



combining coaching & kinesiology  
is our speciality

our passion  
professionals and corporate leaders

- coaching
- kinesiology
- team intervention
- corporate wellness

## LOVE, the real meaning it holds in our bodies

It is 5h30 here in Johannesburg and outside is the most mysterious full moon. The birds are chirping and the air is filled with the birth of the emotion of love.

*"Love brings with it the promise of wholeness."*

I can see from the feedback I track on my website how many of you ask about relationships. For a while now I have been wondering why I refrain from commenting about this. The answer is simply that I had nothing to add to what has already been said... until now.

**We identify with some things and others not. The two together make us whole. Mythology refers to the eros and the psyche. The Bible refers to the first law: "To love your neighbour like yourself". Energetically in our bodies we refer to the male and the female energies.**

Everything is about this love. Our needs or goals to be free and to feel alive. This drives us unconsciously and sometimes consciously. This incredible feeling we get when we open up to someone, no matter what the apparent risk.

This feeling moves us physically... as it is meant to. Life is about movement and creation and not a controlled feeling. In our bodies we experience a rush of energy so strong that we are not able to control it. We do silly things that go beyond our understanding of ourselves. We call it chemistry in laymen terms, because in reality our chemistry is physically affected when we recognise our counterparts.

How do we recognise those ones who allow us to feel love? There are levels of experiencing this - the levels of mind, body and soul. Some partners are matched on one or two levels only. Other are a complete match of that which we are not - at a soul level and they complete us.

This is a marriage of the bride and groom in the deeper sense. Soul mates are those who are *learning the same lessons as us*. It is our complete match that constitutes this openness, truth and freedom we seek inwardly.

**LOVE is not something you can intellectualise with logic, it is something you know when you feel it. We use different words for it, because it is a meaning in the cells of our physical bodies ... the very substance that lets us breathe (even though we assume breathing is involuntary).**

When my husband died ten years ago, he did not want me to be present when he gave his last breath. I did not understand it then, but now I think he *gave up on his earthly inner quest for love*. His body was weak. He lived 12 months longer than the doctors said he would. On his journey to peace he probably recognised that the complete match is better made in heaven than on earth for him. He told me that he saw a light and I would like to believe that he *connected with it* and found what his body yearned for. So he chose to stop breathing.

Although there is a knowing when we see it, it is better recognised when we know who we are. There is a reason human beings are so fascinated by profiling. As a coach I work with potential and resist any limiting profile system if it does not empower us. The best way to know who you are does not come from outside - it is already there on the inside.

When you know who you truly are, it is easy to recognise who you are not. We seek - *what we are not* (like a magnet) to complete us. And that other person or energy is what makes us experience LOVE. Love is the inner change that drives external change in our lives. Click "[here](#)" to book a complimentary session if you wish to learn more about who you truly are.



## Are you ready for intense **personal development**

Respond now if you want to do a kinesiology course that goes deeper than anything you have ever done before.

## life**PHILOSOPHY**

imagine you

Kinesiology is *thinking with our muscles*. We hold "in mind" patterns of what we believe, who we are, and our thoughts from conditioning of how we grew up and what our genes dictate in our biology.

### HOSTING INTEGRATED HEALING KINESIOLOGY TRAINING

Integrated healing is a way to change those patterns. It is different. It is advanced. And it will change you forever.

#### Turning Kinesiology into Kin-easy-ology

- You can read as much about it as you wish on the website if you click "[here](#)" or go the integrated healing website if you click "[here](#)".
- Integrated Healing is the combination of about 70 kinesiology disciplines which uses protocols for changing through our muscles, unconsciously and gently.
- The system is complete in that you can do it from scratch, even though it is a very advanced form of kinesiology. It can also be integrated with other systems with a little bit of practice.
- This training will allow you to practice kinesiology as trained by an international trainer and developer, Mathilda van Wyk.
- This workshop will also give you the opportunity experience every protocol on yourself.
- If you have time between 27 to 31 March to go to Pretoria, invest in your personal development. For details of the course click "[here](#)" and look at "What's new" in the sidebar, or contact me directly at 083 679 2000.



Combines the power of NLP, life coaching and kinesiology to focus on deep-seated emotional, spiritual and neurological issues to create a more balanced human being. Read what they say about Mathilda's courses "[here](#)".



## about adélé **coach, kinesiologist, artist, business owner, mother, explorer of life**

the mind • body coach offers

- ❖ Individual coaching and kinesiology sessions
- ❖ Coaching programs for individuals and corporate clients
- ❖ Team workshops and presentations
- ❖ Wellness programs on mind& body

signature coaching

- ❖ Creating awareness for self development
- ❖ Connecting head (logic) and heart (feelings) for decisions
- ❖ Integrating sustainable actions successfully

contact us

How can I be of assistance?: Call 011 788 3225, [agreen@global.co.za](mailto:agreen@global.co.za) or 083 679 2000 or view [www.lifephilosophy.co.za](http://www.lifephilosophy.co.za)



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