

# Empowering Lifestyle Made Easy

with Helen Brougham



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

## Who You Are – Look Deeper Podcast # 2

Hi its Helen here! Welcome to my first of the *Empowering Living* podcast.

Today is a really special time because this is this is my very first, and so like a brand new baby. This is my baby at this moment. But I've also had my family. I got a new grandchild, a month old, and my daughter is about 4 weeks off of having my 5<sup>th</sup> grandchild so I am really excited. This is a big, I'm so excited to look forward to my next grandchild.

So, we're going to go straight into it. As you know, I'm a grandma, I'm an **author** of a book called "*Empowering You and Your Family*." Where that came from was how I helped people in my room to see how they can have an empowering life for themselves first. Because once **you get yourself clear**, then you can help others, and you can really see where other people are coming from. Now this is not difficult at all, it's really easy to when you're clear in yourself.

**You see what's happening** for your son or your daughter or your husband. Suddenly he is behaving differently, or when your son comes home from school and he suddenly starts behaving differently. Then you know something is going on and you can think back in your own life when you knew something's happened in your life, like a car accident.

**That often changes you**, doesn't it? When you get in the car after an accident, you're watching and hearing everything going on around you, and if some car goes rrrrrr(screeching sound) or somebody goes "**Bang!**" you get really tense and you gasp! This is what happens in our everyday life. This can happen and it changes the way we are with different situations.

So for **women and mums we really need to stop staying in the chaos** and the confusion and the anxiety. All of that is just what we know from the past, and we can't do anything about the past. But what we **can** really do is in that moment when we feel that anxiety, it is not like there is a car coming toward you in the now, it's all those feelings that are coming from a past experience. So if we can start to look at those and say, "No, this is not real, it's in my thoughts and it's about feelings." Then when we can start to do that we can shift forward.

**With that clarity and confidence** and a real commitment to go, “I’m not going back there again, I’m going stay in the now.” Know those feelings that are coming up that you can really make a big difference.

Where I learned that from is coming into when I first had my massage and there is a podcast about how I started in my life and where things really changed for me.

Because **I’m a massage therapist**, I’ve known for the last 20 years how that made such a difference to not just all the clients I’ve had but also in my own family. I started massaging my children when they were 6, 8, 10 and 12 years old. What I’ve seen from my family and everyone around me, including my clients and myself, is that if **you start having massages**, and this is a specific type of massage, it’s a massage that you can go to my website and have a look on my YouTube channel, and really have a look at what type of massage I’m talking about.

**Many different types of massage** seem to have the same kind of name, like the remedial massage and pregnancy massage, it is a specific type of massage that is really healing and de-stressing. When we let go of the stress, because stress goes into the muscles and they get locked up in the different areas. You may have noticed you’ve got the same spots that keep hurting over and over and over again. It’s kind of where we put our stress. It’s not in our head, our head is fine until it gets too overloaded. This is how the muscles get really, really tight and you get the pain.

**What else happens in the massage?** You get clarity. You haven’t got the heavy shoulders and pain in your body. All of a sudden it’s like the head’s not got the little voice going “Dooo dooo dooo dooo,” and talking to you and making lots of noise in there. You become quite peaceful within your mind because you haven’t got all this chatter going on in your mind.

In turn, this starts to have your thoughts **opening up to new thoughts**, it opens new ways and really helps you become much easier in yourself and your thoughts start to bring in all these nice things. That’s where your confidence comes from. When you’re not hearing all this noise, you’re not in pain and your stress levels are going down.

With massage, if you keep your massage up on a regular basis, you have to get rid of the overload first, then you can slowly start to spread your massages out so that you can go from one week to the next and still feel fabulous. Then you can go another week. As you start to build on having no pain because it’s being unlocked, you **start to get your mind in a great place**. Then you can go two weeks and still feel fabulous. Then a few more massages down the track, you start to feel **“I’m still great!”** so you can go to 3 weeks and get a massage every 3 weeks.

If you find at 3 weeks you're starting to get tired again, it might just be too far out for you so come back to a fortnight and feel great again. Then you can go a full fortnight and you feel great. Then you can step it out again for 3 weeks.

Some people, because of their work loads, their family life, their business, sports and everything around them, some people prefer to have a massage once a fortnight and that keeps them on a lovely balance field so they can pretty well cope and **really start enjoying their whole lives**. Once you start to get the stress down, you start to live the life that you want. Then you start to create.

**For some people** it's 3 weeks, sometimes it's 4 weeks for people. It's not a set-in-stone kind of "Whoa, you must have it so often." But when you start to feel really great, people will go, "I'm feeling fine now," then they drop off and they don't come back for another massage. Sometimes people will have massages 2 years apart and wonder why they're not coping well anymore. It's just because of all the things that are happening in their lives are going back into their muscles again.

**When you're feeling really great**, that's the time to say, "Right, I've got the plan and the goals all sitting there that feel really good and keep me ticking like a brand new car instead of one that always needs to be at the mechanic. And you start to really bring in those things you want in your life. Then it can be just harmony when you get home, this harmony is in your house because you're creating that harmony by who you are.

**You may have noticed that when you come home**, everything is all "Whoa", and there's a lot of stress in there. Home is a place to enjoy life, not to bring home that stress. The environment inside your home is to have a lovely environment so you can block out the world out there and just enjoy family.

**In business**, this can really make a difference because if you become clear, you can actually help other people really easily. It's not anything you say, it's just who you're behaving like that can make such a difference. So if you're really clear, you can do things and think, "Wow, that came together really easy." That's because **you're really happy and relaxed**. It's also happens in money.

There's been a lot of discussion about this. But you know, the old realms (Place) of you not needing a lot of money, all those stories that really stuck once. I really want you to have a look from now on. If you had money, you notice you could make a difference in your family, in your environment, in the business where you're working, or in your own business.

You can also **help others in the community** and it also helps in every area of what you can achieve with your family. Like you want your children to have a higher education. That is really being able to help your children where you'd like, to be very helpful for them.

When we don't have enough money, it's about struggle, isn't it? That's still in that old realm of struggle and not having enough. It's like we're **all starting to shift up now**; we don't need to be in that old realm. This is where I can help you find those stuck parts that you've been in for years, find those areas of communication that aren't working. You know them all, but it's like we can peel them open.

It doesn't take very long and off you go! **With this kind of coaching**, it's really easy to shift forward really quickly. There's another podcast where we talk about the **Tall Poppy Syndrome**. You'll hear then how you can really make it an even bigger difference. Let us all come up together and let's make a difference in all of our lives.

This is what I'm really up for. This is why I've started this podcast, so that I can really help a lot more people than just being in my massage room. So for now, I look forward to helping you and I'll see you in the next podcast.

Thanks for now! Go to **Facebook, and "Like" our page** and have read. You'll pick up lots of ideas and you'll be able to implement them into your life. If you feel you can, go for it! If you feel you need some one-on-one time to really nail down what the bottom line is to why you've been stuck, we can do that. You can get on and start doing what you really want to do.

So for now, don't forget to go to my website at [www.HelenBrougham.com.au](http://www.HelenBrougham.com.au). **Go Itunes, put in 5 stars and leave a review, \*\*\*\*\*** helps other mums, women and Dads live empowering in every way, when we have something that real works, we share with friends and family get the word out.

Okay, we'll talk to you soon! Bye for now!