

Personal Development

Meditation is a great way to aid in personal development and self enrichment. It allows you to feel more "in tune" with your body and how you are feeling. Take 15 minutes out of your day to listen to your breath. See if this changes the way you feel.

Upcoming Events

• Place of Pause Retreat.

April 3 to 5th 2009 will mark the first rejuvenation retreat. Located half an hour outside the Kitchener-Waterloo Area.

For further information on the Place of Pause Retreat contact myself at angela@forwellness.ca or Paula at anstett9@hotmail.com

• Referrals for BodyTalk.

You love your BodyTalk sessions? Why not share them with people you love.

In thanking you for your continued support log onto www.forwellness.ca and under "Hours/Appointments" print out referral coupons. Enjoy a 25 % discount for every person you know who books and receives a BodyTalk session. Share the wealth!

References

¹Walsh, Neale Donald, Conversations with God, an uncommon dialogue. G.P. Putnam's Sons, New York, NY, 1995. P 169.

²Walsh, Neale Donald, Conversations with God, an uncommon dialogue. G.P. Putnam's Sons, New York, NY, 1995. P 169.

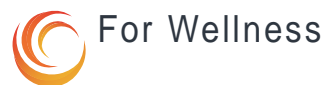
³Walsh, Neale Donald, Conversations with God, an uncommon dialogue. G.P. Putnam's Sons, New York, NY, 1995. P 170.

⁴Walsh, Neale Donald, Conversations with God, an uncommon dialogue. G.P. Putnam's Sons, New York, NY, 1995. P 180.

⁵Veltheim, Ester, Breakthrough 1, From Becoming to Being, 3rd Edition, Sarasota, Florida, August 2006, p 35.

⁶Green, Glenda, Love Without End: Jesus Speaks. Spiritus Publishing, 2006, U.S.A, 2006, p iii.

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For Wellness

544 Brookmill Crescent
Waterloo, Ontario N2V 2L9
519.576.1644 ph
519.576.1644 fax
www.forwellness.ca

ISSUE

03

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MONTHLY
Newsletter
OF Holistic
INFORMATION

For Wellness



this issue

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New Addition to For Wellness

The last three months have gone by so quickly. I had lots of intentions to get this fall newsletter out earlier but everything I wanted to talk about was incomplete. It seems all is "right" within the universe and therefore this issue can now happen. My hopes are to bring you more knowledge about all aspects of wellness. I hope you find this edition inspiring and enjoy the new layout.

Yours in Wellness,
Angela

PAULA ANSTETT

I have had the pleasure of crossing paths with a Holistic Nutritionist. Paula has been a nutritionist for 7 years and will be sharing her knowledge with us on page 1 and 4 of this issue. Paula brings with her a key component that is important for all of us. I hope you share in my excitement in welcoming Paula to the For Wellness Group.

What does it mean to be a Holistic Nutritionist?

By Paula Anstett

Let me share some thoughts with you and hopefully in doing so you will come to know me, my background, and how I think and practice.

Do you ever get a "gut feeling" about something and then someone or something talks you out of following through? I feel as a society we have moved further away from being in touch with ourselves and with others. I am a Holistic Nutritionist with over 20 years of food service experience. Couple that with a B.A. in Social Development and you might understand my passion for food, human dynamics, health, and the link between all three. I love food. I love the feel of velvety flour, how perfectly done rice feels and knowing by touch when my salmon is cooked. I have a connection with it. To me it provides energy and life force. Food is so much more than what it presents on a physical level. You have heard the expression, "It was cooked with love." So often when someone else prepares food for us we comment on how it tastes better than when we make the same dish. We are nourished on many levels with properly prepared foods.

Ever notice how we crave sweetness when life is not so sweet? And as the colder months come we look forward to hearty soups and stews, and enjoy walking in to a home and being greeted by the smells of such foods simmering. We are nourished before we begin to eat. And then there is the pleasure of sharing food around a common table...especially when there is no hockey game or dance class to get a child to on time! Food nourishes on many levels and so often our body attempts to tell us what it needs but we are too busy, too rushed, too overwhelmed to adhere to its wishes. We have things to do, places to get to. Over time, it might give up "talking" recognizing its need for connection, and wholesome food will be replaced with a cell phone

call, a meal from a take-out window and prayers for green lights versus prayers of gratitude. Life keeps getting in the way.

Perhaps I have painted a Norman Rockwell picture of the days gone by. It is not about going back in time but looking at where we are and how we can have our cake and eat it too. There isn't a person I have yet to meet who doesn't want to eat better and wish they had the time and energy to provide better meals for themselves and their families. Time just doesn't permit this luxury. Luxury? Or basic need? I hear the internal conflict people are having as they justify their choices. The question I continue to ask is, "How can we have it all?"

I guess the reality is we can't have it all. And maybe we don't want it all. But by identifying what we don't want we can then make room for what really matters and in the end, have it all. There hasn't been a time in history where we have had it "all". Historically, people were more community focused when it came to family living. Extended families lived close by. I believe there is even more we can do to free our time for what we individually deem important. I will share these thoughts in future newsletters along with offering tips for notching up the nutrition of the food you are already eating and suggestions for new foods to put into your shopping basket. I recognize the last thing any of us need is another thing on our "to do" list. My intent is to offer effortless suggestions because they won't require a separate stop along the way. It is my hope that over time people will become more in touch with themselves. The buzz will soften and the messages our bodies are attempting to deliver will be heard. We will become more conscious and more aware of the many choices we have. We will be eating better and living better.



For Wellness

Breakthrough: From Becoming Into Being

When you meet someone for the first time and you introduce yourself, what do you say? I start with "Hi My Name is Angela." I automatically go into what I do for a living; how many children I have, what my interests are, but that is not truly who I am.

In October I took a course as part of my BodyTalk growth called Breakthrough. It's interesting because this course is not about self-improvement but self-honesty.

The original meaning of the word cope is 'a long cloak like vestment worn by a priest or bishop'. When we cope we are covering our feelings so we cannot truly experience what is really going on. Over time it's this coping mechanism that we use to get us by in our daily lives. We can no longer remember what it was like to not live with the anxiety which then begins to leak into all other parts of our life. We stop sleeping and after time, we can no longer get in touch with our bodies. We start recognizing our children playing out our true emotions.

Breakthrough is a deductive process that allows you to acknowledge your faulty belief systems. These belief systems are developed at a very young age and become the reason why we rely on coping mechanisms in our daily lives.

Try Breakthrough and unravel the belief system that is preventing you from truly living.



By Angela MacDonald

I have been reading two books at once and finally came to the conclusion that it was this book I was meant to write about. This book, as much as it is surrounded by controversy, I feel it speaks many truths about Life.

This morning I was completely moved and inspired to talk about what I had read. Let me preface this discussion by saying that one of the reasons why I am so passionate about BodyTalk is because it deals with the Body, Mind and Spirit. You cannot work to heal without all three being part of the process.

In Chapter 12 Neale is conversing with God about a number of things that speak about my own personal journey. Neale asks God "Why can't I do what I really want to do with my life and still make a living?"¹ God makes a few comments but then states "There's a difference between being and doing and most people have placed their emphasis on the latter."² He later explains:

"(Doing) Authors Italics is a function of the Body. (Being) is a function of the soul. The body is always doing (something). Every

minute of every day it's up to something. It never stops, it never rests, it's constantly (doing) something.

It's either doing what it's doing at the behest of the soul – or in spite of the soul. The quality of your life hangs in the balance.

*It's the state of beingness the soul is after, not a state of doingness."*³

I was having a conversation about this very topic with a girlfriend of mine on an early morning run. It seems that as parents we struggle with this very issue.

What are we suppose to "do" with our lives when we add another component to us...a family unit. 'Conversations with God' is about us becoming more at peace with the understanding that we are here on earth to figure out Who We Really Are. Has society painted an unrealistic picture that the family unit needs to be constantly doing to be a success? If we are such a success then why is the major cause of work illness within Canada around stress related issues? Statistics Canada has written 24 articles in *The Daily,*

Do we know Who We Really Are? Are we living it?

When it is all said and done, how you live your life reflects so much about how you feel inside. Are you still searching?

(2004 to present) around the topic of job stress, performance and health.

Are we becoming a sicker society and how is this impacting our children? Are they mirroring our issues?

"There comes a time in the evolution of every soul when the chief concern is no longer the survival of the physical body, but the growth of spirit; no longer the

*attainment of worldly success, but the realization of self."*⁴

"It's the state of beingness the soul is after, not a state of doingness."

What I feel this all comes down to is acceptance.

*"Acceptance happens the moment the sense of 'me' wanting or needing to accept is absent."*⁵

How do we get there? By listening to what is truly in our hearts. Even from the development of the fetus in the womb, it is the heart that develops first not the brain. Being in the moment is the first step to living in the heart. Let your heart be the master of your life and you will live a more peaceful life.



A Place of Pause

Paula and I have been working at putting together a rejuvenation retreat for April 2009. It is with this in mind that we are venturing to bring peace to an otherwise hectic lifestyle.

It's a Saturday and the windows are glazed with condensation from the moisture in the outside morning air. The buds are beginning to open on the trees and the birds are singing a peaceful tune that brings harmony to your heart. You smell coffee brewing from the kitchen and as you make your way there, you are welcomed with a room filled with other wonderful aromas that bring peace

And a more satisfied feeling than you have had in a while. This is a weekend for you. A time when you get to choose what the course of the day will look like. No phones to interrupt or children looking for help with their every day needs. A time for you to take walks along paths set in nature. A time for you to feel at peace and not be who you are living but the person you truly are.

Pause, breathe, relax. There is nowhere to be, nothing to do. Just be.

Join us and take a pause from the treadmill called life. Give yourself permission to "step out" of your

current existence. Or are you just tired and in need of a break?

Allow us to nourish your body, mind and soul. Freshly prepared food, meditation, Pilates, and spring air will all help to calm the mind chatter preventing us from really tuning in, and getting the break from life we need. The meditation and Pilates is tailored to both the beginner and the more advanced individual with the focus on creating a quiet mind, and releasing tension in the body. You will be amazed how wonderful you feel in such a short time. You will feel rejuvenated, insightful, and refreshed.

EYE ON IT Upcoming Book Review

By Angela MacDonald

I am currently reading another book to feature in the next months newsletter called "Love without End: Jesus Speaks" by Glenda Green. This book has already captured me body mind and soul. I encourage you to make this book a must for your fall reading list. Here is a small taste of what is to come in next month's issue.

*"The story you are about to read did, in fact happen to me. The only difficulty in telling this story is the inadequacy of language to transmit the rare and unusual through the windows of existing and familiar reality."*⁶

This book is a masterpiece in every way!

Myth vs. Fact

By Paula Anstett

Angela has asked me to write a column in her monthly



Newsletters. I am delighted to do so as I love to write and I love to share information. Each month I will share a way to "notch up the nutrition in your current food", discuss a Myth versus Fact (cereal boxes have all kinds of misleading information. I will help you read between the lines!). I share information and perspective with the hope of planting seeds, creating a shift in thought, with the intent of helping people feel and live better.

Carrot and Ginger Soup

This is a fabulous recipe for fall. It's the kind of comfort food we look forward to when cold season hits. It's quick and easy and incredibly delicious. Enjoy!

- 3 Cups Chopped Carrots
- 3 Cups Sliced Leeks
- 3 Cups Chopped Yams
- 6 Tbsp. Fresh Ginger
- 1 tsp. Black Pepper
- ½ tsp. Ground Nutmeg
- 3 Cups Water



Saute carrot and leek over medium heat. Add Yams. Add rest of the ingredients. Bring to boil. Reduce heat to simmer for 25 minutes or until vegetables are cooked.

Puree until smooth. Add grated cheese for accent.