

Creative Healing

HOMEOPATHY

Homœopathy began in Europe almost 300 years ago and is a complete system of medicine which employs the minimum dose of the required medicine to stimulate the body's own healing power or 'vital force'. It addresses the individual's symptoms in totality with regard to the condition they are experiencing, no matter how long that condition has been present.

5 WAYS HOMŒOPATHY CAN HELP YOU:

- BY USING NATURAL LAWS TO DEAL WITH ACUTE OR CHRONIC HEALTH PROBLEMS.
- BY USING MEDICINES DERIVED FROM NATURAL SUBSTANCES PREPARED SCIENTIFICALLY, RENDERING THEM NON-TOXIC.
- BY TAKING ACCOUNT OF YOUR MIND AND EMOTIONS IN ADDITION TO PHYSICAL SYMPTOMS.
- BY CHOOSING FOR YOU, A REMEDY AS INDIVIDUAL AS YOU ARE.
- BY TREATING ANY HEALTH PROBLEM FROM CHILDHOOD ILLNESSES, MENSTRUAL PROBLEMS, DIGESTIVE DISORDERS TO ANXIETY, PHOBIAS, OR 'DEPRESSION'.

REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered using touch and is based on the idea that a 'life force energy' flows through us and is what causes us to be alive. If one's 'life force energy' is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

- Treats the whole person including body, emotions, mind and spirit
- Is a simple, natural and safe method of healing and self-improvement
- Works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery

Dealing with ill-health or dis-ease creatively at all levels means considering more than just conventional medicines. These have their place but like any other healing system, if abused can undermine our health rather than improve it.

Creative Writing

Can be a way to learn about and create our world anew. It is a craft requiring much practice and a deepening understanding of how we and others act in and perceive the world.

It has also been used therapeutically to help individuals and groups express on the page what they can't elsewhere.

'... writing about earlier traumatic experience was associated with both short-term increases in physiological arousal and long-term decreases in health problems' Pennebaker, J. W. Beall, S. K. (1986) Confronting a traumatic event. Toward an understanding of inhibition and disease. *Journal of Abnormal Psychology*, 95, 274–281 .

CONTACT me if you wish a consultation on devising a writing plan for working through unexplored or difficult issues or strategies to help with self-worth, or rejection that are common to writers.

LEARNING THE CRAFT

The craft of writing covers poetry, prose and creative non-fiction. If you want help to get started learning to craft your writing or have started already and want some feedback:

CONTACT me to facilitate workshops and readings, for editing or to explore the Creative Process.

Visit www.jacquelinesmith.org to find out about **'The Book on Commonwealth Creativity-Inspiration & Advice for Writers to Keep the Spark Alive'**

Creative Living

Living creatively is about learning to enjoy your life and letting go of harmful stress. Easier said than done, of course, but like any other worthwhile endeavour, it takes practice and more practice, in fact, as often as you can manage.

Jacqueline teaches several meditation practices including mindfulness, loving kindness and walking meditation. Being mindful is something that can be done anytime, anywhere, for anything. That practice involves remembering that we are doing, what we are doing. Being present, being all there (and a bit, some might say!) all the time.

'Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.' The Buddha

If you choose to learn to meditate, it helps a great deal if you can first learn to relax. That too, can take practice if we have built up habitual patterns.

Jacqueline often teaches relaxation separately, offering techniques to reduce and manage stress by exploring the situations that can trigger anxiety and tension.

Creative Life Consultations

Jacqueline Smith has been a qualified professional Homœopath for fifteen years since graduating from The Scottish College of Homœopathy with a Distinction in 1997. She then, in 1999 and 2004, completed two International seminars in Greece with world renowned homœopath, George Vithoulkas . In 2007, Jacqueline undertook an advanced course at The Bengal Allen Medical Institute in Calcutta, India gaining a Certificate in Homœopathic Therapeutics. She is a member of the Alliance of Registered Homeopaths .

Jacqueline completed the HNC Creative Project at GCNS in 2008, the Steps New Writers Course at the Mitchell Library in 2009 and the MLitt-Creative Writing at Glasgow University in 2012. She has had various poems published in several Anthologies and her 'Muted Hellion' collection published in 2006. Her ballad in Scots, 'Dumbie & the Devil' based on the life of Scottish witchfinder Janet Douglas, was published in Long Poem Magazine , Issue 7, January 2012. She has completed her novel, The Witchfinder, based on the life of Janet Douglas which is under consideration with a publisher in Scotland. Jacqueline is Chair of the Scottish Writers' Centre based at the CCA in Glasgow.

Jacqueline has been practicing meditation and yoga over the last 25 years and teaching them for the last decade, most recently at Kagyu Samye Dzong Buddhist Centre Glasgow. She also teaches Relaxation, Stress Management and Integrative Art which began in 2002 at Langside College and continues with private and charitable organisations. In 2006, Jacqueline gained a Postgrad Teaching Qualification for Further Education from Dundee University and in the same year was made a Reiki Master.

'I feel more comfortable with myself and it's easier to be myself around others.' G.R.

'The loving kindness practice had immense benefits. I feel calmer especially at work. The tutor created a peaceful and relaxing atmosphere.' E.T.

'I feel more relaxed and know how to relax now. The tutor was always answering questions, explaining everything as we went along.' A.B.

'I feel greater emotional stability and sense of peace. The tutor interacted very effectively with class with patience, kindness, gentleness, positivity – a sense of fun and most importantly, completely down to earth.' K.B.

Creative Life Consultations

CREATIVE LIFE CONSULTATIONS is a new initiative that seeks to improve quality of life at all levels and offers systems, practices and techniques to help anyone who seeks understanding and awareness of how they can make the most of their life, starting NOW!

A creative process similar to that which brought us into the world, beginning with the spark of interest, conception, fertilisation, implantation, gestation, and beginning again.

This is true of all creative endeavours, including working to enhance every aspect of our lives whether physical/material, psychological/cognitive or emotional/spiritual.

Often improvement or worsening of one aspect will impact on others. So how interested are you in conceiving ways and means to have a better life? How can you implant the commitment to grow and begin your life as you want it to be?

Have a look here and on the website to find out if any of the suggested therapies can ignite that spark for you.

CALL TODAY!

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www.facebook.com/CreativeLifeConsultations

t:0141 632 2701

m:07817229771

e:jacqueline.smith99@talktalk.net



Creative Life Consultations

* Healing * Writing * Living *



www.jacquelinesmith.org
www.homeopathjacq.co.uk