

WISDOM REFLEXOLOGY
AND HEALING ARTS
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Journey to Well-Being

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INSIDE THIS ISSUE:

How would you 1
answer this
question?

You have 1
complete
control, and
yet...

Your personal 2
power to heal

Healing 2
Requires Vision

Guest Writer: 3
Charlene Suzuki

Events 4

How would you answer this question?

What does your respiratory system do?

Without reading any further, answer the following question, “What does your respiratory system do?” Really, I mean it—answer the question. Do you have your answer? Good, now you can keep reading....

I think it is a safe bet to suggest that every one was able to supply the answer, “Breathe”. Yes, our lungs help us breathe. Great, a place to begin. (I realize that some of you may scoff at this as being fairly elementary—beginner level self-awareness stuff but I beg your indulgence for just a bit longer.)

“Why do we care about breathing?” We need to take a moment to review just what it means to the physical body to breathe. (We’ll get to the metaphysical body in a few moments, just stay with me...)

Breathing is an exchange of gases into our blood stream. Our lungs expand and are filled with the air around us. *Ideally that means clean oxygen.* Inside the lungs, the oxygen is diffused into the blood and pumped into the heart to be carried throughout the body. At the same time, the waste product of car-

bon dioxide is brought to the lungs via the blood and is then pushed out of the body through the breathing process.

Metaphysically and physiologically we can say that the exchange of gases is the taking in that



*“How long can you
live without
breathing?”*

which serves us and releasing that which has **become toxic.**

Here are a couple of more things to keep in mind when considering the process of breathing: our bodies attempt to filter what we take in, the act of communication through speech is impacted by air flow, our temperature is regulated by excess heat being excreted and breathing serves as a lymphatic pump. And don’t forget, we can live for days without food or water but only minutes without air.

You have complete control, and yet.....

Breathing is **both a voluntary and an involuntary act.** That means it happens when we are not thinking about it AND we have the ability to control it as well. It is one of the few bodily functions we are all **consciously aware of our ability to manipulate.**

When we wish to “take in life” we dramatically inhale. When we are “out of breath”, we

acknowledge we need a moment to “catch our breath.” Quick review, we can control it and easily recognize the impact it has on our capacity to function. (And now it gets interesting.....)

We are aware that breathing is good for us on many levels in many realms and yet, how quickly we fall back into the pattern of simply not paying

attention to our breathe. Oh sure, we may pay attention when we are in yoga class or trying to regain our composure in a tense moment but for the most part, most of us pay little attention to our breathing throughout the course of the day.

Not to belabor the point here but.... Really? We **choose** to do nothing?

If this offering does not serve you at this time or you would like to receive these files in a PDF via email, please contact Nydia at wisdomreflexology@whidbey.com



Have you forgotten?

Your Personal Power to Heal

Our body has provided us with a mechanism to dramatically influence providing our selves with good stuff and getting rid of that which no longer serves and we disconnect? We have the ability to clear our minds and tap into our inner reserves within moments and *we forget* we can do that? I know I can be a bit of a slacker now and again but I'm feeling a bit overwhelmed at my own laziness right now. After all, I think about this stuff all the time and yet, I have to say I catch myself shallow breathing regularly. Have we become controlled by our obsession with the quick fix?

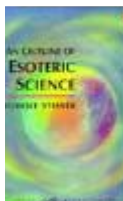
The real work is in discovering the truth behind why we've stopped breathing. So I have to quite seriously ask, "Are you breathing fully every day, in every moment?" Don't shrug it off—find out. Why not? Why have you disconnected from your own power? Or is it not about that for you? What is it about for you?

I cannot answer the questions for you. But I think it is worth your time to ask yourself why you stopped breathing fully and what you are going to do to reconnect with this part of your well-being.

Healing Requires Vision

Recently I was reading a book on "Metamorphosis technique" for removing karmic patterns. The book said, "Healing is easy."

And then I listened to a presentation that said, "Healing miracles are easy – simply stop doing what is making you sick. Problem solved." Both of these are intriguing ideals. We have all heard about our ability to heal ourselves. There is nothing new there.



The passages kept floating around my head until reading the introduction to "Outline in Esoteric Sciences" by Rudolph Steiner.

The introduction by Clopper Almon reads:

We and the world around us evolve. This evolution is nowhere more marked than in our own consciousness. When we try to enter the religious texts of the ancient Egyptian, we have to admit that they are total enigmas to us. Our science would most certainly be equally incomprehensible to them. They were, for example, obvious masters of what, in physics today, we call force; however they used it in a completely intuitive way, without any concept of it. They may well have had visions of force, but no concept.

Have we lost our vision of healing? Are we locked within our concept, or concrete definition, so deeply that we can no longer know our own ability to heal?

It makes the cheekiness of my earlier statement asking why we don't bother to breathe a bit less cheeky. **We get that breathing is good**

for us, but we no longer connect with the breath. Where is our commitment to well-being? To ourselves....

We intellectualize it; we even experience it. But "it" is out there separate from us. And so by disengaging from the physical benefits, we created the metaphysical lack. We created a distrust in the fullness of life. We have created a sense that we are incapable of naturally filtering the good from the bad. Or that we have to take in whatever is lumped upon us. We stopped allowing the wisdom of our own voice to resonate throughout our being.

Healing requires being. Healing requires commitment and "knowing". Could our spiritual and physical being limit our ability to master other bodily systems because we have disregarded the one that was given to us easily?

Guest Writer: Charlene Suzuki

Visioning Your Life in Challenging Times



All one has to do is turn on the computer, television or radio to access the fear that is at epidemic proportion in our culture at the moment.

Actually, one only has to go to work or the coffee shop to find folks in conversation about job loss, stock market drops, business closure, climate changes, the list goes on and on. I am of the opinion that this collapse in our outdated structure is necessary and long overdue. We have lived for the individual for too long and are now being faced with the need to look at the collective and how we will survive together. As Bob Dylan sings, “the times they are a changing”. I say bring it on!

Having said that, what makes sense in terms of life vision these days? Some say visioning is a luxury and we need to focus on survival. Is it time to work only with the medicine and messages of the first chakra that focus on basic needs? Remembering back to my Intro to Psychology days, I think of Abraham Maslow and the hierarchy of needs. If the basic needs of food, shelter, and safety are not met he theorized then one can not progress through the hierarchy to focus on relationships and eventually self actualization. What does this mean for us today? It means that it is time to get clear about a vision for your life. So what kind of visioning is called for at this time? Well it may come as a sur-

prise, but the visioning that is essential now is the same visioning that one would do in times of great abundance.

“... challenges of this time may provide more authentic visioning...”

In fact the challenges of this time may provide more authentic visioning, because we are called to focus on what is most essential and vital to our soul and to make that come alive. We also are being asked to vision beyond our individual lives and look to what best serves the consciousness raising of the collective. And yes this does include visions of how we will meet our basic needs perhaps in community with our neighbors.

The place we always begin, is with the soul, our own individual expression of divine nature. It is more important than ever to allow space in our lives to listen deeply to the longing within. To take time each day and listen and then begin to ask questions. Recently, I heard Michael Bernard Beckwith speak in Seattle and he said that part of his spiritual practice is to ask, “How and when can I grow, how can I give and what can I celebrate along the way?” Beautiful! If we can create space

for our soul to express its priorities, what it is longing to manifest in this life time and then ask how to create this to include service to others, we are on the right track for visioning the most fulfilling life possible.

And yes, *let's celebrate*. It is essential to celebrate in challenging times, no matter how small the celebrations. Did the sun come up today? Did you have something delicious to eat for breakfast? Did someone smile at you? You get the idea, celebrate!

One tool I use with clients and in classes to access the answers to all of these questions is collage. I guide clients through meditation followed by allowing the mind to rest while the soul searches for images to portray a picture of its deepest yearnings. It is always moving and inspiring to see what comes forth in the process. My clients are always amazed at how such a simple process yields profound results. I invite you to participate in one of my upcoming classes or simply try it yourself. You will find your passions show up, answers to questions you have been struggling with will appear, ways to serve become clear and manifesting always begins to happen the moment the pictures hit the vision board. My clients then take these collages and use them for further processes that deepen the vision. It is truly amazing!

Support Your Vision Every Day

Daily

Allow open space in your days for contemplation and dreaming and to be with the feelings that arise when you get quiet enough to feel them. Take 10 minutes to check in and

listen. What your soul longs for will soon be clear to you.

Visioning Your Life Class

Tuesday, May 19th 7-9pm
Contact Charlene to register

Contact Charlene Suzuki

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Wisdom Reflexology and Healing Arts
Mind, Body and Spirit Reflexology
... for your journey to well-being

We do love to garden!



Trouble is...



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hand care that body workers use.*

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***Introduction to Reflexology
for Self Care a 3 part series***

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- Llynna's in Freeland

"Nydia brought forth information in an energetic, enthusiastic, intelligent, concise and thorough manner. Highly enjoyable."

For more info see
wisdomreflexology.com/Events

Tools for Self-Care