



Live by Design and Realize Your Potential
Empowering Dynamics
By Coleen McClymans

Hello everyone, my name is Coleen McClymans and I am delighted to be contributing to this month's Women In Business Newsletter. I have for the past 20 years been in the complimentary health and wellbeing industry as a consultant and instructor, assisting people to achieve their goals, realizing their dreams and feel better in all aspects of their life. Self empowerment is an ongoing journey where you empower yourself to be confident, assertive and comfortable acknowledging your own authority to be all that you can be. In writing this article I hope to share with you techniques that you can use to keep you focused and balanced on your outcomes regardless of the challenges.

Current Economic Crisis – is it all greatly exaggerated?

You would have to be on another planet not to be aware of this hot topic with daily reports on the global financial mess, various wars, companies collapsing, job losses, fear and uncertainty being fuelled by the media, everywhere you turn it all sounds bleak.

So how are you traveling? How is this affecting you? Are you becoming a victim?

When you take a few moments to reflect on decisions you've made of late, are you persevering with your original plans for the future or have you subconsciously allowed external influences such as the economy to trigger fears that have changed your course? Part of the empowering process I deliver uses Neuro-Training and Kinesiology assisting you to stay focused on your goals, to acknowledge the limitations that are having a negative influence and to train your nervous system to respond differently and more appropriately by accessing your inherited derived and values and resources, ancestral drives that are there to support you.

Get clear on who creates your reality! – Take responsibility

You see, we all create our own reality and of course our reactions to that reality. We are never subject to any one influence or victim to every influence because there is always another option. When we allow our suppressions free reign they will surely create our demise.

When your ability to stay 'in balance' is disrupted then you tend to experience disruption to your physical, mental and emotional equilibrium and may experience symptoms of discomfort, anxiety, headaches, physical aches and pains, digestive upsets, back problems, cloudy thinking to name but a few. You do have the ability to get past these negative influences that keep you from experiencing ideal relationships, positive thoughts and supportive behavior patterns.

Neuro-Training and Kinesiology trains your nervous system to respond differently to anything that you cannot adapt to physically, mentally, emotionally and/or essentially providing resources that enable you to respond appropriately regardless of what is happening in 'life' around you. That's why some seem to thrive in times of adversity and heightened stress and others do not – it is simply a matter of doing it differently.



You can overcome limitations in any area of your life, access your genetically inherited skills, talents, abilities and resources with Neuro-Training and Kinesiology.

While you take stock or 2009, you may like to try these techniques:

- Decide to intentionally create your reality, consciously decide to focus on positive influences
- Choose uplifting, positive company, those people that are like minded, similar values
- Create your own private space – a time/place to simply sift through your emotions, sit with them and acknowledge their message, within them are your answers
- Pay attention to your thoughts, what you think about creates your reality positive or negative
- Change your thinking – by speaking positively greatly impacts and influence those around you
- Identify your limitations and retrain your nervous system by experiencing a Neuro-Training consultation to adapt and respond appropriately to every situation for the optimum outcome.
- Reflect congruency in your life – that is the effortless rhythm and flow of your life

At Empowering Dynamics I will assist you to overcome whatever seems to be holding you back and by responding to circumstances rather than reacting to them, you will live the life you truly desire.

May you create abundant health, joy and success in 2009.

Phone Coleen on 0438 231 209 for a confidential chat and *Live By Design*.

More info please visit the website www.empoweringdynamics.com.au.