

Body, Mind and Heart

A publication that promotes total growth

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<p>Meandering Thoughts on a Hot Summer Day - Donna Kitchen, LCSW</p>	<p>Upcoming Events and Updates</p>
<p>The last few weeks have been tough for some reason. Maybe because the Dog Days of Summer began in July this year instead of August. Maybe because the weeds in my garden got the best of me way before they usually do. Whatever the reasons, stress has been higher than usual and for me that means I turn to those most comforting of vices – my decaf coffee and chocolate. Inner Family Systems theory (IFS) would call those addictions “firefighters” – the parts of me that try to manage my feelings by eating and drinking.</p> <p>Whatever your vice of choice, these little guys (firefighters) seem to raise their cravings when stress is at its highest. What we crave is just so darn attractive. It seems to call to us that it will take care of us and make us feel better. And I had been so proud of myself too. Decaf was down to one or two cups and only on weekends. Chocolate? Didn’t even give it a thought! And then this week I went and bought a small bag of M & M’s. I did hesitate over the choice and ended up with the newer M&M almonds! Almonds have a PH of 5.0. (If you have been reading these newsletters you know that Dr. Reed is a huge proponent of Alkalinity!) Alkaline! But still!</p> <p>Working side-by-side with a vegetarian chiropractor (Dr. Jackie Reed) has been quite an experience. Over the last five years I have: 1) become a vegetarian, 2) practically erased my habits of coffee [used to be 10 cups a day of real] and chocolate, 3) exercise regularly [and have to admit that I miss it when I don’t do it] and 4) become aware of maintaining an alkaline balance. Moreover, 5) I have lost a ton of weight and am happy about it. Ah, but those last 10 to 15 pounds!</p> <p>We teach this stuff: Self-Nurturing. We have thought it to be the answer for years and years. We still do. People always ask us, “How do you get yourself to do that?” You just do it. While I sound like a Nike ad, it is true that one must think and make an inner decision to self-nurture. It is a process. Now here I am struggling to “just do it”. “Coffee, again?” Eyebrows raise. “Yes and I am not going to stop with this one,” that inner part thinks to herself! How did she get to be the one in charge? She is just there. Why is it that one day I am on a roll with my healthy plan and the next day all of sudden that ‘younger me’ is in charge?</p> <p>This is especially disheartening because I feel GOOD when I am on my healthy plan. My pH has been almost steadily at 7.0. I wake up energized. I bounce out of bed. I am in a good mood. I have more energy and I get more done.</p>	<p>Energy Medicine Study groups now forming</p> <p>Donna Eden, author with David Feinstein, of <u>Energy Medicine</u> presented at the Holiday Inn Westport on September 30th/October 1st. Whether or not you were able to attend, you are welcome to find out about energy testing and how you can boost your energy and your immune system. Donna Kitchen and Jackie Reed will be teaching the first study group at no charge. Registration is required. Mark your calendars and plan on attending Saturday, October 22 from 2-4p.m. at our offices. Call the office to sign-up.</p> <p>☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼</p> <p>New Men’s and Women’s SNAP Classes are Now Forming</p> <p>A Beginning SNAP class – one for men, one for women will start later this fall. SNAP is an acronym for Self-Nurturing, Anger and Problem-Solving. Improve and enhance all of your relationships by learning these fundamental concepts.</p> <p>Class will meet for 8 to 15 weeks, 2 hours per evening. Cost is \$400, payable in installments. Call today to sign-up.</p> <p>☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼</p>

After two weeks on caffeine (granted decaf has less caffeine, but still is caffeine!) this is what I have noticed. When I wake up I am groggy. I struggle to get out of bed. My joints hurt. And worst of all, I am crabby. Sadly, I am most crabby to the people I love the most.

Why do I do this to myself? Is there some fear of getting healthy? Is there some fear of being the weight I want to be? Do I have some secret wish to die young?

Or is it just that feelings are trying to surface that I don't want to feel? Sadness right around the corner. Issues of aging. Parents and friends aging. Nearing 60 and knowing that I look older. Seven years until retirement age. At least the age at which people used to retire. Fears about financial stress. Fears about being there for those I love. Fears about losing those I love. Anger about the state of the world. Anger about having no control over so many things – politics and war. Global warming. Hurricanes being longer and more violent. Car accidents.

We all have so much on our plates and are racing through our lives. I was leaving my Mom's place the other day and the lady in the elevator said, "I'm just killing time." My response was, "Oh, no, don't do that." When we need more time we don't have it and yet at another stage of life there is so much time that we feel like killing it. How do we find what it is that we need in each stage of our life? How do we listen to our feelings and do what is best for ourselves and for those we love every single day? Is it really possible to do that? I think these are natural questions to ask. When we are in the middle of this process we cannot always hear the answers. And yet they are there within us.

Have a good cry. Meditate. Journal. Listen to myself on my walk like I did today. For some reason when I woke up today I knew that I would not do what I have done almost every day for the last two weeks. I would not walk past QuikTrip and buy the 93 cent 22 ounce cappuccino icy drink that I have been drinking almost daily. I would get up and fix myself a green drink. And after I had watered a little and set the sprinklers and weeded a little (oh my, yes, I did), I took my walk and thought about sitting at the computer and writing this article. Feelings. They sneak up on you and take you by surprise. You'll be watching the news or see someone on the street who breaks your heart and you just have to cry. Every day we are bombarded by so many things it is amazing that we don't give in to our inner firefighters all the time. But we don't. We find a way to nurture ourselves and go back out there day after day, week after week and year after year.

Why do we do that? Because we do, after all, love ourselves. And we do, after all, love our friends and families. And because we do have hope for the future after all and a belief that the world can become a better place. And we do continue to work for that. And that gives our life meaning.

Self-Nurturing—it really is the answer.

AWOL Support Groups

AWOL, Alkaline Way of Life classes have been well-attended and enthusiastically received. Due to the great response, both on-going support classes and another beginning class are forming. Make it a priority in 2005 to learn the principles of alkalinity that will change your life forever.

Alkaline on-going support classes for motivation to stay on the alkaline path:

Sat, Nov 5: 12 noon – 1 p.m.

Wed, Nov 16: 7 – 8 p.m.

Cost is \$10.

Advanced registration required. You can attend one or both sessions.

AWOL Beginning Classes:

Wednesdays, Oct 26 and Nov 2 from 6:30 – 8:30 p.m.

Cost is \$75. Deposit of \$30 required to hold your space.

Class size: Minimum is 6, Maximum is 14.

Call 781-9400 to sign up.

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MERAMEC COUNSELING

We are low on tapes, especially 60 minute ones! Please help us & bring them back. Thank you so much.

Patient Information and Informed Consent

Blueprint for Health & Meramec Counseling are revising our patient information, informed consent, and policy and procedure handouts. We are also completely re-doing our phone number and address files. You will be asked to update your information and sign new releases. We appreciate your cooperation in this matter.

Carla's Gift - Melinda Fry, LPC

"You can sit forever, lamenting how bad you've been, feeling guilty until your death, and not one tiny slice of that guilt will do anything to rectify past behavior."

-Wayne Dyer

Have you ever done something you are sorry for but a part of you can't quite forgive yourself? Have you ever hurt someone and s/he forgave you, or not, but you can't let it go? Have your actions ever broken your own personal ethics code and shaken your self-concept at its foundation? If so, you may be caught in a very human cycle vacillating between remorse, self-forgiveness and shame.

It is a difficult cycle because you can get so caught up in feeling bad about yourself that you don't actually take responsibility for your behavior. Feeling bad feels like taking responsibility because after all, "look how awful I feel". In that instance the focus shifts from the effects of the behavior on others to the "look how bad I am". You blend your action into your self-concept. Then the shame becomes toxic and unproductive and your integrity is threatened.

Carla Cunningham and I had many long conversations on the subject of breaking personal codes of ethics and integrity. My questions were: "How do I take responsibility for actions and not get stuck in a place of remorse and guilt? How do I shake the idea that I am doomed to a life of poor character? If I behave badly, how do I become a person of integrity? Is it ever too late?"

In one of these conversations Carla tilted her head, looked over the top of her glasses and said, "People don't just have integrity. They don't get to say, 'Oh, I am a person of integrity.' They have to work at it each and every day. Life presents us with dozens of decisions daily and we get to choose a path of integrity or not. It's that simple. It is a question of taking responsibility for yourself and deciding how you want to live your life."

In that moment I got it. Integrity is fluid not rigid. It is a question of choice. One can break the cycle of self-blame and toxic guilt in two ways: 1) Making behavioral choices in line with personal principles and 2) Taking full responsibility for actions when one missteps. The shift is off of the self and onto the person(s) hurt by your choices. Getting caught up in the idea of being a bad person makes it about you. It is a toxic cycle. Being willing to see how we affect others allows room for forgiveness, mercy and humility.

I thank Carla for her wisdom. I walk forward into each day armed with her words. A life lived in integrity isn't always the easiest path and we all take wrong turns. That's life. It is the path however that allows for hope, compassion and understanding with others and with self. There is always another chance to do what is best and what is right.

Our new website is now up and running.

We have a website that will be a continual work in progress as we enter the tech age. You can reach our website using either of the two addresses below:

www.merameccounseling.com

www.blueprintforhealth.net

Stop by our site and mark it as one of your favorites so you can keep up to date with your health and well-being.



Very Important Warning:

If you drive southbound on Big Bend and make a left turn on Lohmeyer to come to our offices, please know that this is not permitted Monday through Friday from 4 to 6 p.m.

Maplewood police often hide out on these side streets, so watch for all of the "no left turn" signs. Turn left on Bruno, Richmond or Gayola and then turn right on Sutton.



We Recycle at 2601 Sutton!

If you bring in a drink in a plastic, glass or aluminum container, please rinse and place it in the bin with the coffee/tea cups and we will recycle it for you.

This newsletter is a joint venture of Meramec Counseling, LLC and Blueprint for Health, LLC.

We hope you enjoy reading it and pass it along to your family and friends.

Donna Kitchen, LCSW

Melinda Fry, LPC

Margie Lewitt, B.S.

Jackie Reed, M.S., D.C.

Phone 314-781-9400

** If you do not wish to be on our mailing list or have a change of address, please let us know. **

DONNA EDEN ENERGY MEDICINE WORKSHOP

With David Feinstein

On September 30th/October 1st St. Louis hosted the first appearance by Donna Eden since her book signing in 1998. That book signing was an exciting event hosted by Left Bank Books and held at the First Unitarian Church in St. Louis. Donna signed her book for hundreds of people at that time. Prior to that time Donna had graciously come to St. Louis to give small workshops here at Meramec Counseling and to work on individual clients. From about 1992 to 1997 we were lucky to sponsor Donna and enjoy her exciting energy and learn how to take better care of our own energy. Her positive energy is contagious.

Luckily that has not changed. Donna led a group of around 250 people in energy exercises that were very familiar. We did Heaven and Earth, Expelling the Venom, The Celtic Weave – just to name a few. We cleared each other's chakras. Some of the techniques were changed in small ways, but it was reassuring to have most things be steadily the same.

The workshop gave me the opportunity to see old friends I had not seen for years. Many people who had been at earlier workshops returned. It was warming to know that Donna Eden had campaigned relentlessly with Conference Works (the association that sponsors her and her husband, David Feinstein) to return to St. Louis. She had wanted to see old friends and enjoyed that renewed contact and opportunity. She let us know that she was glad to have reconnected with so many of you who attended.

According to Donna everything that exists **IS** energy. Therefore if we learn simple methods of keeping our energy flowing smoothly we will maintain optimum health. Carla Cunningham's Mission Statement, written only a few months before her death was, "My mission is to pursue health in all its aspects". Donna Eden was the healing person to whom Carla turned. Donna's positive energy helped keep Carla healthy for a long time. Thank you, Donna, for your energy and your excitement about healing with Energy Medicine.

DAVID FEINSTEIN'S ENERGY PSYCHOLOGY WORKSHOP

On Sunday, David gave a very exciting workshop to about 100 people about Energy Psychology and its promising use with phobias. He showed an inspiring film showing how a woman's fear of heights had been eradicated in one session using simple Energy Psychology techniques. The film also showed a follow-up interview 2+ years later from a high-rise balcony in Miami exuberant that she could enjoy the view. David demonstrated the techniques on a workshop member who had been unable to enter a hospital and a very moving hour concluded with her tearful rejoicing that she would now be able to go into the hospital for a necessary operation.

For more information check out www.Innersource.net .

Have You Had Your Greens Today? – Jackie Reed, DC

About one year ago I started drinking a green drink to help me become more alkaline. After a couple months, I thought it was so good that I thought I would introduce it at my alkaline classes. That product is **Greens First**. In June, my shipment of Greens First didn't arrive as scheduled, so I called the distributor and found out that they had stopped carrying the product due to inconsistency in product labeling. The label states that the product has 1 gram of sugar per 10 gram serving and in several test results it actually contained 4 to 5 grams of sugar (fructose) per 10 gram serving. My distributor switched to a different product called **Premium Greens**. Premium Greens has more fiber as well as a pro-biotic blend. Both green drinks have loads of alkalizing fruits and vegetables. The taste and texture is definitely different. Anyone who has tried the Premium Greens and doesn't like it as well as Greens First can now switch back. You will do so knowing that the sugar content in Greens First is inconsistent but hopefully you will be more consistent in using it if you like the taste. If you need consistent sugar, I recommend sticking with Premium Greens.

I have people who like the Premium Greens formula better and those who like the Greens First better, so I have decided to carry both for a few months and see how inventory flows. Both containers will sell for \$39 including tax.

If you want more information
about what Donna Eden and
David Feinstein are doing in
these exciting realms, go to
www.Innersource.net

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