

Graceful Living January, 2009

Note from Grace

When looking at the state of the world at this time, I am reminded that change is often preceded by a time of chaos...a time of reorganization that often can make one feel discombobulated and off balance. We can see that our culture is undergoing a massive change and that we are the instruments of this change. It is up to us to orchestrate this change (from fear to hope and happiness) in as efficient and focused manner possible. Wonderfully, as we do so, we move not only the personal, but our cultural lives, as well. After all, it's our personal change that affects the outcome of the whole.



The Power of Thought

"If you think about disaster, you will get it. Brood about death and you hasten your demise. Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience."

Eddie Rickenbacker

As I set goals for myself for the upcoming year, the goal at the top of my list is to more often utilize my mind in a conscious manner. With the title of Wayne Dyer's book, You'll See It When You Believe It, resonating in the back of my mind, I'm amused with the fact that I have always been taught just the opposite. I, fortunately, have been practicing "believing before seeing" for some time now, and can certainly add my voice to Dyer's.

Baba Ram Das wrote an excellent book entitled Remember, Be Here Now, that exemplified the understanding that true happiness resides in the present moment. If we are focused upon the happenings of the past or worried about the unknown of the future, we are missing the perfection of the present moment. Sit still for a moment and reflect upon how wonderfully you are doing in this very moment...that you have a computer from which you can send and receive information, that you have the eyes to read this, the ability to sit in a chair in order to do so and the mental ability to understand. The more of these appreciative moments that you experience, the more these moments will appear in your life. We are nuggets of creative energy...pilots of our own ships...particles of light that make up the incredible light that connects us all.

We humans tend to focus on what we “don’t want.” If we think that we don’t have enough money or friends, health or happiness, or whatever, and we keep our thoughts mired in the perceived lack, we unfortunately are perpetually creating more of the same. If we can move ourselves into a place of feeling wealthy and loved, well and happy, no matter what our lives look like, we find that our lives begin to reflect this change in feeling. If we begin to perceive this as a safe and nurturing world, the world begins to show up in our lives in just this manner. Of course, the opposite is true, as well. If we perceive the world as a frightening and cold place, our feelings are accommodated and the world shows up in this manner.

This is not some fliberty-jiberty scheme. This is a profound truth that requires our participation. One may say, “But, my bank account is empty, how can I possibly feel wealthy?” Simply recall a time when your bank account was full and recapture that feeling and feel its true experience. By experiencing and feeling the fullness, you are setting up the universal motion in order to accommodate the feeling. If you can’t remember a time of fullness, imagine what that fullness would feel like and stay with that feeling. This will also set the universe into motion for you. It is truly to our great advantage to be happy, no matter what is occurring in our lives, as this happiness will certainly create more opportunities for the same, and our lives begin to reflect this change.



BRAISED RED CABBAGE

This German-inspired dish makes a nice change from our usual treatment of vegetables. It certainly adds a colorful variation not often seen in our culinary tradition.

1 Red Cabbage, sliced thin or chopped
1 Medium Onion, sliced into half moons
2 tsp. Extra Virgin Olive Oil
3/4 cup Raisins
1/8 – 1/4 cup vinegar
1 tbsp. Shoyu (Soy Sauce)
Black Pepper
1 – 2 cups Water, depending on the size of the cabbage

- 1) Saute onions in the oil until a light golden color.
- 2) Add the cabbage and saute until barely tender.
- 3) Add the remaining ingredients, cover and simmer for about 20 minutes.



Testimonial

The World Health Organization defines Health as “a state of complete physical, mental and social well-being and not merely the absence of disease.” Being at a point in one’s life in which you generally feel unwell on all levels - emotionally, physically, mentally and spiritually - can be misunderstood in conventional medicine. Seeking help solely via a primary care physician and passing blood pressure, cholesterol, heart rate and blood glucose tests would grant an individual a healthy stamp of approval due to the absence of disease. Any mention of emotional or mental

unease usually results in a prescription for an anti-anxiety or anti-depressant medication.

Therefore, I took my health into my own hands, and found practitioners outside of the current healthcare model. My team includes an acupuncture physician, massage/reiki therapist, preventative care physician, dentist and a whole health counselor – Grace Justiss.

The HealthCare Counselor role is gaining momentum in the U.S. The first school of Integrative Nutrition opened in 1992 in New York City and has trained many students on nutrition and wellness who are now apart of a healthcare team. The school has also trained physicians who subsequently began to incorporate integrative nutrition and wellness into their practice. Now certain universities with integrative medicine centers have training programs for health coaching. Grace is a pioneer in health counseling and has been practicing long before the concept of “health counselor” was fully established. Based on her experience and in-depth knowledge she also could be coined an integrative clinical nutritionist with a specialty in life coaching. She is skilled in the cause of disease from the standpoint of nutritional deficiencies, detoxification, lifestyle factors including mental, emotional, spiritual and energetic imbalances. After reading books such as Integrative Nutrition, I was marveled that Grace had been coaching me on some of the same concepts such as (1) the poor state of the Standard American Diet (SAD) (2) whole foods (3) food and energy (4) yin and yan balance of foods (5) nutrition integrated in the greater context to promote well being. Moreover, she tailors whole health information based on a patient’s specific health condition and lifestyle history – as there is no one size fits all.

As a health counselor, Grace works in tandem with all healthcare practitioners. A person that is un-well or people who have progressive chronic diseases, the return to wellness and health becomes a journey. All types of health care providers including conventional and complementary practitioners are needed at different times and in various capacities throughout the journey. But what people mostly need, is the knowledge of how to live a lifestyle that promotes and maintains health through food choices (e.g. whole foods), mental thought processes (e.g. positive thinking), emotional health stress relievers (e.g. yoga) and incorporation of spiritual health practices (e.g. breath work, spending time in nature).

Brandi Reddick

Yoga Ananda Wellness Center in the Avondale area is sponsoring an all-day Woman's Wellness Event on January 31, 2009. This event will feature sessions on yoga, acupuncture and nutrition, to name a few. There will be a nutritious lunch provided by Grace, beautiful soaps by Marge Powell and a great opportunity to acquaint yourself with many holistic modalities. For more information or to make a reservation, call Yoga Ananda at 680-7344.

Also, at Yoga Ananda Wellness Center on January 10th, Grace will be conducting an afternoon nutrition workshop to which all are invited. For further information, please call Yoga Ananda at 680-7344.