

Life Matters in February

What is Life Matters?



For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms in Greymouth, New Zealand. We also offer Skype and telephone consultations for international enquiries.

Life Changes that Matter in 2011!



For 2011 I have moved to Greymouth, New Zealand to pursue further study in outdoor recreation. **YES**, Life Matters is still operating via **Skype** and **telephone** appointments. Please contact me via my website or by email for more information.

Check out your reflection... What's in your mirror?

"As above, so below.

As within, so without."

- *The Emerald Tablet, circa 3000 BC*

An ageless saying, that holds so much wisdom in so few words. The last time you looked in your mirror – what did you see? As the above statement suggests; what is going on internally, is reflected externally. Let's take a look at Emma's* situation... (*Story used with permission; names have been changed to protect individual's identity).

A very literal case of low self esteem manifested itself in Emma's physique when she was 17. From a young age at primary school she had been bullied for having protruding ears. When she turned ten, she underwent surgery to correct her ears and the bullying stopped.

The internal scars however, remained.





I first saw Emma when she was 17 and a half years old. Face hidden behind long hair I could barely even see her eyes. Over the next few minutes I learned that even though the childhood bullying had stopped externally, Emma continued to bully herself in her mind – often repeating what the other children had said to her. Now, at 17 her face was literally covered in acne which had started the external bullying again. Emma hated herself that much (within) that her self-hatred was manifesting externally (without) creating further ‘proof’ or ‘evidence’ that her self-hatred was accurate as ‘everybody hates me – I know because they say so’.

Emma started a process of ‘checking out her reflection’ – literally. Over time she began to appreciate herself, not just for her physical characteristics but for her internal qualities and strengths. Incredibly, after just a few weeks her acne began to diminish, weaken, and after a few months it eventually went completely. As Emma’s self esteem grew within, so her external appearance followed. *As within, so without.* Of course, this is not to say that anyone who has a low self esteem has acne or vice versa, this was simply what became apparent for Emma’s situation.

Think for a moment about your external life, what parts aren’t working for you? Has your car broken down? Unhappy at work? Challenges with finances? Trouble in your relationship? Look now, inside you – what parts of you are not in alignment?

Perhaps you have been too busy, neglecting self time – and now your car has literally called to you ‘I can’t take watching you do this to yourself. I’m going to stop so that you can too!’

Maybe there is an issue with a work colleague that reflects your relationship with your father/mother/sister/brother. Have you worked through that relationship – really? Is it showing up in your life now, so that you can?

Failed to plan or take responsibility? Don’t feel worthy? Perhaps that is being reflected in your finances right now.



Ask yourself the following questions:

'What area is dark/in shadow inside me?'

'How is that reflected in my life?' (Physically, emotionally, material, financial, social, relationships etc)

'What area is in light/illuminated inside me?'

'How is that reflected in my life?' (Physically, emotionally, material, financial, social, relationships etc)



Action Question...

Using similar strategies to how you shed light/illuminated those harmonious parts of yourself, how can you brighten the dark/shadow parts that are manifesting in a negative form right now?



February Words of Wisdom

The Story of the Butterfly

A woman found a cocoon of a butterfly. One day a small opening appeared. She sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole. Then it stopped, as if it couldn't go further.

So the woman decided to help the butterfly. She took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shrivelled wings.

The woman continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body. Neither happened! In fact the butterfly spent the rest of its life crawling around. It was never able to fly.

What the woman in her kindness and haste did not understand: The restricting cocoon and the struggle required by the butterfly to get through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives.
Going through life with no obstacles would cripple us.
We would not be as strong as we could have been
and we would never fly.



Humour for your Health

True Identity...

During Sunday school, the substitute teacher asked my four-year-old what his name was.
"Spider Man" said my son.

"No, I mean your real name," pressed the teacher.

My son apologized. "Oh, I'm sorry. It's Peter Parker".

Source: www.rd.com



I trust you enjoyed the February edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie