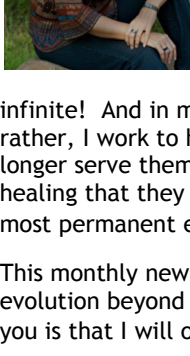




Welcome to your Conscious Evolution!



Thank you for requesting this newsletter and for entering into your own state of conscious evolution!

What, exactly, do I mean by conscious evolution? To me, this means that you are committed to not only becoming more aware of your life and the impact you have on the world around you, but also that you are willing to use life's experiences to learn and grow beyond your old ways.

Scientists claim that the human body has evolved as much as it is going to. However, our potential for our own awareness and conscious evolution is infinite!

And in my practice as a psychologist, it is not enough for me to help someone to heal; rather, I work to help clients evolve *beyond* their old thoughts, beliefs and patterns that no longer serve them. It is when a person enters a state of conscious evolution in the process of healing that they not only experience the most complete resolution and relief, but also gain the most permanent enrichment in life. And thus evolves the soul.

This monthly newsletter will allow me to spread the word of our potential for conscious evolution beyond the walls of my office. In the months and years to come, my commitment to you is that I will offer:

- * Monthly topics of interest to help expand your own consciousness,
- * Thought-provoking discussions to challenge your own evolution,
- * Updates on upcoming workshops, webinars, and other consciousness-raising events, and
- * A touch of light-hearted humor which always seems to enhance our growth!

For a more constant "stream of consciousness", join me on Facebook, Twitter, or my Blog (all links listed on: www.drkatherinetkelly.com)

I look forward to our mutual journey of consciousness!

K Kelly

What is the Human Condition?

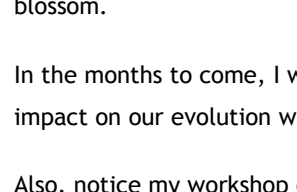
Although its not "diagnosable", everyone has it. "It" is called the Human Condition. The human condition is our experience of all life events--physical, emotional, cultural, social, spiritual, and environmental that creates our unique sense of being human. But it is also our perceptions and experience of these events that often leaves us feeling mired in our "humanness" and unable to move forward on our own.

When you think about it, humans create a whole lot of drama for ourselves as we go through life-- work drama, family drama, health drama, etc. But when you get right down to it, our experiences of the human condition provide the fertile "material" from which we can grow and evolve.

What have you learned from your own human condition?

How have you evolved as a result of your experiences?

Soul Health: How Consciousness Affects Our Well-Being



The *Soul Health Model* is something I use with clients on a daily basis. It is the basis of my philosophy in life and our potential for growth and evolution. In this model, the soul is depicted in an illustration of a tree. Much like the growth of a tree, the soul's evolution depends on the health of the 'elements' available to it.

In the case of the soul's evolution, the humanly elements of life are the basis for unimpeded growth. The branches represent 10 primary areas of the human condition which must be in balance for the soul to grow and evolve. These include Physical, Psychological, Interpersonal, Social, Financial, Intellectual, Environmental, Sexual, Fun & Leisure, and Spiritual "branches" of health. These branches bridge the gap between the *human condition* and the soul.

The entirety of the tree represents the interplay between these two aspects of our existence and illustrates the impact on the rest of our human condition when one or more branches are not healthy. The model emphasizes that when one branch is 'broken' it is impossible for the rest of the tree to remain unaffected.

Even one unhealthy branch can have a traumatic impact on the soul's overall health. The trunk of the tree houses the soul and is depicted by hands reaching upward toward our most natural state--our soul's expansive evolution. Only when the tree is in full balance can the soul truly blossom.

In the months to come, I will highlight one "branch" of the Soul Health Model and explain the impact on our evolution when this branch is left unattended.

Also, notice my workshop on Soul Health which will be held on January 19th (page 3).

Inside My Head

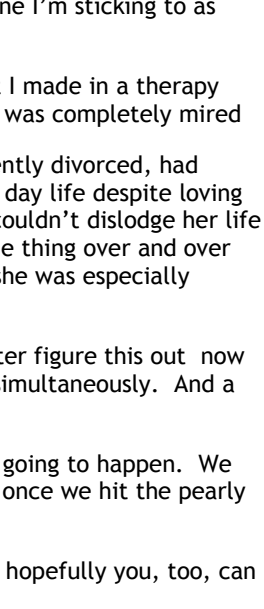
I'm often called a "head doctor", "shrink" and who knows what else. Anyone who works in the mental health arena is thought to get in the heads of others. Now its your turn to get in my own head.

I often think in cartoons. That is, that I am a 'visual' thinker who also happens to use a lot of humor to understand life.

One of my favorite thoughts is that the first fish that flopped onto land apparently liked--at least to some extent-- what it saw. It might have flopped back into the water over and over again out of fear, need of food and even for familiarity. But, there was something beyond the water that caused it to keep flopping.

Perhaps it was tired of swimming around in its own muck-- and the muck of others (the human condition). Or perhaps it was just one uniquely curious fish that wanted to see what else was out there.

Our own conscious evolution takes just as much curiosity and determination as did the fish who evolved beyond the waters. It takes time, and it takes patience. Millions of years passed before the fish was able to walk on land. However, humans have consciousness in their favor.. We can consciously choose our directions in life. If not, our lives just flop.



At a Glance

"There's No Therapy In Heaven: The Soul's Guide to Mastering The Human Condition" is the working title to my book. Publishers may have a different idea for a title, but this is the one I'm sticking to as long as I can.

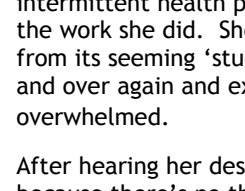
The title was a result of a spontaneous comment I made in a therapy session about 5 years ago. My client at the time was completely mired

in her own human condition-- she owned and ran 3 companies, was recently divorced, had intermittent health problems, and basically was miserable in her day to day life despite loving the work she did. She came in one day befuddled by the fact that she couldn't dislodge her life from its seeming 'stuckness'. The problem was, she kept doing the same thing over and over and over again and expected different results. But that particular day she was especially overwhelmed.

After hearing her describe her predicament, I said to her "Well, we better figure this out now because there's no therapy in heaven". We both stopped and laughed simultaneously. And a book was born.

The proverbial idea of us as angels laying on a therapy couch is just not going to happen. We need to figure out life as it is on Earth.. not assume that we will evolve once we hit the pearly gates.

Each month I will write about a concept written within the book so that hopefully you, too, can evolve before it's too late!



Where will your evolution take you?

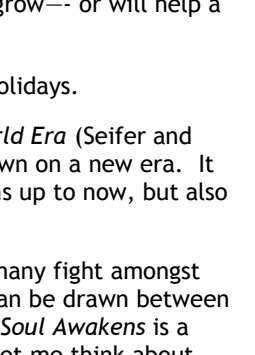
Workshop Schedule

January
Weight and Wellness: Finding "Whole Health" While Losing Weight--Weds, January 12th, 6:30 to 9:00 p.m.

Soul Health: Finding Your Self and Whole Health in 2011--Weds, January 19th, 6:00 to 9:00 p.m.

February
Signs from Spirit: Working in Tandem with the Universe to Master the Human Condition--Weds, February 2nd, 6:00 to 8:30 p.m.

All workshops held at Integrative Life Solutions, Clemmons, NC. For more information visit www.drkatherinetkelly.com or call ILS at 778-1950.



"If you have knowledge, let others light their candles on it."
--Margaret Fuller

"Thumbs Up" Of The Month

I love when I can find some little tidbit of information that helps me to grow-- or will help a client or workshop participant to grow.

This month I'd like to highlight a book I read on an airplane during the holidays.

When the Soul Awakens: The Path to Spiritual Evolution and a New World Era (Seifer and Veiweg, 2009) explores the awareness of increasing spirituality as we dawn on a new era. It offers a historical perspective on consciousness through early civilizations up to now, but also illustrates parallels within many religious and spiritual sectors.

In essence, striving for consciousness is nothing new. In fact, although many fight amongst ourselves (again.. the human condition), there are great parallels that can be drawn between cultures, belief systems and different societies overall. *When the Soul Awakens* is a "meaty" read, but offers many wonderful opportunities for "hmmmm... let me think about that" moments.

I believe that our "job" as humans is to reawaken the deepest part of us that can help us to grow-- our soul. Listening to oneself more deeply is truly the highest form of consciousness.

Happy Conscious Reading!

About The Author:

Katherine T. Kelly, Ph.D., M.S.P.H. is a Winston-Salem, North Carolina 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 '*consciousness 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. Her book "*There's No Therapy In Heaven: The Soul's Guide to Mastering the Human Condition*" is in the finishing stages with a final publication date soon to be announced.



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

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

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

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

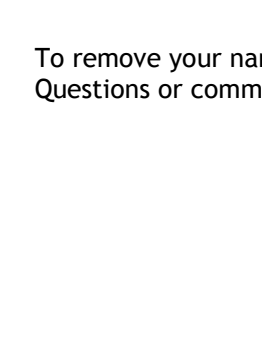
Sneak Preview of the next issue.....

- More on Conscious Evolution
- "Health and the Human Condition"
- In honor of Valentine's Day-- "Soul to Soul: Consciousness and our Relationship with Others"
- Spring is right around the corner-- so I will talk about consciously preparing for "Springing Forth" into the season
- Updates on the book, 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

In the meantime-- have a wonderfully conscious month!



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Questions or comments? E-mail us at evolve@drkatherinetkelly.com.