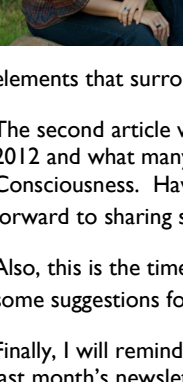




Earth Consciousness for Earth Month!



April is Earth Month— with April 22nd officially titled as “Earth Day”. Ancient cultures honored the Earth on a daily basis, paying respect to the weather, the season, and any naturally-occurring events that impacted their lives. Our modern culture takes only one day out of the year to acknowledge our wonderful planet. This newsletter will help you to more consciously focus on your own relationship with the Earth.

In honor of Earth Day, it is only obvious that I discuss the “Environmental” branch of the *Soul Health Model*. This article will remind you of the importance of consciousness regarding the ground on which you walk, the air in which you breath, and the other elements that surround you at all times.

The second article will address the rising “Global Consciousness” overall. There is much talk about the year 2012 and what may worry is the end of the world. This article will interpret the real meaning Global Consciousness. Having just returned from an international conference regarding consciousness, I look forward to sharing some of the enlightening information I received.

Also, this is the time of year when people start to travel to other parts of this wonderful planet. I will offer some suggestions for “Conscious Travel” so that you get the most out of your upcoming adventures.

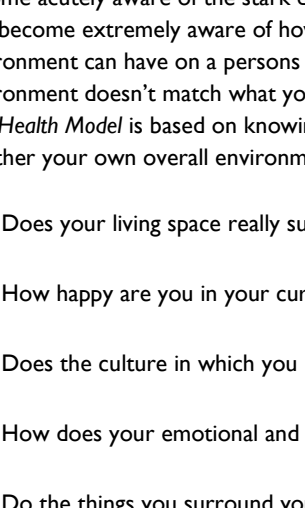
Finally, I will remind you of the upcoming “*Embrace the Earth*” meditation and celebration I had mentioned in last month’s newsletter. I personally invite you to join in honoring the Earth and renewing your relationship with this wonderful planet!

I hope April brings you much joy!

In shared light,

K. Kelly

Soul Health: Environmental Health for Earth Month!



In the last few decades, there has been much more talk about global warming, recycling and environmental awareness overall. Although other wellness models have included an environmental component, the *Soul Health Model* emphasizes a conscious relationship with the overall world around us.

It is a no brainer that we wouldn’t be here if not for the ground on which we walk. However, our lack of day to day consciousness often prevents us from remembering that whether we acknowledge it or not, we are constantly interacting with our environment. The air we breath goes through a constant cycle of

nourishing our lungs, then is sent out to “recycle” for the use of others whether people, plants, animals or atmosphere. Our water continuously recycles through the water we drink, back to the water system, to our rivers, oceans, then back into the atmosphere to return as rain. Pretty much everything goes through some sort of cycle that affects all life on this planet.

On a more obvious level, humans usually pay more attention to the material objects we have around us, the climate, the lay of the land— whether mountain, ocean, forest or plains, and whether we prefer city or rural living. But rarely do we consciously consider the emotional, cultural, social, and other ‘intangible’ aspects of our environmental health.

Having grown up in the Rocky Mountains, then moving to the Midwest, then landing in the South, I have become acutely aware of the stark difference between the “environments” in which I have lived. I have also become extremely aware of how much of an impact that both the seen and ‘unseen’ levels of the environment can have on a persons overall level of well-being and satisfaction with life. When your environment doesn’t match what your inner most needs are, your soul becomes unsettled. Because the *Soul Health Model* is based on knowing yourself from the deepest level possible, it is important to consider whether your own overall environment is aligned with the needs of your soul. Consider the following:

- Does your living space really suite your soul?
- How happy are you in your current home; climate; city or rural community; work environment?
- Does the culture in which you live ‘fit’ with your deepest core values?
- How does your emotional and physical environment affect the other branches of health?
- Do the things you surround yourself with really reflect who you are?
- Do you feel emotionally and physically safe in your environment?!
- What needs to be changed within your overall environmental ‘branch’ in order to align more closely with your soul?

Consider taking a hard look at the world around you to see if it fits your innermost needs and desires. If not, try changing one thing a day to align your environment more closely with your soul.

What is Global Consciousness?

This will be my fourth newsletter related to becoming more conscious in your day to day experiences. I’ve tried to provide relevant topics that can apply to your own daily experiences so that you can become more aware of yourself and your interactions with others. However, perhaps it’s time to also address the concept of ‘Global Consciousness’, which you may have found popping up in books, magazines, on the radio or television, as well as on the theater screen.

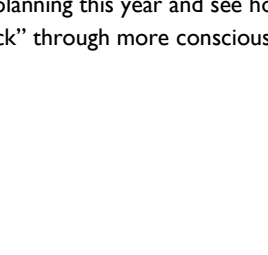
Many have viewed the upcoming events of the human race to be catastrophic to the point of extinction. At face value, even the Mayan Calendar ends on December 21, 2012. Many perceive this date as a ‘dooms day’ event, when all life will be extinguished whether through a cataclysmic event or through our own destruction (i.e., nuclear war being one hypothesis). However, the true meaning of the concept relates to a new beginning, rather than to an ending.

Global consciousness refers to the broad-scale ‘awakening’ of the world to higher levels of understanding and awareness overall. Scientists claim that the human body has evolved as far as it is going to, but that our ability to perceive and understand the world and our existence is limitless. Therefore Global Consciousness is much more about how we choose to evolve emotionally, spiritually, cognitively... and overall consciously.

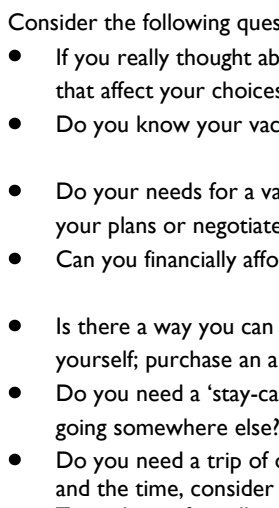
The trick is that we must choose to do so. It is much easier to stay ‘asleep’, go through the motions of your day, and neglect to entertain the bigger reasons for why we are here in the first place. It is much more of a challenge and commitment to awaken and remain awake to where we are going as a race and world.

I often ask clients whether they feel as if they are truly ‘living’ or just ‘existing’ in life. Ask yourself that question. Then ask what it would take to awaken to your own sense of fully ‘living’.

Welcome! You’ve just entered a new level of consciousness! Now, pass it on....



Conscious Travel Planning:



Getting the Most From Your Vacation

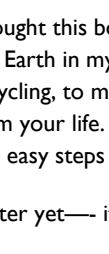
How much time do you invest in consciously planning your trips? Most people plan vacations because they “should”, because they got a good deal, because that’s just what you do at this time of the year, or just because someone has asked you to tag along.

Because of the busy world we live in, vacation time needs to be planned with more intention than we usually invest. A few years ago I decided that any trip I take would involve a strong spiritual component. For me, time away entails reconnecting or strengthening my bond to spirit, so the time I spend planning a trip always involves an awareness of this as I book the details of the trip. This makes my travel more meaningful and I always feel I have gotten the most out of my vacation.

Consider the following questions before you plan your next trip:

- If you really thought about how you want to feel before, during and after your vacation, how would that affect your choices?
- Do you know your vacation “style”—active, sightseer, restful, educational, or meaningful?
- Do your needs for a vacation match those of the people you are traveling with? If not, reconsider your plans or negotiate with your travel partners.
- Can you financially afford your vacation? Conscious planning can allow for affordable travel.
- Is there a way you can simplify your travel—pack lighter; take a planned trip rather than plan it yourself; purchase an all-inclusive trip rather than plan it yourself?
- Do you need a ‘stay-cation’? Could you use some time to hang around the house rather than going somewhere else?
- Do you need a trip of our own? I am a big believer in lone-ranger travel. If you have the means and the time, consider taking a trip of your own somewhere and plan a special meaning behind it. Time alone often allows more opportunity for true reflections and connection with yourself and spirit.

Become more conscious in your trip planning this year and see how it changes your time away! You will likely get more “bang for your buck” through more conscious travel.



“Thumbs Up” Of The Month

This month’s book is “*The Green Book: The Everyday Guide to Saving the Planet One Simple Step At A Time*”. I couldn’t resist making note of this handy little book, both in honor of Earth Month, but also because it really is a wonderful and simple guide to changing our relationship with the earth... one step at a time.

I bought this book a few years ago to learn more ways to understand the impact I may be having on the Earth in my day to day living. This book offers easy tips from everything to more effective recycling, to making simple choices to eliminate paper, plastic, and Styrofoam as much as possible from your life. I can honestly say this book changed my life in the simple steps it offers. Easy reading, and easy steps to a better relationship with the Earth. It’s a ‘win-win’ read.

Better yet— it’s offered as an E-book! You can be ‘green’ even as you read it!

Happy Conscious (and Earth Friendly) 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 Wilson (Energy Therapist and Shamanic Practitioner), Alexander Tuttle (Sound and Intuitive Energy Therapist) 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 7:00 p.m. with a zafu or other pillow for your comfort, as well as bring an “earthy” 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. There is no charge for this event, but love offerings will be accepted and donated to earth-friendly organizations.

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



Event Schedule

April

“*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.

“*Weight and Wellness Series*” for Forsyth County Employees— Tuesdays from 11:00a.m. to 12:00 p.m. starting on April 19th, Forsyth County Government Building, Multipurpose Room.

April 19— “*Emotional Eating and Whole (Soul) Health*”

April 26— “*Eating Your Words: Psychology of Eating*”

May 3— “*Nervous Nibbles: Stress and Eating*”

May 10— “*Meal by Meal: Mindful Eating Skills*”

May 17— “*Dealing with Body Image Issues*”

May 24— “*Relationship with Food, Yourself, and Others*”

“*Embrace the Earth*” Meditation and Celebration, Friday, April 22, 7:00-9:00 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.



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

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

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

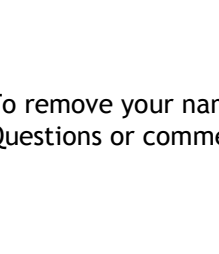
Blog: <http://drkatherinetkelly.blogspot.com/>

3000 Bethesda Place, Suite 201
Winston-Salem, NC 27103

Phone: 336-723-1011
Fax: 336-723-1411

Sneak Preview of the next issue.....

- Always.... More on Conscious Evolution
- Soul Health: Focus on Social Wellness
- Conscious Eating: Eliminating Emotional Eating
- 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

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.