

Detoxing from The Inside Out

Detox is a common catch phrase these days and it's understandable given we are bombarded with toxins daily from numerous sources. Although our bodies are designed to eliminate toxins the sheer load can sometimes mean the levels reach a point where it causes inflammation and impacts on our nervous and immune systems. So, for overall health, reducing the toxic load on our systems makes reasonable sense.

There are the obvious culprits such as the food we eat, the air we breathe, the products we apply to our skin and the gadgets we have nearby. But it's not just the chemical toxins that stress our bodies. Try toxic relationships, self-talk, mental beliefs, workloads and expectations, physical demands, noise, toxic emotions just to name a few.

But how do you know if you're in toxic overload?

Do you feel:

- Lethargic, muscle aches but can't quite put your finger on why
- Stressed or anxious
- Mental fog
- Cravings
- Chemical sensitivity?

If you answered yes to any of these, there's a good chance your toxic load may be becoming too much.

Many people know to incorporate dietary cleanses, clean air and water, unrefined food, exercise and perhaps relaxation when dealing with toxic overload. Not so many realise that **stress is one of the most damaging toxins that we are facing**. Chronic stress elevates cortisol levels, causing inflammation and a host of disease conditions.

The hardest pill to swallow is that it is not the outside world that is causing stress and pain. It is that we hold certain perceptions about what is happening to us and these are based on our beliefs. So yes, even negative thoughts and emotions can translate into stress in the body.

So, what is going on inside?

Much of our thinking is habitual and based on our beliefs. Beliefs determine to a large extent how we process our external environment. We will tend to focus on, notice and pull into our awareness anything that confirms a belief about ourselves or the world around us. Beliefs are things that we are sure are right. A belief is a feeling of certainty about what a thing means. Our beliefs are what drives most of our interior commentary and determines our version of reality including health (i.e. the quality of this chatter and subconscious decision making either increases or decreases our stress response).

So, we can have toxic beliefs, but a toxin can be anything that comes into your energy system that hinders the natural balance of your health. Whether it's a thought pattern, or a chemical overload, if they're not eliminated from the system the body can't cope. It becomes clear that any attempt in cleansing or detoxing our systems is going to benefit from weeding out beliefs that are no longer serving our highest potential for wellbeing and abundant health.

Exploring what you believe to be true about the world

Here we will explore who you are and challenge some of the beliefs that you've perhaps decided are true, that may be causing you stress and limiting your chance of experiencing wellbeing, peace and joy. It's a great way to get you busting through limits and giving yourself the best opportunity to co-create your future.

Every moment we have over two million pieces of information coming at us. We manage to process a grand total of 6 or 7 pieces of information. We are massive 'deleters', because it is the only way our minds can function.

To explain a little more.... Our conscious minds cannot possibly take in all the information that is going on around us. We would be in constant overload if we had to pay attention to everything always. For example, right now you may have a kettle boiling, the heater going, traffic driving past, a dog barking, you're sitting with the feeling of the seat under your legs and on it goes...

If you were paying attention to all that useless stuff all the time, you'd have no space left to focus on what actually matters and can help you. We wouldn't be able to exist if we didn't have the capacity to filter stuff out.

How do we create beliefs?

We create them from our experiences, what we're told and what we see. Most beliefs are created from 0-7 years of age, after that we simply collect evidence to support our beliefs. They're also created through what we hear through family, friends, and mass media. E.g. my Dad got angry when I was not ready for school on time, so I believe that being on time and not letting anyone down is important. Until I uncovered this belief, I was experiencing enormous amounts of frustration and agitation for 40 years.

While you are investing seven days to cleanse your system, we will step out seven days of detoxing your mind. Remember to have fun, be as kind and compassionate to yourself as you would your best friend. You will probably notice that the week will help you to let go and lighten up. You may wish to start by setting yourself an intention for the week and putting it up somewhere prominent to remind you why you're doing this! Trust me there will be times when you will need reminding 😊

Seven Day Mental Detox

DAY ONE:

Take time to write down what you feel is true about these statements. Don't think too much about what you're writing... if you write what comes to mind, rather than what you think is a 'good' answer, then you will get more value from the exercise. Finish these questions and statements and see what happens.

What is life about?

What is life not about?

What is the purpose of life?

What are relationships?

What are relationships not?

What stresses you in life?

What is effortless?

What is difficult?

What do you prefer to avoid in life?

What happens for you to feel happy?

What makes you sad?

What makes you feel loved?

What makes you scared?

What makes you angry?

I always

I never

I am

They are

We are

I can't

I must

DAY 2:

Read back over your beliefs from yesterday. Have you uncovered something that you feel is not in alignment with who you want to be, or is contributing to a stressful life, or keeps you awake at night? Select one that is causing you the most dis-ease in life and take the time to answer the following questions. Make a commitment to yourself right now to adopt a belief that you know will serve, support, and nurture or inspire you.

What could you change it to?

What would you lose by making the change?

What do you need to let go of to adopt this new belief?

What could you gain?

If you chose to adopt an empowering belief that supports and sustain you, how will your life

look?

How will you feel?

What would you be telling yourself?

Is there anything stopping you from adopting this now?

DAY 3:

Did you notice any resistance to your new belief? Often, we try to hold onto our old beliefs and justify it to ourselves with all kinds of stories. Today reflect on this and if there was resistance then uncover the emotion behind the resistance. What old mind set, or perception were you holding onto that you are willing to let go of?

If you find yourself reverting to the old limiting or destructive belief, then answer this magic question.

What is the payoff/gain of holding onto this old belief for me?

On the other hand, if you feel you have embraced your new belief and are ready to try another then select from your original list as per DAY 2:

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DAY 4:

Take time to notice all the changes and acknowledge yourself. You may be noticing your stress levels declining making way for more positives emotions which in turn build a healthier you. To build on this great work you can add to your reflections for the day some gratitude. Acknowledging what we appreciate in the day/life releases a pool of feel good hormones releasing toxic stress.

I am grateful I had the opportunity to

I am grateful I did

I am grateful that I have the chance to

I appreciate

DAY 5:

Meditation is a powerful tool to not only reduce stress but also build your awareness of your internal experience. We highly recommend incorporating meditation into your daily routine if you haven't already. It can be super simple and still be powerful. All you need is your breath and 5 minutes to keep bringing your attention to your breath and nothing but your breath. It's boring to start with but that's the point - the mind gets tired of having nothing to do and will slowly quieten. Each time you become distracted gently bring your attention back to your breath - wherever you feel it in your body most easily. If need some more guidance there are plenty of books, tools (e.g. Muse) and Apps (e.g. HeadSpace or Smiling Mind) that teach meditation.

As your awareness grows you will start to have some fun with your beliefs and really question what is driving your thoughts and emotions. You are limitless as to how far you take this and apply it to your life. If a challenging thought or emotion comes into your awareness take a few deep breaths and do your best to relax. Relax your shoulders, your jaw, your stomach and let the emotion or thought pass unhindered.

If, despite your best efforts to relax and let it go, it gets stuck in your system then explore what belief is behind it and go through the process of replacing it with something more empowering.

You know what to do...

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DAY 6:

If you're in the middle of a belief surgery keep going and also incorporate your gratitude journaling. Feel the endorphins releasing into your system.

I am grateful I had the opportunity to

I am grateful I did

I am grateful that I have the chance to

I appreciate

DAY 7:

Decide now to let go of any belief that doesn't serve, support, and nurture or inspire you. If it doesn't sustain or support your health and wellbeing, why keep it. Remember, you have a choice about what you believe, so why not choose beliefs that serve you to attain the results you're after.

Some beliefs that work for me are...

- I now believe I have the power to heal
- I now believe that there is always a way
- I now believe I have all I need within me right now
- I now believe that life happens for me rather than to me
- I now believe that life is impersonal

Now make a list of ten new beliefs that you have decided will empower and support you as you create your clean, health giving life.

I now believe

I now believe

I now believe

I now believe

I now believe

I now believe

I now believe

I now believe

I now believe

I now believe

With your new and empowering beliefs, it's important to keep them close to you, read them with meaning at least four times a day for a minimum of 21 days. The reason behind this is the emotional response. Each time you focus on the positive emotion that your belief induces the adrenal system responds likewise. Your stress reduces, cortisol levels drop, and your body is supported to eliminate any residual toxins.

Remember changing your beliefs is like peeling layers off an onion. Yes, there may be tears but layer by layer you are improving your mental, emotional and physical health. Make sure you take time to notice all the changes, be they tiny or huge, and acknowledge yourself. You are taking a vital aspect of your wellbeing into your own hands and that is HUGE!!

Congratulations on your seven-day cleanse. We trust you are already feeling better. We wish you every success in your ongoing journey of vitality and health.

Be well,

Jenny and Kate

Liquid Zen