

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“A woman uses her intelligence to find reasons to support her intuition.”

G. K. Chesterton
(English Writer)

In This Issue

Kinesiology – Finding A Balance Using our Innate Wisdom

The Healing Power Of Inner Wisdom

What's new?

Competition - You could win one of five kinesiology sessions with Bronwyn. Simply email me on admin@spiritedwomensnetwork.com.au and let me know in 50 words or less a time when you listened to your inner wisdom.

Stories – Innate Wisdom (Business), Magnificent Mudd Masterpieced (Art) and

Inner Wisdom – May Edition 2009

Inner wisdom is something we all have, especially when it comes to what is best for our mind, body and spirit, but often we forget that we have this ability and that ultimately we are our own masters. All the answers we need are within. But listening to the answers seems to be the problem. Our still inner voice whispers quietly, guiding us to take better care of ourselves on all levels but we don't hear it - it is being drowned out by our mind chatter or other people's noise. As mothers we often listen to our intuition when it comes to our children but how often do we give ourselves the same consideration? During the month of May, I invite you to 'mother' yourself a little. Find a quiet place, take a few deep breaths, go inward and ask what your inner wisdom is saying to you. You might be surprised at just how wise you are.

Natalie

PS. To all you wonderful Mothers out there – Happy Mothers Day ☺

Kinesiology – Finding A Balance Using Our Innate Wisdom

By Bronwyn Kennedy

Ancient cultures have always known that our body has an innate healing intelligence and when in balance emotionally, mentally, physically, chemically and spiritually, we regain our power to heal ourselves and live life with purpose and joy.

I am sure that most people would agree that in times of stress, in any area of life, we can lose sight of the bigger picture and become disempowered by our thoughts, emotions, crippling pain or even our environment. Consequently our diet begins to resemble that of items from a vending machine and sooner or later disease or dis-ease is upon us.

My role as a Kinesiologist, is to re-establish optimal energy within our neurology and physiology so that the body can help itself to heal and restore. The human body is the most ingenious design ever created and when we follow some very basic principles of health, we can maintain optimal health or fast track the recovery process for almost any type of problem.

The following information is an explanation of what and how Kinesiology works to help find some balance in all areas of our life. Please keep in mind however, that there are a broad variety of 'styles' of Kinesiology and hence, if Kinesiology is something you would like to experience, please find a practitioner that feels right for you and for what you want to achieve.

WHAT IS KINESIOLOGY?

Kinesiology (Kin-easy-ology) comes from the word kinetic which means moving energy. In particular, Kinesiology is grounded in the study of muscles and how they act and co-ordinate the body and its energy systems, especially in times of

Being With Birth
(Community).

Workshops - Reclaiming
your inner child.

Access your inner wisdom &
spiritual guidance through
intuitive drawing

Create a life worthwhile.

Parenting from the inside
out.

Make the shift – a day of
transformation.

Earth Connector

(For more details on these
workshops see the events
calendar)

Recipe Of The Month

(As I couldn't find a recipe for
wisdom or intuition, I went with a
'Mums'' recipe for mother's day.
Hope you enjoy it)

Mum's curried chicken
From Katrina's kitchen

Serving size: Serves 4
Cooking time: Less than 30
minutes
Course: Main

This recipe is great for winter
and very easy to whip up after
you come home from work.

INGREDIENTS

1 cooked chicken
2 x 400ml coconut cream
curry powder, to taste
500g frozen mixed vegetables,
sliced
rice and crusty bread, to serve

METHOD

Pour coconut cream into a
large wok or saucepan and
bring to the boil. Stir in curry
powder to taste and let simmer
for 1 minute.

Stir in frozen vegetables and
simmer for 5 minutes or until
vegetables are warmed

stress, pain or self doubt. Through muscle testing, Kinesiologists look at all the 'symptoms' including the problem at hand, lifestyle, relationships, diet, emotions and habits to bring the body back into balance for well rounded health and vitality.

WHERE DID IT COME FROM?

Kinesiology has been gaining momentum since the early 60's. It was first developed by Dr. George Goodheart DC, an American chiropractor, however, it was one of his brilliant students, Dr John Thie, author of Touch For Health, who dreamed of sharing the importance of self care with the general public. Since then, Kinesiology has been studied, practiced and researched all around the world and today combines theories and knowledge from modalities such as Chiropractics, Acupuncture, Traditional Chinese Medicine, Physiotherapy, Naturopathy, Nutrition and Counseling.

WHY MUSCLES?

Our nervous system is designed to adjust and adapt to change. Physical, chemical or emotional changes are identified as signals that work like feedback loops between the brain and the muscles. When any sort of stress is experienced and your body doesn't adapt properly, your muscles remember and hold on to this tension. Muscles hold the memory (including emotional) of every move they ever made and this stress may be carried consciously or subconsciously for years until it manifests as illness, aches and pains, dysfunctional behaviour or a personal crisis. In other words, your muscles are like the filing cabinets of the subconscious mind. By goal setting and muscle testing, we can bring certain files to consciousness to be dealt with. The emotions are released; the muscle returns to its original length and the aches and pains usually fade away.

HOW IT WORKS

Kinesiologists place muscles in specific positions while a client thinks or does a particular action. They apply gentle pressure to assess the body's response. The muscle will either lock or unlock. If the muscle unlocks, this is usually identified as a stress or imbalance. It is important to know that the muscle is not being tested for strength but rather its ability to sustain an un-interrupted, consistent, communication with the central nervous system. Once the imbalance has been found, it can be corrected using one of a variety techniques. Some examples include: holding acupressure points, rubbing reflex points, stroking meridians, dietary changes and movement, lymphatic stimulation, specific exercisers or flower essences. Techniques are non-invasive.

WHAT CAN IT HELP?

Emotional trauma: phobias, fear, emotional and physical abuse, goal enhancement
Structural: pain, posture, performance, injury, flexibility
Sports performance: injury recovery, muscle strength, motor skills, co-ordination, balance, power
Chemical: food sensitivities, allergies, nutrition, illness, hormones
Education: learning difficulties, brain integration, comprehension, fine motor skills
Other: behavioural problems, attention disorders, increasing vitality, self care and much more

If you need help with any of the above or are ready for a change or just want to reach you fullest potential, Kinesiology may be the key you need to find some balance in all areas of yourself and life. What are you waiting for?

Bronwyn Kennedy is a Kinesiologist based in Kawana. She works with adults and children to help bring balance back into their beings. Bronwyn can be contacted on 0421709022. Or check out her profile on the website in the business directory.

through. While waiting for the vegetables, shred all the meat off the chicken and then stir the chicken into curried vegetable sauce. Leave to simmer for a couple minutes and then serve with rice and crusty bread.

If you do not have coconut cream, use coconut milk and then thicken at the end with a little cornflour blended with water.

This Month's Poem

Wisdom

by Siegfried Sassoon

When Wisdom tells me that
the world's a speck

Lost on the shoreless blue
of God's To-Day...

I smile, and think, 'For every
man his way:

The world's my ship, and
I'm alone on deck!

And when he tells me that
the world's a spark

Lit in the whistling gloom of
God's To-Night...

I look within me to the edge
of dark,

And dream, 'The world's my
field, and I'm the lark,

Alone with upward song,
alone with light!

Pages of Inner Wisdom Inspiration

Inner Wisdom

By Louise L. Hay

Intuitive Wellness: Using Your Body's Inner Wisdom to Heal

By Laura Alden Kamm

The Healing Power of Your Inner Wisdom

By Marilyn B. Gordon

You have within yourself a great power, your inner wisdom or your Wise Mind. The question that activates the Wise Mind is, "What would your Wise Mind tell you about that?" I ask this question to every type of person of every age and from every walk of life, and everyone has an answer, for everyone is graced with the good fortune of the Wise Mind. Even people who are taking their first steps in life transformation have answers, and often eloquent ones. I've asked smokers who want to stop, and their Wise Minds show them all the reasons why now is the time. I've asked this question to people with fears, and they instantly tap in to their innate strength and courage. People with anger may tap in to their love. Everyone has an answer. Some answers are elaborate. Other answers are a word, a phrase, or a sentence.

What Is the Wise Mind Like?

When you ask yourself, "What would my Wise Mind tell me about that?" you can listen to hear the words that come from deeply within yourself. Here are some qualities of your inner wisdom that you may want to look for:

- The Wise Mind is always positive. If you hear messages that are negative or critical, that is certainly not the Wise Mind. It's another nagging voice from a different level of consciousness. Persevere, and you'll reach the positive voice.
- The Wise Mind is always encouraging. It understands that at your core, you're much more than the concerns of your doubting mind. It will always guide you to take the step of courage and to move into higher levels of your life.
- The Wise Mind is often practical. Surprisingly enough, it will often give you clues about which fork in the road to take and which to pass by.
- The Wise Mind is most often spiritual. Because the Wise Mind is the voice of the universe speaking through you, it will often reflect the spiritual nature from which it is made.
- The Wise Mind is loving. Because it has its origins in love, it freely and liberally gives that love as a divine benefit to everyone who asks. You can often palpably feel that love when the Wise Mind sends it forth. It opens the heart and sends a rush of healing energy.
- The Wise Mind creates possibilities. It can show you how your current or past experiences have been given to you for your growth and learning. It can convince you to forgive by helping you to have understanding for the other one. It can help you to move on or to hang in there
- The Wise Mind is brilliant. The Wise Mind is a miracle inside our beings that is activated by your wish to know it. It comes from the spiritual heights and reaches you on our level, uplifting you in the process. All you have to do is ask, "What would my Wise Mind tell me about that?" Then you listen and hear the reply. Your inner wisdom can help you to understand your life more clearly, and it can inspire you to move forward in comfort, confidence, and peace.

Want to learn more about life transformation, spiritual growth, and healing? You can download our 100 page free ebook, *Extraordinary Healing* at <http://www.thewisemind.com> You can also subscribe to our wonderful free monthly newsletter, "The Transformation News." Marilyn Gordon is a board certified hypnotherapist, teacher, speaker, healer, school director, and author with over thirty years of experience. Her latest book is *The Wise Mind: The Brilliant Key to Life Transformation and Healing*. Read more about hypnotherapy at <http://www.hypnotherapycenter.com>