

# OBSERVATIONS FROM A CLINIC

ISSUE 3 JANUARY 2023

## READY, WILLING AND ABLE?

A little late in the day perhaps, but nevertheless, a heartfelt Happy New Year to you! Did you make a new year's resolution? Have you been able to keep it or are you already berating yourself for having failed at the first hurdle?

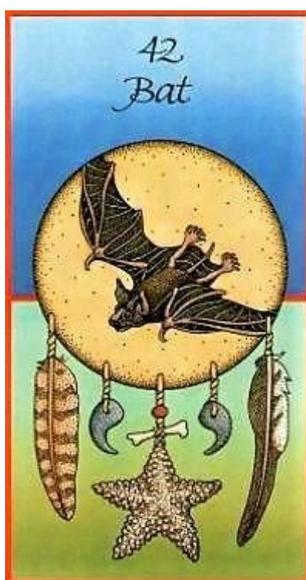
New years resolutions are about making changes in one's life. There arises within us a desire for change of some sort, to birth something positive into our life and to allow die something we see as detrimental, something that no longer serves us.

Hanging upside down in it's dark cave, Bat is a symbol for learning to transpose some aspect of our former self into a new way of being. To succeed requires entering into the dark, silent and lonely bat cave where our fears need to be faced if we are going to achieve the change we desire.

Bear symbolises the power of introspection. Bear enters the womb-cave to hibernate, to digest the year's experience, to seek truth and to learn from it. Bear's introspection can help us to identify and process our fears and recognise how they impact our life and the lives of those with whom we come into contact.

To accomplish the goals and dreams we carry, the art of introspection is required together with a willingness to face whatever we discover, the good but also the not so good, in

order that we may transpose it.



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## **Ancestral Meridians Update**

*Last September I took a newly established CK course which focused on balancing the ancestral meridians.*

*So why might we want to do this?*

*In the July Newsletter I talked about how we inherit not only our gifts and talents and many good things from our ancestral family line, but also the challenges and difficulties.*

*If a client is willing to, they can hold the intention that the natural healing that takes place as a result of their Ancestral Balance will not only flow back down their ancestral line, but also forwards into future generations. Here is the opportunity to release ancestral stresses from our children, their children and so on. Remember, we are the ancestors of our future generations.*

*Why is this important?*

*When we carry an unhelpful ancestral life issue, it impacts how we live our life, how we behave towards ourselves and how we behave towards our family, friends, work colleagues and other people with whom we come into contact. We all have ancestors and most probably an ancestral issue causing some level of disharmony in our relationship with ourselves and others.*

*Is it that we are being presented at this difficult time, with an opportunity to work to heal the unhelpful impact of ancestral issues on ourselves and our children and so remove their impact from future generations? Perhaps our role is to now help clear this path so that our current and future young are in a much better position to establish the harmonious and peaceful relationships we all desire and seek for ourselves and all of mankind.*



## READY, WILLING AND ABLE?

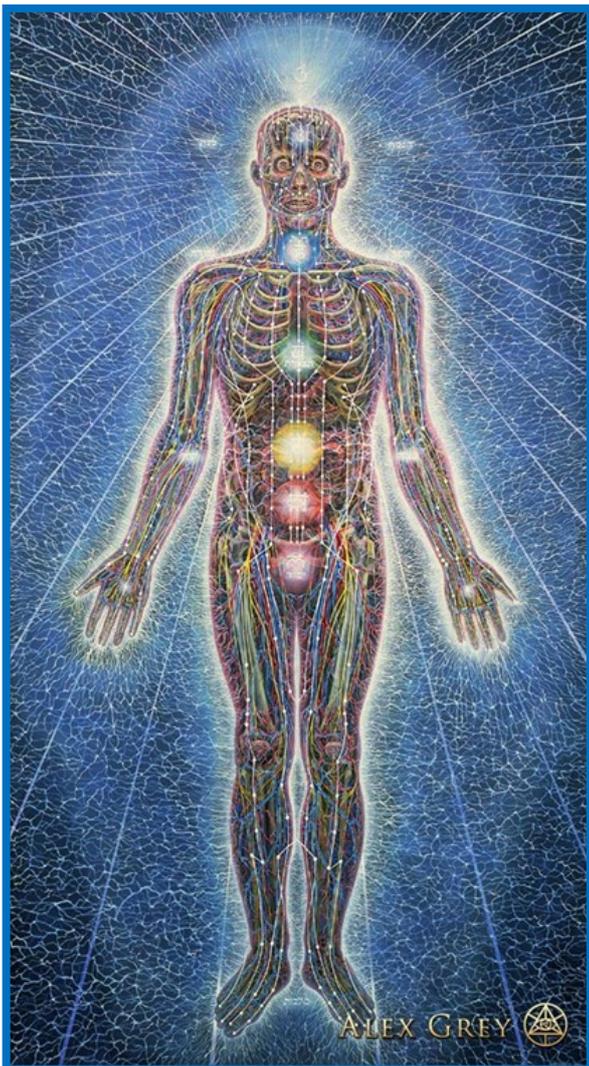
Those around us can support, assist, and encourage us in our endeavors, but ultimately this is something we have to do on our own.

The question which many of you will already be familiar with from your own Creative Kinesiology sessions is, "Are you ready, willing and able to undertake what is required?"

If you have not succeeded with your New Year resolution (or any other personal resolution) as you had hoped, that's fine, don't beat yourself up, you have done nothing wrong. It may be that you were ready and willing to make the change you desire, but not yet able to. Or not really ready at this point, despite being willing and able to. Take a little time out for introspection, see if you can identify what prevented you from doing what you had hoped to. If you find this becoming uncomfortable, then stop and go back to it later on; it can take time. There is no right or wrong here. A small step at a time is just fine. It's not a race. And if you feel you want and need some help and support in this process, well, you know where to find me.

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## THE TALE OF A MISSING FINGER



A friend chose to have removed a deformed finger from their hand as it was causing difficulties with the use and mobility of the other fingers and hand in general. I stopped recently to ask how the hand was healing and received a reply I was not expecting although it was completely understandable.

They told me that they were having difficulty getting their head around that fact that despite their finger having been amputated, they could still feel it, bend it and could feel the nail. I proceeded to offer an explanation about the physical body and its energy field. How the removal of a physical body element does not remove the energy field for that element. I'm not sure they were totally with me on this one even though the evidence for what I was explaining was there for them to both feel and see for themselves.

Those who are capable of seeing the body's energy field report symptoms of dis-ease can be witnessed in the energy field prior to appearing in the physical body. As a Kinesiologist I work at an energetic level. The techniques I work with are to help restore the flow, balance and harmony of the energy system where it has been disrupted through experiencing unhelpful life situations. This offers the opportunity for natural healing to take place within the body.

A healthy and vibrant energy or auric field is essential for the protection of our health and wellbeing and the discussion with my friend offered a reminder about how we become so absorbed in our busy every day lives that we can lose all awareness of our energy field and what may negatively impact upon it. This assumes of course, that we ever held

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## THE TALE OF A MISSING FINGER

such an awareness in the first place of something most of us were probably never taught about at school. It certainly took my friend by surprise!

It is a pity that instead of an Alexa sitting on the side at home, we do not have an equivalent that warns us each time a thought or action causes an energetic distortion in our energy systems. How quickly after firing it up would we become motionless and attempt to cease all thought I wonder? Of course, we all have such a system, we just don't listen to it often enough, if at all.

WARNING! ENERGY  
FIELD DISTORTION  
Unloving action towards  
self. Please stop.

WARNING! ENERGY  
FIELD DISTORTION



WARNING! ENERGY  
FIELD DISTORTION  
Harmful external dialogue.  
Please stop.

WARNING! ENERGY  
FIELD DISTORTION  
Harmful internal dialogue.  
Please stop.

WARNING! ENERGY  
FIELD DISTORTION  
Unloving action towards  
another. Please stop.

WARNING! ENERGY  
FIELD DISTORTION  
Violent scenes.  
Please turn off.

### Ludlow Workshop

### “Maintaining a Healthy Energy Body”

**Saturday 18th February 10 am - 1 pm. Donation £18**

**In this workshop you will learn a series of techniques you can use to strengthen and cleanse your personal energy field and help lift your energy levels. They are simple techniques which anyone can do standing or sitting.**

**Please email me if you would like book your place. Bring a friend who is new to Creative Kinesiology and it will be just £15 each.**

### Creative Kinesiology Shropshire

Web: <https://www.creativekinesiologyshropshire.com/>

Email: [creativekinesiologyshropshire@gmail.com](mailto:creativekinesiologyshropshire@gmail.com)

Tel: +44 (0)7803 612181

Sessions in clinic or online over Zoom or Skype. Different time zones accommodated for.