

## **WINTER DOWN UNDER!** ~ written by Sylvia Marina

Do you feel tired?

If your body wants to rest more in the winter months, do it, if it wants to jump puddles or play in the frost, do it. Daily remind yourself we are all individuals and the one, who knows what is in our best interest is our own inner guidance.

I have been living in Western Australia for almost 40 years and for the first time ever in Perth I experienced a real frost, not the frost that you walk out bare feet and touch the grass to see if it is crisp, yesterday I was out at 6.30am and it was a white frost!

I had a nostalgic moment of my childhood in the South Island of New Zealand, where we had real frosts, not just white frost where ponds and puddles were frozen for weeks but black frosts or in other words a dry freeze. A dry freeze makes roads extremely dangerous and also has a devastating effect on vegetation.

Yesterday's frost was enough to bring a flood of memories of frozen water pipes, bronchitis, colds, chills, painful chilblains and winter ills.

Let your inner knowing guide you away from illness into a healthy happy life. When you are happy and healthy your world is better and you add to the joyous experience of others. You will have more to give your family friends and workplace when you are brimming with health and enthusiasm.

Does your body really need more rest?

If it is fatigue that you experience, I understand that sleep does not cure heavy fatigue. Perhaps it is gentle exercise you need to get more oxygen and vitality happening in your body. If your fatigue is impeding your ability to perform your day-to-day tasks, you may need to seek medical assistance.

I have a professional background in health and behavioural sciences, for more than twenty-five years experience of 'helping people through times of change' I have seen many, many people with not only winter weary bodies but all-year-round people with low energy.

Our birthright is to be alert, vibrant, a happy-to-be-alive people.

Aware of the importance of our thinking patterns, people with high self esteem, people who love who they are, people with purpose have a high self confidence vibration, a level of self awareness and seek to understand what it is that will maintain a healthy life and lifestyle.

In our part of the world right now there is an abundance of Mandarins, Oranges, Lemons, Apples, Banana's, rich green Silverbeet and a vast variety of different coloured vegetables - make them available everyday to you and your household.

Begin creating a vegetable patch. If you have never done this before, start with your favourite herbs. Plant them in pots and when your garden is ready plant them out.

Start preparing your garden now, remember, for your garden to produce well you need sunshine, organic manure, straw, soil and water. Study what it is to companion garden, done well this reduces pests in your garden and encourages better crops, better harvest.

If you have children, get them involved in gardening, they love the process and especially love eating corn, carrots, parsley, tomatoes, fresh beans and peas straight from the garden – it's a very healthy experience.

Perhaps you feel you want a garden, have space but no time to care for it. Consider sharing the garden experience with a neighbour or family members.

To revisit where we began....If your body wants to rest more in the winter months, do it, if it wants to play in the frost, do it. Daily remind yourself we are all individuals and the one, who knows what is in your best interest is your inner guidance.

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Its winter in our part of the world – wherever you are, enjoy it. Sylvia Marina

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HELPING PEOPLE THROUGH TIMES OF CHANGE.