

SUMMER FUEL: ENERGIZE YOUR BODY WITH HOLISTIC NUTRITION

BEST **HOLISTIC LIFE**

July 2024

FEMALE INFLUENCER
OF THE YEAR 2024

**JOLENE
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7 WAYS TO
CELEBRATE
WHERE YOU LIVE



HARMONIZING WORK AND LIFE: A JOURNEY FROM THE INSIDE OUT

BY ARLENE COHEN MILLER

As a recovering perfectionist, work till you drop kind of gal, I learnt the hard way that burning the candle at both ends doesn't work. Stress buildup from work and life resulted in body fatigue, chronic indigestion, bloating and body pain.

No western medical doctor could tell me what was wrong.

I knew something was off. I heard all kinds of excuses, like: "This kind of thing is not uncommon for women as they age."

I didn't buy it. I wasn't going to settle for that.

Eighteen months into searching for an answer, a wonderful naturopath looked at me, tilted her head to one side and said: "Open your mouth and show me your tongue."

She diagnosed me with systemic candida: yeast overgrowth in every system of my body.

My recovery included a sugar free diet that lasted for almost two years. I read hundreds of labels on boxes, jars, and cans, realizing that sugar had been a culprit in my life.

Sugar wasn't the only thing that needed to change.

My outlook on life, how I approached family, self-care and work needed an overhaul. During the process, I became a professional certified coach specializing in work-life balance for women.

Funny how we teach what we most need to learn.

Here's what landed for me:

1. BE PATIENT

Change happens one step at a time. Sometimes I take two steps forward and one step back. That's okay. I am always a work in progress.

When I'm impatient, I get overwhelmed and push my dreams away. So, take time every night to reflect:

- What have I learned about myself today?
- How am I doing with balancing and harmonizing my life?

- What could I do differently next time?

2. ASK THE UNIVERSE FOR HELP

She is benevolent and kind. She has my back.

If I need help mastering a new skill, ask for help.

It may come from videos, articles or thoughts popping into my head.

There may be learning opportunities with business associates, colleagues, or friends. I may be guided to attend seminars, enroll in a course of study, or join a group of like-minded souls with similar aspirations and goals.

Embrace uncertainty. Be open to all possibilities.

The more I learn and grow, the less I know.

I am never alone.

3. BE KIND

If I feel out of balance, I look within.

- Am I supporting myself as I would my own best friend?

- Am I encouraging and championing myself?

If I start judging and criticizing myself, I stop and remind myself, "That's not like me. I'll do better next time."

I am not my thoughts or feelings. They're not who I am. I am a soul having a human experience, and I'm grateful for this experience even when it's challenging and testing my limits.

I choose to visualize success: how it feels to be kind, loving and accepting myself as I am.

If I feel myself acting out and making a fuss, even if it's a voice inside of my head, I stop and ask myself, "How old is this child inside of me?"

Maybe she's 6, 8 or 14. I breathe, slow down and feel her. Perhaps she is hurting because I left her to fend for herself. Maybe I didn't like her behavior or wanted to forget this part of my life.

I say to this child, "I love you. I'm sorry for abandoning you. I'm here now." I hug her with all my heart and stay.

I have what she needs more than anything else my love.

4. TAKE BREAKS

I take time to release, relax and let go, to reset my internal clock and recharge my batteries.

Taking breaks helps me to complete tasks and projects on time in a professional, thoughtful, thorough manner, to do my best without compromising my health or neglecting the people I love.

Sometimes I dance and sing. Other times I stretch and breathe, enjoying the beauty of mother nature and how she nourishes my body, mind, and soul.

Taking breaks gives me the space to listen to my inner knowing and still the chattering mind.

5. BE GRATEFUL

What I focus on is what I get more of in my life.

If I focus on what's irritating and frustrating, I attract people and situations to feel irritated and frustrated about. If I focus on what I appreciate and love, I experience a deeper sense of appreciation and love in my life.

I choose how I see and experience the world. I choose how I respond to the events in my life.

Gratitude changes how I see myself and the world, and for that I am truly grateful.

Achieving work-life balance and taking care of myself is a process, not a destination. With love,

patience, kindness, and gratitude the process is filled with more grace, ease, and flow.

May you enjoy your own unique journey of healing and harmonizing from the inside out. May love restore the balance.

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