SPIRITUALITY • HEALTH • FITNESS • FOOD • BEAUTY • RELATIONSHIPS

YOGA

TM MAGAZINE

30 DAYS TO
A FLAT STOMACH

WHAT TO EAT FOR
HEALTHY SKIN

BEAT THE SPRING ALLERGIES
DETOX GUIDE

COMPETITION
WIN £1000 BALI FESTIVAL TICKETS

yogamagazine.com

EXCLUSIVE
PAULIE ZINK
ON YIN YOGA

DISCOVER YOUR AYURVEDIC
BODY TYPE

HOW IT ALL BEGAN
THE HISTORY OF YOGA

March 2012
UNITED KINGDOM £3.50
UNITED STATES $4.99
AUSTRIA, MALTA €6.50
BELGIUM, FRANCE, CYPRUS, ITALY, LUXEMBOURG, NETHERLANDS, SPAIN €5.99
PORTUGAL €4.99
JAPAN ¥880
UAE AED30

03
9 771478 967027

Psychological Renewal

MIND

Spring is the time when flowers emerge from the dark stillness of the earth. They rise in all their glory, sharing their rich scent, beautiful colours and wonderful shapes and sizes.

CAROLINE SHOLA AREWA

CAROLINE IS A HUMANISTIC PSYCHOLOGIST, WELLNESS COACH AND AUTHOR. SHE IS KNOWN FOR HER PIONEERING AND AWARD-WINNING ENERGY WORK. SHE IS THE FOUNDER OF ENERGY 4 LIFE WELLNESS COACH TRAINING.
shola.co.uk

We feast on their beauty. However they must leave the comfort of the earth to fulfil their greater potential. So it is with us, we must also leave our comfort zones if we want to emerge in all our greatness and full potential.

Spring is the season of new beginnings; what better time to make a life shift. Traditionally it's a time to cleanse your body, clear your mind, de-clutter your environment and create more space in your life. I am inviting you to shake of the mud and rise in all your beauty.

I use the term psychological renewal to refer to a two stage process I use a lot with clients. I use it when clients come to me lacking direction, procrastinating and showing signs of being generally low in confidence. The process involves identifying what you need to let go of in life and clarifying what needs embracing to reach your highest potential. Below are some questions you can use to kick-start your own psychological re-newal.

- **Who or what, is past its sell by date in my life?**
- **What do I really need to release?**
- **Can I let it go?**

As you release the clutter and debris from your mind, energy is freed up. The energy that was holding you back is now available and can be utilised in moving you forward.

- **What is emerging in your life at this time?**
- **What is trying to be expressed through me?**

Take time in your journal to answers these five powerful questions. Your first thoughts are the ones to capture. Often we have a thought, dismiss it and then try to answer the hard way by thinking. Avoid the thinking trap. Let spirit move through you and deliver the answers. Allow them to write themselves in your journal without letting your mind interfere with the process. This is called free association, used in psychology. Writing this way in your journal is perfect for gaining insight. As you embrace your renewal, like a flower you will rise in all your beauty and potential.