

Energize for the Future

We live in exciting times! It seems that every facet of our lives is being shifted, reshaped, reorganized. We are confronted daily with the need to adapt, to change, grow and manage our lives in new ways.

Nowhere is this more apparent than in the world of healthcare. Over the last decade we have seen enormous changes in the access and delivery of healthcare in this country. We can bemoan these changes, become frustrated and angry (understandably by the way!) or we can view the changes as a challenge to find new, more effective and efficient means of creating and maintaining our health and well-being.

Other cultures have had centuries of experience approaching health, well-being and expansion of human potential from a perspective very different from ours. This perspective includes a philosophy that views people as whole integrated systems living dynamically within a broader universal system. This worldview provides broader awareness, greater possibilities for connection, and expanded options for health, well-being and development of higher human capabilities.

We have had an influx of information about and greater access to these other approaches for several decades. Now it appears that we have the exciting opportunity to blend the best of both worlds into a complementary care system that would benefit individuals as well as society as a whole.

At an individual level we are being challenged to take more personal responsibility for our healthcare. A result of this shift is that many of us are becoming more aware of the tremendous power available through looking more deeply at how we participate daily in the creation of our health, lives, creativity and intuition.

We now have not only awareness, but also documentation that our minds, bodies and spirits function as a whole. What we may not have grasped until now is that knowledge does not automatically translate to experience. We need to have a vehicle and an ability to translate concepts such as these into action for them to truly benefit us.

Our minds are indeed miraculous and filled with untapped potential power and ability. And yet many of us are at a loss to really understand how to use it to our advantage...to enlist its enormous capacity to affect virtually every facet of our lives in a positive direction. How do we do this?

There are many ways to begin. One of the simplest ways is to establish a quiet time for meditation each day. Rather than an esoteric or mysterious practice, meditation can simply be sitting quietly, focusing on something as basic as your breath. This helps to bring your mind and body into a state of healing tranquility and peace. There are no negative side effects to this practice and it can be used alone or effectively combined with other tools or techniques.

There are many benefits to daily meditation. Some of the benefits are: enhanced awareness, greater perspective on issues/problems, growing ability to let go of stress/tension, mental clarity, enhanced physical and emotional health, dissolution of inner conflict, greater access to the higher functions of our minds and release of negative conditioning.

What do you need to begin? First, find a quiet place, somewhere comfortable where you will not be distracted. Turn off the phone, beeper, cell, television, computer and lock the door! The first realization you have may be the number things that draw on your attention and energy!

So, begin with a quiet place, a comfortable position and a willingness to give yourself twenty minutes of uninterrupted space to turn inward and begin to explore the inner you. The next thing you will need is a passive attitude, one that is not focused on outcome but one that is simply poised to allow this experience to be whatever it will be. This alone is great training to learn to accept changing circumstances and be able to react with greater clarity from your inner center.

You may desire to use relaxing music or simply relax into the quiet. Next, locate a spot inside your body to draw your breath toward you. This helps to orient your attention internally. Let your mind settle down into your breath, permit your breath to settle into your body. Allow your breathing to be full and easy. Guide your in-breath softly and release your breath naturally.

Thoughts, feelings and sensations will arise. The key is to just gently turn your attention back to the peaceful coming and going of your breath. This is the beginning of training your mind to work for you. This is simple but not easy! Our minds are full of untapped potential but generally there is a lot of clutter to clear to access it. Practice, willingness and motivation to stay with a daily routine will result in knowledge of how to be in charge and accomplished in the use of the fine instrument of your consciousness. There are far more benefits than the moments of boredom or frustration during the learning phase.

After about twenty minutes (an optimal time for mind and body), gradually come back into normal awareness. Be sure to come back slowly. You may not realize just how deeply you have relaxed and your system needs to readjust. As you develop more ability to *be* within these quiet times, you will find the effect lasting longer throughout your day. You also may start noticing some of the aforementioned benefits showing up in your life!

Above all, you may discover the wonderful power of maintaining your inner peace and its effect on your health, well-being and ability to create the life you desire!

Karen Kallie MACP, RN, CS offers individual, group and seminar programs in Mind-Body Energetics. Mind-Body Energetics is a holistic approach to mind-body-spirit health and wellness. Ms. Kallie can be reached at:

Ninth Wave Center for Energy Education

142 Main St., Suite 205
Nashua, NH 03060
603-595-9000
ninthwave9@email.msn.com