

wellness news

Choices for Healthy Living

March, 2014

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Wellness Tip of the Day: Mind Body Connection

Our bodies are so wise and tell our story and speak to us through our symptoms and messages. Sometimes it speaks loudly and clearly other times it's more subtle and confusing to understand what it is saying and needing. As a body psychotherapist for 20 plus years I have had the privilege of working with client's emotional issues and trauma when they become stuck and housed in their bodies. Together, we release the intensity and heaviness of their emotions hidden inside and make room for more flow and space to breathe moving more freely in their bodies and creating more passion in their lives. While people often refer to emotions as being either positive or negative it's important to understand that all emotions are important and contain hidden gifts. It's only when we hold on or push down our anger, hurt, resentment, grief and fear for long or intense periods of time is when they affect our health and lead to illness and dis-ease. Join me in welcoming a world that models healthy expression of all of our feelings allowing for flexibility, creativity and full self-expression! *D'Arcy Bruning-Haid, Masters in Counselling Psychology* www.souls-journey.com

Your Home – Your Soul

Your home is your oasis, your sanctuary, your personal escape. Even the busiest households can become welcoming, serene, and peaceful with minimal effort. Fill your home or apartment with calming energy by nurturing all of the five senses - choose soothing color schemes incorporating blues and greens, soft lighting and candles, pleasant aromas, and clearing clutter to create more open and inviting space. Sounds of chimes or ambient music will uplift and further calm the energy in your space. Crystals are also a wonderful addition as they bring beautiful, pure, positive, loving energy into your home - they



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