



Optimum Evolution™

Cultivating Wellness, Development & Success

Newsletter Winter 2010

Firstly may we wish all of you a very blessed and joyful Christmas.

And speaking of Christmas, did you know that recent research by psychologists found Christmas to be one of the most stressful times of the year? What's more, this is regardless of whether you are spending the day with family or spending the day alone. Each of these scenarios has its own stressors; and we very often react to these, leaving ourselves vulnerable to further 'holiday' stressors. This leads us into further reaction and we feel even more stressed; thus leaving us more vulnerable to holiday stressors which leads to.....and on and on..... Get the picture?

So what do we do?

Well, how about we stop, take three relaxing breaths [in through the nose, hold it for a count of 4 and then release slowly through the mouth, letting stress release with each out breath]. Then how about we consider what the 'holiday season' is all about. Well, whilst Christ Mass day itself is hypothesized to have been chosen because it was:

- i) 9 months after the believed [spring equinox] conception of Christ (first 2 chapters of the Book of Genesis)
- ii) a solar date (church calendars used solar dates when they were created in the 4th century)

...but it's not so much the actual *date* which matters but the **celebration of 'God on Earth'**. We're even told what that should represent: '*endless peace*', '*light on earth*', '*glory everlasting*', '*grace of God bringing salvation to all*' (Old & New Testaments); '*let no despair darken the joy of Christmas, for the time of Christ is meaningless apart from joy*' (*A Course in Miracles*). And regardless of our beliefs, isn't the *message* of peace, light and joy worth reflecting on?

And for those of us who are Christian, are we celebrating by focusing on the rituals rather than welcoming the message into our hearts? How about the story of the person who was so determined to have everything prepared for all of his family and friends to give them a wonderful Christmas with all the trimmings (the food, wine, presents, games, decorations, tree, cards and on and on and on) that he rushed around so much in his stressed out state that he forgot to give his family the one thing they really wanted: a little piece of quality time with him!

So my Christmas question to everyone this year is: Are you fitting in with the consumer rituals and obligations of Christmas; or are you giving yourself over to the message itself? It's a funny thing, but when we give ourselves, our hearts to peace, light and joy then we naturally give the amazing gift of ourselves without feeling obligated or stressed. And that's worth celebrating.

Dealing with holiday stressors: The autumn newsletter spoke of stress, its effect on our health and how we can use EFT effectively to *address the stress* (www.optimumevolution.com). One exercise which can be particularly useful at this time of year is the combination of EFT's **Peace Procedure** and **Choices Method**.

First, take a large sheet of paper and brainstorm whatever is most stressful to you at this time. Then (and this is most important) walk away. Come back to the sheet 24 hours later and make a priorities list of your brainstorm with whatever is stressing you the most at the top. Next write an 'opposite' (a statement which

reflects how you would be/act without this stress). This is your own personal positive affirmation. You may find that this affirmation gets repeated a few times as you go down the list.

So the next thing to do is to take one from the priorities list each morning and tap on it. Complete one full round of EFT on the priority before moving onto the corresponding positive affirmation, using *the Choices Method* to 'install' the positive affirmation. Install the affirmation by using the same set up and tapping protocol of EFT but without the 9 gamut procedure. I.e. do the set up whilst saying '*I choose to.....(positive affirmation)..... and I deeply and profoundly accept myself*'. Then tap on points from inner eye to under arm using the positive affirmation shortened statement '*this*'.

For more information:

Peace procedure http://www.eftuniverse.com/index.php?option=com_content&view=article&id=2636&Itemid=2260

Choices method http://www.masteringeft.com/Articles/EFTVariations/The_EFT_Choices_Method.htm.

You may even like to remind yourself of the affirmation during the day. Or perhaps use the Course in Miracles phrase: '*I could see peace instead of this*' whilst tapping on the collar bone or karate chop points (or even the full EFT sequence) when you're faced with holiday stress.

New Year's Resolutions: So we know the story. Write a list of those changes we want to make or goals we want to achieve next year. And then promptly remind ourselves early on in the New Year how fruitless it was to make them or how we are unable to reach/maintain them.

So how about thinking of the following when considering changes and goals for 2011:

- i) Ask yourself: *why* you want to make this change/achieve this goal. What will you get out of it? What do you need to make it happen? What steps are needed to get there? Who else, if anyone, is involved? How will it look and how will you feel when you have made the change or achieved it?
- ii) Now ask yourself: *what resistance* is there to making this happen or to the end result? How does *not* reaching it or *not* maintaining it serve you?

The answers to the second question are really good ones to tap on. And why not use the choices method to strengthen what you do want? Perhaps even look at this from a higher purpose. Ask: *what does my divine self want out of this?* The answers you receive by asking this may surprise (and even delight) you.

And for those of you wanting some assistance with the above, you'll be pleased to know that as my gift to you I'm starting 2011 with 2010 prices.

Optimum Evolution news: The **EFT group [here on Oahu]** is moving in 2011 to the 3rd Wednesday of each month; 6.30pm – 8.30pm at the comfortable, cozy Path Clinic in Kaimuki. The suggested donation remains \$15 per person; please call ahead to let me know if you're interested in attending.

Blessings,

Helen.

Tel: (00)1-702-234-6337

optimumevolution@gmail.com

www.optimumevolution.com

