

# NEW LEAF THERAPIES NEWSLETTER

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## Welcome

Welcome to the 5<sup>th</sup> edition of my monthly newsletter. I hope your 'Wintering' phase is bringing you some nourishment and rest. For me, this month has been about getting the balance right between resting, exercising and nourishment.

The old slow cooker has made it's way out from the back of the cupboard, and I've been enjoying creating some comforting and nutritious meals for my family. I'm not the best cook, so it's always a gamble how well the recipe turns out! What I have loved, is making homecooked food from scratch and seeing everyone enjoy it.

Do you have some favourite winter recipes?

## Well-being Spotlight

This month I would like to recommend Kinesiologist Michelle Tallett, the founder of Essential Healings. Kinesiology is a holistic practice, which uses muscle testing and other techniques to eliminate energy blockages in your system. Her treatments are wonderful and deeply healing.

[www.essentialhealings.co.uk](http://www.essentialhealings.co.uk)

## Toolkit

### Create a Playlist

This month's tool kit is about choosing music to match your mood. Many of us experience a mind/body response when we listen to certain types of music. This month I invite you to create a playlist with songs that match your moods. Notice how this helps to safely express the feelings and then move to tracks that regulate you. I'd love to hear your choices!

### Upcoming Events

- Women's Circle - **15th Feb**, 8<sup>th</sup> Mar, 12<sup>th</sup> Apr 7.30pm - 9pm 6 places available
- **NEW** Transpersonal Coaching Sessions available now. Contact for details.
- **NEW** - Cards & a Cuppa. Every other Tues at 10-11am in Twyford. £10 Angel cards, journaling, chatting and a cuppa. 3 spaces left for 10<sup>th</sup> Feb.
- **NEW** Holistic Family Support Care Plan For anxious children & their parents.

## Contact Info

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# NEW LEAF THERAPIES

## Pause for thought...

The C words!

Don't worry, it's not what you think! Christmas has past now, so it's not that 'C word' either. Let me introduce you to 8 C's that are qualities of your core self and can bring you healing and transformation. The 'Self' is who you truly are. It's not a 'part' of you as such, but a calm, inner presence within you that doesn't require the attention that other 'parts' of you might need. In essence, it's your whole, compassionate and confident self, that leads the other parts of you.

This may seem like an abstract concept to get your head round at first, but once you begin to recognise it within yourself, you will notice how naturally you foster peace, confidence and clarity in all aspects of your life.

When you are connected to your core Self, these 8 qualities naturally come forward and become instrumental in supporting you through life's challenges. You could see them as your guiding lights or pillars.

The 8 C's are:

**CALM**

**CURIOSITY**

**COMPASSION**

**CONFIDENCE**

**CREATIVITY**

**COURAGE**

**CLARITY**

**CONNECTION**

Learning to listen to and lean in to the Self can be difficult, especially if you are used to letting your more vocal parts run the show. (The perfectionist part, the organiser part, the hypervigilant part or the Inner Critic Part. Just to name a few)

Next time you are faced with a challenging situation, take a moment to pause, breathe and step back from the issue. Can you be **Curious** about what sparked that negative thought, or show yourself some **Compassion** instead of letting your inner critic win again. Perhaps there's a more **Creative** solution to the problem and with a **Calm** head on you can approach it with **Confidence** and **Clarity**. Try it and you may be surprised at how empowering this is!

For tips on connecting with your core Self please email me and I will send you my guide to help you make that connection.

Enjoy making this transformational connection and do get in touch if you would like to book a coaching session, which focuses on parts and the Self.