



Movement Across Generations

The pictures above are of my family. My Mum Susan, my sister Jennifer and her son Tristan (my all-time favorite person on the planet) and my sister Wendy with her children who are no longer children, Josh and Rachel. Josh is engaged to be married to Ashley and so we may have another generation very soon!

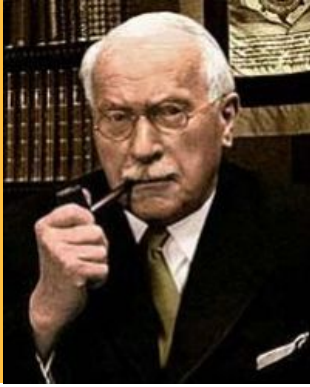
One thing we rarely consider when thinking about our health is the movement across generations. We think of this as taking place genetically, which it does, but it also takes place through our habits, the places we live, the homes we keep, the ideas we have and the emotions we express. We remember many things about life with our parents, but the real issue is what we have been able to consciously move past and what we are unconsciously holding on to. It is what we aren't aware of that often affects us the most, often in millions of tiny ways.

For instance I remember vividly that my mother always placed small favorite things such as pieces of Rookwood pottery, African wood carvings, tiny paintings and a metronome, in front of all the books on her shelves. Without even thinking twice, I have done the same thing and so have both of my sisters. My mother was a classical voice professor her entire working life and now Jennifer is involved with flamenco (which is what brought she and her husband Raphael together), Wendy knows more about music than anyone I know and I am determined to find a spot in my house for a harpsichord. Even with food, none of us would have ever tried anything that we hadn't had as children if we hadn't all lived overseas for periods of our life. I still sigh when I think how much I miss river fish, especially bullheads.

So without consciously thinking about it, all of us are expressing thoughts, ideas, feelings and tastes that we developed through our parents' lives and we are doing it unconsciously.

This is no different with our health. Your health and the health of your children is not just genetic, it is an unconscious movement within our tissues of history ... our history, the history of our parents and the history of generations before them. For most of our formative years we were exposed to the same things our parents were exposed to, we ate the same food our parents ate, we heard the thoughts and felt the emotions of our parents. All of that becomes embedded in our tissues biochemically and has an influence in the development of health or disease.

"Nothing has a stronger influence psychologically on their environment and



especially on their children than the un-lived life of the parent."

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

Psychologist Carl Jung

Jung developed the idea of the "collective unconscious" which acknowledges that we are living our lives with patterns and archetypes that have been handed down to us generationally. By making these patterns conscious we can then consciously create movement in our lives that are the result of this awareness. It is the difference between struggling, floating and swimming.

How to Create Movement in Your Collective Unconscious



Create Movement in our Scars

All of us carry scars and whether you realize it or not, emotional scars are biochemically the same as physical scars. In fact, every physical scar has an emotional memory attached to it.

Emotional memories are stored as a chemical complex in particular parts of the brain as well as in body tissues that were a part of the original experience. This is called muscle memory, tissue memory or body mapping.

Heartache can express as physical symptoms of the heart such as A-Fib, endometriosis can begin following the loss of a child, panic attacks can be triggered by certain smells.

These are all examples of scars that create health concerns.

[Read More](#)



Create Movement in the Hypothalamus

The most important part of the brain that is involved in emotional memory is the hypothalamus. It is a part of the brain that translates the external world into our body's internal environment. It also directs how our bodies respond to stress and how emotional experiences will be dealt with.

The hypothalamus knows all our secrets and where they are stored. It decides what we can access and what we can't. It directs our life from behind the curtain and it is highly responsive to movement.

Brain trauma, concussion, whiplash, chronic sinus problems, infections, seizures are all examples of things that can disrupt and imbalance the hypothalamus.



The Solution:

Heart's Song Milieu is the homeopathic solution to emotional scarring.

FAR Infrared Sauna & Chromalight Therapy

This is an incredibly effective combination to reduce scar tissue. Using infrared energy, heat can penetrate more deeply into the tissues than steam heat, creating more flexibility and fluidity which dissolves the tight fabric of scar tissue. When this is followed with Chromalight Therapy, energy is changed in the tissue drawing fluid into the area to promote healing.

[Learn More](#)

The Solution:

HPA Axis is a formula to restore the role of the hypothalamus in modulating stress and emotional distress.

Asura Brain is a homeopathic formula that helps to restore the delicate aspects of the brain following concussion or brain injury, even from years ago.

Hypothalmex/Hypothalamus PMG is a two step treatment for the hypothalamus to provide healing through reducing inflammation, improving immunity and nutrition.

Present Moment Essential Oil Blend helps improve daily focus and concentration.

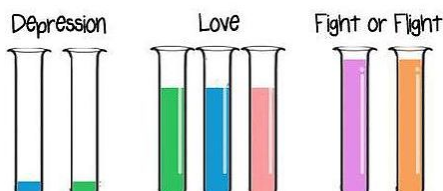


Create Movement of Unconscious Thought

In order to create change in our lives and our health, we need to help our unconscious to become conscious. This brings about a change in direction, a forward movement that opens up opportunities and viewpoints. It's like walking outside and realizing that our world is actually bigger than our living room.

Many of our patients have experienced dramatic change in every facet of their lives with the help of Karon Merecki and Serenity Hypnotherapy. She is one of our most requested Allied Therapists and provides sessions over Skype and Facetime so you don't have to leave your living room just yet!

[Read More About Karon Merecki](#)



Create Movement of Emotions through Chemistry

In order for our emotions to change, we have to create movement of the chemicals that are in fact, our emotions.

Enhancing the release of neurotransmitters while opening our



Create Movement Through Changing Routine

Routines not only insulate us from

elimination pathways for the release of toxins and heavy metals that can negatively influence our thoughts, our emotions and our behaviors.

Find a Solution

**"If you think
adventure is
dangerous,
try routine.
It is lethal."**

• Paulo Coelho

unexpected stress and give us a sense of security, they also limit us and create a pattern in our brain and our body much like the grooves in a record (remember those?).

In order to change, we have to not only imagine our lives being different, we have to create difference. Health is dependent on constant movement and constant change.

We can have a routine, but there need to be places in that routine for new things to be introduced and experienced. This creates new pathways in our brain, inspires the growth of new nerves and redistributes chemicals.

Understanding Your Genetics

Genetics isn't what you are, it's what you can be. Knowing your genetic tendencies can help you to know what your body is capable of and what its limitations may be.

It is the place to view your generational DNA and the place to plan your life.



Read More About our Genetic Testing

We offer four health-related profiles:

Weight Loss Factors
Micronutrient Absorption Ability
Athletic Performance Profile
Aging Factors

By creating movement in our collective unconscious, we not only change our future, we change the future for every generation that will follow us.



**Creating Ongoing
Change**

**The Key to Perfect
Health**

This series has been about movement in all its forms as the key to health in the human body.

There is nothing more important nor more effective in ensuring lasting health and avoiding serious illness and disease.

Our world, our society, our culture, our community, our family, our environment, our food, our thoughts and our unconscious universe all have a part to play in our health.

Open yourself to all the messages your symptoms are trying to tell you and create real change.

Visit our website for more great information