



Lucie's News - October 2018

Healthy Mind, Healthy Body, Wealthy Living!

VOL #6

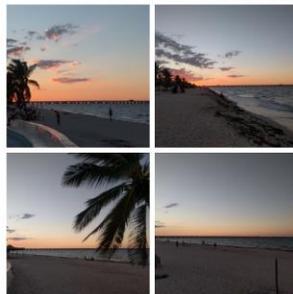


Dear friends, clients, colleagues, and future readers.

Do you resist change? Does resistance manifest anywhere in your body?

Over the last 3 years, it has become clear to me after doing everything I could, that I created the pain in my body. I tried physiotherapy, chiropractic, acupuncture, massage therapy and emotional clearing, although all of these have helped yet, I was still suffering with some level of lower back pain. I realized that it was due to emotional resistance which relates to my path in what I'm supposed to do in this world and who I'm supposed to become. My inner voice/my heart has been guiding me, but at some level I know I've been resisting it. Resistant thoughts like "you don't know enough, you need to study more, you don't have sufficient time" were manifesting regularly. The resistance also created the side of me, who didn't want to show vulnerability, or accept who I was/who I became in order to make changes.

At the start of October 2018, I had this deep feeling within that I could not ignore anymore. I felt a pressing need to go to Mexico for a few weeks. This was a familiar feeling, one that I'd experienced exactly 1 year prior. Inspired by my soul, I decided to follow my heart, take actions, tune in to my true-self and move on to create a different reality for myself and others. I realized that it is time to step up; not only for myself or my family, but for the world. Since then, I've had multiple moments of clarity; I have spent a lot of time being present, working towards transforming the work I currently do, to a bigger picture that will transform millions of lives around the world. Although I've worked longer hours, what was left in terms of pain has almost vanished by being aligned with my heart's desires and life purpose, I am not dealing with as much stress as I was when I was in resistance. I really hope that the shares of my story help you or anybody you know and love.



This month, I'd love to cover with you how realities can be shifted through processing, affirmations and by grounding oneself in the present moment. (Include a practical exercise.) What I have noticed over the years from working with hundreds of clients, and through my own personal experience, is that **"thoughts and beliefs shape the experience we live in, which in turn create our reality."** The good news is that reality can be shifted at any moment by shifting the perception of how we look at things, by evaluating where the belief comes from and whether or not the belief serves us. One of my favorite quotes from Wayne Dyer is:

You create your thoughts, your thoughts create your intentions, and your intentions create your reality.
— Wayne Dyer —

When a belief relates to self-love, self-acceptance, self-confidence, money and relationships, more often than not there is an underlying issue that requires shifting a belief or perception. For example, setting the intention of wanting more money, better relationships, success or overall health is great, but what happens when you are held back by beliefs like *"I am not good enough"*, *"I don't like myself"* or *"why try, I will fail"*. These are contradictory thoughts creating emotions that interfere with the flow of the initial intention. For some people it needs deprogramming, or processing. Finding the *root cause* of a belief from past events, traumas or shocks will help recover that energy that's been trapped, and will help you free yourself.

Louise Hay talks about the power of affirmations. I agree that shifting a negative thought for an empowering one will change the outcome; however, from my experience, the mind adapts faster to positive affirmations if we go in increments. For example, if you deal with chronic pain, and you complain about it all the time; changing the thought for "I am feeling good" might be challenging for your ego mind to believe. Instead, let's say you modify that statement with *"I am doing what it takes to rebalance my health"* and you really take actions, now your ego mind will be more of an ally to you.



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Louise Hay says: *“Self-approval and self-acceptance in the now are the keys to positive changes.”*

Grounding yourself in the present moment through deep breathing is very powerful to shift realities because being in the present moment; there are no emotions, no fear, no anxiety, and no problems. However; I believe the real power comes from shifting your state of mind and state of being by combining positive affirmations with grounding.

Try it see how it flows for you.

Grounding + Positive Affirmations = Inner Power

Practical exercise:

Take a moment, lie down on the couch or on your bed, bring your attention on your normal breathing, then take five slow deep breaths. With each breath put your attention on relaxing your neck, shoulders, back, arms, legs. After the 5 deep breaths return to normal breathing and begin to scan your entire body. Become aware of the sensations in your body, are there any areas that are more sensitive than others or areas with some level of pain? Any digestive issues? Do your best to pay attention to where you feel tensions or stress in your body. Is there any tension in your shoulders, neck, on the back? Is there any heaviness? Once you become aware of these sensations ask yourself, what was I thinking just then? Or what is it that triggers me these days? How do I feel most of the time? Happy, frustrated, exhausted, anxious, worried, stressed out? These will be indicators of where you are at so you can begin to make changes about your state of being on a daily basis.

To close this month's newsletter please find three links below; one is a testimonial from one of my clients after doing processing together. The following two are resources to help shift your reality with affirmations, and more information on how the mind and moods impact our health either positively or negatively.

Video testimonial

<https://youtu.be/YM-948ZwkdI>

Louise Hay 101 Positive Affirmations

<https://www.louisehay.com/101-best-louise-hay-positive-affirmations/>

Here I found a great article from *Harvard Health Publishing* on the subjects of this Newsletter.

<https://www.health.harvard.edu/topics/mind-and-mood>

Please feel free to call me if you know anybody who could benefit from processing. Email me if you have questions, need clarification, share your comments. I am always pleased to read your comments about your realizations or how this Newsletter has helped you. If you feel that you are getting value from this, please share with your friends and family members.

To Your Mind-Body Well-Being,

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