

# NEWSLETTER

Issue 3

Autumn 2004

- Embracing change with positivity
- Homeopathy for a Change
- Indigo Essences

## COURSES & WORKSHOPS

### What is Homeopathy?

Wed 22nd Sept

7 p.m. - 9 p.m.

### Introduction to Healing

With Moyra Irving

Monday 27th Sept.

7 p.m. - 9 p.m.

### Meditation for Children.

(families welcome)

Saturday 2nd Oct.

2 p.m. - 3 p.m.

### Introduction to Crystals

With Ruth Theobald

Thurs 28th Oct. 7-9pm

### Making Dream Catchers

Ruth Theobald

Thurs 18th Nov. 7-9pm

Booking is essential for all courses as places are limited. **No set fee: donations accepted.**

Contact Maggie for details of other workshops

Please check courses are running before attending. (Meditation for Adults on Sept 30th now full.)

## EMBRACING CHANGE

*“We must always change, renew, rejuvenate ourselves, otherwise we harden” - Goethe.*

Life is constantly changing; this is a certainty, yet for so many of us CHANGE = FEAR! We often believe sayings such as *“Better the devil you know”* and many of us are so fearful of change, that when an opportunity arrives we run in the opposite direction with an army of excuses. This is often a knee jerk reaction based on self-doubt, erroneous beliefs and fear.



Changes to the normal routine may cause feelings of insecurity and anxiety. We may dislike our appearance or job situation, feeling “too old to change” or anxious incase we fail or are no good at new tasks. We can restrict ourselves quite simply by the power of our thoughts and language.

### HOW TO MAKE A CHANGE.

- **Make a conscious decision to use your energy more efficiently.**
- **Break down tasks into reasonable size chunks and begin by making small steps towards your goal.**
- **Imagine your goal and see yourself doing what you want to. Colour this picture with feelings of confidence and happiness and see how the power of positive thought and words can support you today.**
- **Use positive affirmations to assist changes in your life.**

*“I positively welcome an exciting and interesting job opportunity into my life”*

*“I am open to receiving an enjoyable and rewarding hobby”*

*“I am willing to let go of my fear and move towards a successful promotion.”*

## SMALL STEPS CAN LEAD TO BIG CHANGES

**To lose weight**, begin to walk for just five minutes a day. Next time, commit to 6 minutes and increase this until you manage 45 minutes at a time. Congratulate yourself every day you manage this - it would have been very easy not to have gone!

**To feel healthier**, imagine you have the ability and confidence to really bring about a new healthier body. Visualise yourself when you are slimmer; imagine how you will feel and look. Be realistic and don't expect too much too soon.

**To change your life**, use this tool to help clear housework, gardening, writing important letters, researching a new job, or anything you are unhappy about within your life. No effort is wasted, no change is too small. Every step is towards your goal!

## HOMEOPATHY FOR A CHANGE

**Homeopathic remedies are very effective for worry & anxiety at times of change. Here are some examples.**

### Aconite

For panic attacks, frights & night terrors.

### Arsenicum album

For the anxious, fussy, nervy type, prone to an upset stomach and restlessness with anxiety.

### Gelsemium

For anticipatory fears, feeling shaky e.g. before school, interviews, exams.

### Lycopodium

Apprehension about change - especially worries about meeting new people - and may get diarrhoea from nerves.

### Silica

For lack of confidence, dislike of change &

### How to take remedies.

*Suck 1 tablet (or a few granules) of the remedy in a 6c or 30c strength every 2 hours for 6 doses, then reduce to 2-3 times a day until better. Stop taking your remedy if you feel any worse. Always seek medical help in emergencies.*

## ***Change is a fact of life.***

We only have to look at the beauty of nature to remind us how cyclical and changeable life is. As September is a month of preparation for new academic terms, families of all ages may be cast into new roles. Teenagers may be hesitantly or eagerly departing for university, or young children taking their first steps at school. This can be a period of reassessment for all members of the family. It can be helpful to think about allowing new ideas, and energy into your life. Although some changes can be very emotional, there is always an exciting exchange of personal growth for everyone.

## **CHANGE CAN BE FUN!**

Consider a college course, dance class, raising money for charity, cooking new styles of food, read a book about a country you know nothing about or learn a new language. Think what you would like to do if you had more time, then look at what you could drop or get others to help you with. Ask yourself "Is this opportunity going to serve me well, or make me wish I had not agreed to it?" By trying new skills & embracing change you are saying yes to the ebb and flow of life. Who knows what we may have missed out on by not acting on that hunch to talk to friend, review a rise with our boss, tell someone we love them?

As the seasons slowly start to change, imagine yourself shedding any unwanted old layers & the new, exciting parts of your life yet to be discovered. Live every day as though it was your last & ask yourself "What way would you like things to be different today?"

## **NEW ! INDIGO ESSENCES**

*Now available at May Bank Homeopathic Practice.*

Ten lovely gem & crystal essences made in Ireland, specifically for children & the "child in us adults too!"

"Indigo children" are highly sensitive & intuitive & are believed to be here to help us make an evolutionary leap. Indigo is the primary colour in our aura &

They are used for helping kids through difficult times such as bullying, family upsets, bereavements, lack of confidence, anxiety, fears, nightmares & anger.

Rub them on as a cream, put them in a spray for your room, put a few drops in the bath, breathe it in deeply & relax, or just keep them under your pillow!

For more details, check out the website: [www.indigoessences.com](http://www.indigoessences.com) (or ask Maggie!)

## **Contacting your homeopath**

All 'phone-ins are now on the new practice number: 01782 620514

### **New 'phone-in times.**

**Mon & Fri.** 9 - 10 a.m.

**Tues & Thurs.** 12.30-1p.m. & 6 - 6.30 p.m.

**Mobile no.** 07768993093

**Email:** [m.bevington@btinternet.com](mailto:m.bevington@btinternet.com)

Appointments are normally between 9 a.m. & 5 p.m. although early evening or Saturday appointments may be possible if you are unable to attend during these times.

May Bank Homeopathic Practice,  
26, Basford Park Road,  
May Bank, Newcastle, Staffs.

**Website: [www.mbevington.co.uk](http://www.mbevington.co.uk)**

## **In the next newsletter....**

*The newsletter will now be 4 times a year with the **change** of season!*

- ◆ **Treating Winter Ailments**
- ◆ **Tips for Xmas**
- ◆ **New Years Resolutions.....**