

Inner Healing Academy

Courses, Books, Coaching

Newsletter: July 2023: #23



RAISING YOUR CONSCIOUSNESS

In my podcast with Dr Shelley Evans (a Doctor of Natural Medicine specializing in frequency medicine), we discussed how to raise our consciousness in order to combat the fear and stressors so prevalent on the planet right now.

Dr Shelley explains that we need to be able to come from that still point, where we can make decisions based on clarity. She pointed out that the repetition of the mainstream media is insidious and can be overwhelming. It is, therefore, so important to understand consciousness and how to maintain our innate sovereignty.

It is vital to know how to connect to our inner Source of wisdom as all the answers to all of our problems lie within us. We must regain our autonomy and each person must discover what is right for them individually. Unfortunately, many people have devolved this responsibility and look to others, particularly those in positions of authority, to provide them with the answers to their problems.

Dr Shelley talks about the need to restore Light in our body and that feeling of lightness can be a good indicator of how well we are doing.

She mentioned our natural happiness molecules:

Dopamine, Serotonin, Endorphins, Oxytocin

These build strength and enhance our immune system. They can be boosted by making simple changes in our lifestyle. So, instead of reaching for pills and supplements, we can try some of the following for a very quick pick up in our mood:

- Become present
- Perform a simple act of kindness
- Meditate for a few minutes
- Listen to soothing music
- Laugh
- Go for a walk in nature

The conversation continues in the podcast - click on image below:



WHY MEDITATE?

Meditation is able to create a deep state of peace and relaxation and helps to calm an overly-active or troubled mind. The mind-body-spirit connection fosters health and wholeness and numerous clinical studies have shown that it improves your physical and emotional wellbeing.

Meditation should be considered an essential life skill as it enhances all areas of your life. Once it becomes a habit, you will reap the benefits every day.

BENEFITS of SILENT MEDITATION

- ♥ It allows your meditation to intensify on a deep, inner, sacred level
- ♥ It provides an effective means to tune into your Source of Being and enhance the communication and guidance
- ♥ It provides the means to gain insight into the true nature of reality
- ♥ It enhances the connection with your True Self as opposed to your ego-driven self
- ♥ It fosters inner peace and calm with a clarity of purpose
- ♥ It enhances your physical and mental wellbeing

Do this 15-minute meditation every day and soon you will reap the benefits:

Relaxing breathing exercise & 15-minute Silent Meditation

Host: Kim Benson, Meditation Coach

💛🙏 INVITATION (Free event) 🙏💛

Meditation Monday is held every Monday at 11am (Pacific Time zone) via Zoom.

The 30-minute session begins with relaxing breath work, followed by Prayer, Silent Meditation and Affirmation.

Meditation enables you to connect with your Source of power and fosters a deep state of peace and wellbeing.

If you would like to join us, please complete the contact form here:

[CLICK HERE FOR THE FORM](#)