Invitation to you

I am sure that you all have stories or quotes that you
may like to share. You are most welcome to send them
in and we can include them into the upcoming issues. I
look forward to receiving your contributions.

Thank you to those of you who have taken the time to
email, call and write to me since receiving the first issue.
Your comments are highly appreciated valued.

The font used in this issue has been updated to allow for
easier access via the internet. Thanks for your
feedback.

Privacy Policy:

Your details are recorded on a secure database at True Essence only. It will not be released to anyone without prior approval.
You have the right to request to update or delete your details from the database at any time.

A Note from Pauline:

Thank You!

Thank you to the many of you who have referred your family
and friends to consult with me.

It has been a great privilege to be able to assist you and your
loved ones to the best of my ability. Your referrals are very
much appreciated by myself and I am sure also by those whom
you have referred.

To the many of you who have completed the '*Power of Change*
- *In Essence*' program with me and have since begun to move
forward and return to your lives with energy, purpose and
direction, I congratulate you all on your continued achievements
and support you in your life goal towards living to your truest
potential. You have access within you now, all that you need to
release the influences of the past, and create empowerment in
your future.

The changes would have happened deep within you and its
effects will continue to develop into your future. The one
important reminder I'd like to offer is "Take pride in
acknowledging the many changes that you have allowed
yourself to experience since you came to see me." Many life
events would have happened since we last met, however your
achievements are yours and I was only but a small part in your
life. You are the success you were born to be.

Your emails and phone calls of appreciation to share with me
the differences and progresses you have experienced in
yourselves since our time together strengthens my purpose to
continue with the work that I do. Thank you for taking the time
to share your life developments with me. I enjoy sharing the joy
of successes with you.

To those who are getting ready to release, I invite you to call me
and we can discuss the next developmental stage of your life
change.

For those who are in the midst of releasing your old conditional
patterns of life, I look forward to our next appointment to
complete the process of change.

My Personal Progress

As most of you may have been aware from speaking with me, I
was approached by a group of counsellors to train them with the
principles and techniques which I developed in my '*Power of*
Change - In Essence' program. They have now completed the
program and it has been a very exciting experience for me. The
wonderful results they have been achieving with some of their
longstanding clients have been very impressive.

I am now also a PSYCH-K™ practitioner since completing
additional skill training over the last two months. This works
specifically to change belief systems at a cellular level (within
the brain) instead of solely within the confines of the conscious
and subconscious minds.

Currently I am also involved in discovering and learning about a
few new techniques that have come to my attention. These
also works at a much deeper level, to create change where
needed. Through my investigations, it has proven to have
many interesting effects on myself as I experience these
techniques myself. I will share these with you in my future
newsletters.

Have a great end of year! and Happy New Year!

Pauline Kam