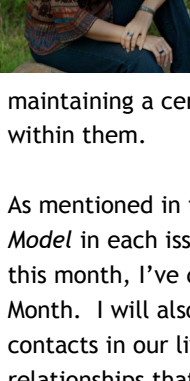




Conscious Connections... Relationship Month



February is often considered "relationship" month. So, throughout this issue of the newsletter you will read about various ways that consciousness plays a part in our connections with others.

Just like many species, humans are "pack" animals... we are meant to interact with other human beings. However, these interactions are often not engaged in consciously. This issue will stress the importance of becoming and maintaining a certain level of consciousness about our relationships in order for us to fully thrive within them.

As mentioned in the last newsletter, I intend to explore various 'branches' of my *Soul Health Model* in each issue this year. Although I had originally planned to write about physical health this month, I've decided to go straight to the *Social* branch in honor of February as Relationship Month. I will also discuss the *Interpersonal* branch since it is not only important to have social contacts in our lives, but it is also the health of the interpersonal dynamics within these relationships that promotes and enhances our overall health. Unhealthy dynamics, no doubt, will only serve to weaken the other 'branches' of our tree.

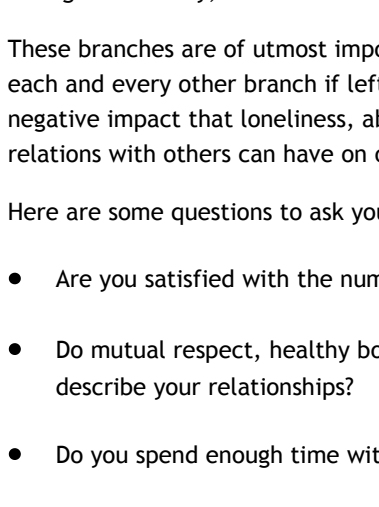
The section on *Soul to Soul Relationships* will explore why we are drawn to certain people in our lives, even if it isn't obvious at the time of our connection. Our relationships often set the stage for our ability to learn about ourselves, so understanding the "big picture" for why we get involved with certain people will serve to boost your consciousness about these connections. It is all in how we choose to interpret these relationships that will provide the material for us to evolve within and beyond them if necessary.

I've also included a section concerning your most important relationship... the one you have with YOU! Strangely enough, this is the one that is usually the most neglected and overlooked.

I wish you a 'connected' and conscious February!!!

Katherine T. Kelly, Ph.D., M.S.P.H.

Soul Health: Social And Interpersonal Branches of Well-Being



We wouldn't be here if it hadn't been for two people getting together and creating us in the first place. To say that these people's connection—or lack thereof in some cases—had an effect on your own ability to relate to others is a no-brainer. And yet, often we remain unconscious to the ideas about relationships that were instilled in us at a very young age.

The *Social* branch of the *Soul Health Model* basically relates to the idea that we need others in our life to feel whole. Introverts might beg to differ, but everyone needs at least some social contact with others in order to feel alive. I tend to think of this branch as the "warm bodies" that inhabit our lives--- our friends, families, coworkers, neighbors, drycleaners, bankers, store clerks, or anyone else we come into contact with on a semi-regular basis. I also include our furry, feathered, and even scaly friends given the tremendous value they can add to our lives. In other words, if we have interactions with anyone else who breathes, then this falls within the social realm of contributing to our well-being.

However, the *Interpersonal* branch of the *Soul Health Model* emphasizes that although we may have warm bodies in our life, it is the health of the interpersonal interactions that we have with these that allow us to fully thrive. In other words, we may have 100 people we know, but if they aren't quality relationships, then they can actually detract from your overall health or wellness. On the other hand, if a person even has one person with whom their interactions are strong and healthy, then that branch is at least somewhat fortified.

These branches are of utmost importance for us as a social species, and both directly impacts each and every other branch if left unattended. There are numerous studies that indicate the negative impact that loneliness, abuse or neglect within relationships, or generally empty relations with others can have on our physical and mental health.

Here are some questions to ask yourself in assessing your own *Social and Interpersonal Health*:

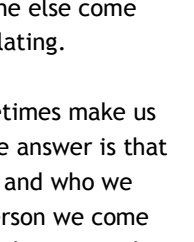
- Are you satisfied with the number and type of people in your life?
- Do mutual respect, healthy boundaries, equality, good communication, and self-esteem describe your relationships?
- Do you spend enough time with those who are most important in your life?
- Are your relationships more "life-giving" than "draining"?
- Do you trust those in your life?

Take some time to assess how your relationships affect your overall health. A little bit of consciousness now can go a long way later when it comes to enhancing the connections with those around you.

Where will your evolution take you?

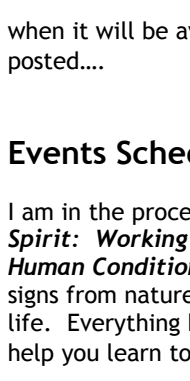
Inside My Head..... the Earth Needs a Hug

I'm hurting for the Earth right now. One cannot deny that our planet seems to be going through some sort of transformation of it's own these days. Every day we hear about a new flood, cyclone, monster storm, avalanche, hurricane, mudslide, earthquake... and any other natural disaster that is wreaking havoc somewhere around the world.



Ancient cultures were much more conscious and connected to the nature around them than we are. Talking to Mother Earth, Father Sun, Sister Moon and any number of animal symbols were all a part daily life for Native Americans. Now we hardly take the time to notice the trees, flowers, or animals around us.

On my trip to Peru in October of 2009, I became aware of the relationship the Incans had with the Andes Mountains— calling them "Apus"— or mountain spirits. Each mountain had a name and personality— and was responsible for key aspects of daily life to the culture. Also, throughout the Incan ruins you can see mirror images of the mountains carved into stones with their real-life specimens perfectly shadowing them in the background. This was such a beautiful and powerful indication of their relationship with the Earth beneath them.

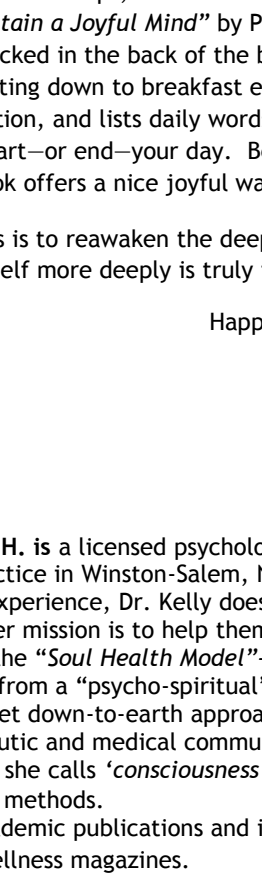


During the oil spill last year, it broke my heart to see the damage to the wildlife, coastline, and once pristine waters. Around that time, I spoke with a dear friend who is a healer and shaman. She and I agreed that we need to form a community to periodically come together and just "Embrace" the Earth. The Vision for this is now taking the shape of a group meditation, which will be held around the time of Earth Day, which is April 22. I will include information in my upcoming newsletters concerning this event. But in the meantime, consider your own relationship with the Earth-- and hold your own conscious Vision for what you can do to Embrace the Earth today.....

"Soul to Soul" Relationships

Have you ever wondered why you are drawn to certain people? Or why you connected with your best friend, your boy- or girlfriend, your partner or spouse? Have you ever had one of those instantaneous attractions or bonds with another person? Have you ever thought you found your "soul mate" but then things fell apart?

I am a believer that people come and go from our life as a function of our own evolution. In other words, we need others in our lives to grow. Without others, we would not be challenged to look at our own 'stuff' and likely wouldn't take the time to discover what we really want and don't want in life. If you really think about it, our relationships with others are the basis of pretty much every aspect of the stage for how we relate to others for the rest of our life. Then our friends, teachers, coworkers and anyone else come basically as a result of our learned way of relating.



But why do relationships push feel 'stuck', or even seem to they are here to make us take a hard look at what and who we are—and who we want to be (or into contact with plays a key role in our human drama—our hu- man evolution if we allow our man drama—our hu- ships serve as catalysts to our infi- ciousness to enter the bigger picture of why we are brought together.

We are an unusual species. We believe that we should mate for life—or be paired with one person throughout our time here. But when it comes to our own evolution, sometimes in order for us to grow, it means that we have to let a relationship go. And although it may not seem like it at the time, sometimes leaving a relationship also gives the other person the opportunity to grow as well—if they take it as such.

How conscious are you within your relationships? Have you taken the time to really look at what you have learned about yourself as a result of being with your partner or spouse? How can you bring more consciousness into your lives together?

At A Glance..... Book Update

"There's No Therapy In Heaven: The Soul's Guide to Mastering The Human Condition" has taken it's next steps in it's evolution and is now under review by two international publishing companies. This is an exciting time and I will keep you posted. I have had many questions for when it will be available, so this confirms the importance of sharing this work. I will keep you posted....



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

If interested, please call or email me to be put on the list.

"Thumbs Up" Of The Month

Although not directly related to relationships, I want to mention a book I read recently which may be of interest. *"Always Maintain a Joyful Mind"* by Pema Chodron is a sweet little find, complete with a meditation CD tucked in the back of the book. I recently used this as my morning 'wake up' ritual while sitting down to breakfast each day. It is based on lojong teachings from the Buddhist tradition, and lists daily words of wisdom and compassion. This is a wonderful way to consciously start—or end—your day. Because our world has much that is inherently negative, this little book offers a nice joyful way to shift your consciousness.

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 and Conscious Reading!

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 *"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.



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

Sneak Preview of the next issue.....

- More on Your Conscious Evolution
- "Health and the Human Condition"
- Change of the Seasons... Conscious Shifts to Spring
- 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!

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