

Let the Wellness and Well-Being Begin!

Thank you for taking this step for you ... for being curious to see what's on offer to help and support you in a return to your natural way of Being.

We are so much more than our physical bodies and right now, in this moment, I invite you to take a breath ... a long slow inhalation followed by a long slow exhalation to release any tension ... and feel the gratitude of your whole Being as you take time for You.

I am in constant wonder of the forgiving nature of the physical body to past choices that have not served it well. It is such a magnificent mechanism as it constantly recalibrates itself to do the best it can under the conditions. Choosing to change those habits of life, and habits of thought, that do not serve us well can be transformational ... choosing to tweak just a little, to 'suck it and see', is all that is required.

If we choose to be curious and explore another way, choose to let go of negative perceptions of how things are, choose to take a stand and say '*this is no longer acceptable to me*', and push the door open to change, then that flow of wellness and well-being that is there for us will carry us along to however we choose to be.

The emphasis for me, in my own life and so with all that I share with others, will always be on simplicity and ease and flow. There is an innate rhythm to Life that I feel and honour. There is innate wellness and well-being at the heart of each of us that I know and honour.

I invite you to consider how you might be if you were devoted to You, dedicated to being the best you can be, and allowed all that you are to be reflected in the choices that you make.

I invite you to be gentle with you, be forgiving of you, be accepting of you ... and know, in the depths of your heart, that some days giving 10% is simply all we are able to give ... no guilt, no disappointment, and at the end of the day willingly and lovingly acknowledge that no matter how the day unfolded, you were true to your intention to simply be the best you can be in each moment.

Let wellness and well-being begin ...

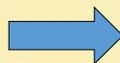
CHAKRA BALANCING FOR THE DAY

Chakra is a Sanskrit word that means wheel. In the yogic traditions of Hinduism and Buddhism, the chakras are spiralling energy centres or wheels in the energetic body. They are connected to a fine channel of energy which runs parallel to the spinal cord and serve as gateways for the flow of energy and life into the physical body. There are seven main chakras and each is associated with certain areas, organs, and functions of the physical, emotional and mental bodies.

Taking time to connect with your whole Being with the intention of balancing the Chakras is a powerful tool for wellness and well-being and will strongly support and sustain you as you go about your day.

This is a powerfully realigning and uplifting way to begin your day ... equally, it is an excellent tool to help find your centre and return to balance at any time throughout the day. Please indulge yourself and enjoy the mini energetic balancing for this day.

([Kerry Nelson Selman Chakra Meditation - click here](#))



FOOD FOR NOURISHMENT

There is such abundance of goodness on offer to nourish and sustain us ... go for fresh, go for simple, go for goodness and your body will feel the relief of stress-free processing with ease, and so deal with occasional indulgences with equal ease —

- Enjoy your food—eating nourishes us physically and emotionally—*eat in a relaxed atmosphere, share a meal when you can, chew well, and eat moderately*
- Drink plenty of clean pure water—*our bodies need 1.5 to 2 litres daily to function well*
- Enjoy an abundance of fresh vegetables, at least 3-5 cups each day—*organic is preferable for us and the Earth*
- Aim to include as much raw, or 'live', food as you can—*enjoy salads, fresh fruit, seeds, nuts*
- Aim to include protein-rich food at each meal—*e.g. fish, eggs, lean chicken or meat, plain biodynamic or organic yoghurt, or a little cheese ... organic or free-range is preferable for the health of all*
- Eat 1 or 2 *small* serves daily of starchy carbohydrates, selecting from a wide variety of whole grains ... *e.g. oats, barley, buckwheat, rye, spelt, wheat, millet, quinoa, or brown rice for cereals and flour products and pastas*
- Enjoy two or three pieces, or at least a cup, of fresh fruit each day—*organic is preferred for the well-being of us all*
- Snack on a handful of nuts and seeds (*such almonds, walnuts, Brazil nuts, pepitas, sunflower seeds*), or veggie sticks with hummus or tahini or nut butter, or fruit
- Choose organically-grown food whenever possible—*organic is preferable for the health of our bodies, the health of the animals, and the health of our planet*
- Enjoy 1 tablespoon of cold-pressed healthy oil with food daily—*such as organic olive or flaxseed oil*
- Enjoy herbal or green tea regularly, and coffee and tea occasionally—*and refreshing pure clean water often*
- *Avoid/minimise* processed foods, fried foods, sugary foods, sugary drinks (sodas, soft drinks, and juices), sugar, white flour foods, hydrogenated fats and oils
- *Avoid* food additives, e.g. preservatives, artificial flavours, colours, and sweeteners.

FOOD FOR THOUGHT

By choosing to quiet the mind in meditation, prayer, or contemplation, we open up to our innate connection to Spirit and all the gifts that connection brings, as we allow the Physical to integrate with the Spiritual, through the Mental and Emotional bodies. We embrace a sense of wonder at the innate order, balance, and perfection in it all.

The infinite field of possibilities and potentialities is there for each of us. There is an elusive richness to a life that is regularly refreshed and aligned by quiet time alone in contemplation of *what if* ...

- *What if* I speak my truth? What if I am gifted grace and harmony when I speak my truth? What if I am my own true north?
- *What if* I cannot fail ... there is no failure, just experience? What if I can be however I choose to be and shine brightly?
- *What if* my limiting beliefs are no longer valid? What if I have courage to let go? What if I can release my fears?
- *What if* my perspective is my own ... and my responsibility to choose? What if I let what I *know*, balance what I *think*? What if I can transcend all limitation with grace when I choose to release my tight hold?
- *What if* I am adaptable and flexible, without limitation? What if I not only survive but thrive? What if I am an integrated and blended Being?
- *What if* all is clear and simple? What if there is a natural ease and flow? What if everything changes when I am in integrity?
- *What if* thoughts simply come and go? What if I can reflect, release, and adapt in the heartfelt stillness?
- *What if* I find calm and balance in any storm? What if power has a soft centre? What if there is gentle stillness at the heart of it all?
- *What if* all that I am is revealed and I see my true Self as I sit with grace in the Light? What if my heart is free of the past and I love all that I am?
- *What if* I am innately free to be however I choose to be? What if I can be fearless in my choices? What if I can be all that I choose to be?
- *What if* I am loving and peaceful? What if I am supported as I adapt to change? What if I am gifted unconditional love and have infinite worth?
- *What if* I am never depleted by another? What if I am connected, Earth to Sky? What if my choices matter?
- *What if* I expect a miracle? What if I am ordinary but choose to live an extraordinary life? What if I shine my Divinity through my humanity?

FOOD FOR BEING

- Be good to yourself: mentally, emotionally, physically, spiritually—*ensure you are nourished in all ways*
- Engage with life, be a participant in your own life—*explore, be curious, entertained by the wonder of all we have created ... drive your own bus, don't be a passenger*
- Take time each day to have some fun and relax—*as little as 30 minutes for you*
- Keep active and exercise regularly—*stretch, move, get your heart pumping, and enjoy the dance of life*
- Take the time to do something you enjoy at least once every day—*go for a swim, go for a walk, walk the dog, do some yoga, tai chi, or gym, dance, read, meditate, or simply sit quietly in a favourite place*
- Ensure you have adequate quality sleep, rest and relaxation
- See yourself as whole, healthy and happy—*if you are not happy with what you see, then please lovingly remember that where you are is simply the residual of past choices; focus on becoming all you wish to be, not where you might have been*
- Just for today, practice mindfulness in all that you do—*whether making the bed, chopping vegetables, sipping a glass of water or tea, eating, or enjoying some yoga*
- Learn to be present ... at this moment I am here, nothing else to do, nowhere else to be ... being fully present is one of the greatest gifts we give to ourselves and others
- Take time each day to just *be* ... if only to just pause and take a long slow life-enhancing breath
- Just for today, do not worry
- Be congruent, in integrity, with all that you are ... and embrace respect, reverence, and responsibility for self—*have self-respect knowing that it is respect for all that you are; give self-reverence to that part of you that is innate, your true essence, that which is Divine; embrace self-responsibility for being however you choose to be*
- Life is to be enjoyed and you are here to thrive—*Love generously. Care deeply. Speak kindly. Laugh often.*

RELAX AND BE ...

[\(Kerry Nelson Selman Deep Relaxation Meditation—click here\)](#)

