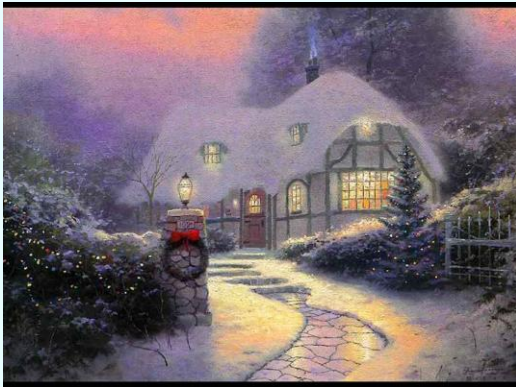


HealthWyze Newsletter



*"Twas the night before
Christmas and all
through the house, not a
creature was stirring, not
even a mouse"*

Clement Clarke Moore

Hearing these words can transport us in time to a place of stillness and serenity, in peaceful anticipation of our dreams, curling up next to a roaring fire sipping hot cocoa watching the silent snowfall, sharing with family and friends. Such a sharp contrast to the noise and rush of the commercialized holiday season!

Perhaps the Grinch had a valid point when he complained about all of the noise. We certainly are bombarded with noise that is present in our environment - traffic, beeping and buzzing of cell phones, televisions, radios, and the hum of appliances and computers. After awhile, this sensory overload can be very numbing and polluting to our internal environment.

These noisy distractions result from being immersed in our sensory driven modern lifestyle that puts a lot of value in "multi-tasking" and just "pushing through". When we do not find enough quiet moments to reflect or to ponder, the noise seeps into our physiology, overcharging the nervous system until we begin to "blow a fuse". This is not desirable and it begs the question, "Why is overdoing so admired?" "What is the reward?"

We realize that there is no reward for overdoing; in fact, many of us pay dearly for it with our health. It is no wonder, that stress related diseases (at least 80% of them) are on a rise more now than ever before. So, how do we find the silence in the midst of chaos when we are unable to escape to that "little cabin in the woods"?

***Interested in the benefits
of meditation, but not
sure how to start?***

**HealthWyze guides
Meditation sessions the
1st and 3rd
Wednesday of the
month, 7 -8 PM**

**Location:
Natural Path Consulting
2185 S. Milford Rd.,
Milford
(248) 684-4411**



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There are endless ways that are unique to each one of us. Whether we sit and just close our eyes, listen to calming music, read, go for a quiet walk or meditate; all of these ways give us a glimpse of what is possible. We rediscover the stillness within us and realize that all activity that is to be mindful must begin with this tranquil place within us.

To find the stillness, it necessary that we pause and preferably do so before we "blow the fuse". It is wise to maintain this balance on a daily basis by carving out some time to take an inventory of the tasks ahead, aligning them with our purpose. This does not have to require a lot of time,... maybe a few minutes in the morning before we get out of bed, or a few minutes in the evening. The results are

immediate. We no longer feel overwhelmed, we loosen our grip on the "end result", and we put more of ourselves into everything we do. We choose our tasks mindfully, we lose the sense of "urgency" and we get more accomplished because we simply have more energy. In essence, we get "rewarded". It is this experience that draws us to the practice of pausing and being still.

It is only in stillness that we hear our internal voice that guides us towards our actions. It is from the silence within that we can extend outward and direct our lives rather than allowing our lives to direct us.

We, at Healthwyze, wish you a wonderful holiday and the best for the New Year!



HealthWyze comprises three healthcare therapists in the Milford area. Their vision is fueled by the belief that optimal health is more than chance, it is a choice.

Gretchen Snell
Natural Path Consulting
www.naturalpathconsulting.com
(248)684-4411

Meena Puri
The Yoga School of Milford
www.theyogaschool.com
(248)685-3489

Terry Purcell
CranioSacral Therapy
www.IAHP.comTerry--Purcell
(248)891-5640

Healthwyze believes that the strength of a community depends on the health of its residents, and is committed to providing education and support in this area.

HealthWyze also conducts corporate educational programs in health and wellness.

For more information on HealthWyze, please contact Meena, Terry, or Gretchen.