

Empowering Lifestyle Made Easy

with Helen Brougham



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Step Forward Podcast #3

Welcome to Empowering Lifestyle Podcast talking about things for mums, what's dear to mums heart, how to help mums to step out to be empowering themselves first; their lives, and how they can be with their children can make a huge difference. We'll also be talking to other experts. And now here is today's episode:

There are many different areas that you can start to look at what would work for you, what feels right for you – to really want to take on what you have been dreaming for. I know myself I've had a yearning for many years. Where I started was, I was a farmer's daughter, I married a farmer and we lived on a farm. We had 4 children and then my trauma happened when my grandparents died 8 days apart. I was very close to them.

That's where my journey took a 360 degree turn. *What was wrong with me, I couldn't work out. I was happy as a kid, I was happy as a wife, I was fabulously happy with children, and then all of a sudden this loss of my grandparents just shifted something within me. That's where my journey started, my journey of what is wrong with me? How can I change what's going on?*

At the time I didn't know I was actually in grief and I'd go to places to get help, but that didn't seem to bring me out of whatever that was. So much so, that it became such a yearning to get to what I had always known to be - this really happy, relaxed environment. Sometimes it would be chaos. With small children there are always things to do and issues that come up. So my very first opening to what could I do, was an ad in the paper.

Actually a newspaper where the newspaper said, "massage" and a telephone number. So I rang up the telephone number and thought I didn't know what this was but I'm going to have a go. So we lived 3 quarters of an hour away from

where this massage place was, in a bigger town. So I got all my groceries so that would be ready for me to go home. Then at the end of that day I had a massage. I came out from having that massage for a whole hour and **I just felt like a different person.**

I felt like I was back to that nice place, that a weight on my shoulders was lifted. My mind was so relaxed I kind of felt that really floaty feeling like I hadn't experienced before. That was beautiful, that feeling lasted a good 5 days, which was wonderful.

I didn't have all this chatter going on in my head, and because I worked with my husband on the farm, I had lots of aches and pains. I didn't know about the muscles, I didn't know about the body that much. It was just that we're living in our body and were working and having a good time on the farm.

I really came away just sitting in the car for a good 5 minutes after thinking, "Oh gee, I feel so much better," and dreaming. Thinking in the future and going, "What if other mums could feel like this?"

I knew I felt awful and I just wasn't feeling myself so 3 months later, instead of going and having another massage, I actually went off to the city which was 6 and ½ hours away, and I learned massage.

For 2 weeks I got massaged every day as you learn how to do a leg, arm, feet, your face. On a Sunday I bought a brand new massage table and I got on the bus, went home on the bus, and my little kids were there. So on that afternoon I massaged all of my little kids. They were just so relaxed, it was like I'd been massaging adult people. I came home to my kids which were 6, 8, 10 and 12 years old at the time. So I got to massage them and I felt really great. My husband had never had a massage so I gave him a massage. Yes, they were all very relaxed for the rest of the afternoon; it was beautiful.

Then the next week, I actually started massaging in this very house where I had my massage and I set up my room and I started massaging. I went back down lots and lots of times, and it was over that next 12 months that I spent a lot of time on studying and learning. In the process, unbeknown to me, I was letting more go in my muscle tension, and the more I learned.

Now that doesn't mean to say you have to go and learn massage in order to get what I've got. This is the last 20 years or more that I've been learning these skills

and techniques, working on myself and working on helping people that come and see me.

I've really taken in a lot of habits that work for each person. We're very individual, that's what makes it so interesting; everybody is very unique, we all have our own twist on what that looks like and feels like for us. So from that point on, I just continued and continued to learn more, studied more, and *I've gotten to the point now where I really have made a big commitment to really helping each and every person that I come into contact with that really wants to step through.*

This is for business people, this is for people that work for other people, this is for children. I've even had a 5 year old that had stuff going on, and by the time she left she really understood why things were the way they were. In that moment she started to live the life that she wanted to live, even as a 5 year old.

What I've found with business people is that if you get stuck and you can't move forward, you can't get past that ceiling or that wall to keep going, in each level is all those same things going on, that you have to keep lifting yourself. If you're trying to do it on your own, it's all in your head and you're having a conversation with the voices in your head. If you talk to people like your family they'll go, "Oh that won't work, just keep doing what you're doing." But they're really talking about their own world and how they can only be where they are at. So even though they mean well, you're not getting the clarity to see what your next step is.

Now a lot of this information is in you, you do know it, but until somebody can actually help you open that area up, you're yearning for where you want to go and what you want to do, and who you want to be, and who you want to contribute to, what you can do in the world. Like help others, help your family, help in any area of your life. It's about starting with yourself first so all these areas of being self-employed, being employed by others. ***If we can show you how to lift yourself no matter where you are in your life, then you'll get those skills to be able to do it yourself and really shift forward.*** There are going to be times where you're going to come to little glitches again and it will hold you up until you shift that and you just keep going.

This is how people can move really quickly and I'm sure if you been wanting to do what you want to do in the world and you feel stuck, then you're watching other people that are leaping forward really quickly and you're going, "Oooooohhhhhh, sigghhhh, I want that too, but it's just not happening!" What I can really let you

know is that they call it the "tall puppy syndrome". It's just a name of something that doesn't sound good. It doesn't sound very empowering does it? They put a lot of negative stuff on it, that people will go to hurt them, people are jealous.

I don't like that word because it's not empowering, in having anybody feel good about anything. But what I want to tell you is if you even get a feeling like, "*How come they've got going?*" and "*How come they've got it all?*" Well more **often than not, because what's happening is that they've got a mentor that's actually helping them get through those stuck areas quicker.**

Now if you look back over time, how many years have you been sitting and saying, "*I'm going to do this, I'm going to do this.*" Every time you get just about there and you know it's coming in, all of a sudden you hit the wall again. Something happens and you step away again.

I'm here to help you get through that ceiling, get over, around, under that brick wall; for you to step forward because it feels like there is something dark in you that's going to be in the negative, getting through that wall. But that's all our fears, so when we step over that wall, it is a very different place.

I'm really wanting to help those that want to be one of those people that's moving forward and doing what they want to do, stepping forward and creating that beautiful world where there's singing, and they're relaxed and happy.

Now if I could help **you** do that, what would it be like for you to step out of where you've been for so many years and step into, "*I'm over the wall, I'm through the ceiling!*"? Great!!

If you feel you are starting to see, you know what it feels like when you're starting to go where you really want to go. This is how I'd like to help you. You can definitely do that straight away and if you go to my website at www.HelenBrougham.com.au, you'll find those areas where you can now step in, step up and let's have you moving forward.