

THE TOTAL YOU NEWSLETTER

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YOUR HEALTH

Scientists are beginning to wonder if prayer can actually heal us. We've long known the benefits of proper breathing...more oxygen to the body (brain, cells, etc.) But the act of either silence meditation or prayer is proving to do more than improve oxygen flow...it's lowering stress hormones in the body...like cortisol. And, it is lowering blood pressure as well.

However you approach it, a daily reflective time can do not only your heart some good, but it can clear your mind and calm your spirit.

YOUR LIFE

I was recently talking with a woman who recently lost her husband. In our conversation, she mentioned that although the tendency is to ask God "why," she chose not to. She didn't feel it would get her anyway. Instead, she opted to be thankful for the time she had and accept what had happened. She certainly was grieving, but I really saw a strength about her...her faith.

Asking "why" is the kind of question that can make you insane. We can try to make up reasons to help explain the pain and loss. We can get angry when we don't feel we get the right answer we want. Or, we get stuck in bitterness when we just hear nothing!

I encourage you during tough times to refocus your energies on dealing with what you have, accepting it the best you can and looking past it. Take steps (albeit small ones) to moving on. Trust that

something good will come from it, even if you can't think of a single thing. In fact, you may never see the good, but faith is believing without seeing.

JUST FOR FUN

Okay, movie trivia time! Guess which movie this line is from and be the first to let me know, and you could win a free 15-minute coaching session with Lorraine!

"There's no charge for awesomeness"

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