

LightBalance Insight

LightBalance Counseling Ministries

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Intro

Welcome to the first edition of LightBalance Insight. It is my hope that this conversation will contribute to you finding greater peace in your life. That this material will help you to be more proactive with your healing in mind, body and spirit so that you might grow more intentionally. May you be blessed with spiritual sight as you read, knowing what is for you to take and try and what is for you to let go and accept that at this time you can not or will not do. Enjoy, I welcome feedback and look forward to serving you in deeper ways. God Bless you in whatever form God shows up as you move towards the life of your dreams.

Tina

Pastoral Counseling

The mental health community is beginning to make the connection that honoring people's spiritual lives (or lack of them) impacts health. For those of us who knew this, we wonder why there needs to be studies to "prove" that having a spiritual life makes a difference? That is the way humans are...we ask questions, and then we set out to explain the answers that we find. The interesting thing about the spiritual is that we may never find the answers, but the journey of engaging in the asking is what is important, because it puts us into relationship with our Creator. So ask the questions and then let go of the attachment to an answer. Have greater peace knowing that you are healthier just by asking!

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Trauma Resolution

People who have endured horrible events suffer predictable psychological harm. The definition of "horrible" is for you to decide. There is not a textbook definition, but an individual definition based on how you have processed the experience. Trauma research is gaining a greater understanding of these predictable, mind, body, spirit responses to extraordinary stress and finding better ways to help the human organism heal from them. Eye Movement Desensitization and Reprocessing (EMDR) is one of the outcomes of this research.

Guiding you towards a life of greater peace

Spiritual Direction

Relationship with God is frequently thought of in this formal, thee and thy kind of way, but real relationship with God is the same as real relationships with your spouse, sibling, parent or friend. Sometimes you are having a good time, totally in sync with each other, but at other times you are out of alignment and miscommunicating. At times you love your friend and at other times you question why you are in relationship at all. This is *real relationship* and in order to be real with God and take the relationship to a deeper level, you need to move beyond the Holy Parent to the Beloved Friend imagery. We are usually more honest with our friends than with our parents. There are no off limit emotions with God. In fact, there are some emotion states, like rage or crippling grief which maybe only God is capable of handling and healing and expecting your beloveds to endure are impossible. Besides God already knows who you are, so why not risk admitting that you know who you are too.

Tidbits

Spiritual Direction/ Coaching and Nutritional consults are now available over the phone.

Tell your out of town friends!

~ ~ ~
"My peace I leave with you." Jesus
~ ~ ~

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Nutrition

One of the new trendy ways to make eating healthy easier is to become mindful of the color. Since I love bright vibrant colors, I am very attracted to this idea. For me it adds an element of fun to eating. Not to mention beauty and a high "yum factor."

There has long been a rule in whole foods nutrient that white foods are void of nutrition...think white flour and white sugar. I have noticed an alarming trend in food that we are moving towards more white in foods. Have you noticed that lettuce is getting lighter, instead of greener? And this summer, white corn was about the only choice instead of yellow or even bi-color. When I talked to the farmers at the produce stands they affirmed that customers are demanding white! Stop now. The colors of food are where all the nutrients are, for example bioflavonoid, lycopene, anthocyanins, sulforaphane and beta carotenes. Now you can spend extra money and buy these isolated components in a supplement or you can simply eat a wide spectrum of colorful food. Bioflavonoids are in your grapes and asparagus. Tomatoes are lycopene rich. Anthocyanins are in your purple fruits and vegetables, like beets or blueberries. Sulforaphane are in broccoli and brussel sprouts. The beta carotenes are in the orange of carrots and cantaloupe. So fill your plate with all the colors of the rainbow. Allow yourself some white; just make sure to eat the other colors too.

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