

# •The Healing Way•

## Hope and Happiness

Because we have all been through some very tough times lately, Healing Arts would like to dedicate this issue to the “science” of hope, happiness, and optimism. Enough with bad news! Let’s change our mindset to bring on the good!

Let’s begin by talking about hope. The amount of hope a person carries with them has a huge impact on the way they interact with others, live their life, and influences their work as well. Hope is not just a fluffy emotion – here today and gone tomorrow. Hope is an “eternal flame” that burns within you and influences every facet of your life.

For example, hope and productivity go hand in hand. You will accomplish the most when you have a firm idea of what your specific goals are and combine those goals with the appropriate amount of energy needed to accomplish what you want. Setting the goals without putting energy into seeing them through is not going to be very productive.

Hope also affects your work performance. In various studies, it was demonstrated that employees with high levels of hope had much fewer days of absenteeism than those with low-hope scores. Their earnings were also more significant overall.

At some point, most of us will be impacted by a serious illness. Hopeful people demonstrate higher levels of pain tolerance. Children with higher levels of hope will follow doctor’s orders better than those with lesser amounts of hope. Even those persons with cancer or other serious conditions will have a better rate of recovery when they have hope versus those who do not.

Finally, hope impacts your overall happiness in life. Studies have found that hope proved to be a strong predictor of satisfaction, and hope may actually be a “symptom” of happiness. Working toward meaningful life goals is one of the most important strategies happy people utilize.

Recognizing how much hope you carry is an important first step. Do you find yourself overwhelmed by negative thoughts and emotions? If you do, take steps to actively change those unproductive thoughts and beliefs. If you can’t do that on your own, seek help through a mental health counselor or even consider hypnosis. Becoming a hopeful thinker will help you build your resilience and give a huge boost to handling stress, change, and adversity. In short – a better life!



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### Breast Thermography

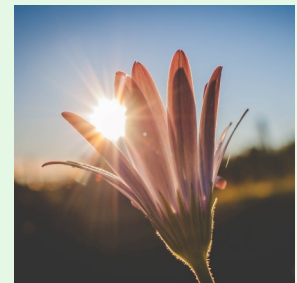
Breast Thermography is invaluable in alerting to changes that can indicate early stage breast disease. It is a 15-minute test that is totally painless, effective, and approved by the FDA. The technique uses no radiation. The cost is \$260 for breast and \$425 for full body scans. Dates for 2020 are as follows:

July 16th · October 13th

Schedule well in advance as time slots do fill up!

“Gratitude is the fairest blossom which springs from the soul.”

Henry Ward Beecher



“When I started counting my blessings, my whole life turned around.”

Willie Nelson

# Seven Habits of Happy People

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*Excerpted from The Pursuit of Happiness*

There are hundreds of books, TV documentaries, and even entire seminars devoted to remedying human misery. Recently, there has been a dramatic surge in studies focusing on the “science” of happiness. Through these studies, psychologists have been able to pinpoint some specific ways of thinking and acting that strongly impact our sense of happiness and peace of mind. Let’s review the seven main habits of happy people that have been identified.

#1 Relationships – People who have one or more close friendships are happier. Sharing your personal feelings with a friend or relative and showing a genuine interest in other people and responding to them in encouraging ways are both powerful in enriching relationships and cultivating positive emotions.

#2 Acts of Kindness – People who volunteer or simply care for others on a consistent basis seem to be happier and less depressed. “Caring” can include involved participation in an organized group or club or can be as simple as reaching out to a person who looks lonely or is struggling with an issue.

#3 Exercise and Physical Well-being – We need to eat well and keep moving. Regular exercise is associated with improved mental well-being and a decreased incidence of depression. Think of the old saying, “sound body, sound mind.” There is also a significant link between exercise, sugar consumption, and depression.

#4 Flow – If we are deeply involved in trying to reach a goal or a specific challenging (but enjoyable) activity, we experience a joyful state called “flow.” These activities may include sports, music, teaching – these can all stimulate intrinsic motivation. In other words, when you are doing something you like, you usually do it well and happiness ensues.

#5 Spirituality – There is a close link between spiritual or religious practices and happiness. Spirituality is closely related to the pursuit and discovery of deeper meaning in our lives. Living a meaningful life helps us cultivate a level of happiness.

#6 Strengths and Virtues – The happiest people are those that have discovered their unique strengths and gifts as well as virtues and used those for a purpose that is greater than their own personal goals. And yes, we all have strengths and virtues!

#7 Positive Mindset – A sense of gratitude, mindfulness, and hope are inherent in happy people. People with these attributes have a greater level of optimism, sense of belonging, and lower incidence of depression and stress.

How many of these traits do you possess? Nurture those and develop those you don’t. It’s time to get happy!

“Enjoy the little things, for one day you may look back and realize they were the big things.”

Robert Brault

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

# Gratitude

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*Excerpted from Positive Thinking*

The great Roman orator Cicero wrote, “Gratitude is not only the greatest of virtues, but the parent of all others.” All of us can think of times in our lives where we have felt deep gratitude to others. Being grateful feels good! The feeling of being grateful is a universal concept among world cultures. In nearly all the world’s spiritual traditions, they emphasize the importance of giving thanks to benefactors, spiritual or otherwise.

Feeling grateful has several benefits, including less frequent negative emotions and more frequent positive emotions such as feeling energized, alert, and enthusiastic. Gratitude is also associated with pleasant physical sensations as well. Grateful people experience pleasant muscle relaxation and decreased blood pressure.

There are also interpersonal benefits associated with gratitude. Feelings of gratitude are associated with increased feelings of closeness and a desire to build or strengthen relationships with a benefactor. Acts of gratitude require us to admire good characteristics of other people, and that in turn allows us to become closer to them. Gratitude also has the benefit of improving mood and lends to moral growth and our own willingness to help others. Gratitude definitely benefits society as a whole.



The advantages, then, of having a grateful heart? Grateful people are happier, have stronger feelings of social support, and feel less stress and depression. What are you thankful for in your life? It might help you to make a list, and whenever you begin to feel overly stressed, review that list and give those things highest priority. You might also try keeping a gratitude journal, as daily events open up even more situations to express your gratitude. Lastly, don’t hesitate to tell people that you are grateful for them and the efforts they have shown for your benefit. Gratitude can easily be reciprocated.

We all have so much to be grateful for!

## The Power of Forgiveness

by Reneé Kimberling, ND

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In our practice at Healing Arts Center, we see many people who have experienced severe traumas in their lives. The traumas can be caused by a multitude of factors – physical accidents, emotional or physical abuse, relationship issues or divorce, family issues, death of a loved one, life-threatening or chronic health problems, or even failures in business or careers. Whatever the cause, these circumstances all create many of the same emotional scars: anger, betrayal, anxiety, depression, frustration, stress, and fear.

These scars can all perpetuate difficulties or inabilities to return to normalcy. Physical symptoms often exacerbate, and a sense of happiness and peace evades us. “Why did this happen?” “How can I ever trust again?” Friends often tell us to let time heal us – but frankly I have seen too many people become “stuck” in a revolving door of hurt. They are paralyzed and can’t move forward.

I believe there are things we can do to help ourselves progress and find healing. Forgiveness is paramount. The act of forgiveness can catapult your quest for peace and re-establish your ability to trust.

Forgiveness doesn’t mean that you forget what happened to you or your perceived personal failures. It doesn’t mean that you assume blame for anything that transpired. It also doesn’t mean that you adopt the attitude, “Oh, it’s okay, don’t worry about it.” I believe that forgiveness begins with recognizing and reflecting upon what happened to you and not brushing anything under the carpet. Bad things happen to all of us – it’s a part of life. Knowing that your life will not be perfect is a big step toward recognizing adult responsibility and, in short, reality.

So, what is forgiveness, then? To me, forgiveness begins with realizing that *everyone* has their imperfections and

limitations. People aren't perfect. No matter what their age or experiences, we all have faults. Faults may be inherent in our personalities or may be reflections of our upbringing or life experiences. They are just a part of the human experience. I also feel that when we forgive a person their faults, we are in fact forgiving ourselves for our own imperfections. You cannot practice forgiveness without forgiving yourself as well as others.

Forgiveness also entails realizing that every event and situation is a learning experience for our personal and spiritual growth. In order to make forgiveness a reality, ask yourself what you have learned from your experience. You might even write yourself a letter or make a list of everything *positive* you feel you have gained.

Honest communication with yourself as well as others may also help you on the path to forgiveness. Being able to communicate how you feel without blame or anger can help you sort out your emotions as well as help other people involved grow too.

Be open in sharing your feelings with the people who care about you and want nothing more than to help you on your healing path. Whether it be close friends, family, clergy, or even healthcare professionals, reach out without fear. We have all experienced trauma, and their insights might be instrumental in helping you with your own personal growth.

It is also important to realize that you can forgive someone without maintaining a personal relationship with them. Even if you love someone, it is sometimes best to maintain healthy boundaries to further enable your own healing process. Relationships can be toxic, so they need to be managed. "I love you, but I don't agree with the things you do. I need to stay away."

Lastly, if you feel you need extra help, please reach out to your health providers at Healing Arts. We are here for you, and we do care.

"Learn to be thankful for what you have; you'll end up having more.  
If you concentrate on what you don't have, you will never, ever have enough."  
Oprah Winfrey

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### Online Hypnotherapy

Did you know that hypnotherapy can have far-reaching effects in helping you experience greater happiness and satisfaction in your life? It can help by allowing more emphasis on the positive, opening yourself to greater success and achievement in personal relationships, schooling, and peak performance in your career. Hypnotherapy is very effective in reducing stress and promoting a sense of calm and well-being. In essence, it puts you back in control and helps you be the best version of yourself.

Healing Arts offers online hypnotherapy sessions with highly regarded therapist Randi Light. Randi has been seeing clients via online sessions for over 10 years – and gets great results!

With online sessions, it is relaxing and comforting to get hypnotized from your own bed! Call Healing Arts today to schedule your "discovery conversation" consultation to see if online hypnosis is right for you!



"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

Winston Churchill