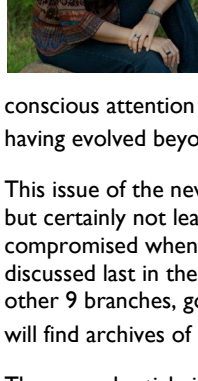


# Conscious Connection

## Fall 2012



### Conscious Evaluation



The northern part of the world is winding down as we prepare to enter the fall. And although this season is often just as busy as the spring and summer in many ways, we all seem to breathe a collective sigh of relief as we begin to put the year behind us. This is an important time to reflect and assess from where we have come, what we have accomplished, and how we have grown.

Our personal evolution depends entirely on the 'seasons' of our lives and our willingness to take a look at how we transition through them. The blessing is that we have infinite potential for growth. The curse, as many might see it, is that it takes our conscious attention and effort to do so. However, I have yet to hear someone say they were sorry for having evolved beyond their previous way of being.

This issue of the newsletter concludes the explanations of the branches of my *Soul Health Model* with, last but certainly not least, the Psychological branch. It goes without saying that our overall well-being is compromised when we don't feel emotionally balanced. So, perhaps it makes sense that this branch is discussed last in the newsletter series. (For a refresher of previous newsletters and explanations of the other 9 branches, go to my website [www.drkatherinetkelly.com](http://www.drkatherinetkelly.com) and click on the Articles link where you will find archives of past issues.)

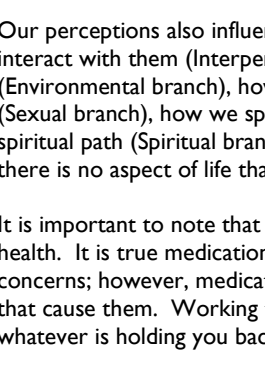
The second article in this issue explores how to understand the seeming 'detours' we take in our lives---the times when we feel our lives are somehow off track. These alternative---and often unwanted paths---can feel frustrating but, as in everything in our lives, these detours are often exactly what we need in order to learn about ourselves more fully.

As you prepare for the fall and end of the year, take stock in your own life in a way that will set the stage for new growth in the coming year.

In shared light,

*K. Kelly*

### The Psychological Branch of Health



Our overall experience of health relies solely on our perceptions about our quality of life in each of the branches of the Soul Health Model. Although distinct, each branch interacts with the "whole" of our experience in order to create our sense of well-being and our satisfaction--- or lack thereof--- in our human condition.

The psychological branch of health directly impacts this perception of our quality of life as a whole. It is impossible to

see our world in a fully positive light when we are faced with a depleted, compromised, or unhealthy psychological branch. For instance, when depressed, we tend to see the world more negatively than we would otherwise. If anxious, we see the world as a fearful and unsafe place, regardless of the stability of the other branches. If we have a poor self-concept or self-esteem, we see ourselves as timid, weak or incapable of handling the events that may impact our overall well-being or health. When our thoughts are scattered, racing, or worrisome we can become immobilized with the various aspects or branches of our lives. Therefore, the health of our psychological branch directly impacts and influences every other part of our human condition.

Endless research illustrates the impact of psychological stress on our physical health. In fact, in many cases our physical symptoms are actually signs or signals that something is wrong or upset in our emotional world, although we aren't taught to recognize this. Headaches, muscle tension, stomach issues, skin concerns, and more can all be directly caused by our emotional distress. Research related to heart disease, cancer, gastrointestinal issues, autoimmune function and others all indicate a strong psychological component, but few consider working on their psychological health as a means to also better their physical well-being.

Our perceptions also influence our ideas about the people in our lives (Social branch), the ways we interact with them (Interpersonal branch), how we live in and live with our surroundings (Environmental branch), how we approach work (Intellectual branch), how we engage in sex (Sexual branch), how we spend or save money (Financial branch), whether we believe in or follow a spiritual path (Spiritual branch) and also how we play or laugh (Recreational branch). Essentially, there is no aspect of life that isn't affected by our overall psychological health.

It is important to note that medication alone will not ensure a healthy psychological branch of health. It is true medication may be necessary in the treatment of certain types of psychological concerns; however, medications are intended to take the symptoms away, not solve the problems that cause them. Working through your emotional concerns is the only way to truly evolve beyond whatever is holding you back from your positive experience of life.

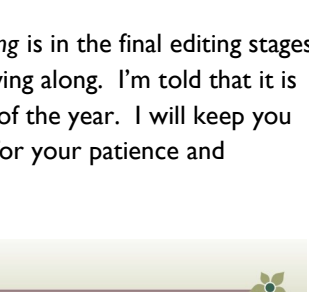
What do you do to enhance your psychological branch of health? How does this branch impact your own sense of overall well-being? What steps related to your psychological health do you need to take in order to experience "whole" health?

### Detours, Bumps, and Bruises

*The really happy person is one who can enjoy the scenery when on a detour. ~Unknown*

I don't know of anyone whose life has gone exactly as they thought it would or how they had planned. Many view these detours in life as failure, perceiving any deviation from their intended route as annoyances rather than opportunities to grow. They allow themselves to be drawn into the frustrations of their human condition---their wounded perception of the world based on past experiences---, rather than looking at what these diversions may offer to help them evolve. We become mired in our grief of not staying on track rather than opening ourselves to the possibility that these detours may actually offer something of value.

Many years ago I learned that the Chinese word for "crisis" also means "opportunity" depending on how the word is used. From that moment on I started looking at the difficult times in life as opportunities to grow. To say that my perceptions about the events in my life opened up would be a colossal understatement. I began seeing the gifts that these uncomfortable times in my life produced, which not only eased the painful experience of any given event, but also helped me respond in more conscious ways. The result is that I generally have little regret for how I handle things and can also recognize that I am growing and evolving even in moments of deep emotional discomfort regardless of the stress I may be experiencing.

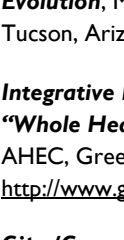


When working with clients I often use the words 'growing pains' to explain their discomfort while they are working through their issues. Just as physical growing pains can produce discomfort, we may also experience some emotional discomfort as we grow beyond previous ways of handling things in our human condition.

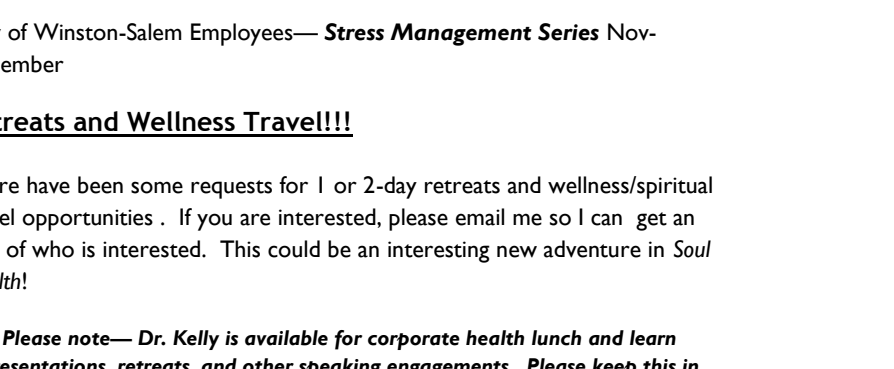
The truth is that meaning and growth is present in everything we experience. If we take the time to interpret these events we can reach a much higher level of consciousness as we apply what we learn to our lives. This consciousness inevitably allows us to grow beyond what we might have had we not taken the unexpected path. And ironically, in most cases, we are grateful that the detour took place.

What unexpected events have occurred in your life recently? Did you take the time to understand how these events may have helped you grow? Take some time to reflect on these experiences and see what you can learn about yourself. It just might be that your detours have provided your greatest paths toward growth.

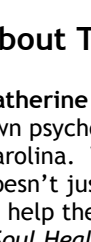
### Book Update



*Soul Health: Aligning with Spirit for Radiant Living* is in the final editing stages, the cover is mostly done, and things are moving along. I'm told that it is likely the book will be in print after the first of the year. I will keep you informed for a formal release date. Thanks for your patience and encouragement throughout this process!



### Pick Of The Month



Eckhart Tolle presents a short and user-friendly approach to becoming "still" and more conscious of each moment. I refer to this as his cliff-note version of his best selling book *The Power of Now*. In *Stillness Speaks*, Tolle offers practical guidance to quiet the mind and allow your own inner wisdom to emerge. The chapters are short--- two to five pages long--- which allows even the busiest person the chance to become more mindful and conscious. This book is offered in both paper and e-book form. A "must" for anyone who needs to slow down and listen to the moment!

### Event Schedule

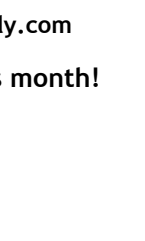
#### Public Classes/Workshops:

Retreat: **Reclaiming the Feminine Spirit Within**--- To be announced.

Retreat: **Soul-Based Living: Finding Optimal Health**--- TBA

Online Book Club/discussion group coming early 2013 to discuss "Soul Health". Details to follow.

**Integrative Psychotherapy: Treating Patients through an Integrative "Whole Health" Approach** (Continuing Education, 6 Credits); Mountain AHEC, Asheville, NC. February 1, 2013. (For more information go to: <http://www.mahec.net>)



**The Soul Health Model: Comprehensive Model for Conscious Evolution**, March 8/9 2013 Religion, Spirituality, and Society Conference, Tucson, Arizona.

**Integrative Psychotherapy: Treating Patients through an Integrative "Whole Health" Approach** (Continuing Education, 6 Credits); Greensboro AHEC, Greensboro, NC. March 22, 2013. (For more information go to: <http://www.gahec.net>)

#### City/County Series

City of Winston-Salem Employees--- **Stress Management Series** Nov-December

#### Retreats and Wellness Travel!!!

There have been some requests for 1 or 2-day retreats and wellness/spiritual travel opportunities. If you are interested, please email me so I can get an idea of who is interested. This could be an interesting new adventure in *Soul Health!*

**Please note**--- Dr. Kelly is available for corporate health lunch and learn presentations, retreats, and other speaking engagements. **Please keep this in mind if you or someone you know may be interested in having here speak.**

Please note that [Paypal](http://www.paypal.com) is now available for all classes and workshops and that some insurance may pay for group sessions. Please contact your insurance

### 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 'conscious evolution' through a variety of self-designed methods.



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/)

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

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

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

- Always.... More on Conscious Evolution
- "A Year of Soul 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).