



# rain on the roof...

heat pumps, knitting, and stars ...

I Am Here! is a special section of *Family Care* that focuses on personal wellbeing. How do you relax and re-energise? Share your favourite practical or self-care tips with other readers. We will provide a gift for every idea we publish! Our contact details are on page 4. Contributions can be anonymous, or you can use a pen name!

## Winter

The season of bundling up, bracing walks, Sunday brunch, and films. What simple joys will help you kick back this winter?

Learn how to knit or crochet. Make bath bombs with friends or the grandchildren (find recipes with a Google search). Tidy the shed or workshop; make it a pleasant task with the radio for company, a hot cuppa (or a nip of your favourite spirit!). Prune your wardrobe ... gift items that you no longer wear or don't fit, make a list of things you really need, put aside items that require patching or repairs, and give shoes a polish or brush. Wash or dry clean your winter woollies. Stock up on items to make winter fly: a selection of warming drinks, convenience foods for days when you're tired or busy, bulk goods that are a pain to lug into the house. Reconnect with an old friend. Dust off your library card. Join the gym or take a fitness course during the cold months. Tour local galleries and museums. Play bridge or cards. Plan your springtime garden. Get your daily dose of sunshine and fresh air. Enjoy life's quiet moments. *Indulge.*

“Winter must be cold for those with no warm memories.”  
**Percy Bysshe Shelley**

# healing colour



Pip and her husband John have created healing products to help others cope with health concerns.

By Pip Oxlade

When I was receiving treatment for uterine cancer, the intense feeling of being out of control was a big issue for me.

**i** During my personal cancer journey I chose to complement my orthodox medical experience with holistic therapies, which I fully researched after consulting with my doctor. I am responsible only for my experiences, which may not work for others, but you may enjoy reading about them.

**i** I did much positive thinking, took rest, vitamins and minerals, Chinese and New Zealand herbs, and Theta, Reiki, and crystal healing, liver and kidney detoxification and acupuncture. I was also fortunate to have lots of loving, happy support.

I watched *The Secret* and lots of fun films!

I completed my chemotherapy before the anticipated time feeling well and balanced compared to others I met. I can offer no miracles, but wrote my book and designed my cards to share the magic of helping others to remain at peace amongst any chaos.

**i** Intense fear of the unknown while receiving chemotherapy

rose up from my stomach area as feelings of twisted acid. Through my developing knowledge about the properties of colour, I learned that yellow is the associated psychic colour of the stomach (known as the solar plexus emotional centre).

In an unbalanced energy situation such as fear, the colour of the centre may change ... becoming stronger, weaker, or changing to another colour. It can be beneficial to learn about colours and their meanings, so you can help yourself to regain balance.

**i** When I was fearful in hospital, I focused on a beautiful white light in my stomach and abdomen to calm me. I also held a large, clear crystal to help me maintain my focus and achieve feelings of inner connection.

Also, by making this time for myself, I was able to relax before a procedure, and coped better.

I breathed in rainbow coloured light in my mind, which helped me to be peaceful.

While doing this I could locate a still place inside myself and focused on sending light to this place, while telling myself I was safe.

Even though I could feel pain, I was not reacting as stressfully, so retained my valuable energy for healing.

## The gifts of my healing journey

**Accepting** my reactions as my own, learning to trust my feelings and act upon them wisely. **Getting to know myself better** helped me to develop feelings of self worth, and to believe that I deserved the best. **Introducing colour healing** while I was ill helped me to feel balanced and whole at a deep level. **I learned to speak out and say no** when things didn't feel right.

### WELLBEING

#### exercise

Imagine that you are a beautiful light. **Your light radiates from within you.** Imagine the rays of light you produce are reflecting outwardly too. **There is no place for darkness.** By being and acting within the light, others may feel your light too. **Give it a try!**

### Look Within

Inspired by her own journey with cancer, Pip developed her *Being In Colour* inspirational cards and healing tools to help others with health and disability needs. The set of colourful cards is designed to help you work through issues to find a solution that feels right for you.

Learn more at

[www.beingincolour.co.nz](http://www.beingincolour.co.nz)

## Inspirational books from Goodey's!

Unwind at home this winter with ideas from *Home Spa De-Stress*, by Liz Wilde (\$19.95). You may not be able to avoid stress completely, but you can learn to deal with it! Life coach Liz Wilde's book is full of techniques to help you to reduce the amount of stress in your life, and cope better with what you can't alter. It contains ways to soothe the body and mind, plus tips for instant stress relief. Our other Goodey's giveaway this issue is *Touchstones: A Book of Daily Meditations for Men* (\$25). The meditations help men express feelings, reduce stress, and connect with themselves and others. Goodey's Bookshop has provided one copy of each book to give away. Find many more wellbeing and self-care books online at [www.goodeys.co.nz](http://www.goodeys.co.nz) or order our *I Am Here!* titles by phoning 0800 162 131.

WIN!



AM  
HERE!

## Winter Warmers

Try one of Julie Weisenberger's knitting and craft patterns! We love her Malabrigo Knitted Loafers. Many of Julie's patterns



for wraps, sweaters, and crafts are free and can be downloaded from her website. We paid US\$6 for our pattern, which you can instantly download as a PDF file. Don't have access to the Internet, or a credit card or Pay Pal account? You can buy a copy of the pattern from South Seas Knitting here in NZ! Phone 09 360 1188. See all of Julie's patterns at [www.cocoknits.com](http://www.cocoknits.com)

## Salon at home!

Win an Andrew Collinge Complete Moisture hair care pack worth \$45! We have six to give away, each with a shampoo, conditioner, and 2 Minute Wonder Intensive Conditioning Treatment.

The products offer a salon experience at home! Available for purchase from Farmers stores and selected supermarkets and Pharmacies. Learn more at [www.andrewcollinge.com](http://www.andrewcollinge.com)



Entry form for all giveaways, page 4!

WIN!



## Feel Good!

**Enter our draw** for one of five special jars of Antipodes Nourishing Pear Night Cream worth \$50 each. It's made from premium plant oils, antioxidants, and healing marigold, plus Vinanza Grape extracted from Marlborough sauvignon blanc grape seeds to ward off premature ageing. Antipodes skin care products are available from department stores, selected health stores and pharmacies. [www.antipodes.co.nz](http://www.antipodes.co.nz)

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