

Lifestyle Suggestions for Optimal Well-Being to Use in Conjunction with Aromatherapy and Flower Essences

Physical, mental, or emotional dis-ease is a call to come back into balance. Often, to do this, some deep inner work is necessary, which flower essences and aromatherapy can support.

The best approach to healing is holistic: taking into account body, mind, emotions, and spirit. There are many simple lifestyle choices we can adopt to:

- Help us feel better immediately and in the long term
- Make our healing more rapid, deeper, and long lasting
- Sometimes, completely clear up issues without a need for further work.

To give a simple example, many people have found that improved nutrition can significantly or entirely alleviate depression, hyperactivity, aggression, and so on.

We should first of all strive to keep ourselves within healthy parameters in daily life:

The 5 Principles of Hatha Yoga:

Proper Breathing---Learn and practice abdominal breathing, at least twice a day.

Proper Diet—work towards eliminating processed foods, caffeine, white sugar, cigarettes, and alcohol. Drink plenty of water (2-3 qts per day, not colder than room temp!), make the diet mainly or totally plant based, “eat the rainbow,” include raw fruits and veggies daily.

Proper Exercise—at least a 20 minute walk out in nature daily. In addition, yoga, tai chi, chi gong, swimming—any gentle full body exercise you find appealing.

Proper Relaxation- Take at least 10-15 mins quiet time alone each day simply to relax and refresh yourself.

Positive Thinking/Meditation—Observe negative self talk, worrying, anxiety etc. and consciously switch to the positive. Many simple meditation techniques are widely available. Practice at least 5 mins a day and build up to at least 20 minutes.

Natural Healing:

Sunshine: Try to get at least 15 minutes of time in the sunshine every day, for increased energy, happiness, and overall well being.

Cut Out TV: Cut down TV watching to the minimum or eliminate entirely. Remember your subconscious mind does not discriminate between what is “real” or “unreal”—a trauma watched is a trauma experienced, and the impressions are indelible. Do you really want to be spending time with murderers and violent criminals?

Early to Bed and Early to Rise...Go to bed by 9:30 p.m., wake up shortly before sunrise. You will experience a whole new life.

Helpful Tools for Healing:

Journalling: Key to releasing negative thoughts and feelings is 1) acknowledge them, 2) write them out. Like the waste we pass from our bodies daily, it is better to get such unpleasant things out of our

systems, than let them stay inside! While it might produce some guilt for eg., to admit anger at a loved one, by expressing it to yourself, you are less likely to express it to the person in unconscious ways, eg., hurtful remarks that “just slip out”, etc.. Or, on the other hand, if you are a person who gives vent to negative emotions and later regrets it, writing it out provides a way to release without doing harm.

Milestones: Feel like something in the past is “stuck” and taking up energy but not sure what it is? Feel like big parts of your past are “missing?” Milestones can help. Break your life into 5 year periods up to the age you are now. Write about 5 events for each period that stand out. Start with one that seems like it may be holding a message for you, and start writing about it. You’ll be amazed at the detail that comes up and the feelings and energy that can be released, giving you more insight, understanding, and available energy today to work towards your ideals.

Dream Work: When we start any healing process, our subconscious tends to send us hints, insights, cues, as to “where to go next.” Pay attention to striking symbols, images, events etc., in dreams. Since writing activates the conscious mind, much more insight will come than by writing about a dream than only making mental notes. Benefit from the help your subconscious will send you!

Subliminal and/or Affirmation Recordings: pre-made or even better- record your own. Our subconscious mind keeps an indelible record of everything we have ever experienced, including our birth. Some of these recordings are useless or harmful. Although we cannot erase them, we can “write-over” them by playing the opposite message over and over. Many excellent pre-made recordings exist, however, it can be even more advantageous—once you are aware of your own harmful beliefs—to record your own messages to “re-write” those programs.

Suggested Reading:

Codependance: Pia Mellody, *Facing Codependance*

Love Addiction: Pia Mellody, *Toxic Love*

Charlotte Kasl, *Women, Sex and Addiction*

Anger Issues: William DeFoore, *Anger: Deal with it, Heal With It, Stop It from Killing You*
There’s a Volcano in My Tummy (for Children)

Disordered Eating: Anita Johnston, *Eating by the Light of the Moon*

Personal Growth: Ken Keyes: *Your Life is a Gift; The Power of Unconditional Love; Handbook to Higher Consciousness*

Louise Hay: *You Can Heal Your Life*

Alcoholism: Karen Sandvig, *Growing Out of an Alcoholic Family*

Wayne Kritsberg: *Adult Children of Alcoholics Syndrome*

Self-Parenting/ Inner Child: John Bradshaw, *Homecoming*

Charles Whitfield: *Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*

Women’s Psychology: Clarissa Pinkola Estes, *Women Who Run with the Wolves*

Sage Woman: Quarterly Journal of Women’s Spirituality

We’Moon Datebook Calendar

M. Esther Harding: *The Way of All Women*

Aromatherapy: Drs. Miller and Miller: *Ayurveda and Aromatherapy*

Kurt Schnaubelt: *Advanced Aromatherapy*

Flower Essences: *Selected Writings of Edward Bach*

By Durga Devi, shantiyoga2@schooloflife.org; 301-654-4899