

Embracing Yourself



Giving

You don't have to be rich to show you care !..... Simple giving that are powerful enough to touch someone, try giving nice words, a big smile, pay attention, a hug, your laughter, listening, support, physical labor, small sum of money, a small portion of your love, good intention, educate the uninformed, extra food you have, short counseling, be a guardian angel.....

This world is not about money, commercialism. Commercialism creates greed, creates excessive usage of resources, and ends with too much rubbish we have created to clear. There is too much digging for resources & destroying the nature but at the same time keep digging for holes to bury the waste or cremate them. Earth has nothing more to offer, she is depressed & angry. Let's help by being contented with what you have at this very moment, let the earth heal so she can offer more.

Love for fellow humans & earth is not a campaign, it is a simple act of kindness. Simple act of kindness generates positive energy field, the more you give the more positive you will be. Hence, positive happenings surround you, you are happier, has less trouble from your family, less prone to accident, less likely to engage in risky activities.

Once again, simple act of kindness is not a campaign, so let's do something positive together!



Embracing Yourself

Remember.....Give time for yourself

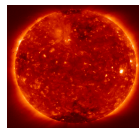
Dear friends, whether your profession is a caregiver in the health industry, or simply a loving caregiver in your family or community, have you give time for yourself?

Yes, time for yourself to heal, laugh, rest, be with friends, take some courses, self improving, meditate, learn new skills or simply not thinking for a moment. Have you?

Most of us are left frustrated, angry, moody, depressed, unmotivated and operating like a robot day in, day out.....look at the numbers of people suffering from depression, psychological illnesses escalating in the past 30 years. Lifestyle improves but not your life!

Busy, busy, busy..... what are you busy for? Time seems moving faster and faster, why is it so? The reason is you try to accomplish more things in a single day, because you feel you need to, but are these your real needs?

Lets stop for a moment, be with yourself in a quiet place, best be in nature, surrounded by the trees, flowers, insects, birds, water,..... What is nature telling you? There is no rushing, everything goes according to the law of nature, each waiting for their turn or cycle in the whole system. There is no way for you to manipulate with the cycle of nature. It has been studied that those who work night shift are prone to suffer from cancer as the body is trying hard to cope with abnormal work/ rest cycle even though you try hard to create an atmosphere of opposite day and night environment. No other possible explanation available but my answer to this phenomena is the sun and moon energy fields does affect our body as they come and go daily, which nobody is able to create or manipulate.



These fields affect our pituitary gland (which is the control centre of our body's glands secretion) and any imbalance of this tiny gland is chaotic to the whole body system.

Embracing Yourself

Life is not about doing more but doing right, doing quality work; not to be multi talented, but being a professional.

Mothers especially, are being thought to be multi skilled in all chores in the family, but be realistic; nobody can accomplish all chores from A to Z in a single day. Nobody can be a good cook, a good teacher, a good housekeeper, a good guardian, a good cleaner all at the same time. However be sure you are well, rested, loved and happy so that you can provide more for your family.

What is your life? Let us take some time to think, if you need to reschedule your life, please do so, and I mean as soon as possible. Here is a table of example for your reference, allocate activities according to day or week,

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	weekly
Social								
Learning								
Reading								
Gardenin g								
Pamperin g								
Housekee ping								
Children								
Spouse								
Exercise								

Heal (Love) yourself in order to heal (love) others.....



Embracing Yourself

Our five senses and More!

Have you experience losing your senses? Your smell, taste, sight, hearing, touch; are these failing? Or since when have you forgotten to connect with your body, not knowing you are loosing these senses?

Well a lot of us do, we forget about our body, till one day something serious happen and gives us a wake up call. What should you do then before these senses fail? Well you need to have awareness, and that is another sense everyone has, but we forget too. Sounds funny, yet we forget to be aware of ourselves, our own existence, many people are on auto mode these days that they don't know they are to see different things, they need to hear different sounds, eat and taste food, feel the weather, comfort of touch as well as feel pain.....yet people are dull and numb.....Lost in their routine right?

Yes and no, there is more. Other than awareness, the amount of chemicals in the food and water as well as imbalance diet actually cause our nerves to fail and causes poor circulation such that these sensing organs are not nourished and suffer a slow death day by day.

If you are concerned with this information I am providing you, please make an effort to

- ✓ improve your awareness – do a short meditation or visualization daily for all your sensing organs
- ✓ eat natural nourishing food and filter your water
- ✓ massage acupoints for related organs
- ✓ engage in activities that train the senses
- ✓ stop abusing your nerves with tranquilizers, alcohol, chemicals , using too much computer / watching too much TV, blasting sound at pubs

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Busy, Stressed, Irritable.....

Dear friends,

I am sure there are moments in our life that we are being so busy with work, with family commitments or even business that goes non stop in our own head. It can get so intense that we are stressed out, when I say stressed, I mean being not able to think as you like, unable to stretch as you like, unable to handle schedule as you like. When this happens negative emotions set in - anger, frustration, bitterness, feeling self pity, and the whole world doesn't seem to understand you or your situation.

If this happening to you now, please take a moment to do 3 deep and slow breaths, consciously relax your shoulders or rotate them, rub across your forehead few times, rub in circle on your crown, take 3 deep breaths again.....in a short moment, Viola! You are yourself again. All the negative emotions are released from your forehead (the thinking fore brain)while the crown area for balancing the brain, and you are able to think more positively, handle all your situations in a better mood and thus become more productive. Isn't this simple! Just repeat this when things get out of hand again, what you need is just as little as 2 minutes.

Hope you like it!



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