



News

Volume 3. Issue 1. *SUMMER* 2013

Healing the Heart

How is it that a heart can be broken? Is the heart referred to here just a metaphor or is it the actual heart that beats to keep us alive?

I think it is used as a metaphor in reference to the soul. Just as the heart keeps the blood pumping for living, our soul is responsible for our attitude and is the core of where our faith is.

What we believe impacts our entire life and it is within the soul that we hold on to our belief system, hopes, dreams, grudges, revenge and so forth. Bitterness is the cancer of the soul just as peace is the healing balm. What we believe will either make or break us.

The things we hold close to our heart/soul has the ability to make or break us. It is said that out of the abundance of the heart the mouth speaks. How we behave is an expression of who we are because of what we believe, be it about ourselves or others.

Just as a physical injury has the ability to get worse over time, be it on the surface of the skin or internally, so can a damaged/broken heart. Doctors Henry Cloud and John Townsend put it this way "Your heart's desires and longings bring life to your life. If you don't have ways of making them known, they won't be met, and you'll feel 'sick at heart.'"

Some key steps that are needed in healing the heart/soul are forgiveness and repentance. These are by no means easy tasks and they take purposeful changes of attitude and renewing our thinking to bring living back into life.

The first step is forgiveness, has the power to release pain as we let go of the

offence, so that it has no control over us. Who can ever repay a wrong to the full measure and feel really good about it without some form of guilt, shame, regret, denial or even more pain in the process? Forgiveness lets us move forward with no bitterness. It gives us the ability to change our attitude, emotions, way of life and live healthy lives with little or no regrets. It releases us into a way of life that is about living rather than surviving.

The second step is repentance. It is not always possible and often those who have offended us will not repent for the pain that they have caused.

Repentance is different to forgiveness in that, at times even those of us who have been offended need to repent; not for the hurt caused to us, but for the way we react to that hurt. For repentance to make a difference we must change our mind set, there must be a change in our heart and how we act. True repentance shows integrity. At this point we can choose to be in a state of joy and gratitude for the positive choices we have made.

The third step is rebuilding trust. Once trust has been broken it takes time to rebuild. Many times we need to assess our boundaries as truly trusting again is a process. Trust is the cord that binds us together in relationships. It is when this cord is broken that relationships begin to deteriorate.

If there is pain/hurt in your heart, perhaps it is time to assess what is causing the pain and seek healing, so that you can find release and be free to live and love your life.

Candy Daniels

WELCOME....

LIFE e-News is a quarterly newsletter produced for the purpose of encouraging, equipping and to enliven you on life's journey.

We hope the articles will inspire you to live and love your life. Our desire is that you pursue a life that is free and driven by passion and purpose.

We all have one life to live and the choices we make today will impact all our tomorrows.

Today choose LIFE!

IN THIS ISSUE

Healing the Heart	1
Lifetalks: Stories	2
Integrity	3
Poem	3
Signs of child abuse	3
Lifehealth: Healthy change	
Why didn't they tell me	4
Vitamin D	4
Lifeforce: Wholeness	5
Exercising towards wholeness	5
Lifenews:	6
Anyone for tennis?	6

**Our goal is
to inspire you to live
and love LIFE!**

When I read other peoples stories I appreciate it so much. It makes you feel so vulnerable yet I learn so much from others stories and when you connect to someone else's story you know that you are not alone.

I am going to tell you a bit of my story because it is such a taboo subject and I have found there is so little information and stories out there from the partners point of view. Lots of books from the victims, but so little from the partner/wife of the perpetrator, even though I am told that I am a victim too. I know there are others out there but understandably due to the shame and blame, no one is game to speak.

I never planned on marrying a paedophile. How did I go so wrong? How did I not see it? It has been going on for so many years. The few women I have heard about have all been unaware, totally shocked and unbelieving when the truth comes out, usually with the police involvement. They are told their partner has molested little children. Not me. On some level I knew. Sometimes, in the past I had been in denial and blamed myself for my jealousy when watching him give attention to young girls. I never knew if he had gone so far, but was always scared that he might.

But who would believe me? Constantly people would say how nice my husband was. You are so lucky to have a kind husband. He is so good with kids. He should be a teacher, youth worker Each time I cringed inside and kicked myself for not being thankful that I have such a kind husband, so much more than a lot of others have.

Often claimed as the worst of the worst crimes, even other criminals agree. Special protection is needed even in prisons because of the nature of their crimes. The family and particularly the partner, are often blamed for the partners paedophilia as if we are partners in his crime. Please don't judge. You have to walk in that persons shoes before you can understand what they go through. Even if they are not aware of their partners behaviour, they will be suffering in other ways.

Does he have a mental illness? Does he have any control over his warped desires? Did he know that what he was doing is so wrong and causing so much damage to his victims? Do I forgive him? The bible says for Christians in 1 Corinthians 10:13 that "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can stand up under it." So to me it says that yes, he knew on some

"I have a problem' and seek professional help at any stage, but he has not until forced by authorities.

I have myself been treated well by my friends and am so thankful for that. I am still very much in the process of healing and their support has kept me alive. The Police told me that they have not come across a partner before who does not support the husbands behaviour but who has not dumped him either. The partner usually does one of two things, either they deny the partners paedophilia and defends them or they divorce the partner immediately they find out.

Me, I have felt very strongly that I should stay with him, for now anyway. It is my job as his wife to do the tough love and do my best to bring him to remorse and repentance under God. Will that happen? I don't know yet. It's not for everyone I guess, but for me I felt that is what I should do for now. If I divorced him on the spot, who would keep pushing him to see his sin? If I don't he could easily go and re-offend.

I don't know what the future holds and I pray that God will tell me that enough is enough and I have done all I can do to turn things around, if that is the way things go. One step at a time, most times one tiny step at a time, just to stand still and other times doing nothing.

So if there are any other women out there like me, please come out of the woodwork and share. We learn from each other and strengthen each other that we are not alone. And one day we will all stand before God our maker and I want God to say that "I have done the best I could do with my circumstances," good or bad.

I appreciate you reading my story, I wish to stay anonymous at this time. It is a huge thing to put yourself out there and tell the whole world. I hope it helps someone out there who has been through something like this with a partner, to know that there are others out there who are going through it and you are not alone.

Little spoken of when it comes to those who have lived with someone who has been an abuser. It is certainly not easy and often the person who has lived with the abuser experiences victimisation as well.

Yes, there are times when the partner/spouse is aware that there is abuse happening and does nothing to stop it. Then there are those who when they find out are shocked and are in dismay. If you or someone you know is a spouse of an abuser the following site may be of interest to you <http://marriedtochildmolester.com>

It is never okay to look the other way when you know that someone (especially a child) is being abused. Speak up and let your voice be heard.

INTEGRITY

The state or quality of being free and whole.

- I** - I am responsible for my thoughts and actions
- N** - No one can be blamed for the person I have chosen to be
- T** - Time spent with God builds character
- E** - Everyday is a new opportunity to leave the past behind
- G** - God's grace if chosen by me can set me free to be whole
- R** - Realising my potential is only hindered by my way of thinking
- I** - In all that I am and do, integrity is needed
- T** - Testing integrity is not compromising what I believe
- Y** - Yesterday's issues should never hold me back from living today with integrity

Memories

Every time I shut my eyes
I see a child as she cries
Even though, years have gone by
I still hear, and feel that cry!

It all hurts so much so
I wish i could let it all go
But, the pain goes in so deep
Tormenting me, when I sleep

I long, I yearn, to be set free
But, I can't do it with just me
for my memory is one big stain
full of hate, and full of pain

Wonder, if I will ever shut my eyes
And not hear the child as she cries
For that child was hurt so bad
Causing many struggles in life to be had!!

Anon

One of the only ways to break the cycle of abuse is to stand up, speak up and get assistance from someone who will listen to you like a friend, doctor, police, counsellor etc. It takes courage to stand up & speak.

Women & men are effected by abuse on a daily basis, while child sexual abuse is becoming an epidemic around the world. Those who are targeted are vulnerable & often known by the abuser.

If you or someone you know has been through abuse or is experiencing abuse we highly recommend that you seek professional support.

Together we can make a difference. Please visit www.thesevencampaign.com to stop child abuse.

Common Signs of Child Abuse

Emotional Abuse

- ◆ Excessively fearful, withdrawn and anxious

Sexual Abuse

- ◆ Regular urine infections, has knowledge or interest in sexual acts inappropriate for age, shows fear or dislike towards a specific person for no obvious reason

Physical Abuse

- ◆ Fear of touch, fear of sudden movement, always watchful and alert, frequent bruises that may be hard to explain

Important factors to consider

- ◆ A child often knows their abuser and is abused repeatedly by the same person. Those who are abused are threatened or told that it is a special relationship that no one else will understand.
- ◆ A child has no reason to lie about being abused. It takes courage to speak up - listen, they come to you because they trust you will protect them.
- ◆ Often a person the child trusts abuses them. This leaves them vulnerable and confused.
- ◆ A child can be abused by other children, older siblings, adults, anyone. Know your child & their behaviour.

The above are some behavioural signs a child might portray if/when he/she is/has been abused. Speak to your children often not just about the dangers of strangers but even those who they are familiar with.

Why didn't they tell me?

There is an add on Australian TV about someone having a heart attack and all through the add the person wants to know if he can have his heart attack again.

The reason he wants to have it again is because now he has some information about the symptoms and what they mean and as a result he would be confident of being able to survive it.

My question is this; is having information enough?

I was a child growing up in the 60s and where I come from only sissies wore hats and even fewer people put on sun screen lotion. Every summer we would get sun burnt and we would have competitions as to who could peel off the longest piece of skin. The only piece of advice I can remember is that it was not good to get burnt again until your skin had healed.

Then in 1981 the campaign 'Slip, Slop, Slap' was launched. I'm sure we can all remember Sid Seagull in board shorts, t-shirt and a hat dancing his way across our TV screens. This was going to be the great awakening to us all about the effects of being in the sun without any protection.

Since then, skin cancers account for around 80% of all newly diagnosed cancers. Between 95 and 99% of skin cancers are caused by exposure to the sun. Two in three Australians will be diagnosed with skin cancer by the time they are 70. GP's have over 1 million patient consultations per year for skin cancer. Around 1200 people die from skin cancer (melanoma) per year in Australia.

So what are we doing with all this information? Not a lot. I know I haven't. I have just returned for a short holiday in Queensland (Australia), Yep you guessed it, people are still stripping before the sun. They want their skin to change colour so that they will be noticed, so that they will stand out in a crowd, that person with a great tan.

Why does seeing people continue to sun bath bother me? I mean it's up to them what they do to their bodies, and surely they have the same information I do

regarding the damage the sun's rays can do to your body. I think it must be the four operations and one skin transplant and the visit to my doctor every 4 weeks for the rest of my life that has something to do with it.

But that's my problem don't make it yours. The thing is now that you have read this article you can no longer say that no one has told you and that you didn't know. So what are YOU going to do about it? Oh and when are you going to do it? I wonder how many people will do unrepairable damage to their skin this summer. So its up to you to act now, no one else can do it for you. To always do what you have always done and expect a different result is the height of stupidity. Please, this is too important to be stupid.

I have often complained 'Why didn't they tell me', the thing is I have come to realise that I wasn't listening. I am now in my 50's wishing I had listened before it impacted me the way it has. I now know better. When I go out I 'Slip, Slop, Slap' because I would rather be a sissy than suffer.

Clifford (Skin Cancer Survivor)

Vitamin D

Unlike other vitamins vitamin D can be produced in the body with the aid of sunlight. Exposing hands, arms and face to sunlight on a summer day for 5 –10 minutes is adequate for most people.

To make the most of gaining this valuable nutrient apply sunscreen after the 5-10minutes. The amount of sunlight needed varies based on latitude, time of day & season. The safest time to get sun exposure is early morning or late in the evening when the UV index is below 3. The UV index for your area can be found through the Bureau of Meteorology, news papers or even through many smart phone apps.

Fortified foods such as milks, margarine/butter; veal, beef, egg yolks, fatty fish are just some other ways of getting vitamin D.

Vitamin D is needed in the body for bone growth & maintenance of healthy bones to various other functions. It works alone as well with other nutrients.

Exercising towards wholeness

In the past, health was considered the exact opposite of sickness. The absence of illness and disease, particularly physical disease, was a sign of good health. Now days, health is considered to involve a much wider scope than the immediate physical state of a person. According to the World Health Organization (WHO), health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. When we look at the bible, the Greek word for health used in the New Testament 'higiano' translates as 'wholeness'. In 1 Thess 5:23, Paul encompasses the whole-being as spirit, soul and body.

One of the best ways to look after our body, as well as our spirit, is to exercise. Here are a couple of tips on what to do and what not to do when it comes to starting a physical and spiritual fitness plan:

Do: Combine resistance exercises with cardiovascular training

Physically; Strength training is the use of resistance during exercise (including your own body weight, e.g. push-ups or squats), usually with the key objective of strength gain, muscle tone and increased bone strength. Strength training is a very important aspect of maintaining good health, and research is consistently finding new benefits to this type of training. In fact, strength training is so important and beneficial for health that the American College of Sports Medicine recently added a recommendation for all adults to add at least two sessions of strength training to their weekly activity schedule. This type of exercise not only gives the body a more toned appearance and improved posture, but it increases bone density, decreases chronic pain conditions and improves functionality.

Spiritually; Resistance training is so beneficial because it challenges the body to adapt to the new stimulus. In the same way, challenge yourself with new and deeper spiritual exercises and you will find you will grow in strength and health.

Don't: Expect one exercise to do it all

Physically; Focusing too much on one particular exercise, such as using sit-ups to reduce tummy fat, will more likely cause damage or pain due to imbalances in muscle strength. Sit-ups and other core exercises can produce a slight slimming effect due to increased muscle tone, however fat will not be used from one site-specific area. Reducing tummy fat is best achieved through a healthy diet and combination of cardiovascular and full body resistance training.

Spiritually; Focussing on only one spiritual exercise is also not sufficient to improve our spiritual health. For example,

simply attending church on a Sunday will be beneficial, however for greater benefits incorporate other practices such as prayer, reading the bible and worship.

Do: Eat lots of the right foods

Physically; One of the biggest mistakes people make when starting a new exercise program is that they don't eat enough food! This comes from the theory that to lose weight you need to consume less calories than we expend. Although this is in one way true, going long periods of time without food actually slows the metabolism down and reduces the effect exercise has. To lose weight, gain strength or improve cardiovascular fitness, the body needs to be functioning as efficiently as possible.

Spiritually; Attending church every Sunday is like eating one meal a week. Our spirit needs regular food just as much as our bodies need fuel. The less time we spend fueling our spirit with spiritual food like the bible and prayer, the dryer and weaker our spirit becomes. Also, just like too much junk food can be toxic to our body, there are spiritual influences that can be toxic to our spirits.

Do: Schedule in some incidental exercise

Physically; Walking to a bus stop and taking the stairs are examples of secondary physical activity, or, incidental exercise. This is when the primary aim is not physical activity. This is a convenient way to increase activity levels without too much attention to it. Getting off the bus a stop early, taking the stairs rather than the elevator and getting up to change the channel rather than using the remote are a few ways to add in some extra physical activity without sacrificing too much time.

Spiritually; it is possible to increase your opportunities for incidental spiritual exercise too. Leave a bible by your bedside, or take an extra 5 minutes at the breakfast table to pray with your family (which will also strengthen your family relationships).

Kim Jonas
Personal Trainer & Myotherapist

We are a three part whole. One part flows into the other so much so that, when one part is not functioning in a healthy manner it affects the other.

Within our spirit we find purpose and meaning to life, our security and relationships are built out of this area.

Within the soul we find our emotions, thinking, attitude, will and reasoning. This is where anxiety and fear stems from due to insecurity and unresolved issues.

Our body is the physical part of us, it is responsible for keeping us a live physically. Our senses connect our body to our soul and spirit. Stress and fatigue are often the first symptoms of body ill health.

Wholeness is finding peace within the spirit, rest for the soul and comfort for the body.



At LIFE our mission is to inspire hope. We believe in encouraging you to tell your story, equipping you to be free and enlivening your spirit to live and love life.

We believe every person re-

gardless of age, gender or race has a purpose. Your identity defines who you are and how you live. If you find the articles covered in the newsletter or blog of particular interest let us know. Feel free to post comments and ask questions, we are sure that others will find your question or comments useful.

<http://lifeinternationalptyltd.blogspot.com>

We would like to extend an invitation to our readers to send in their story. All submissions are to be made using the subject heading "my story" via info@lifeinternational.com.au All personal details will be kept confidential.

Your story can impact another person's life for it has the ability to influence, encourage, uplift, inspire and even change someone's life story through your story! What we go through often impacts only us, how we deal/react impacts us and others.

How can one event impact my life?

Event + Memory + Perspective

=

Thinking



Feelings



Anyone for tennis?

I enjoy watching the tennis. I wouldn't say I was a huge fan, but it's a big thing in town at the moment and everyone is talking about it.

Recently my husband and I went to a day at the Australian Open. It had the potential to be a great day, yet I was

feeling a little apprehensive about the event and couldn't help thinking I was going to find myself in some sort of trouble. Why?

The previous year I had gone with a friend. We had managed to get ourselves some seats under a shade cloth at an outside court. The day was stifling hot, so I equipped myself with frozen water bottles, hat and light clothing. The tennis was great; the atmosphere fabulous, the experience ...okay!! By the end of the day I was overwhelmed by the heat. I ran out of water and it was an ordeal to find a tap or some relief from the sun. The day finished with me suffering from heat stroke.

This year was going to be different. I had spent the extra money and got myself a reserve seat in the shade. I could come and go as I pleased; walk around and have a look at things without fear of losing my shady seat. So why weren't these changes enough to stop the 'bad vibes'?

Yep, the memory of my first hot visit to the tennis had placed a perspective on future events, which began to contribute to some not-very-reasonable thinking and consequently behaviour, as I prepared for my day out.

I couldn't stop the thinking and feeling of needing to pack for the heat, even though the day was forecasted as mild, AND we had RESERVED seats in the SHADE. These facts were not enough to quench the need to "be prepared" this time. I was not going to be "court out." What if I fainted at the event this time, or on the train? These things can happen unexpectedly.

My second experience was going to be different from the first. It wasn't going to be hot, we were in the shade. It would be okay, wouldn't it?

What if the forecast was wrong and the day was hot? Should I take extra water just in case?

How much stuff was I prepared to carry for the day? Could I ever be prepared for anything?

Was it enough to trust I would be okay? Will people be able to tell?

Will I be able to get what I need? Will it be okay to leave early? What will people think?

Could one memory create this much unrest and affect my mental, emotional, spiritual and physical being?

It's just a day at the tennis....right?

Jodie Chambers

Life International Pty. Ltd. ACN 149 311 937

**Unless otherwise stated all content is written by Candy Daniels
(Counsellor, Chaplain, Nutritionist)**

For Questions, Comments and Subscriptions or to use any of the material contained in this newsletter please contact us through

enews@lifeinternational.com.au

<http://lifeinternationalptyltd.blogspot.com>