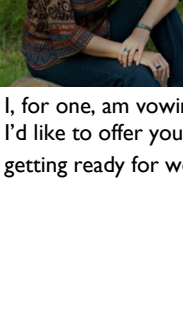


# Conscious Connection

## January 2012



### Happy New Beginnings!



2012 has finally arrived! With so much talk about 2012 being the “year of consciousness”, it will be exciting to see how the next 12 months unfold. We can all do our part by expanding our own awareness to our lives and opening to all possibilities and opportunities before us.

Change is difficult. In fact, it is darn right scary. Although remaining in “sameness” is easier and feels safer at times, it also keeps us from approaching our untapped potential. “What would you attempt to do if you knew you could not fail?” is one of my favorite quotes.

This is definitely something worth pondering as we enter the New Year.

I, for one, am vowing to make 2012 a year of infinite possibility. I invite you to do the same. And in doing so, I’d like to offer you one of my favorite and inspiring poems as well. I read this poem every morning as I am getting ready for work. See how it expands your own consciousness and urges you forward in life!

#### Living Wide Open: Landscapes of the Mind

I will not die an unlivd life.  
I will not live in fear  
Of falling or catching fire.  
I choose to inhabit my days,  
To allow my living to open me,  
To make me less afraid,  
More accessible,  
To loosen my heart  
Until it becomes a wing.  
A torch, a promise.  
I choose to risk my significance,  
To live so that which came to me as seed  
Goes to the next as blossom,  
And that which came to me as blossom  
Goes on as fruit.

Dawna Markova

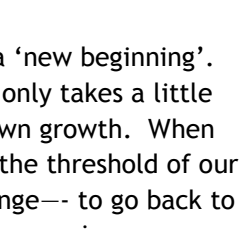
May the journey continue!!!

In shared light,

*K. Kelly*

### Living Wide Open— Building Your Own New ‘Landscape’

What does your own ‘new beginning’ look like? What are your hopes for the year? What would you like to say you accomplished? How would like to say you’ve changed?



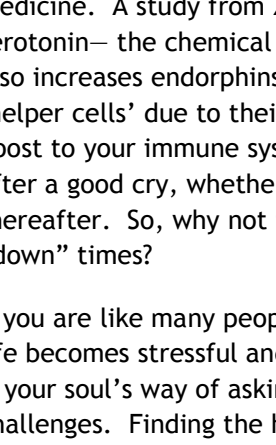
All of us go through change whether we like to or not. And despite our resistance, this change is always for the better. It offers us the opportunity for growth that we likely would have avoided having been given the choice.

During a particularly difficult time in my own life, I took a trip to the Grand Canyon (my 2nd of now 5!). I knew it was the place I needed to be in order to reflect and re-evaluate where my life was going. I went alone as I needed the quiet and solitude in order to gain a better sense of clarity. I literally sat on the south rim of the Grand Canyon for 5 days straight, arriving early in the morning with my breakfast, and leaving late in the day to go have dinner before heading off to bed. Ironically, on the 4th day, I realized that the new Tracy Chapman CD I had bought before leaving was called “New Beginnings”. I didn’t even realize that was the title until I’d already listened to it several times. That time in my life was certainly a new beginning. And now I return to the Grand Canyon any time I need to take a look at where my life is going.

One doesn’t need to make a 2000 mile trip in order to create a ‘new beginning’. Our soul has infinite opportunities for these fresh starts and it only takes a little time and awareness that we, as humans, hold the key to our own growth. When we take even one minute to reflect on our lives, we approach the threshold of our own evolution. However, although many say they want to change— to go back to school, start a new relationship— or to end one, to lose weight, or gain more money— there is a difference between wanting something and going after it.

How ready are you for a new beginning? Now ask yourself, how ready are you to do what it takes to change? Likely your answers will be different as you evaluate the answers to these questions. However, take some time to explore not only the obstacles, your fears, and any challenges to change, but also the possibilities, the satisfaction, and the empowerment of having undergone this change as well. We create our own realities— now go create your own new beginning! Don’t wait.

### Soul Health: Fun and Leisure— The Soul’s Playful Respite



When I first thought about writing books, I wanted to write about ‘adult play’. I recognized, both in others, and definitely within myself, that we typically don’t create enough time for fun in our lives as adults. In fact, one study shows that while children under the age of 7 laugh up to 500 times per day, adults laugh less than 10!

This statistic clearly shows that despite it’s healing qualities, we don’t prioritize fun and leisure in our lives the way our souls would like— and need.

When is the last time you laughed until you cried? Was there any ill-effect from this? No! Instead, you just provided yourself with a healthy dose of good medicine. A study from 2005 indicates that laughter not only increases serotonin— the chemical that relieves symptoms of depression and anxiety, but also increases endorphins (natural painkillers) and the release of T-Cells (called ‘helper cells’ due to their ability to fight illness), as well as provides an overall boost to your immune system. Incidentally, we also receive a boost in serotonin after a good cry, whether sad or happy, which is why we tend to feel so satisfied thereafter. So, why not induce a good round of laughter in order to fight our “down” times?

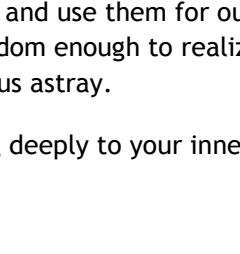
If you are like many people, fun gets pushed to the back burner when the rest of life becomes stressful and hectic. However, your yearning for some hard-core fun is your soul’s way of asking for a release and a balance to our everyday challenges. Finding the humor in these experiences can help you not only see the solution to the issue at hand, but can also provide your soul with some much needed comic relief.

*Soul Health* is all about balancing the “branches” of life. Fun and leisure is one that is often overlooked, but perhaps this is the year to prioritize it more within your everyday routine!

### “Soul Speak”— What is your Inner Wisdom Telling You?

Although we are not taught to listen deeply to our inner-most thoughts, they are there waiting to be heard. Our soul speaks to us in so many ways!—trying to get our attention in any given opportunity, so that we will just hear what it is that will guide us down the right path. Whether our physical symptoms— aches, pain, fatigue, illness— or our emotions— our ups, our downs and our ‘all-arounds’, or any other aspect of our internal message system, our soul is trying to speak.

What are you *not* hearing?  
As our soul stirs within us, we what it has to say. But those than our inner-most ally’s hand.



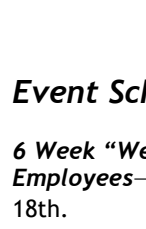
What are you *trying* not to hear?  
You may feel anxious and fearful of inner-stirrings are nothing more attempt of lending a helping

Much of this newsletter has dealt with change and the fear of such. Unfortunately, it seems as if people are most afraid of hearing their own inner wisdom. They are used to relying on the world around them to plan, decide, and inform them of their ultimate path or destiny. However, how is it that someone else can direct another when they aren’t acquainted with that person’s inner truth? How is this possible?

Consciousness has all to do with listening within. It is about learning to hear our inner stirrings, interpret them, and use them for our highest good. It is also about learning to trust that inner wisdom enough to realize that it is our internal GPS system for life. It *never* leads us astray.

Make this your year of listening deeply to your inner wisdom. See where your own consciousness takes you.

### “Thumbs Up” Of The Month



A client introduced me to this book a few years ago. “Building the Best You: A Two-Year Discovery Journal” is the answer to many people’s prayers when it comes to guided journal-writing. As many know, I believe that exercise and journal-writing are the wonder drugs for mental health. But often, many shy away from writing down their thoughts both because it is scary, and because they think there is a ‘right’ way to do it.

This book provides a very user-friendly, yet very thought-provoking way to document your thoughts. Each page offers two columns with 7 questions— the left column of each page is for documenting the first year’s thoughts, and the right column for the second year. This way, you can re-visit your progress from the previous year as you write down your thoughts for the next. The best part is that each entry can take as little as 2-3 minutes, so it solves a major concern for those who worry about not having enough time to journal. When I looked on Amazon.com most recently, this book can be purchased for as little as \$6.00— an added bonus to your conscious development.

### Event Schedule

**6 Week “Weight and Wellness Series” for Forsyth County Employees**— Wednesdays from 12:30 to 1:30 p.m. starting on January 18th.

**Winston-Salem City Employees— 4 Week “Stress on the Job” Series for Public Safety Employees**  
Wednesdays from 2:30 to 3:30 p.m. starting March 7th.



**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

**Soul-Based Eating Group (Start date and time to be announced)**

**Soul-Based Living Workshop (Start date and time to be announced)**

### 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”— 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/](http://www.facebook.com/pages/Dr-Katherine-T-Kelly/)

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

- Always.... More on Conscious Evolution
- Soul Health: Focus on Financial 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](mailto: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](mailto:evolve@drkatherinetkelly.com).