

## 2010 – almost half way through:

“Whatever the conscious mind think and believes. The subconscious identically creates. Like attracts like.”  
[Brian Adams 1997].

**To talk or not to talk?** It may sound strange coming from me...a therapist. I am so acutely aware that there is a time on one’s journey where articulation and words bring more pain. There are other stages when making simple ‘word sense’ out of a life struggle is in perfect harmony with the ‘tough stuff’. In my experience resourcing oneself with both options brings an infinite wisdom to making sense of it all. Over the last 8 months I have been experimenting with an energetic system called BodyTalk. I attach an introduction to this modality with this newsletter for your interest. It has been profoundly valuable to me in terms of body and stress **impact** information, as well as grounding and containing me through some pretty ‘tough stuff’.

### New products and services: Couple/Partner Exploration

Each of us have a unique way of seeing the world and processing how we engage it. When negotiating the complex space between your world and your partners’ world all sorts of issues can arise.

I have designed a product offering that gathers unique behavioural information [psychometrically] on each partner that when compared to each other immediately identify strength and leverage points. This self and partner information empowers you to possibly choose different methods of engagement. A great development tool!

**Cost:** R2000 per person [medical aid refundable depending on your scheme – approx R1800]

*Designer, Mother, Client [aged 32]:* “The Brain profile that we did for our relationship with Aderyn provided great insight into the way that our relationship worked. It highlighted our strengths, emphasized what we enjoyed as far as our compatibility was concerned and showed us what our areas of weakness were and where we could improve our communication. It made us understand how we interact on different levels and in different circumstances and how important that balance truly is between us. It was insightful – it highlighted our complimentary personalities and showed us what behaviours were necessary to interact to best support each other. An invaluable experience and highly recommended!”

Discovering your partner profile is so easy, it’s an online assessment, reasonably priced, medical aid refundable and *extremely* valuable in making a meaningful contribution to increased insight into your functioning in this crucial area of your life. Discount offered till 30 June 2010! Ask me about the parenting tool too!

### Interesting books to explore:

HOMEcomings – Reclaiming and Championing your Inner Child, John Bradshaw [1990]: An oldie, but goodie. A great read if you are aware that your adult life in some way represents and plays out some of your childhood ‘stuff’.

SYNCHRODESTINY – Deepak Chopra [2009]: A great read if you need to reflect on the magnificence and *potential* of all things. It fills one with hope that there is more...and that more is accessible!

That’s it for now – keep reflecting, learning and growing! Aderyn

Creating new realities

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“I change or transform my life”

Symbol of life transformation.

Symbol combines two separate adinka symbols, the “Morning Star” which can mean a new start to the day, placed inside the wheel, representing rotation or independent movement.