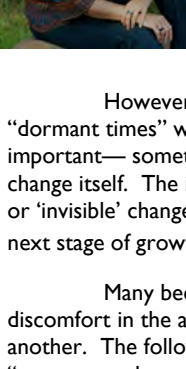


Conscious Connection

Spring 2012



A sign of "Spring" Relief



Many are breathing in a sign of relief as we enter the spring season. This is a time of 'newness' and growth, as well as birth and rebirth. New energy is stirring within us and along with our bodies becoming more active, we can also take the proverbial mental 'stretch' as we see our own internal changes on the horizon as well.

Personally, I adore Springtime. I love hearing the early croaks of the frogs in the ponds around me... I love seeing the birds come to life while in search of their new homes... the trees start bursting with their wonderful array of colors... and along with most people, I'm simply relieved that the winter months are behind us.

However, I also try to embrace the transition of Spring as another 'in-between' time. The "dormant times" we experience between the seasons, or with any other change in life are just as important—sometimes more so—than the actual times in which we see and feel the movement of the change itself. The in-between is somewhat of a time to 'marinate'—we feel somewhat stuck, but the subtle or 'invisible' changes that are taking place set the stage for our chance to more consciously burst into our next stage of growth.

Many become frustrated when they feel stuck, but I try to encourage them to 'sit' with the discomfort in the awareness that when they are done marinating, there will be movement in one way or another. The following is a poem written by an artist/poet I came across a few years ago. Her website is "www.mysoulsoup.com" where you can find wonderful paintings and messages that feed the soul and encourage consciousness about everyday life.

Real Magic

Its in the in-between
that the real magic happens
The seeds are planted
roots take hold....
and we blossom into
who we were meant to be.

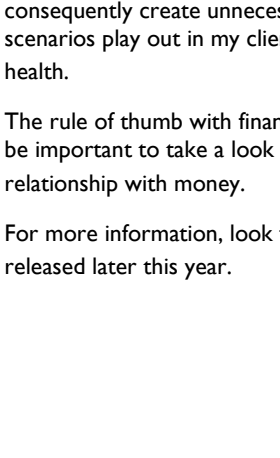
—Kristen Jøngen

This issue of the newsletter will continue the exploration of the *Soul Health Model*, focusing on Financial Wellness—appropriate given tax time. The second article will describe the evolving global consciousness and ways to reframe what we see in the news as part of this necessary process. I will also discuss exciting news about workshops, "the book", and possibilities of workshops, travel and retreats related to *Soul Health*. Also, make sure you take a look at the "Thumbs Up" book for this issue—a great addition and compliment to "Soul Health" by new author Sarah McLean, a meditation instructor from Sedona, Arizona.

May the journey continue!!!
In shared light,

K. Kelly

Soul Health: Financial Health— Learning to 'See' Green!



Few think of their finances when you ask about health; however, no one can deny that money issues affect our overall wellness. In fact, when you look at the *Soul Health Model*, you can quickly see that in most cases, without ample resources one doesn't feel well at all.

An unhealthy 'financial branch' of health can leave you feeling anxious and/or depressed about the future, limited in terms of social activities, unable to provide a suitable home environment, trapped in a work situation (or wishing you had one to be trapped in!), lacking in sexual interest, unsettled within your relationships,

embarrassed to attend spiritual or religious activities if you cannot tithe, not to mention worried to the point of impacting your physical health (or unable to pay for health problems you already have!). Every single branch is impacted, often drastically when money is involved.

The financial branch of health considers everything from financial security, use or misuse of financial resources, spending habits, planning for the future, as well as your overall beliefs or 'relationship' with money. How your family dealt with money is often how you begin your own relationship with it as well. Of all of the relationships you may create in life, the one you have with money is likely to have the most immediate impact on all other branches of health.

Consider when and where you learned to manage—or not manage your finances in your own life. How did you learn this? What mistakes did you make? How did you learn to correct them? Or did you?

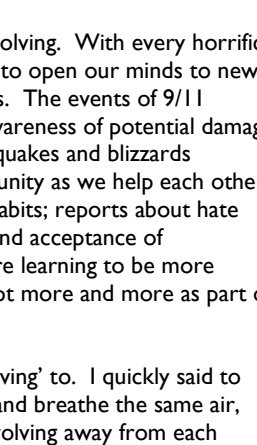
In most cases, your relationship with money depends on whether or not your emotions drive your financial behaviors. Your emotions may cause you to either spend or save too much depending on your view of the financial world. Many are aware of people who spend beyond their means through impulse shopping or simply poor budgeting, but it may be surprising that some are actually so stressed about money that they restrict themselves from enjoying their everyday lives and consequently create unnecessary worry and/or health problems as a result. I have seen both scenarios play out in my clients' lives, and neither indicate a balanced approach to their financial health.

The rule of thumb with finances is that if they make you feel uneasy in one way or another, it might be important to take a look at your money situation to determine the health of your own relationship with money.

For more information, look for "The Soul Health Model: Aligning with Spirit for Radiant Vitality" to be released later this year.

Embracing Global Consciousness

How does watching the news affect you? Do you feel better or worse after watching it? Many can't go a day without it, while others can't stand the thought of even turning on the television in fear of what they may find. However, whether we realize it or not there is much going on in the world that has to do with the raising of global consciousness.



Admittedly, I intentionally don't watch a lot of news, let alone t.v. itself. After a long day at the office, the last thing I want to hear about is which country has just declared war, which oil rig is now leaking into the ocean, which species is becoming extinct, when global warming will ruin the planet, who has murdered, betrayed or divorced who, or which public figure has gotten themselves into trouble this time. However, I have come to realize that there is a message of consciousness embedded in every breaking news story.

At face value, we see may see horrific occurrences of the world, but as a result, it is forcing us to become aware of our biases and to change our often unhealthy—and outdated ideas about the world. Issues related to race, gender, marital status, anxiety and depression, body image, sexual preference, discrimination of all sorts, war, ethnic fighting, spirituality/religion, sexual molestation, and many more public concerns are becoming just that... public. They are no longer hidden in the background where 1) the majority of people just didn't talk about it, and 2) where many people felt excruciatingly 'hushed' because of their opinions and/or situations. This may be my tendency toward a 'Pollyanna' viewpoint, but in my opinion, the news is doing its part in evolving our consciousness.

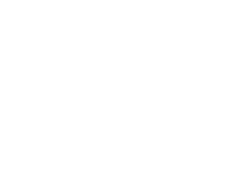
Which ideas or opinions of your own have shifted over the years as a result of new awareness? What are you more 'tolerant' of now than you were 5 years ago? What national or international events have caused you to rethink your point on something?

The reality is—our consciousness and understanding of the world is evolving. With every horrific event, there is good that comes to our consciousness. We are forced to open our minds to new ways of living, believing, and acting as a result of such challenging events. The events of 9/11 renewed our patriotism; the BP oil spill of 2010 brought heightened awareness of potential damage to the environment, the hurricanes, tornadoes, floods, tsunamis, earthquakes and blizzards throughout the last couple years have brought a closer sense of community as we help each other recover; the financial crisis has forced us to re-evaluate our spending habits; reports about hate crimes (racial, sexual lifestyle, etc.) have created wider understanding and acceptance of differences. The list could go on and on. Just through exposure, we are learning to be more conscious and understanding toward others, thus being forced to accept more and more as part of everyday life.

Someone asked me several months ago where I thought we were 'evolving' to. I quickly said to "Oneness". The fact is we all come from the same DNA. We all live and breathe the same air, and obviously we all live on the same planet. In essence, we are not evolving away from each other, despite what is in the news; we are evolving toward one another—coming closer and closer to being at 'one'. Strength in numbers no longer means outnumbering the under-dog it now means accepting and embracing our differences. The irony is that we all want to be unconditionally accepted, loved, and cherished, and yet we don't provide the same for others.

What are your biases? What ideas do you resist accepting? Are you spending more time thinking about these differences than working on your own life?

Just for today—work on accepting something that is keeping you further away from others!



It's about time!!!

There are several bits of exciting news I want to share. See the following categories to see what fits your interests!

◆ Upcoming Continuing Education Workshop:

Healing the Healer: Finding 'Whole Health' as a Healthcare Provider

Burnout occurs in approximately 30% of healthcare workers and results in lower productivity, increased absenteeism and increased physical and emotional illness. There is a need for healthcare providers to focus on healing all vital aspects of mind/body/spirit—not only for clients and patients, but for the providers themselves. This one day workshop is designed for all healthcare professionals who wish to create a balanced lifestyle and avoid burnout.

Wednesday, May 23, 2012 • 9 am - 4 pm • Wesley Long Community Hospital • Classroom 1

Faculty: Katherine Kelly Ph.D., MSPH
Credits: 0.6 CEU & Contact Hours; 6 Hours (Category A) CE for NC Psychologists; 6 BRCC Provider # 5470; 6 HCSAPPOR 038 Points. This activity can be applied toward your continuing competence plan for maintaining your current licensure with the NC Board.

Location: Wesley Long Community Hospital, Classroom 1, 501 N Elm Ave, Greensboro, NC

Cost: \$175 (lunch included). Payment must accompany registration. For more information and registration go to www.ahecnc.org for multiple registrations or to email or with payment, click "Search for a course" and print a registration form.

Event # 36098 | Handouts will be available online one week prior and one week following program. Sign up online (with payment) and click "My CE Area" after you attend, log in again to complete the program evaluation and receive your certificate.

Greensboro
AHEC
Area Health Education Center
Connecting People, Educators, and Health
Part of the NC AHEC Program

Please contact the Greensboro AHEC directly if you plan to attend this workshop.

***Keep your eyes open for other continuing education workshops to be announced next issue.

Group Sessions:

Mindful Eating/Mindful Body Group (Starting in August)

8- week series will pay for this emotional eating and body image concerns. *** Some insurance companies will pay for this group!!!

Workshops:

Soul-Based Living— One Day Workshop (September)

One-day workshop designed to help participants live more authentically and fully through application of the *Soul Health Model*. This workshop is based on teachings provided in the soon to be released book!

Soul-Based Eating— One Day Workshop (October)

This one-day workshop is designed to help you identify 'soul-based' vs. 'emotion-based' eating habits. New consciousness about your relationship with food is guaranteed!

Also look for more workshops, classes, and group discussions starting in the fall!!!

Book news!!!

With any luck, "The Soul Health Model: Aligning with Spirit for Radiant Living" will be completed and ready for the shelves and 'e-readers' sometime later this year. I will keep you posted for exact dates as the time nears!!!

Retreats and Wellness Travel!!!

There have been some requests for 1 or 2-day retreats and wellness/spiritual travel opportunities. If you are interested, please email me so I can get an idea of who is interested. This could be an interesting new adventure in Soul Health!

"Thumbs Up" Of The Month



Being a holistic psychologist, many people ask me about methods of meditation. There are endless ways that a person may find themselves meditating and not even know it. However, there are also many formal methods, each of which may find a place in your own daily routine depending on your particular needs.

Soul Centered: Transform Your Life in 8 Weeks is an up and coming example of the wonderful methods available. I met the author, Sarah McLean, at a workshop in Sedona last April and have since endorsed her methods to many clients through the CDs she offers. Now, with her first book she outlines a beautiful method of reconnecting with your inner ally—your soul—as you learn to quiet yourself within. She has worked with Deepak Chopra, a renowned author, speaker and teacher and is now spreading her own wisdom through this little gem. I'm very excited about her work and look forward to seeing more!

Event Schedule

**Continuing Education Workshop—
"Heal the Healer: Finding 'Whole Health' as a Healthcare Provider,"**
May 23, 8:30-4:00 p.m.
Greensboro Area Health Education Center



**** Dr. Kelly's speaking schedule will resume mid to late summer. Look for updates to come!!!

About The Author:

Katherine T. Kelly, Ph.D., M.S.P.H. is a licensed psychologist in her own psychotherapy and consulting practice in Winston-Salem, North Carolina. With 20+ years of direct clinical experience, Dr. Kelly doesn't just believe in helping others to heal; instead, her mission is to help them to evolve. Using her own integrative framework - the "Soul Health Model"—Dr. Kelly approaches her work with clients from a "psycho-spiritual" perspective. She provides a uniquely progressive, yet down-to-earth approach to healing and is well-known in both the therapeutic and medical communities. She thrives as she helps clients to reach what she calls 'conscious evolution' through a variety of self-designed methods.



Dr. Kelly has authored several academic publications and is an ongoing contributor to local health and wellness magazines.

Join Dr. Kelly for ongoing discussions about conscious evolution on:

Facebook: www.facebook.com/pages/Dr-Katherine-T-Kelly/

Twitter: <http://twitter.com/DrKTKelly/>

Blog: <http://drkatherinetkelly.blogspot.com/>

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Sneak Preview of the next issue.....

- Always.... More on Conscious Evolution
- Soul Health: Focus on Sexual Health
- Updates on upcoming workshops, talks, etc.

If you have topics that you would like to hear more about in future issues, please email me at :
evolve@drkatherinetkelly.com

As always— have a wonderfully conscious month!

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at evolve@drkatherinetkelly.com.

