

# Ensure Your Health

*Restorative Bodywork Solutions, LLC*

## Reality or Bust



*Without action, without decision, you will always remain in possibility, which can be safe and beautiful but eventually becomes boring. Confusion becomes bondage as well.*

*We sometimes get waylaid into the "right" way instead*

*of pursuing and revealing in the actual experience. When you remember events in your life, is it about the experiences/the feelings, that seem the most profound, the actions that happened? I doubt that you remember just sitting in possibility as having a profound positive outcome.*

*So why do we continue to keep ourselves in the possibility mode rather than venturing further in what the action and decision will allow us to enter?*

*Why are you afraid of growth?*

*Unlearning the past*

*is one of the prime elements to being able to institute a new truth to your reality. Many of the beliefs, feelings, etc. can be buried so deeply within us that our bodies hold onto these to a point of actually believing that death will occur to the whole person if they are not maintained at all costs.*

*Disengaging these patterns is just that, a pattern being removed so that a new platform of creation can begin.*

*The busting of the old reality is growth.*

## Body, Mind, Spirit

*The bonding of the body, mind, and spirit is clear to those who have experienced any form of bodywork. People truly seeking full growth from body changes, will always experience an alter-*

*ing of their thoughts and the spirit of the individual always become more pristine.*

*People who have changed their beliefs also experience a notable change in the*

*tension within their bodies and the lessening of this creates a feeling of opening and peace that has a spiritual connotation to it as well.*

### A Few Keys to Successful Living

- *Be the creator of your life, not the victim*
- *Trust and Investigate Your Desires*
- *Hone your Ability to Accept*
- *Live YOUR life, not someone else's*
- *Have a structure for inner learning*



**“Everyone thinks of changing the world, but no one thinks of changing himself.”  
—Leo Tolstoy**

## **What is Not vs. What Is**

*People seem to get so focused on what is not right for them that it takes on an obsession which exasperates what was originally there. This exponential growth is normally the first item that has to be resolved—the superficial stressing.*

*Once a client learns to not exist within the*

*problem or issue and begins to views this as an experience or what is, then the first turning point of alleviating the superficial stressing can begin.*

*It is a common occurrence for individuals to do mental gymnastics over what they perceive as what is not wanted and fight to remove it.*

*This sets up the lines drawn in a battle that has no winner.*

*In changing the perspective, one of many hurdles that assists the individual in healing him/herself becomes a skill that can be mastered and applied in their daily lives.*

## **Acceptance and Embracing**

*It seems we are constantly being reminded that our dented, scraped, perfectly imperfect self is just not okay through media, our childhood, etc. Media sells us on the idea that something can magically change our lives for the better.*

*It seems also people*

*want to believe in magic as the answer rather than putting forth effort to create something else.*

*Most people seem to be unaware, even in private, of the focus necessary for acceptance and embracing themselves in positive ways.*

*In many cases, the time spent dealing with what is not right takes so much effort that the idea of putting forth anything else to create something better, is considered more than is possible.*

*If this is you, how about your perspective?*

## **Engaging a New Perspective**

*Approaching the same scenario with the same questions only keep us stuck. Getting out of this cycle means owning the idea of what to bring into being instead of staying within the problem that need resolution. It means reorganizing the approach.*

*Acceptance of what is*

*happening now, not adding it with the past or future, not overlaying personal judgments to the mix, isn't learned quickly.*

*As we try honoring our own sense of adventure into a new way of perception, we may want to question the cluttering act we have created.*

*A new perspective is not a should, an edict, a “store bought” detailed program, something ritualized or believing in anything.*

*Are you the victim of your thoughts or the creator of a new perspective?*

	6	8	4					
9	2				8		7	
					6		4	3
8	1			4			5	
		7				3		4
			8		5			7
	8	2	3					
			9	1	4	2		
1						7	3	

**Play Sudoku**

**Instructions:**

Fill in the grid so that every row, every column, and every 3x3 box contains the digits from 1 through 9.

**Ways to Maximize Misery**

Those that are in chronic pain make themselves miserable. There are traps they fall into. Below is a list of what NOT TO DO:

- Don't be responsible for your medical care.
- Isolate yourself from others.
- Invent all kinds of ways you give others control over this and your life.
- Don't have a sense of humor.
- Constantly think about your pain night and day.
- Don't appreciate anything.
- Be sure to criticize yourself for what is and focus on how you can't do as you used to.
- Don't imagine a future beyond the pain.

**Decide to take the power to shape your life**

*"The trick is in what one emphasizes. We either makes ourselves miserable, or we make ourselves happy. The amount of work is the same."*  
 —Carlos Castenada

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***Check us out on the Web!!!*** <http://www.restorebodywork.com>

***Strengthen Bones Safely and Naturally***

***Below is information of how you can improve and/or maintain your bone health:***

- 1. Exercise including weights***
- 2. Possibly supplement with Vit K especially if your diet alone isn't enough. Vit K is the glue that puts calcium into the matrix of the bone.***
- 3. Keep a healthy balance of Omega 3 and Omega 6 fats.***
- 4. Get Vit D from sun exposure***
- 5. Eat healthily: ensure onions are utilized unless your body says No.***

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