

KINESIOLOGY NEWSLETTER BY DANA HOOKINS



Here we are two months into 2007. For some the Christmas and New Year celebrations seem like a distant memory.

The beginning of a new year is always an excellent opportunity to re-establish your goals for the future and to reflect upon the achievements of the year that passed.

I was most pleasantly surprised to see one of the commercial TV channels screen the personal development / motivational DVD called "The Secret", albeit later in the evening.

"The Secret" discusses the importance of **feeling** the success you want to attract as well as visualising it.

For those of you who haven't had the opportunity to see the DVD yet, I strongly recommend you seek it out.

Which brings me to

Frequently Asked Questions

How do I stay positive?

Firstly, the importance of having a positive outlook.

It is no secret, (excuse the pun), that feeling happy and having positive thoughts has a beneficial impact on our nervous and immune systems.

Our brain does not distinguish between "real" and "imagined", therefore the physiology of our body will react to an unpleasant or negative thought as if the event was in reality happening to us.

Unfortunately the damaging effect of the negative thought has a greater energy value and a longer lasting unwanted effect on the physical body than the beneficial impact of a positive thought.

The old saying "fake it until you make it" has an important role to play here.

Imagine positive and pleasant thoughts and let the physiology of your body react to those thoughts as if the good event was happening in reality.

Remember too that Kinesiology sessions can help facilitate the body's neurology to foster motivation and break old patterns that are no longer useful.

Spend some time sitting quietly and write a list of your wonderful qualities. Too long we have been programmed growing up that we are not allowed to say nice things about ourselves or voice our achievements because we will sound big headed. Therefore saying nice things about ourselves or accepting compliments from other people can seem strange.

It is important though, that we acknowledge to ourselves all of our wonderful qualities so that our neurology can believe it and transfer that believe to the rest of our body and so filling us with positive feelings.

Just imagine how tall you will stand; the smile that will be on your face; how relaxed your neck and shoulder will feel, and how much your cells will tingle all over when you go through life knowing you have so many good qualities.

Clinic News

Just a note about the SMS message you receive as reminders of your appointments. The service I use is free through a company called Intazaar and hence the "Z" at the end of the message.

If you would rather not receive this service please let me know.

Are you interested in the 1 Day Self-Help Workshops?

Then contact me either by telephone or email, so that your name can be placed on the database and you will be automatically contacted when dates are available.

Would like to receive this newsletter via email?

Then once again you can let me know via telephone or email.

Anger Management Workshops in schools

I mentioned last year about running Kinesiology workshops at Happy Valley School's "healthy living week" for the last couple of years.

In February I ran workshops at Reynella Primary School as part of their programme to help children manage their anger issues more appropriate.

The feedback from the sessions was great - the children especially liked the model of the brain.

Isn't it fantastic that schools are addressing this issue?!

Exciting Clinic News

I was hoping that at the time of writing and publishing this newsletter the news would be more definite.

However, the exciting news is that Optimum Health & Wellbeing Kinesiology Clinic will be moving to new premises.

At this stage I cannot say much more, except that it won't be far from where we are now and that there will be other complementary health modalities on offer as well as Kinesiology.

There are still a few hurdles to jump over, however I will certainly be passing on all the news as it comes to hand.

Newsletter Delivery Options

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Newsletter

March 2007

Autumn

Optimum Health & Wellbeing

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Kinesiology

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balanced and healthy life.**

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