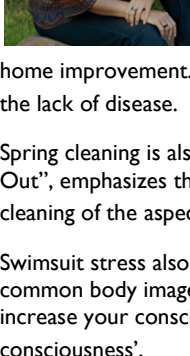




## “Spring” Into Consciousness!



The approach of the Spring season means many things to many people and our general consciousness about several things seem to emerge along with the flowers, plants, and even the weeds. In this issue, I cover the main topics that show up at this time of the year, but with my own little “consciousness” twist.

First, I will continue my discussion about the “*Soul Health Model*” by exploring the “Physical Health” branch. Now is the time when most people start shaking off the cobwebs as they become more physically active though everything from tending the garden, participating in outdoor activities, increasing their exercise or engaging in general home improvement. Movement is great, but physical health entails much more than the ability to move and the lack of disease. In this article, I hope to expand your consciousness on this ‘branch’ of overall health.

Spring cleaning is also part of many people’s annual routines. The article, “Spring Cleaning— Inside AND Out”, emphasizes the need to do not only the ‘external’ cleaning such as the house, but also the ‘internal’ cleaning of the aspects of our human condition that need to be released to maintain our conscious living.

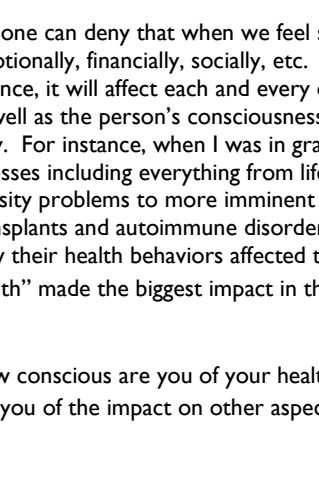
Swimsuit stress also seems to start ‘sprouting’ at this time of the year. In this issue, I will address the common body image concerns that come along with bearing more of our bodies. This article is intended to increase your consciousness concerning a healthy body image, while decreasing an unhealthy ‘self-consciousness’.

Finally, I will inform you of the upcoming “*Embrace the Earth*” meditation and celebration I had mentioned in last month’s newsletter.

Have a wonderful March!  
In shared light,

*K. Kelly*

## Soul Health: The Physical “Branch” of Wellness



Although we often think of physical health as the lack of disease, this branch of health is much more complex than having no colds, cuts or bruises. In fact, some of the “healthiest” people I know have had terminal or chronic illnesses.

Of course, from a purely medical perspective, a healthy person is described as someone without disease. So what about those who don’t have a diagnosable illness, but also don’t follow a healthy physical lifestyle? Sleep, nutrition, hygiene (physical, dental, and otherwise), exercise/activity, mobility, energy, etc. all contribute to our level of physical health. Therefore, the physical branch of health includes not only the literal health of the body, but also the health of our behaviors related to our body.

Having been trained in a number of medical and mind/body health settings, I often receive referrals for clients who have physical as well as mental health concerns. As a result of my training, I always assess health behaviors such as whether a person sleeps well, exercises, or eats a healthy diet. If these behaviors are out of balance so, too, will be their overall physical health. However, if a person’s health behaviors are in place, even a person with a serious illness can experience a nearly symptom-free life despite their diagnosable condition. Thus, I often work closely with physicians and other primary care professionals, nutritionists, physical therapists, naturopaths, herbalists, and various integrative health professionals to assist clients to not only improve their physical health, but also their health behaviors.

No one can deny that when we feel sick physically, we also feel unbalanced in other ways whether emotionally, financially, socially, etc. Just as any other branch of health, as the physical branch is out of balance, it will affect each and every one of the other branches. And depending on the physical illness as well as the person’s consciousness about their well-being, the impact on overall health can greatly vary. For instance, when I was in graduate school I worked with patients who had a variety of medical illnesses including everything from lifestyle-based concerns such as smoking, alcohol use, and weight and obesity problems to more imminent concerns such as cancer, cardiac, renal, HIV/AIDS, organ transplants and autoimmune disorders. Patient recovery always depended on how aware they were of how their health behaviors affected their ability to heal. Therefore, their consciousness of “whole health” made the biggest impact in their participation toward healing.

How conscious are you of your health behaviors and their impact on your physical health? How aware are you of the impact on other aspects of your health when your physical health is not in balance?



## “Spring Cleaning”.... Inside AND Out....

Many people make it a point to do a mass cleaning of their homes during this time of the year. You clean out the dust bunnies, the cobwebs, the leaves.... You tidy your closets, drawers, shelves.... You trim the shrubs... pick up the stray leaves that have accumulated again since the fall... But what ‘internal’ cleaning are you doing?

The “human condition” is reflected in the emotions, thoughts, ideas, and beliefs that we have accumulated over time which do little more than clutter up our internal worlds. These are the self-judgments, the negative self-statements, the bias for and against ourselves, our secretly held grievances and regrets, and our old wounds that we carry around—sometimes for years and even decades. In other words, it is our ‘baggage’ which we ALL have in some way or another.

Most of my clients know that I think there are two magical tools or ‘wonder drugs’ for cleaning out this human residue: journal-writing and physical activity.

Diaries have been around for hundreds of years. But journal-writing is different, in that it is intended to be done for more than simply writing down the main occurrences of life. Instead, journal-writing is fully intended to help explore, through a heightened consciousness whatever it is that you are seeking to better understand. A journal can include list-making, letter-writing, various exercises of self-awareness, drawing/sketching, and anything else that can help bring to light a new sense of knowing oneself better. There are no rules, other than creating consciousness about your life. Therefore, picking up the pen and pad can lend itself to much deeper learning and much more overall consciousness.

The other wonder drug is physical activity. Rarely have I heard anyone say that they felt emotionally worse after a good workout, bout of gardening, or other form of moderate physical activity. Not only does exercise boost adrenalin and endorphins for physical health (energy and pain relief), but a good dose of cardiovascular activity also boosts your serotonin levels for mood at the same level as an antidepressant—only much quicker! This effect lasts far beyond the completion of the exercise session as the serotonin levels kick in and stay elevated for days thereafter. Research also indicates that it is nearly impossible to worry while you are engaging in moderate to heavy physical activity. So, physical activity is a ‘win-win’ situation all around!

As you are cleaning the external aspects of your world, make sure you take some time to also clean out the internal world. You will shed a great deal of emotional weight that may have accumulated over the winter months as well.

## It’s That Time Again... Swimsuit Stress....

It’s amazing how dreams of going to the beach once the warmth returns can be immediately replaced by panic about how your body will look once you get there. As the bikinis return to the department store racks, many become wracked with fear about how we will ever fit into those tiny little pieces of fabric.



The rates for crash diets, extreme exercise and likelihood of procedures such as liposuction all raise at this time of the year. But so does an unhealthy worry and self-consciousness about body image. Although body image concerns run rampant in the United States year round, this time of the year also shows spikes in concern for many people’s self perceptions regarding their bodies. However, the statistics for the percentage of women who would change something about their bodies has been high for hundreds of years.

Following are some tips to maintain a healthy consciousness about the body rather than succumb to negative self-consciousness:

**Stop comparing yourself to others.** Less than 2% of the population naturally has what is considered to be the “model” body. In fact, it is commonly known that many photos in the media are airbrushed and create an illusion that only tricks the perceptions. Learn what is normal and healthy—not what is trendy.

**Listen from the “inside out”—not the “outside in”.** In other words, learn to listen to how your body feels most healthy—not when most thin. Most people who strive for thinness experience a great deal of stress and anxiety in reaching this goal. This is an obvious sign that society is ruling your thoughts. Thinness is a societal value, not a personal virtue.

**Minimize exposure to publications that emphasize thinness and dieting.** Viewing these publications can increase negative self-consciousness about body image.

**Learn what is healthy.** Most women have an exaggerated idea of what men want in terms of thinness as well as overestimate how they look while viewing images of body types. Knowing what is a healthy body type can help make expectations more realistic.

**Eliminate negative thoughts about your body.** As noted, women have long criticized at least one aspect of their body. Learn to catch yourself when these thoughts occur and ‘erase’ the thoughts before they sink in while also replacing this thought with one that is more positive.

**Seek professional assistance.** Many people have focused negatively on their bodies for so long that they don’t know how to stop this harmful action. Consider investing in counseling or therapy to help change this harmful self-criticism.

By raising your consciousness about how to improve your body image, you can have a much more enjoyable summer, without the “self-consciousness” that usually accompanies the season.

## “Thumbs Up” Of The Month



This month’s book is “*The Passion Test: The Effortless Path to Discovering Your Life Purpose*”. Because I know of no one who isn’t somehow still searching or refining their purpose here on Earth, I felt like this book was worthy of mention this month. The authors, Attwood and Atwood, do a wonderful job of taking the reader through a series of exercises to discover core passions which then can be translated into conscious choices for a fulfilling life path. This doesn’t necessarily apply only to a career choice; rather, the book helps you to determine your core passions or values in general and then guides you to align with these through your everyday life.

Almost daily, a client discusses the fact that they would like a more fulfilling job or other part of life. This book does a wonderful job of creating a positive mindset for consciously creating the option to actually find identify your passions and create the consciousness to get what you want.

Happy Conscious Reading!

## “Embrace The Earth” Celebration— April 22

You are Invited! Come celebrate the Earth through an evening of meditation, music, and community!!!



As mentioned in the last newsletter, a dear friend, Angela Sherrill (Energy Therapist, Shaman, and Master Healer), Alexander Tuttle (Sound Therapist, Intuitive Energy Therapist, Communication Consultant) and I are hosting a night of meditation and celebration to honor and protect the Earth.

The Earth is, in essence, a living, breathing organism and we are all fortunate that the Earth hosts us on our human journey. For that reason, it is important to raise our consciousness about our relationship with the planet on which we live.

What better way to honor this Earth than to *embrace* it! During this very important evening, you will be taught several methods to “sit” with the Earth and embrace it energetically through the art of meditation.

We ask that you arrive at 6:00 p.m. with a zafu or other pillow for your comfort, as well as bring an “earthly” food to share with the group as a symbol of community. Please wear comfortable clothing and feel free to bring an instrument (drum, rattle, etc.) to use in celebration after the meditation.

Address: 144 North Cherry Street, Kernersville, NC (Angela and Alexander’s Office)

## Event Schedule

### April

“*Weights and Wellness Series*” for Forsyth County Employees— Tuesdays from 11:00a.m. to 12:00 p.m. starting on April 5th, Forsyth County Government Building, Multipurpose Room.

April 5— “*Emotional Eating and Whole (Soul) Health*”

April 12— “*Eating Your Words: Psychology of Eating*”

April 19— “*Nervous Nibbles: Stress and Eating*”

April 26— “*Meal by Meal: Mindful Eating Skills*”

May 3 — “*Dealing with Body Image Issues*”

May 10 — “*Relationship with Food, Yourself, and Others*”



“*Emotional Vs. Physical Weight: Dealing with Emotional Eating in Weight Loss*”— Friday, April 15 12:00 p.m., Y-Weigh Program, Forsyth County Employees, Central YMCA, Glade Street, Winston-Salem.

“*Embrace the Earth*” Meditation and Celebration, Friday, April 22, 6:00-9:00 p.m. 144 North Cherry St, Kernersville, NC (Angela Sherrill and Alexander Tuttle’s Community Room Space)

## 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. 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 to be announced.



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

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

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

## Sneak Preview of the next issue.....

- More on Conscious Evolution
- In honor of Earth Day— “Environmental Health”
- Conscious Vacation Planning
- Staying “Conscious” during Tax 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](mailto: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](mailto:evolve@drkatherinetkelly.com).