

TRUE Medicine

December 2010

e - Newsletter

Natural Health & Beauty

Clinic location:

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- For health tips
- Diets
- Recipes
- Or blog a comment

Clinic Hours:

**CLOSED 20 Dec 2010
to 17 Jan 2011** inclusive

- Tue-Fri 9am-6pm
- Sat 8am-12noon

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card
facilities available

Dagmar Ganser

BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Biomesotherapy
Nutritional Medicine

A time to reflect

Whether or not you celebrate Christmas, this time of year provides an excellent opportunity to reflect on the past 12 months. Independent of religion, belief systems and cultures, we always have so much to be grateful for and as the year draws to a close, let us appreciate all that made 2010 the wonderful year it was.

There may have been setbacks, there may have been challenges and, indeed, there may have been many times that caused pain, loss, anguish but we have come out at the end of it all – richer, stronger and wiser for the experience. There is always a rainbow after the rain – and so it is with life.

By reflecting on all that we have to be grateful for, we can begin the new year full of inspiration and gratitude – the perfect foundation for a fabulous year ahead. A blank canvas on which we can create our life's experiences.

May you enjoy a safe and happy Holiday Season.

A Time for Presents

It's that time of year again. Once more it's time for the presents. And once more the emphasis is on giving.

For some of us this is done under the watchful eye of Old Saint Nick while many others amongst us just fall into the trap of maintaining tradition.

Yet what do we give? Things. Big things, little things. Brightly wrapped things. Budget things, expensive things. Practical things. Useless things. Asked for things. Things to impress, Things to prove we haven't forgotten. Christmas has become a time to give give things things things.. Not to give things is seen to be miserly, mean, selfish, uncaring....

Yet is this what Christmas has come down to – 'Pass the Present'? According to the commercial world, yes. How can you deprive your children of the latest X-box?!

The present with the greatest value is your own Presence.

Christ-mass isn't about presents. It's about the Presence. The Presence which you are, already, deep within. It's about



sharing that Presence with your family, your friends, your neighbours, total strangers.... It's about a birth says a Mum in the front row. Correct. The birth of consciousness. Of the Presence within humanity. It's about gifts says a small child. Correct. The three most valued gifts of all – **one's Presence, one's Acceptance and one's Love.**

It's your **Presence**, your real and divine **Presence**, freely and joyfully given and shared which is the real value, the gold – **your divinity.**

It's your **Acceptance**, the ability to include everyone (regardless of their behaviour) as a child of the Divine which is the real activity, the frankincense – **your spiritual integrity.**

And it's your **Love**, your very expression of the Godlight within you, which is the real spice, the myrrh – **your life lived authentically.**

These gifts don't need any excuse to be given. Give any day, every day.

These are the wise words of a very special man, Les Dyer.
www.heartlandretreat.com.au

Stress

A lecturer when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.

So, my family & friends, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while."

