

Smile through the Winter Blues

Now that the excitement of Christmas and New Years is over, we are faced with a few more months of cold winter. This winter freeze can show us our vulnerabilities and shine upon our fears, but by understanding our weakness ? we can gain strength and dispel our fears with a simple Smile!

The Inner Smile is one of the most powerful self-healing and relaxation techniques I have learned in my Yoga and Meditation practice. Smiling helps us soften inside by creating warmth and compassion in our heart. This gentle softening helps us transform any negative emotions we may be holding on to that can damage our internal and external environment. Smiling heals the body by creating an immune boosting response stimulated by the production of endorphins, which are 'feel good' chemicals in the brain. These endorphins help to reduce pain in our body and mind and relax our muscles and organs, which in turn increases our immunity to sickness and stress.

Smile and focus on the good things in life to dispel any kind of sickness or fear.

To get started with your Inner Smile Practice:

Write a list of 10 Things that make you smile and/or find your favourite pictures that make you happy. Post these sayings and pictures on your bathroom mirror. Every time you look in the mirror & see these images it will remind you to smile. When you smile from the inside and get to see that smiling light shine back at you, it will make that light grow bigger. Share this smile with the rest of the people in your life and you will make your life a whole lot brighter.

Smile your way to a Healthy & Happy Winter!

For more information, classes and support in your greater health, visit our team of friendly health care practitioners at Soaring Heart Wellness ? 116 Main Street East, Shelburne, Ontario. 519 925-2822 www.soaringheartwellness.com

Ellen Brakel is co-owner of Soaring Heart Wellness, a Natural Food and Healthy Living Store in Shelburne. She is a health practitioner with 18 years of experience, certification and training in Massage & Cranial Sacral Therapy, Yoga & Meditation, Nutrition, Reiki, Re-connective Healing, Acupuncture, Aromatherapy and Counseling.