

Natural Healing Express Weekly

Column 386 Positive Changes

Hope your summer is continuing to be a fun-filled time with family and friends. I know ours is crammed full of events, outings and goal setting for the fall. One of the main “themes” that has risen to the top of our world recently is MINIMIZING. Minimizing and Streamlining! Not only regarding our waist lines, but in our overall abundance of material items. In other words, we have a lot of things in our life that we are not utilizing to the fullest. So, it’s time to make positive changes by finding these objects new homes.

What I have learned over the years (and many times THE HARD WAY) is that in order to make positive changes in the physical realm, one has to start by making changes in the mindset and the spiritual realm.

Of course, being a Christian, I take my direction from God through prayer. And then, it’s time to get to work! Apparently my Guardian Angel has a task sheet a mile long. Such is the life of a farmer’s daughter!

In order to make positive changes, one needs a plan. The origins of what you intend to “do” are found initially within your own consciousness (your mind and intellect). This consciousness, in more laid back terms, is known as your being. I love the old phrase we are indeed human BEINGS, not human DOINGS. I learned that phrase a while ago during my time in LA and it resonated. Perhaps I was a little tired then, but it certainly gave me pause for reflection. Here in the Midwest, it seems we are always DOING something. Doing. Going. Moving. Talking. Working. You all know the drill. It takes a strong soul to sit for a moment and realize that many of our upmost “truths” are found in our “Being”. Sitting still for a moment and connecting to our innermost consciousness. Make sense?

Hence, the very first step of making positive changes is to start with taking a step back, sitting down and connecting with your “being”. Get in that personal space that is reserved only for you and your higher power and connect through your prayer/meditation. This process is internal, invisible and as I always like to say ---I am in my incognito. A LOT of stuff happens during my INCOGNITO. Trust me. Ask anyone who has spent time in one of my “creative sessions”... (A safe space where anything that comes forward

is not judged and is simply there for the consideration). Our family has learned to use this tactic not only as individuals, but as a family. We utilize this personal strategy for overcoming obstacles and pursuing goals that too many seem unattainable. Many times, we succeed. However, if we fail, we band back together, check back in with God, and if so directed, we come back at things from a different angle. So, as we sat in our group “creative session” it was decided that we (as a family owned business) would be making some intelligent changes to our ever evolving business strategy. We will share more on this specifically at a later time, but know that it involves streamlining and scaling up what works for us. For example, less retail hours but more choices for our customers. Also, this tactic includes much faster service, more delicious, gourmet and nutritious foods that can easily be ordered, easier communication, smarter marketing and a heck of a lot less stress for yours truly.

In addition, we are releasing many of our “extra items”... Such as double ovens, books, juicers, dishes, kitchen items and the like. I will have more on Facebook, but if you want to keep up to date daily on what is being sold to make room for new, call/text/message or friend Donny Fox on Facebook as he is in charging of posting pictures and prices!

Don't worry the Lounge and Seminar area are staying pretty much the same, just making more room and seating for attendees! If you want to make positive changes in your own life, consult with us on our process when you feel the need.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

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](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express