

Emotions and mental health

My name is Pearl Rogers and I am the owner of Aspiration Homoeopathic Medicine Clinic which has been operating in Mornington for the past 18 years. I am a classical homoeopath, counsellor and psychotherapist and a registered member of the Australian Register of Homoeopaths. I present and teach aspects of homoeopathic medicine in local workshops and also in London.

Aspiration Clinic, which recently relocated from Barkly Street to our wonderful new premises in Dava Drive in Mornington, is a family health clinic treating men, women and children across all age groups. My special interest lies in emotional illness. I have honed my knowledge and skills in this area through study in psychotherapy at the Cairnmillar Institute in Melbourne and through extensive study and research of Homoeopathic medicines which are specific for use in its treatment. A mental illness can have a very large emotional component.

An emotional illness is quite simply 'feelings' that cause behaviour, or an attitude, which has a negative effect on the daily living of life. Events and/or experiences which happen in a person's life (including those which occur whilst in the womb) record a memory in the energetic field of the human body. This can remain there for life in a negative manner unless this memory is transformed from a negative state. Differing types of negative emotions are locked into different body organs and systems. If left untreated,

over time these can cause illness which sometimes includes the development of mental illness.

The root cause of most emotional illness can be found in childhood and most often in the very early years. Parents, including the most loving, capable and well intended, often leave their children a legacy of feelings which are detrimental to them through their life.

At the Aspiration Clinic, the client is treated in a safe, nurturing environment delivered with spiritual intent. Over a number of visits, I assist the client to recognise their behaviour, discovering from where, and in what circumstances, the behaviour began and developed.

Homoeopathic medicines are used as a clinical component of treatment. These help to bring clarity of thought and recognition to the client, leading to an ability to release the negative emotion and move forward in their life. In a willing client, their life is often rapidly transformed.

By Pearl Rogers. Pearl (pictured) can be contacted at the Aspiration Homoeopathic Medicine Clinic, 29 Dava Drive in Mornington. Call: 0419 513 561 or email: pearl@aspirationhomoeopathy.com.au



What is your calling?

There are no footsteps to follow. But the path is there for the finding. Look for the doors. Follow the voice. It could be Spirit Calling! It might be your Spirit Guide or your own Spirit calling to you. The message could be delivered by a complete stranger who sees in you what you cannot, for the life of you, yet see in yourself.

In olden times it was customary for men and women to follow in the footsteps of their fathers and mothers. Perhaps train to take over the family business or another path, depending upon their family's circumstances. This training began at a younger age and this life work was referred to as your "Calling".

Today people don't want to be boxed in. Where people once felt obligated to follow in another's footsteps, now there are so many options and possible pathways. Increased choices make decisions harder.

Some follow their hearts - others their heads. Contrary to beliefs espoused in books or places of reference, both can lead to frustration and 'dead ends' until we come to realise that each and every one of us has a "true" calling. It may not be so obvious now or as clearly laid out for us from an early age as it

once was. If our special gifts and qualities were not reflected to us through the comments and encouragement of our parents or teachers, they might go unnoticed by us until a later date when we are ready to claim them.

If you want to discover your Calling, try this: ask for guidance from Spirit and believe the answer will come to you. Listen for the voice and expect the message. The message might come as a feeling, a thought, an image or a direct voice from Spirit. Or it could come from the most unlikely stranger. Never judge or underestimate anyone you meet for they could be entrusted with your answer. Spirit always answers your call in some way. When the door opens be ready to walk through.

By Janette Watkins.

Janette (pictured) is the founder of Spirit Careers. Trainer in Mediumship, Spiritual Healing and Creative Arts. She can be contacted on 9525 5011 or 0421 000 705.



ASPIRATION HOMOEOPATHIC MEDICINE CLINIC

PEARL ROGERS

Homoeopathic Clinician, Counsellor, Psychotherapist.

Member: AROH, ATMS

- Specialist knowledge in treating emotional illness in women, children & men.
- General family illness & disease
- Depression, stress, anxiety, changing moods, anger, loss, grief, trauma & separation anxiety.

Health fund rebates apply.

ASPIRATION HOMOEOPATHIC MEDICINE CLINIC

29 Dava Drive
Mornington 3931

M: 0419 513 561

E: pearl@aspirationhomoeopathy.com.au

ALLERGIES

DR. JACK HIBBERD MB.BS

Asthma, eczema, hay fever, sinusitis, hyperactivity in children, irritable bowel syndrome, food allergies and chronic fatigue syndrome.

Dr. Hibberd consults at:

VILLAGE CLINIC

129 Mt.Eliza Way Mt. Eliza 3930 Phone: 9787 4999

MORNINGTON VILLAGE MEDICAL CENTRE

17/241 Main St. Mornington 3931 Phone: 5976 3600

FRANKSTON

4/42 Young St. Frankston 3199 Phone: 9770 0023

Spirit Careers

Courses in Mediumship to develop communication with spirit guides, loved ones and pets passed over. Meditation, auras, past lives, spirit art, psychometry, trance channelling, healing, crystal chakra balance, automatic writing. Workshops are themed in old spiritual cultures – Native American, Tibetan, Egyptian, Atlantis, Celtic. Guidance on careers and marketing.

Call Janette Watkins (03) 9525 5011

Join The Compassion Project team!

Avatar.
THE COMPASSION PROJECT

"The thing we have to solve is how to make care and compassion more valuable than self-importance and impermanent things. The ultimate solution is broadly awakening the enlightened mind of spiritual consciousness."
— from a talk by Harry Palmer, author of the Avatar materials.

Join The Compassion Project Team

If you would like to know more about the Compassion Project, contact Lin Walden, licensed Avatar Master on 0407 495 392 or at lin@avatarawakening.info

Avatar® is a registered trademark of Star's Edge, Inc. All rights reserved.