

Detoxing the mind from worry to move on in life

“We are not our minds. Our minds are a tool.” Eckhart Tolle from *The Power of Now*

Energy flows where attention goes. Life teachers such as Louise Hay, author of *You Can Heal Your Life*, Dr Deepak Chopra - Mind Body science pioneer - and many others have been telling the world in the last 30 years what the Ancients have always known – that our thoughts carry an enormous creative force. We have around 60,000 thoughts a day. Each one projecting a creative energy out into our world. We make it a peaceful, loving world, or an angry, anxious world. As Louise Hay says “*a thought is just a thought and a thought can be changed*”.

First step to detox the mind is to become aware of the volume – as in quantity – of your thoughts which are focused around worry, fear, anxiety. Then to become aware of the volume – as in ‘how loud’ these thoughts are in your head. Most of us have spent years having the same thoughts which we have been programmed with since birth (even before birth). As children we are like little sponges, readily absorbing the teachings of those around us ‘who know better’. We fill up our minds with facts and information daily.

And all the time this is happening, the greater part of ourselves – our intuitive, wise, all knowing Self – is communicating with us by how we feel. Thing is, by the time we reach adulthood, most of us are so used to ‘not feeling good’ most of the time, we take for granted that’s how life is. This ‘not feeling good’ comes from a lifetime of chattering destructive thoughts, whirring and churning constantly in the mind. These thoughts are directing huge amounts of creative energy to fuel a life of not feeling good, and holding ourselves in repeating life patterns.

Why then do we keep repeating them even when we want to move on? Often because when we become aware of them, we put even more pressure on ourselves to change them instantly, and then beat ourselves up for not seeing change fast enough. Change must be at a pace which is sustainable. We have to practice new thoughts regularly when we’ve focused a lifetime on destructive thoughts. We literally have to retrain our minds. And learn that we are in absolute control of our minds. We must train ourselves to continually reach for new thoughts that make us feel good.

As well as becoming ever more conscious of our thoughts, to hear ourself and be able make life enhancing thought choices, a good first step to help change our thoughts is to work with essences. As nature’s catalysts for change, essences help bring change at our own pace. And as part of the first step in detoxing the mind from old worry patterns to move on in life, it’s sometimes good to settle the stormy waters of the mind. Once the water becomes still, we can then see more clearly where we want to move on to, without having to constantly battle against a raging storm in the mind.

The Essences

Fluorite www.alaskanessences.com known as “the break up elixir” this essence works to increase energies of the physical body by breaking up mental energy patterns that have become rigid and inflexible (often resulting in a rigid and inflexible body). If you are having difficulty manifesting thoughts into action, or find it hard to move your focus from one area to another, think of fluorite.

Boronia www.ausflowers.com.au This essence leads you to clarity of thought and serenity of mind. Helps release obsessive thoughts which go round and round and you seem unable to release. In quieting the mind, it helps the intuitive faculties function more completely, to bring about a dynamic

stillness of the mind. Helps if you find it hard to concentrate. Helps with insomnia. Accident-prone people are often not focused on the present – Boronia helps you become more present with yourself and your thoughts.

Glacier River www.alaskanessences.com An essence of solarized water prepared below the terminus of the Gulkana glacier in the central Alaskan range. This water emerges from the base of the glacier carrying suspended particles of ground-up rock, of mountains eroded by the constant pressure and movement of glacial ice. This essence embodies the process of perpetual release from form. It helps us release patterns of thinking, feeling and doing that have become rigid and unyielding. For those who are attached to the current form of their lives even though there is every indication that it needs to change. For stubbornness. For deep resistance. This essence teaches us that if we are to truly embody change, we must be willing to let go of the form of what has been. As we surrender to the elemental power within this essence, we cease to worry about what might happen if things were to change. Instead, we trust our inner compass, sit back, and enjoy the scenery as it changes around us.

Release www.shelleysishton.com (*click on essences then 'Spa Transformations'*) Releases deep-seated and limiting thoughts/emotions/behaviours. Clears repeating life/past life patterns and trauma. Helps you ride out the storm. A penetrating essence which gets to the core of resistance and sparks change into action.

Sparrow www.animalessence.com For freedom from worry, sweetness and gentleness, peaceful joy. Known as Bob Marley in a bottle, it helps you to feel – and then know - 'every little thing's...gonna be alright'.

White Chestnut www.healingherbs.co.uk Alleviates the stress of a mind going round and round. Helpful for the state of mind that seems to overwhelm your whole body and life. This degree of mental chatter tends to make you see problems from every point of view. There may also be an uncanny sense of being in the shoes of everyone around you and experiencing their view and judgments of your problems. White Chestnut brings you back into your own shoes, releasing the sense of being imprisoned and quieting your mind so that peace can be restored.

Pipsissewa www.pacificessences.com Helps to release the worry and confusion around choices we need to make in order to get on with our lives. Often we get caught up in 'ifs' and lose sight of our goal. Mental activity can then begin to sound like a broken record as we get caught up in the emotional drama around decision making. The corollary of making choices is that we cannot be a victim, for we have charted out our own course. Choosing is a responsible act. This essence also helps resolve the frustration around having made a choice which seems to have not turned out the way we thought it would. Instead of wasting energy bemoaning ourselves, this essence will help move us to the point of power in the present where we can make a new choice.

Nirjara www.healingorchids.com (*click on Himalayan/Flower Essences*) A powerful de-conditioning essence, excellent for all work of deprogramming. Where there is conscious intent to change conditioned thoughts and attitudes, this essence helps erase outmoded imprints from the cells. Supports transformation of conscious life patterns which seem stuck.

Dose bottles of the above essences are available from Shelley Sishton at The Energy Centre.

Shelley can also create you a personalised essence blend. Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com.

About these newsletters: I am passionate about vibrational essences as simple yet profound natural medicines, and about helping people to understand more about them. My inspiration is to highlight a few essences from the many thousands available on a regular basis – ones which link to the season, world events, or simply those which feel appropriate at the time. My intention is to share the amazing potential essences hold for you to feel total peace of mind, experience balance in your body, happiness in your emotional life and have full zest for life and the confidence to express your spirit. To quote an international essence producer: *“Vibrational essences are not alternative medicines, they are future medicines.”* I believe essences are at the cutting edge of mind/body science and present a new model for total well-being, for yourself, your family and our world.

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Please forward to anyone you feel may be interested in this newsletter.