Conscious Connection Summer 2012



Staying 'Conscious' this Summer!!!

fullest, rather than accept mere 'existence'!

please send prayers to those involved.

We are definitely in the heart of summer! And although many look forward to slowing down during this time of the year, we often try too hard to fill it with vacations, household projects, gardening and other activities— sometimes to the point of fizzling out rather than actually 'filling up' our energy tanks. As the time passes by, make sure you take some time to reflect on your activities— to be conscious of what it is you want to get out of the summer. As promised, this month's newsletter includes a description of the Sexual Health aspect of the Soul Health Model. Although difficult for many to discuss, it is a necessary part of our radiant health. Also included is an article titled "Life Beyond Existence", which discusses the

idea of 'living' vs. 'existing' in life. Far too many people choose to just go through the motions in life without considering the meaning behind each moment. This article will hopefully help you 'live' life to the

Living", is complete and should be available sometime in the fall. I will keep you posted for when it will be available through my website, amazon.com, bookstores, and special events. Finally, an update of workshops, classes, and gatherings that will be offered in the upcoming months is provided. Please join us as a commitment to your own conscious evolution!

I also have some exciting news to announce——my book, "Soul Health: Aligning With Spirit for Radiant

I want to mention one more thing before you read further. Most of you are aware of how Mother Nature is showing her powers through the record heat, the fires in the west, through flooding and horrible storms. My hometown is 30 miles away from the horrific fires of Colorado Springs, which has greatly increased my own consciousness about how much we take for granted. No one would have ever thought fires could destroy so many homes in a somewhat urban city these days. However, I'm sure

there is much to be learned and also to be grateful for as these difficult events unfold. Take a moment to acknowledge what you are grateful for and what can be learned from your own circumstances. And

In shared light, **X. Kelly**

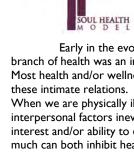
As Bette Davis said, "Sex is God's joke on human beings." No other conversation makes us feel more vulnerable

households and in society itself, lending even more mystery and

unfortunately, more 'pathology' as well in some cases.

and embarrassed, despite the fact that it is one of the most natural things human beings can do aside from breathing, eating and sleeping. In truth, we wouldn't be here if it weren't for sex--- literally. Yet, this topic continues to be taboo in many

Sexual Health: Can we REALLY talk about this?



of the human condition.

Early in the evolution of the Soul Health Model, it became clear to me that the sexual branch of health was an integral aspect of everyday life that deserved separate acknowledgement. Most health and/or wellness models include sex under physical health, despite the complexity of these intimate relations. However, sexual health clearly impacts all other branches of health. When we are physically ill or emotionally upset, sex is usually the last thing on our mind. Social and interpersonal factors inevitably impact sexual health as our difficulties with partners influence our interest and/or ability to engage in sex. Financial concerns as well as losing a job or working too much can both inhibit healthy relations. Disruptions in our environment—a move to a new location or even a shift in the 'emotional' environment you live or work in can negatively impact

sexual health. In other words, no matter what aspect of the human condition is out of balance in our life, sexual health can become unbalanced as well. The sexual branch of health also acknowledges past inappropriate sexual experiences such as sexual abuse, assault and general unwanted sexual attention. It is estimated that around 25% of the population has been sexually abused and/or assaulted, while up to 75% have experienced some sort of unsolicited and unwanted sexual attention such as inappropriate comments, gestures, touches and/or exposure to sexual content (media, etc.). All of these experiences inevitably impact our ability to experience satisfying and healthy sex and can often create confusing ideas about what sex is all about. Shame and/or guilt resulting from these experiences can play a major role in your ability to experience healthy and satisfying sexual relations. Other aspects of sexual health also play a role in the experience of healthy sex. If you were exposed to an STD, you may be feeling shame and or concern that you will be unwanted as a sexual partner in the future. Also, if you struggle with your sexuality in general—whether it be a

this can also affect your overall sexual health, and inevitably other branches of Soul Health. One aspect of sexual health that is particularly concerning to me is the 'pathologizing' of normal physical and emotional responses to sex. The introduction of sexual enhancement drugs has created the idea that something is 'wrong' with an individual if they aren't able to perform sexually. Men generally begin having difficulty maintaining erections starting at the age of 30; this is a normal response to aging. Yet, many men have developed the idea that they aren't 'real men' unless they can perform. It is also a concern to me that a low libido is considered a problem when, in fact, this is a basic indicator of imbalance in other aspects of life—stress, grief, fatigue, etc. We have forgotten that sex is a normal part of life, but one that ebbs and flows just as all other aspects

result of rigid ideas instilled in you while growing up or through an interest in same-sex relations,

healthy sexual life, the elements of knowledge, safety, security, trust, respect, good communication, healthy boundaries, and an understanding of personal beliefs about sex must be understood. What aspects of sexual health do you need to explore? Are there unresolved sexual issues from your past? Do you have guilt about your sexual interests and/or ideas? Consider what you might need to do to create a healthier sexual branch of health as part of your overall soul health.

In essence, soulful sex entails much more than the act itself. In order to enjoy a fully

Life Beyond Existence For whom do you live your life? For yourself or for others? Do you really live or just exist?

willingness and ability to become and remain conscious beings. In fact, consciousness in many ways IS living, despite its many challenges. For some who get a glimpse of consciousness they may turn back and bury their heads so that they won't have to change anything in their lives out of the fear of what this change might mean for them. Others relish the taste of life beyond 'existence' and embrace their newly awakened lives, taking every opportunity to breathe in consciousness—to

The difference between 'living' and 'existing' is vast and depends entirely on both our

-to grow—to live.

For the many who go through the expected 'motions' of life--existing rather than living-there is usually a lack of consciousness that life is theirs if they choose it. These individuals often miss or even avoid the opportunity to take the inner inventory of what they need, and instead exist only for the sake of others or for the sake of existence itself. However, there is often a pervasive sense that something is missing—something that they often attempt to replace through outside

having to experience—or admit—that

circumstances and blame the world

they alone-can choose to live. Or

simply enter further into their existence,

sources—eating, drinking, spending, gambling, working, gaming, the internet or any other distractions that keeps them from their lives are not complete.

rather than deciding that they-and

worse, they throw in the towel and

They feel chained by their

this is that those who exist often remain The unfortunate part of mired in the belief that someone or something else is responsible for making them feel the way that they do. They expect others or the world to than taking charge of life for themselves. make them happy or content rather

becoming numb to their own human condition. Another aspect of 'existing' concerns those who believe their role is to live for others rather than for themselves. Women, in particular, tend to lose themselves and their sense of living as they take on the role of making others happy. Women are natural caregivers and although a wonderful trait for others, they often lose their sense of self and their own place in life as they put the world before them. Their inner struggle is the fear of being selfish as they continually sacrifice themselves beyond the point of feeling any joy or sense of contentment. However, there is a huge difference between being selfish and 'for self'. And those who discover that they can live for oneself while balancing their role with others find much more satisfaction in life as their consciousness expands.

To live means to fully experience each moment, whether the good, the bad or the ugly, but also embracing the conscious choices they are making in each moment of awareness. It means remaining conscious of your part in creating a life worth living, while also understanding the opportunities the world has to offer along the path. Living also means knowing yourself just as much—or more—than you know others, while also honoring whatever you need when you need it. Living also means that you become a steward to your own soul—tending to and caring for all

the Soul" Discussion Groups. ANNOUNCEMENT!!!!! After 6 busy and intense months of writing, I am excited to say that the first draft of my book is complete!!!

IING WITH SPIRIT FOR RADIANT LIVING

City/County Series

"Thumbs Up" Of The Month I couldn't resist recommending the documentary "War Dance" for this newsletter's

the human condition throws our way. Available on Netflix (live stream and DVD).

See listing above—- for a complete list of classes, workshops, and speaking events,

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

Please note that Paypal is now available for all classes and workshops and that some insurance may pay for group sessions. Please contact your insurance

'thumbs up'. It is an incredibly inspiring video describing the lives of three children who live in a protection camp in Uganda as a result of the rebel war. Despite horrific circumstances, these young people have found music and dance to ease their pain and raise their own consciousness above their emotional turmoil. A true test to the resilience of the human spirit and our ability to find joy in our soul regardless of what

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 selfdesigned 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:

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

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

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

Sneak Preview of the next issue...... Always..... More on Conscious Evolution

Soul Health: Focus on Psychological Health

Updates on upcoming workshops, talks, etc.

If you have topics that you would like to hear more about in

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Event Schedule

please go to www.drkatherinetkelly.com.

company regarding this matter.

About The Author:

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.

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