

The 'rut'...and the way out:

Counselling Psychologist: Aderyn Exley

" Even if you fall on your face, you're still moving forward". Victor Kiam

"You are always a student, never a master. You have to keep moving forward".
Conrad Hall

Hello. The year has launched and some of us with it – others feel stuck and lost. It is a question I am often asked by clients: "but how do I change it?", "how do I find the discipline?", "will this ever feel better?'. Motivation and 'faith' is a resource that seems harder and harder to come by these days. What is the way out? I've found that the best way out of a rut is with the smallest step possible. But that 1 step can result in the beginning of change.

When one is trying to move through tough emotional terrain – don't stop 'MOVING'. Let physical 'forward' movement mirror the mental movement that will come. Trust that on a cellular level the message is 'let's move'.....your emotive brain will catch on and start to shift. Have as many conversations as possible, and keep your mind [and thought] moving – this too will encourage that emotion to move forward....

So make a decision to MOVE in any way and the rest will follow in time...

For gratitude today: Let's be mindful of this [thanks Antoinette!] -

A question posed to the Dalai Lama:

What thing, about humanity, surprises you the most? His answer was as follows: "Man. Because he sacrifices his health in order to make money. Then he sacrifices his money to recuperate his health. And then he is so anxious about the future that he doesn't enjoy the present. And as a result he doesn't live in the present or the future. And he lives as if he's never going to die, and then he dies, having never really lived".

Healing Opportunities: Sometimes a verbal approach is too harsh a medium to engage ones journey. I have come across 2 individuals who do energy work [wonderfully non-verbal releases]. Brent [pamphlet attached] is starting a practice in Hyde Park, and Antoinette [0827827622] is established in Randpark Ridge. Please give either a call – both would be more than happy to talk through these wonderfully gentle treatments.

As ever, I remain interested in your journey, and would love to hear your update should you wish to drop me a line? If you are still currently a client of mine, thank you for keeping me engaged in life's complexities with you!

Take care, 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.