

Empowering Lifestyle Made Easy

with Helen Brougham



CLARITY | SELF-CONFIDENCE | MASTERY | FREEDOM YOUR WAY | LIFE FULFILLMENT

Welcome!

Podcast 1

Welcome to Empowering Lifestyle podcast. Teaching you Mums what is dear to your heart

And now here's today's episode.

Hi, my name's Helen Brougham! I'm your host for the Empowering Lifestyle podcast. Today it's about welcoming you to this special program. I'm a Mum myself. I have 4 adult children; they're 33, 31, 29 & 27, and now they're starting to have their children. We have 3 boys and 2 girls. It's been wonderful in my journey of being a Mum, being married for nearly 36 years and having my family grow up.

Where I started was, I'm a country girl, I'm originally from the country. I married a farmer and we lived on the farm and had our little kids. As life progressed, my grandparents were always very close to me. When my time came, my journey changed. It changed greatly when my grandma dying when she was 80. 8 days later my grandfather died too. There started a journey that I had no idea what had happened.

You'll hear in other podcasts what it eventually ended in; me being in grief. How I found my way back to feeling relaxed and confident, and a mum that could help her own children.

Then I became a massage therapist, is what came out of that. As I became a massage therapist, I learned, kept going back to the city to learn more and more about how to help myself. In that process I learned about the muscles, I learned about how the muscles interact with the mind and how the mind controls so much. When we're not in the balance this mode

between mind, body, our spirit, our spiritual beings. You really get to see how you can really impact and make an amazing difference if only you knew these techniques. This is why I've started this podcast.

I have a magazine in newsstands, I have a blog and a newsletter. Now it's time to really allow all mums to learn this new way of what I've been doing. It's made an amazing difference with all the mums out there, particularly mums that have children, of course, and how they can see what's happening to their own children even by looking at them.

From my own experience I know if I'm not happy and my muscles are not relaxed and I'm in pain, then I don't connect as well with my children and with my husband. If I'm feeling well, I feel confident and relaxed. I am one with my life.

From there, I want to teach and show you how to connect in that way. To really start looking at being very empowered by what you see, and you can make a difference in your family. You just go, "Oh wow – if I hadn't have caught that..." and I'll give you an idea of if I hadn't caught that;

Have you had one of your kids go to school, and when they come home they are totally different? Your child is very happy, playful and confident, and this day they came home being totally different, like they were quiet, they had their head down, they're not talking to you, they're avoiding you. Saying, "I don't know what I want" ...

If we're not ready for listening to that and seeing that, we miss it. But in that moment, something happened to your child at school, on the bus, anywhere. This is like the bells going off in your head.

Now if you listen to those bells saying there's something up, instead of saying, "Oh, that Johnny, he's really quiet today." That's an indicator that something's happened. Johnny has made up a story about what happened that day.

It can be that your Lad got picked on that day or a girl told your child that they didn't like them. You can probably relate this back to your own life, what happened at school, and how it affected you after that. If we can start to catch Mum, this is for Dad's too, also see how this is for himself and yourself in your life.

But if you can catch those moments when your child changes, then it's really easy to sit down with your child, and say "*So, what happened today? How was your friend, what did you do in class today?*" Just by having a conversation while you're folding the clothes or taking a walk around the block, you can find out exactly what happened for your child.

Children do not make up stories if it's real for them. Children are really honest if they're given the space right from a baby that they can talk to you about anything.

This is very powerful because you can stop your child from changing and their behavior changing forever. We can't stop everything, but if we can stop the ones, those stories that have happened to our children, we teach them how to cope with somebody calling them a name, and how it doesn't mean anything about them. That way they become confident instead of them making up a story about what happened that day, they can keep going, "*Well, that person was upset today, that's nothing to do with me.*"

How would that be for you, to be able to do that? It would be fabulous, wouldn't it?

In our own lives, we're adult we're at work, we're working with other people, this happens all the time, doesn't it? We get upset and if we in ourselves, if we can not get upset and go, "*That wasn't about me, that was about some argument that person had with someone else.*" You were just in the wrong place and said something that triggered something within themselves.

This is how I want to empower Mums to start stepping forward and stepping right into what they know and how you do know a lot of this but to bring it to the next level, then you can start to empower not only yourself but you can empower your husband, you can empower your children. You can start to really be able to communicate

at a whole other level and listen to people in a whole different way, so that they get that you're listening to them. ***It's a big one these days; nobody listens to anybody about what they really are saying.*** They're listening for something else, aren't they? They're often making up a story about what you said, oh, you know what I mean, when you're talking to someone and you feel them glaring and fading in and then all of a sudden, they're not even in the same conversation with you. This is when people are making up little stories about what you said, which is interpreted by their own things, what they heard and how their life has been going.

This is really fabulous to catch these. There is the level of being with ourselves and having a look at what are we putting up with. What we are denying ourselves is calm and peace.

Another part of my world is being a massage therapist and having people really understand what massage means and the particular type of massage that I do and many people in the world do, but we're all a little different because of our uniqueness.

When you have a massage you can release all that tension out of your muscles. So Mum, it's time to start having a massage, a remedial massage. Start to have it on a regular basis; I'm talking 1-2 weeks apart. I want you to just really see what happens to you on that journey.

Also, there's a level of what I work with is with the self, for yourself. I work with families and how to help families and when to tell when your child is not happy. When to know how to be with your Mum when she's doing her thing. Or how to be with your Dad when dad is being dad. ***Although it might annoy you, but if you can be with everybody and just listen to them, this is when the real excitement starts.***

How would it be to be with your sisters or your brothers and with your cousins, and with your friends? Now we're just finished with the celebration of Christmas, and it's like can you see where it could have been a new level of being with each other.

With the actions of having an empowering lifestyle podcast, we're going to be looking at ourselves, our families, relationships and our careers and really start to be with what it is that we're wanting to step forward into. Find that real clarity and have that freedom to really empower ourselves first and then we can make such a difference with the world around us.

Thank you for now, and go on over to www.HelenBrougham.com.au and have a look at the website, have a look at what we're doing over there. There's much more information there. So for now, I look forward to seeing you in the next Empowering Lifestyle podcast.