



# Joyful Expressions

Monthly e-Newsletter  
Joy in the Journey & Woo Woo Marketing



Issue 15

September 2007

## Welcome and Intention:

Welcome to the new Joyful Expressions, formally Joyful Moments. I'm excited to share a slightly new format that integrates all that I do and all that I am. The newsletter is still dedicated to inspire or bring joy to your lives. I love exploring new topics and I also enjoy sharing with you stories and experiences that have occurred in my life. Joyful Expressions will encourage you to find your passion and live a more joyful life. Please feel free to share your joyful experiences and offer topics that you'd like to know more about. Much Love, Dani



## Summer Highlights:

So in the spirit of "back to school," I would love to share with you a few pictures from my summer. I was blessed to share it with friends and family. The focus was to learn to relax and not pressure myself into the "shoulds." It was an interesting process. I got the opportunity to look at my belief systems. Who told me I had to produce and perform? Who said it's better to work then relax? Why do I think relaxing is lazy instead of rejuvenating? So instead of rushing through the process of answering these questions, I let it be. I caught my thinking and changed it. I engaged in more spontaneous and fun activities. I spent more time alone and then when I felt like being social, I'd hang out with friends. It was uncomfortable to do things differently and it was challenging not to beat myself up. You see, I had intended to build my business this summer. Prepare all kinds of workshops and figure out target customers and businesses, so taking the summer off was the opposite of what I "should" be doing! I have to say that this summer ended up being a fabulous adventure. I went to Ashland to visit college friends. I spent time out in the Hood River Gorge. I nested and cleared clutter from my house, my mind, and my body. I traveled to Malibu, California and got the opportunity to experience the new me. I spent time in my yard. I learned that relaxing is the gateway to creativity. I painted, sketched, and drew with vibrant colors.





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## The Return of Sweetness:

### *A Multi-Sensory Kit for the Re-empowerment of People with Diabetes*



Over the summer I had the opportunity to see friends who I hadn't seen or had the chance to really get caught up with since my trip to Costa Rica this past winter. I believe I have shared that I was diagnosed with the condition of diabetes in January of 2005. Over the past two years, I've been on a quest to understand the condition of diabetes in the body. The worldwide epidemic is growing quickly and the answers readily available typically include drugs to manage the dis-ease in the human body. In the

next page or so, I'll be sharing my journey of joy and sweetness that has led me to who I am today. I share this with you so you will know that healing is possible, joy is available, and opening your heart yields life changing opportunities. Thank you for witnessing my journey. It feels wonderful to share with you and to be so open about my experiences.

SO What is Diabetes? Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

I was diagnosed with Type-2 diabetes in January of 2005. I was in the middle of my master's certification for life coaching at the Ford Institute of Integrative coaching. My personal transformation was powerful and very deep so the diagnosis was a shock. How could I have this dis-ease when I had been healing and transforming past wounds and traumas in my life? I was on a spiritual quest and flying free.

What I've come to realize is that I was having this amazing experience and I wasn't in my body. What does that mean...not in your body? I lived in the spirit and the potential of human possibility but I did not actively connect or listen to my body with full integrity. After being diagnosed I took on the identity of "I am a diabetic." I quickly researched on the internet and questioned multiple doctors what it meant to be diabetic. It ranged from "this is manageable;" "once a diabetic, always a diabetic;" and my personal favorite "this is serious and you are looking at a life full of complications – heart disease, shortened life span, kidney issues, and the reality of insulin injections."

I knew that Spirit wanted more than just the typical answer. So I looked at my belief that dis-ease needs balance and that an incurable dis-ease means that you cure from within, I pulled out my alternative health books, my emotional indicator books, and sought out herbs and foods for regaining balance. At the same time I started my diabetic cocktail – metformin, cholesterol medicine, and daily aspirin. I knew that it was important to deal with this so I could function in my life and managing the dis-ease.

One of the "awakenings" I had was the realization that diabetes at the core is the resistance to insulin. The cells have built up a resistance to their natural energy source (insulin) so the body in its divine creation floods the system with glucose (think of keys to the cell door). The cells now require several "keys" and the body is left with the additional glucose so it comes out through sweat, urine, and taxes the other purifying organs such as kidneys and liver. The fact that it's a resistance dawned on me that I may be in resistance to my own life. Where am I not fully open? How am I denying the truth? Am I accepting mediocre in my life? If you take this thought a little further, you can simply put it in this thought...diabetes is the body's inability to accept and process the "sweetness" in our lives. This sweetness could be fake...settling for love that is not authentic, settling for joy that comes at a price, or convincing yourself that you are happy. I have no scientific data to prove this thought, but what I do know is that as I examined my life and created empowering boundaries, redefined love, and embraced the joy of living.

#### Overview of the Condition:

- 2002: 18.2 Million Diabetics in the US
- 6.3% of population
- 2005: 20.8 Million Diabetics in the US
- 7% of population<sup>1</sup>
- 90-95% of all cases are Type 2 Diabetes
- \$132 Billion was spent on the disease in 2002
- \$91.8 Billion in direct medical and treatment
- \$39.8 Billion for indirect costs

29 million Americans will be diagnosed with diabetes in 2050 according to Dr. James P. Boyle from the Centers for Disease Control and Prevention (CDC)<sup>3</sup>



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During my time in Costa Rica, my intention was to do the inner work to find the root cause of the condition. I remembered what best-selling author and spiritual teacher, Louise L. Hay offers in her book, **Heal Your Body**. Diabetes is a condition of the body. She states, that the probable cause is "longing for what might have been. A great need to control. Deep sorrow. No sweetness left." The new thought pattern is "This moment is filled with joy. I now choose to experience the sweetness of today."

I knew that there was deep sorrow and my joy had been taken from me at an early age through the sexual abuse I experienced when I was four years old. I thought I had done the personal work to release the pain and heal that trauma. The reality is that there are levels of healing and it was time to go to the core and to root cause so I opened my heart and asked Spirit to lead me on a journey of understanding, of love, and of joy.

While I was in Costa Rica I was able to reduce my medicine to half within the first two weeks just by adjusting my diet, increasing my exercise, and allowing my body to relax. I was filled with joy and was excited by the experience of traveling in such a beautiful country. Then the second phase of my trip was filled with deep physical work and body balancing through deep tissue techniques and working with an amazing healer who guided me into the core of the abuse. I was able to remember the moment I entered the room, the experience in more detail, the position of body. I no longer felt safe. I was in deep shock. I was stuck in the position of shock by locking my hips and freezing their range of motion. I stopped breathing and tightened my entire body. This sent my body in the fight/flight mode where it has been stuck for the past 30 years.

Joy  
accelerates  
healing

Joy  
is food for  
your  
soul

I am so happy to share with all of you that when I left Costa Rica I was off all medicine and have remained off medicine. I am completely back in balance and my cells are open to receiving life force energy in the form of insulin/glucose and my pancreas is in full operation. It is directly related to the third chakra and is my place of joy, security, and identity. I feel fantastic and am so grateful for the experience of the condition, the journey of healing, and the newness it has offered me. I no longer have the condition of diabetes in my body.

Coming this fall, I'll be offering The Return to Sweetness kit in a virtual form via the internet. The kit contains an empowerment card deck, an essential oil, a flower essence, three guided meditations, and three crystals. I'll keep you posted on when its available.

*Dani in Matapalo, Costa Rica*

