

Natural Healing Express Weekly

Column 358 Great Start

I hope you are all doing well on your new start to 2019 and that everyone getting back to work, school, college and their ‘normal lives’ are making the transition with ease and grace.

I found a verse this morning that spoke to me after cleaning up Christmas decorations. Ephesians 12:18 - 19....”be filled with spirit”....”singing and making music from your heart to the Lord”. I had to laugh and hope for sure The Big Guy counts “singing” in a long, hot bath after making it through the holidays as Praise. For sometimes, that’s just the best we can do – make it through. And, by golly, that’s OK.

I see many of my friends struggling to be everything to everyone and getting so stressed and angry. Yes, downright ANGRY at themselves for not achieving the nearly unachievable. I recognize their cloak as I wore that same suit for years. And, I have learned, it’s just not worth it. Nope, it’s not. You trick yourself into believing that things will fall apart and others will fail because of something YOU didn’t do. Well, I got news for you; all you are doing is preventing the inevitable. People will fail, YOU will fail. Situations will not go as planned. And, sometimes that IS the plan. Ironic, I understand.

Ever feel like you are swimming against the current? Well, you probably are. And, I have done it. Many times. What I have recently learned is DISCERNMENT. And it’s taken awhile.

What is truly your battle and what isn’t? That’s the key – knowing the difference. And in today’s era, we are doing more for our kids than ever. It’s ridiculous. They need to understand Passing and Failing, Winning and Losing. Stress and Failure. And, of course, tools for success and Coping Skills for Overcoming! But, who are they modeling after? Yep, you guessed it. Us workaholic-control freak-offended by everyone- do- it- yourselves.

And then we actually have the audacity to wonder why we are fat and tired?

I am seeing all these ads about weight loss, keto, Meta burn, etc... Yes, it is wonderful to want to lose weight to be healthy, I couldn’t agree more, however do you know what the biggest inhibitor to weight

loss truly is in women and most men? STRESS, YES, STRESS.... If one doesn't adequately learn how to deal with their daily stress, permanent weight loss cannot occur. Sure, you can lose weight and burn some fat as some supplements will mask this for a bit, but in the long term, you begin to have hormonal concerns and end up putting the weight back on. Ever notice that?

So, what am I suggesting? Yes, continue with your weight loss plan, but take a long, hard look at the sources of your daily stress. Are you doing too much for others? Are you taking on battles that aren't truly yours? Is it time for some "singing" in the shower and a clarity "cleanse"? Let's get off to a great start and leave those self-sabotaging behaviors in the dust. Especially, if you are doing too much for others!

Make it a great week!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express