



## *Be Your Best and Brightest Self!*

Are you ready to be the rock star of your life, confident and full of energy? When you are center stage, you are fully primed to go forward and shine. And, your enthusiasm inspires everyone around you.

Summer is the time life bursts onto the scene. Notice how everything around you is growing like crazy, especially the seeds and sprouts you may have planted over the last few months. When you plant a garden, you can easily see the growing cycle. You prepare the soil, plant the seeds, add sunshine and water, and wait for them to grow. Soon you will enjoy the beautiful results.

The same process happens within each of us! The key is to allow yourself to be the star of your show and lovingly nurture your inner garden with lots of TLC. And, yes, there are times of just waiting to see what happens next!

I've been in the midst of nurturing seedlings of change. After almost twenty-two years of tending my home, I've decided to put it on the market. Now I'm waiting to see who falls in love with this beautiful property. Oh, the waiting is so hard, yet it is part of the natural growing cycle.

When you patiently listen to the messages your body and heart are telling you, you can recognize that you are a growing organism that has no limitations. This revelation opens you to growth, joy, and love — for yourself and life!

### **Step into being the star you already are!**

To shine your brightest you need to let go of anything that no longer fosters growing, like the "old stuff" that is no longer beneficial – old beliefs, patterns, and behaviors. It's never too late to check in and gently "turn the soil," allowing room to change.

In gardening, we feed the soil to feed the plants. Are you feeding yourself well? Are you getting enough fluids and electrolytes? Eating healthy, organic foods? Making regular exercise a priority? Getting the rejuvenating sleep your body needs to be revitalized for all you ask your physical, mental, and emotional self to do?

And, of huge importance to growing bright and strong, are you giving yourself quiet time and space to just be? Explore your thoughts, your emotions, your insights — so everything can grow with ease and calm. Meditate, listen to music, go on a quiet walk or hike, be in your garden, journal. Giving yourself space to be grounded and consciously aware of who you are and who you want to be allows you to tap into your intuition and sense what is right for you.

### **How to help your garden grow**

- \* Consistently check in and make sure that your ideas and plans are getting the attention they need to continue growing. Water and fertilize them. Listen to them, talk to them, sing to them!
- \* Add some mulch to hold in moisture and nutrients and help control weeds. Let's face it. Life

happens, and sometimes we need to spread mulch over the soil surface around our plants to keep “old stuff” at bay. And when stuff does surface, carefully loosen up the soil and gently pull out those weeds that take up space and attention.

\* Sometimes you need to dead-head. In the garden, cutting off spent blooms can prolong the beauty and promote re-bloom. That same act for your ideas and plans can keep the growing process moving forward.

\* Maybe you over-planted and have too many seedlings taking your attention. That’s okay! You don’t have to get rid of anything that is potentially good. Gently dig out and transplant those ideas into pots and keep them alive for later permanent planting.

\* Are you noticing pests, like limiting beliefs? Those kinds of pests can sabotage the growing cycle. The good thing is you can manage those pests. Acupressure is a useful way to manage and support your garden’s growth.



### Three Acupressure Tips to Support Personal Growth

To grow healthy — inside and out — you need to get rid of anything that is in the way of you going forward. Try these acupressure poses to foster better energy and focus, so your ideas, plans, and programs can keep growing.

Using your fingertips, hold with a light gentle touch for several good breaths.

1. Right hand: hold fingers on right base of skull  
Left hand: hold fingers on left base of skull
2. Right hand: cup your forehead with fingers on the left side  
Left hand: cup back of head with fingers on right base of skull  
Switch hands.
3. Right hand: touch the area of the right kidney  
Left hand: touch the area of the left kidney

And, most important of all is to be your own best friend. Be the best partner you could ever be with yourself and take charge of your life. That means truly loving yourself — taking care of your physical body, being in touch with your emotions and thoughts, and truly being kind to yourself on all levels.



*A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah’s Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at: [www.deborahmyerswellness.com](http://www.deborahmyerswellness.com).*