

HEALING ME HEALING YOU

10 Ways to Start to Heal M.E
by Julia Dolowicz



I am writing this eBook because it is something I wish I had known when I was in my early 20s and diagnosed with M.E.

Finding information was a challenge because it was BG (Before Google) and Libraries were The Only means of delivering information. Thank DoG for the Yellow Pages listing all the charities and organisations (thank you Yell, you saved the day). Information was passed word of mouth and it was only because the mum of a local man from Liverpool knew my mum, that I was able to access some gems that gave me support.

You could be reading this eBook because:

- You are coping with a recent M.E* diagnosis.
- You are in the thick of it and feeling extreme fatigue, bloating, headaches and muscle pain plus many other symptoms relating to coordination, concentration, sore throats and migraines to name but a few.
- You are struggling with being 'run down' and 'feeling tired all the time' and you're holding down work and family life (just about).
- You haven't had an ME diagnosis but you are suffering with Fatigue.
- You're caring for someone who is suffering.
- You employ someone who is suffering.

Within this eBook I made the decision to use the term M.E* to refer to:-

- * Chronic Fatigue Syndrome
- * Post-Viral Fatigue Syndrome
- * Glandular Fever
- * Epstein Barr
- * Mono
- * Feeling Tired all the Time

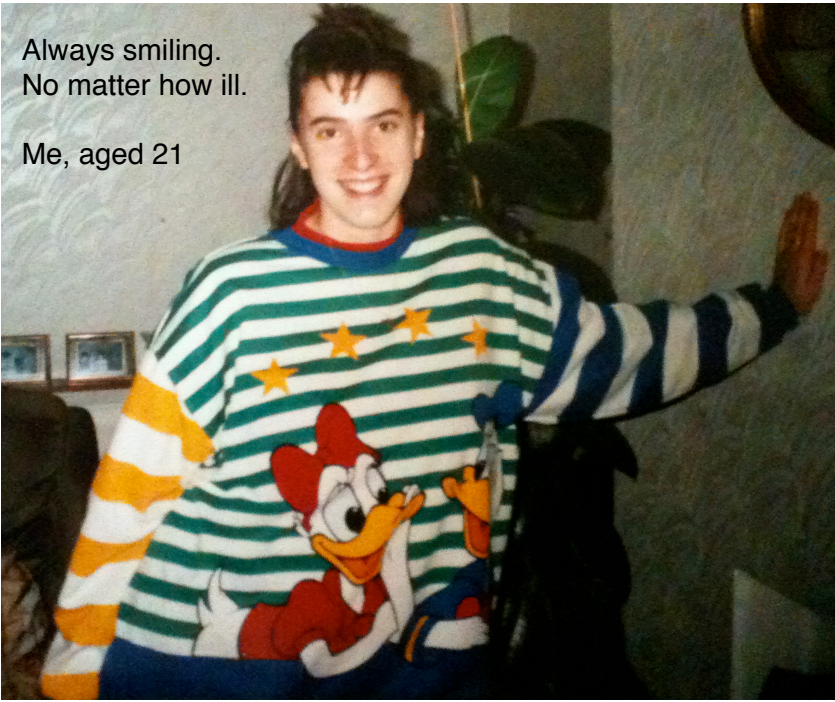
It all began on 23rd Dec

1988

The one important thing that I wanted when I was ill - I wanted to speak to someone who had **GOT BETTER**. When I was 20 years old, I had been living and working away in Manchester for about 18 months. Leading up to the Christmas of 1988, I began to feel quite run down and on 23rd, it hit me like a lead balloon. I even remember the exact date, that's how momentous it was. The real McCoy flu had **knocked** me over. It **floored** me.

Always smiling.
No matter how ill.

Me, aged 21



I was in bed, feeling extremely rough.

My parents decided to pick me up and bring me back home to Liverpool where I could get better. My flat mate had gone away so I was home alone. This way, at least, my mum and dad would be around to care for me.

This was the beginning of my health crisis.

I never went back.

The flu hung around. I just couldn't shake off the intense fatigue, the joint pain, muscle pain, the headaches, and the brain ache. Everything seemed such a huge effort and I really didn't know what to do.

At that point, there wasn't anything I could do.

Except sleep.

It was in the New Year of 1989 when visiting my Doctor,

still feeling exhausted, he suggested that I may have a glandular virus, or even glandular fever. I was sent for tests but nothing returned positive. Now, I know this to be quite usual. Test results for glandular fever often come back negative.

By the time February appeared, I had been home, ill for 2 months.

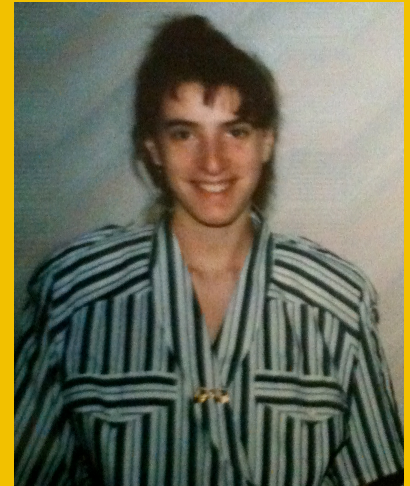
2 months. Two months.

Where did that time go? I had hardly emerged from bed. I was 'out of it' but managed to see the Consultant that my doctor had suggested. This consultant diagnosed Post Viral Fatigue Syndrome, but he also gingerly mentioned that it could also be M.E.

M.E.

What the heck was that?

That's when this health crisis really began to sink in.



I had to find out information about M.E (Myalgic Encephalomyelitis.)

It was beginning to sink in.

[‘Action for M.E’](#) really made a difference. They provided so much information, this was before websites so it was all sent to me in the post. I had to dive in as best as I could, considering all the symptoms I had. I just knew I had to try to take control of this health problem.

I knew I had to do my utmost to try to heal myself. I wasn’t going to take anything that would freak my body system out any further. I just knew this. Inside. From a very deep part of me.

I knew I had to become my own Private Investigator. I had to heal myself.

Don’t ask me where this came from, but the 21-year-old me just knew instinctively and intuitively that only she could find her way out of this.

I spent the next 9 years doing just that.

My progress was very, very slow in the first 5 years, I was still living at home, not able to work and my health got much worse before it began to turn a corner. Yet I knew I had to continue to find my way through it.

My days were spent in bed, not able to move, sleeping, holding the paw of my lovely healing dog Benjie. In those early days, I couldn’t do anything. My progress was very slow. It seemed to be a long drawn out process. The amount of therapies and treatments that I tried during these years was long. My story is a long story.

But.

With everything I was doing, by the age of 24 I was beginning to see small results. I was able to study two afternoons a week and train to be a counsellor. At 26 I applied to study an honours degree in Health at Liverpool John Moores University. I could just about cope with the 3 days in lectures and all the extra work. After graduating I then secured a Lecturing position at a Further Education College for aged 16-60 students and I also was now teaching extra hours at the University I had just left. The healing I was committed to, was responding.



Also, around the age of 24, I started dating a man who had a similar health problem to M.E – he was severely affected by chemicals and food, his symptoms masked by extreme fatigue and muscle pain. We had met through our ill health and this seemed a perfect connection. We got married when I was 28 a year before I graduated, when I was 29.

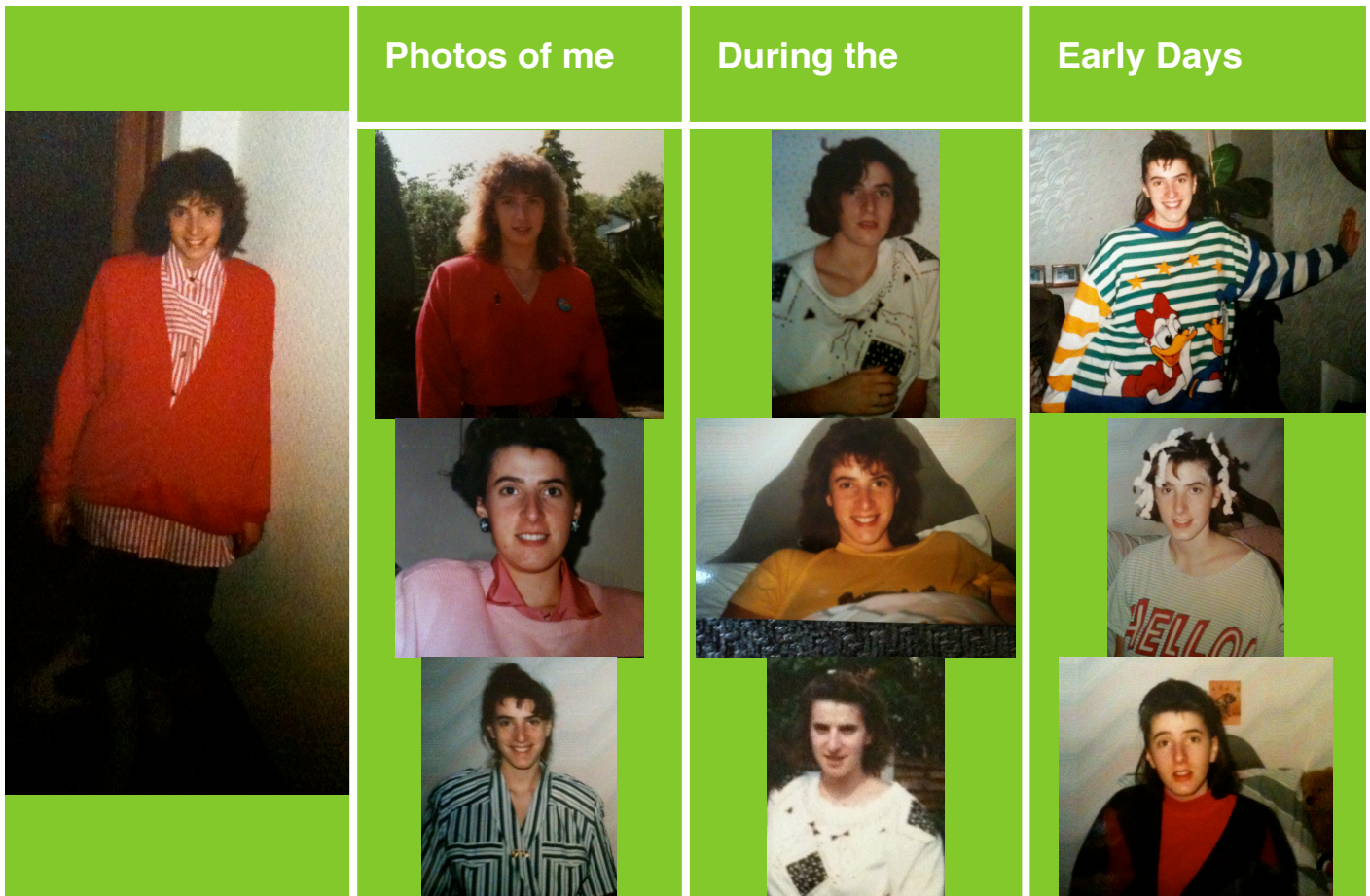
29 was the point where my health restored itself.

My life went through many other transitions as I reached 34 and I separated and divorced (that’s another story!) We drifted apart. Our ill health brought us together when maybe we would never have connected. During this time on my own, I moved 4 times with my beloved Jack Russell Lucy and split between being employed and working for the University of Liverpool as well as establishing my own healing practice as a writer, artist, counsellor, coach, reiki healer, teacher and workshop creator.

I took knocks and hits. Yet my health equilibrium has always stayed firm.

At 37 I magically manifested my spiritual Cornishman and we set up our life together. Now aged 44, I focus my healing coaching and reiki on individuals and animals who need me. I share my suggestions and practices for healing people back to health. I restored my health. Sounds a tad twee. It’s true though.

Recently, I was listening to an interview with Shirley Conran ex wife of Sir Terence Conran, mother of Jasper. She was talking about her own ill health with M.E, how she had been so ill, coping with the day-to-day M.E symptoms. She said “I have never ever met anyone who has got well. Anyone who has M.E will always have it – they’ll either be in Remission or Recuperating.”



"You haven't met me then!" I shouted at the radio.

It dawned on me, there and then, that people who have been ill with M.E and recover, reenter their life with gusto, they often don't look back to share their story. They have spent too much time suffering with such challenging symptoms and now they want to embrace the life they have. They have to play catch up.

That is what I did.

I got stuck into my career and my life. I tried not to think about M.E. I didn't want to really talk about it, although I was always supportive and helpful if anyone wanted to speak to me about it and seek advice. However I didn't seek it out. Over time, I realised that my healing story needs to be shared for others to read.

- Those of you, who are totally incapacitated and bed ridden
- Those of you, who are coping with extreme fatigue and who may not have a diagnosis
- Those of you, who are in the midst of your M.E/CFS/Candidiasis and struggling
- Those of you, who are overwhelmed with information
- Those of you, who care for someone who is suffering with any or all of the above.

I hope that this short eBook helps and guides you. It is the first step for me in writing my full book.

Know that I'm truly with you and I know how you feel.

Much love

*Jules*xxx



**** HEARTWORK ****

Throughout this eBook, I will give you gentle heart-work nudges. There are no rules, just sit with my words and see what resonates with you.

Introduction: 10 Ways to Start to Heal M.E.

When I was in the beginning phase of ill health, I contacted a local organisation and they said they would send a representative to speak to me and give me advice, support and invite me to the weekly group meeting.

When the lady came to my house, my mum opened the front door and in walked a woman on two walking sticks, barely able to walk. She promptly sat down and introduced herself, telling me that she had been ill with M.E for 30 years.

What? 30 years. Gulp! Seriously?

I listened and I nodded my head, but I knew **in that moment** that I had to do ALL I COULD to heal myself.

When she left, my mum and I sat, dumbfounded.

Why did the organisation send me someone who had been ill for 30 years, why not someone who had recovered? A person who I could ask questions about medical processes, symptoms, remedies and healing practices.

Someone who could support and inspire me.

A role model, who was WELL, healthy and living their Life, not ill for 30 years.

I knew how important it was to gain support from others who were also going through a similar health problem and I did connect with others through local support groups. However, I never went to weekly meetings, as I didn't want to sit around in a circle talking about my symptoms. I wanted to talk to people who had recovered.

I want you to feel that you are reading the words of someone who has walked in your shoes. Someone, who has experienced extreme debilitation, pain, and despair, trying to find her way back to health.

Only this time, I'm here to show you that I'm well, healthy and back to full health. I have been like this for a long long time. I don't have ME. It dominated my 20s.....yet my 30s and 40s **were healthy**

I'm here to inspire you so that you know it's possible.

Below are my 10 ways that I really believe to be very important in kickstarting your healing. This will obviously all depend on how ill you are feeling. If you can do just one of these things, it will begin to help.

I am not and would never imply that being "positive" will make you well. I used to feel uncontrollable pain and anguish when anyone used to say that the ME that I had was 'psychosomatic' – it made me feel incredibly guilty, as if I had brought this on myself.

My 10 ways are there to help support your body and your mind and your soul. Just how I did. I had lots of different treatments that related to my diet and my immunity with private consultants.

I never went down the western medicine route – well, to be honest, there wasn't really any treatment programme back in the early 90's. There was one consultant who was treating M.E patients with 'graded exercise programmes' but I knew that wasn't going to work for me, it was quite controversial at the time. Graded Exercise? Are you having a laugh? CBT, cognitive behavioural therapy was not being used at that time. For you, it may be different.

We are all different.

I am offering you a window into my healing. If something resonates with you, then I will be thankful. I hope that I am not offending you or your health.

We all have suffered with different percentages of severity.

If we can share and help each other to heal our selves, then this is what we must do.



Myalgic Encephalomyelitis (M.E.) is an illness with many names. Within the NHS it is commonly called Chronic Fatigue Syndrome (CFS or CFS/M.E.). Sometimes it is known as Myalgic Encephalopathy or diagnosed as Post Viral Fatigue Syndrome (PVFS).

- ¥ **Myalgic:** meaning *muscle*
- ¥ **Encephalo:** meaning *brain*
- ¥ **Pathy:** meaning *suffering or sickness*

M.E. is a long-term (chronic) fluctuating illness that causes symptoms affecting many body systems, more commonly the nervous and immune systems. Many people with M.E. experience persistent fatigue or pain. However, M.E. is characterised by a range of additional symptoms.

Symptoms may include persistent exhaustion ('fatigue'), muscle and/or joint pain, sleep disturbance, 'flu-like symptoms such as headache, sore throat, painful lymph nodes, dizziness and/or nausea and problems with memory and concentration.

M.E. affects people in different ways and to differing degrees. It's a very variable illness and your symptoms can change over time.

While it's important to find out more about the range of symptoms experienced by different people with M.E. - it is also important to know that people may only experience a few of them.

This information was resourced from Action For M.E.
www.actionforme.org.uk

The National Institute for Health and Clinical Excellence (NICE)

acknowledges that the physical symptoms of M.E. can be as disabling as multiple sclerosis, systemic lupus erythematosus, rheumatoid arthritis, congestive heart failure and other chronic conditions. Its guidelines on CFS/M.E. outline three levels of severity – mild, moderate and severe as follows:

Mild: "People with mild CFS/M.E. are mobile, can care for themselves and can do light domestic tasks with difficulty. Most are still working or in education, but to do this they have probably stopped all leisure and social pursuits. They often take days off, or use the weekend to cope with the rest of the week."

Moderate: "People with moderate CFS/M.E. have reduced mobility and are restricted in all activities of daily living, although they may have peaks and troughs in their level of symptoms and ability to do activities. They have usually stopped work, school or college and need rest periods, often sleeping in the afternoon for 1 or 2 hours. Their sleep at night is generally poor quality and disturbed."

Severe: "People with severe CFS/M.E. are unable to do any activity for themselves, or can carry out minimal daily tasks only (such as face washing, cleaning teeth). They have severe cognitive difficulties and depend on a wheelchair for mobility. They are often unable to leave the house, or have a severe and prolonged after-effect if they do so. They may also spend most of their time in bed, and are often extremely sensitive to light and noise."

Ten ways to start to Heal M.E

1. Boost Immunity
2. Life Review
3. Complement with Therapies
4. Clear Away Negativity
5. Breathing Meditation
6. "Tea on the Ceiling"
7. Talk it Out
8. Express Inside Out
9. Visualise Your Future
10. Shift The Focus

So, Let's Get Going - this is a big one

1st Way: Boost Immunity

This may seem so incredibly obvious. We have all heard so much about vitamin and mineral supplements, and we read reviews about new herbal products. I fully believe and know that these are pivotal to your return back to health. Not just any Tom, Dick or Sally Supplement bought from the supermarket, you have to buy quality.

Your local independent health food store is the first place you need to visit, not the national brand health food store. To boost your immunity you have to assess everything that may be lowering your immune system. EVERYTHING. Food, Relationships, Stress, People, Environment, Spirit, Past Medical History, Recent Bereavements. Totally Everything.

Remember, I'm not saying this is the **cause of your Ill Health** – but it is definitely a Major Step to **boosting your Immune System**.

I knew my immune system was severely compromised.

Having been on regular antibiotics all my life from the age of about 2 for tonsillitis, it was most definitely weakened. I actually knew this because early into my ill health, I asked my GP to give me a list of all the antibiotics I was on. Around the age of 13 they eventually took my tonsils out, but we had to search for a consultant to do so. They were going

through a trend in the UK that they felt it was better to keep them in.

Vitamin and Minerals

In Boosting my Immunity, I made sure that I sourced the most purest of Vitamins and Minerals with the least possibility of allergens; I was referred to [The Allergy Research Group](#), [MultiViMin](#) and [Pure Buffered Vitamin C Ascorbic Powder](#). I also had B Vitamins and Vitamin C intravenously over a period of 6 months. This was done privately by a clinic in York UK, [Nutrition Associates](#).

My body was overrun with Candida Albicans, (an overgrowth of yeast due to the antibiotics), so I supplemented with High doses of [Solgar's Advanced Acidophilus](#) and changed my diet radically. I cut out all wheat, sugar, yeast, mushrooms, hard cheese, pickles, anything that had alcohol in or was fermented, including soy sauce, wine vinegar, mayonnaise.

Books I Recommend

The best book to look into this is [Candida Albicans by Leon Chaitow](#). His book was a huge help for me, as was [Candida Albicans by Gill Jacobs](#).

I used to take Solgar's [Caprylic Acid](#) too (an extract from the coconut) which helps to establish the growth of beneficial bacteria in the gut. It is traditionally used in conjunction with a low-sugar / low-yeast diet to help reduce yeast overgrowths.

* * Heartwork * *

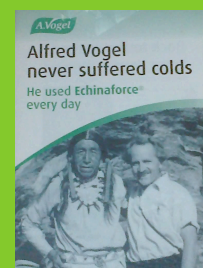
Visit your Local Independent Health Store or seek out the professional guidance from a Naturopath.



If you're not already taking Vitamin and Mineral Supplements, then you need to be doing so. Seek out Good Quality. The finest you can afford. The links I have provided will give you some reading to do.



I am not an affiliate in any way. I just suggest.



For the past 3 years, with 15 years of complete wellness behind me, I have taken [Vogel's Echinaforce](#) daily and all year round for my immune system,

I wish I had known about Echinaforce back then in the 90s. Due to it being extracted into ethanol (alcohol), I wouldn't have taken it directly but I would have added the tincture to hot water and allowed the ethanol to evaporate.

I began to remove meat from my diet and over the years I have become completely vegetarian, not only for my love of animals/birds/fish, but also to avoid any drug by-products seeping into my system. There's so much more that I did regarding nutrition, herbal remedies and supplements, but these were my first steps.

Food is the one surefire way of Boosting Your Immune System. You have to take a long hard look at what you eat. It's been said before and I'm living proof, what you're putting in, will be having an impact on you. If your bowels aren't working correctly, too frequent, too infrequent, pain, bloating, gas, itching - these are signs of something happening within your gut. Gut is where it starts and your Gut leads you back. I didn't have a terrible diet but the foods were not the right foods to boost my immune system. This is my Numero Uno

2nd Way: Do a Life Review

In order to boost my immunity, I had to uncover what was also draining my immune system.

The drain wasn't the cause of ME, but it impeded recovery.

This could be Chemical Overload or Intolerance, Relationship or Emotional Sapping, Environmental Reaction, Work Exhaustion, Financial Strain, Social Unhappiness or Social Exhaustion, Spiritual seclusion. Ba-

sically anything that is related to the following:

- Heath, Nutrition, Wellness
- Home, Environment, Planet
- Family, Children, Fur Children
- Friends, Social Life
- Love, Sex, Intimate Relationships
- Work, Career, Purpose
- Finances, Wealth, Money
- Relaxation, Leisure, Fun stuff
- Spiritual, Religious, Purpose
- Communal, National, Global

Anything that encompasses these areas and beyond!

Physical, Intellectual, Emotional, Social, Spiritual, Sexual, Environmental, Occupational, Financial.

All these affected my immune system's capacity to heal. So I started to reflect and notice.

I wrote down how I felt about these areas of my life. For example I was feeling very low about my career because I had intended to become a primary school teacher when I was in my sixth form at school. I had a place to study at university but changed my mind when I got my A Level results, so I decided to go to a college and then get a job working in a different city, as a Personal Assistant. I enjoyed it, but it wasn't what I wanted. It bothered me and it was whilst I was in this job, that I became ill and therefore, career/work/purpose was something I wrote about, planned, explored.

Another example would be my home and environment. Prior to becoming ill, I had moved 4 times in different areas of Manchester, twice within north Manchester and then twice in south Manchester, staying in Liverpool and commuting over the summer, between the two.

Looking back, I realised that this really lowered my immune system because of the stress of moving and getting to know new areas, making friends plus adjusting to a new room and a new housemate. The happiest time for me was the 2nd move

when I found a little tiny flat that I would share with myself.

I loved it. Everyone kept telling me to share with someone as it wasn't safe. So I didn't listen to my intuition but listened to others. This is all with the benefit of hindsight!

Although these were not something I could change, it helped me understand my immunity and how it had weakened ME.

* *Heartwork * *

Take out big piece of paper, preferably flip chart, if not, the back of a roll of wallpaper will do, or buy a couple sheets of wrapping paper.

Write these Headings:

1. Heath, Nutrition, Wellness
2. Home, Environment, Planet
3. Family, Children, Fur Children
4. Friends, Social Life
5. Love, Sex, Intimate Relationships
6. Work, Career, Purpose
7. Finances, Wealth, Money
8. Relaxation, Leisure, Fun stuff
9. Spiritual, Religious, Purpose
10. Communal, National, Global

If you had to give these a mark out of 10, what would it be? 1 is not great at all and 10 is fantastico.

As you think about these areas, Ask yourself these questions.

Is there anything that springs to mind when I think about this particular area?

Do I feel that my needs are being met here? Are there any dreams I have about this area? What are they? Don't think too much, just intuitively write.

****USE BEAUTIFUL FELTS****

Now find an A4 lined pad or a journal

Go through each area and explore some of the things you have jotted down on your map.

Let yourself expand on ideas, dilemmas, problems and information. Hopefully you'll begin to discover things.

If you don't want to write it out, then I would suggest that you confide in a very close, trusted friend, who would listen to you and help you process this.

The key here is 'VERY CLOSE FRIEND/ CONFIDANTE'. Don't just pick family as they often are too biased. You need someone who is going to LISTEN: someone who's kind, gentle, empathic, non judgmental, loving and above all else *** confidential ***

3rd Way: Complement with Therapies

In those early days of my ill health, I realised that I had to try alternatives. My first experience was with Homeopathy – he was a Dr and had moved into homeopathy. It was all baffling to him, as he was faced with SO many symptoms: Here's a run down on the therapies/processes I experienced:

Reflexology, Aromatherapy, Kinesiology, Hypnotherapy, Dowsing, Crystals, Shiatsu, Flotation therapy, Naturopathy, Bach Flower Essences, Reiki ... to name but a few!

These are the three that I found very important to me. This will vary with each of us and you'll find your own practitioner and therapy.

Reflexology: gentle and nurturing and at the same time extremely efficient in breaking down energy blocks and supporting the bodies own healing system. I built it up on a weekly basis and this was really important for me, as a gentle form of acupuncture it doesn't expose your delicate self to anything too invasive, it's ideal.

A Full body aromatherapy massage, whilst delectable was draining and exhausting for me. This I discovered through trial and error.

Bach Flower Essences: very healing for my emotions. In the early days. When I came across them, I soaked up all the information and read as much as I could. I self selected, which I always think is a good thing with flower essences because you're called to the ones you need at that time. I used to use the original essences developed by Dr Edward Bach, over in the UK, [Ainsworth's](#), who supply first class remedies. I do feel that you need to get

to the bottom of which emotion you need to **Support You**. Initially, in those first phases, I used [Olive, Larch, Gorse](#) - these changed throughout the years. I still use flower essences now, in particular I love [Jan de Vries](#), Concentration Essence when I'm writing, as well as Relaxing Essence, last thing at night.

Reiki Healing: such a wonderful nurturing treatment, lying there soaking up the healing and allowing my body to reconnect to itself. You don't have to believe in Reiki, as long as you give permission to accept the healing from the Healer. [Find a practitioner](#) near you, or consider distant healing.

* * Heartwork * *

With 38 flowers in the system, you may wonder how to go about choosing the right remedy. Nelson's have created the Remedy Chooser. Divided into the seven emotional categories as determined by Dr Bach, each section works by asking you some simple questions which should help determine which remedies you need.

[CLICK HERE](#) and it will take you to the Nelson's website to see which flower essences could be helpful for you right now. It is always important to select on what really 'feels' rather than what you 'think'.

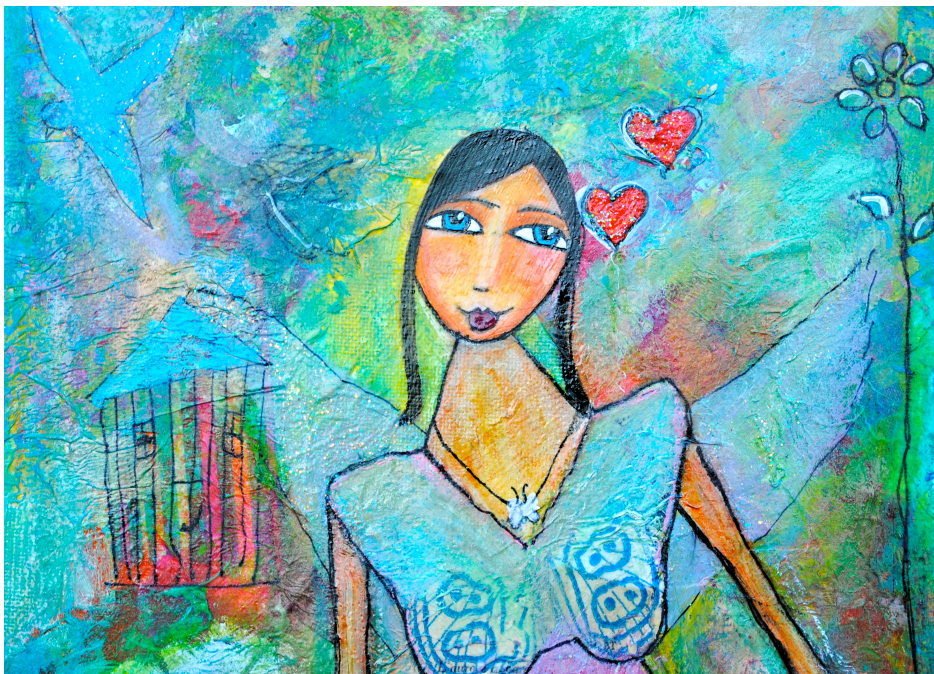
Go with Instinct. Every Time.

Some great reference books on Bach Remedies by Stefan Ball, Consultant at the Dr Edward Bach Centre:

[Understanding Bach Flower Remedies](#)
[The Bach Remedies Workbook](#)

Remedy Chooser

Find Joy and Hope	Face Your Fears	Know Your Own Mind	Reach out to Others	Stand Your Ground	Live and Let Live	Live The Day
Find Joy and Hope						
There are 8 remedies in this category offering:						
Comfort, Positivity, Support, Absolution, Solace, Confidence, Strength, Purify						
						
You sometimes do not consider yourself as good or capable as those around you. You expect failure and so don't even make an attempt to succeed.						
						<input type="checkbox"/> Yes <input type="checkbox"/> No



4th Way: Clear Away Negative Energy

A difficult nut to crack but if you don't, it's a surefire way of **slowing your immune system down**. You have to release negative elements in your life.

Now obviously, being ill is negative, you're ill, you're not able to have a life, you're in pain, you're bed ridden. That's not what I'm talking about here.

I'm talking about negative energy around you that hurts your immune system and drains it, thereby, pulling you even further down.

This may be related to family, friends, relationships, old work colleagues, current work colleagues, school friends, past hurts, future worry. Anything negative will suck you dry, including media coverage in Daily Newspapers, TV, Films, Documentaries.



suggested that media coverage leaves negative imprints on our minds and this can really deplete our immune system and spirit. Do you watch the news last thing at night, or listen to radio news every hour, on the hour, telling you the same news.

Is it ever, good news?

Let Them Go.

I didn't watch anything negative or full of disaster and I reevaluated the relationships and situations in my life. I made big changes.

I was given the book "[You Can Heal Your Life](#)" by [Louise Hay](#) back in 1990 (It is now falling apart and is well and truly loved) and it was Louise who

* * Heartwork * *

Just for a week. Tune out of daily/hourly/bedtime news, (if you want to catch up in the morning that's ok, just don't let it be on repeat all day) Stay away from apocalyptic films, negative documentaries and persistent bad news. See how you feel. Write it down.

Is there a negative energy around you from a friend, relative, even if you're able to work, is there someone who drains you?

If so, stay out of their way; don't engage in anything, keep as far away as you can. If you work or live with them, this is tricky but it's possible. Turn it around and send them Loving Roses in your mind. See them surrounded with beautifully scented roses.

Avoid engaging with their drama. Just give this a go for a couple of days. Screen your phone calls, don't hang out where they will be.

Avoid them. See if you feel a small sense of relief.

If you do, your gut instinct is talking to YOU

I realised early on, that our frame of reference came from the media's view of the world and journalists who have to fill print, air time and web space.

We are led to believe that the world is a dangerous place. I knew back then and even more so now, that the world is NOT a dangerous place. Our world is full of wonderful people and lovely experiences. Yes I must take care, and you too, but to live in FEAR of all that we see projected onto our screens drains our sense of self.

5th Way: Breathing Meditation

It took me a while to realise that breathing meditation was a vital key to Healing ME. It wasn't really about the practice of meditation, but the breathing that was crucial. I didn't know it at the time. Hyperventilating can often be a symptom.

One of the things I had noticed in dealing with this constant fatigue was the total incapacity to do anything and, **I felt stressed about that.** That's normal right?

I was stressed that things seemed to be happening

S O O O O O O O O O O O
sllllllooooooowwwwwwwwwlllllllyyyyyyyyyyy.

It was taking **forever** to get well. Yet I had to **keep going**.

When reading about it, I knew that I had to calm and quieten my mind. It was my mind that could gently support my physical body and subsequently my soul, helping me to heal.

So I turned to quite a well known breathing technique which invited me to breathe in for a count of 7, hold for 7, exhale (through the mouth) for 7 and hold for 7. I completed this cycle 7 times. This breath work just took about 10 mins and I soon realised just how powerful it was for me to be still and meditate.

I used to beat myself up about meditation – that it had to be a certain way. Sitting cross-legged on a cushion, looking like I was starring in a film. Meditation for me was about quietening my MONKEY CHATTER (I'm born Chinese Year of the Monkey).

I either lay in bed, or if I could, I sat in my sacred IKEA grey chair where I felt nurtured and supported and let myself explore my breath.

6th Way: "Tea on the Ceiling" - Dedicated Quiet Time:

I saw so many different practitioners, consultants, and healers from all healing modalities over the first 5 years and I absorbed so much information. One of the best pieces of advice by a private consultant was rest in the afternoon.

Now this may seem quite odd because I was suffering with chronic fatigue and muscle pain and all I did was rest, but this was different. He wanted me to take myself to my bedroom, if I had managed to get out of bed during the day. Even if I was still in bed, I had to have this DQT. I listened to him and it's even more important when you are beginning to feel health and healing has turned a corner.

I made sure I had no interruption, no TV, no Radio, no Music, no Telephone, BG (Before Google) so no Internet and no Mobile phones.

I closed the curtains, lay down on my bed and was just "still".

I coined this time 'Tea on the Ceiling'. It was afternoon tea for my mind.



* * Heartwork * *

Find yourself a quite space, somewhere you will not be disturbed. Now I want you to: -

Breathe in for the count of 7
Hold for the count of 7
Exhale for the count of 7
Hold for the count of 7

Inhale	4 7
Hold	4 7
Exhale	4 7
Hold	4 7

Repeat 7 times

If 7 is too long, try 4, and increase. You will be cajoling your diaphragm into breathing deeply, something it may not have done for a while.

* * Heartwork * *

Just for today, and tomorrow, do this if you can.

If you are at home, feeling ill, or even if you're feeling a bit better and having a better day, still do this.

If you're in the middle of something, still do it.

If you have to schedule appointments, don't schedule them for the afternoons.

Be home for 3pm and follow my guide. Give yourself "Tea on the Ceiling for 1 hour". Do it Every Day.

7th Way: Talk it Out

Coping with such ill health can have a big impact on your relationships with family, friends and work colleagues (if you're managing to do some work of sorts). They really don't understand why you can't 'get up' and 'go with them'.

It is such a debilitating health problem that you can feel very alone, coming to terms with the feelings and emotions of your life changing so radically.

When I was in the first throes of this health problem, I had to come to terms with the fact that the life that I had, was, no more. I was no longer living and working in Manchester, living an independent life. I was now back home, with my mum, dad and dog Benjie, falling to bits.

I realised again, pretty soon into this that I had to talk to someone. I had the best mum ever when it came to support, guidance, love and laughter, but I didn't want to burden her with all of my feelings, she was going through her own trauma of seeing her young daughter very ill.

So I found out where I could go to see a counsellor.

I wasn't clinically depressed, this wasn't a depressive illness and I would swing for you if you implied it was 'all in the mind', but at the young age of 21, most of my friends were at university, working, travelling, getting engaged, married, embarking on love affairs and I was stuck at home.

I had to find my way through this.

It is crucial to talk to someone who is independent and not connected to your family or friends.

It's important to speak to someone who can empathise and help you process your feelings. Don't suffer on your own. Allow yourself the space to talk about how you're coming to terms with this life change.

My mum used to drop me off and wait for me for that 'talking hour'. I don't know how I managed to get there and talk for one hour, and some weeks I didn't. I was right slap bang in the middle of it, but I went with what ever I needed at the time, this was about 11 months into being ill and the counsellor was extremely supportive.

I used to get into the car after a session and my mum would ask, "how did that go?"

"Yes it was good" said I.

"Was it helpful for you?" she asked.

"Yes. I cried and talked about how I felt about all of this."

That was it - I didn't then share what I had talked about in the session because that just defeated the purpose. This therapeutic talking was for me and the counsellor and I didn't burden mum with it as well.



* * Heartwork * *

Please don't suffer with this on your own.

Seek out a therapist to help you through the feelings you're feeling. Family and friends can be helpful to a degree, but ultimately you do need to speak to someone who has no connection with you, or your family, or your situation.

These days, with technology, we can connect with counsellors via email, and via Skype. If talking to someone while you're in bed doesn't feel good for you, then perhaps Email would be better, or even Instant messaging.

There are a variety of different methods that can help, which I didn't have all those years ago.

Express your feelings to a professional who can help you process them. Visit "[It's Good To Talk](#)" an online portal offered by the British Association of Counselling and Psychotherapy.

* * Heartwork * *

Writing is so releasing, even if you feel you can't form a sentence, even if you feel your words don't make sense. Just write it out. I used to say that I wrote 'the inside out' and that's what I want to encourage you to do today.

Buy a beautiful book and find a pen that you really love using. Really spend time doing this. Don't just grab an A4 pad, find something that you adore when you open it up. It can be lined or blank, if you're a doodler, it won't really matter, just find something that makes your heart sing. Something colourful and symbolic.

Write It Out

Write when you feel good, when you feel bad.

Make sure you write whenever you can.

Just write what you need to write and let it go.

You can also Create a BLOG and write this way.

I did this 2 years ago and I really love it. It would have been a wonderful way for me to express the Inside Out all those years ago.

There will come a time when you will read over your words.

But for now, just write.

When I did this, I had no guidebook; it was just something I did. I had to express the inner feelings of being in this situation.

8th Way: Express the Inside Out

A huge area for support and never to be undervalued was keeping a journal and expressing my feelings in long hand.

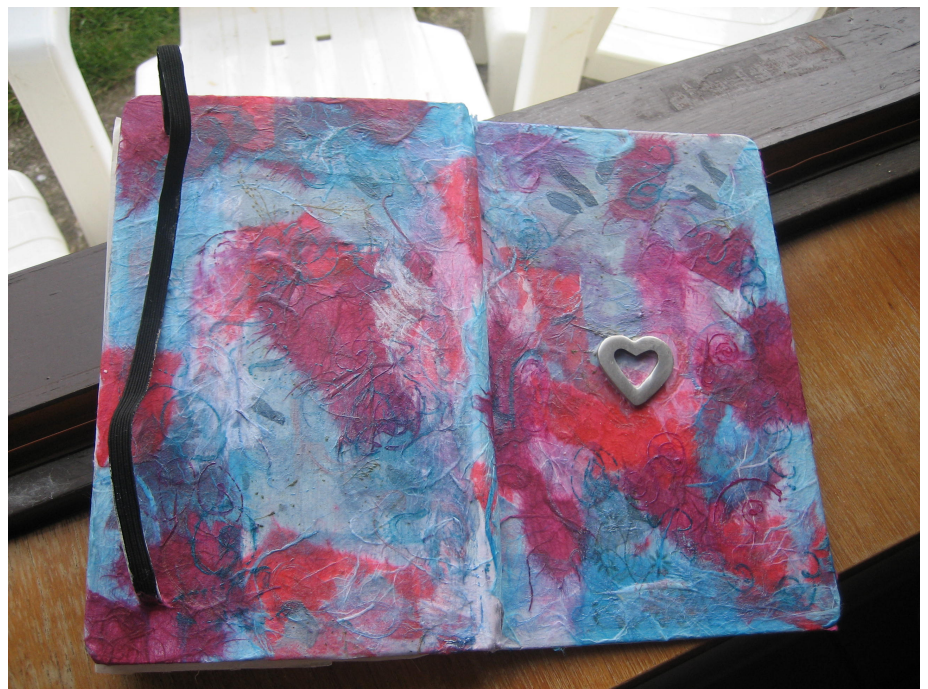
I aimed for this to be a daily practice and it did revolve around how I felt in my health because sometimes my fatigue and pain was just too intense that I couldn't hold a pen for long.

If I would have had my MacBook Pro now.... ooooh the joy of that! I would have typed away whenever I could. Slowly, slowly, small bite size chunks that could build my words. But I kept journals, and wrote my little heart out whenever I felt like I could.

I wrote letters to myself as a child, a teenager, a young woman. I wrote letters to people who had upset me, people I loved, people I missed. I wrote letters to the older, wiser, healed, Julia. I knew right there and then, this was what I needed to do. I never sent any of the letters but burnt them.

All of that writing helped me to process my intense feelings and I can't recommend it highly enough. On some days I wrote a few lines and on other days. I filled pages. It depended on my health that day – I drew little illustrations in the side, flowers, hearts, and sprinklings of leaves and petals, and doodles.

To this day, I still have my journals and they have travelled with me wherever I have been. Through countless house moves, they have been boxed up and making the journey. When I look back on them, I read the pain of a young woman, I read about all the different things I tried.



Here is one of my Journals, which I covered in handmade paper

9th Way: Visualise Your Future A Vision Board, or Book, sometimes is known as a "Treasure Map". It brings together words, images, affirmations and helps our brains to see projections of future reality.



By completing a Vision Board, we are in fact allowing ourselves the time to contemplate and think about where we see ourselves and what we actually want plus, we create a visual representation of what we want. They have been around a long time.

A vision board is not about being creative and it's certainly not about being artistic.

It's about relaxation, flexibility and dreaming. It's a map of your world and more so a map of your dreams and your heart's desires. Often we believe we can't 'do or make' a vision board because we're not artistic enough, creative enough, we can't cut straight or we're being judged.

You can make a vision board by drawing or painting it or making a collage using pictures and words cut from magazines, books, cards, photographs, lettering. It doesn't matter how you feel about being creative, it is about WHAT IT REPRESENTS TO YOU.

The idea of the vision boards is to show YOU in your ideal scenario with your goal fully realised.

You can make it any size you want.

Make sure you put yourself in the picture. For a realistic effect use a photograph of yourself. Show yourself, being Healthy & Well.

Use lots of colour, to increase power and impact on your consciousness. Make it believable to you.

This is the first step of creating a visual cue to what it is you're aiming for. Make sure that you keep this representation handy and somewhere where you see it every day.

* * Heartwork * *

Gather stacks of magazines or newspapers. Don't think too much about the type/style, go with what is attracting you. Include a picture of yourself in the middle, (one that you feel confident about), add ribbons/feathers, greeting cards, in fact, anything! Spend some time cutting or ripping out images that appeal to you. You can do this in whichever way you feel - spend weeks cutting, ripping and then start building your Vision Board when you have a good selection.

My suggestions would be to keep your finished piece private. Don't put it on show as others may choose not to appreciate it the same way you do, so only share it with those people close to you. You may also wish to add more images, words/affirmations along the way, that's absolutely fine to do.

So, place your vision board somewhere you will see it every day, where you can lose yourself in some of those images and you can think, see, feel, hear what it would be like to "be in it". After a while you may find you don't resonate with it, it may be time to change its location, or perhaps put it away and let things settle. Sooner rather than later, you'll realise if you want to do another one, perhaps your unconscious mind has reflected on some of the images and you realise things need to shift. A Vision Book can be a daily practice, cutting and sticking images that resonate with the way your life **will be**.

When I felt a little better
I shifted the focus.
My dog Benjie was my
healing dog.



10th Way - Shift the Focus

When I talk about Shifting the Focus, I am referring to boosting your immune system. Immersing yourself into something that is not connected to your Ill health. Now, obviously your health will dictate what you can and can't do, however in completing your Vision Board, you will hopefully have discovered what you love to do and what makes your heart sing. When I was ill, I stumbled on a book called The Complete Book of Beads. There and then, I fell in love with making Jewellery. It was my creative outpouring, channelling into Creativity. I did a little at a time, based on my energy levels, but as my health progressed in the right direction, I could contemplate doing little craft fairs. I couldn't do them on my own, but for a few hours, I had an outlet to boost my immune system further. I also adored my dog Benjie, he was something for me to shift my focus.



Art saved me,
Craft, Design,
Tapestry, Sewing
and Jewellery,
Dogs, Saved ME.

I re-focused
on something
else and learnt
a new skill, I
learnt how to
make stuffed
dinosaurs for
my niece &
how to groom
my dog Benjie.

All of these things were boosting my immune system, giving me some confidence. Something to create from scratch, it helped me to re-direct what little energy I had. Combined with all the healing, I was giving my Inner Source a huge boost of energy.

* * Heartwork * *

Your heart work for the
10th Way is to look at all
you have written in your
Life Review.

I want you to sit with the images and words you have conjured up in your Life Review & Vision Board.

Look at what is in front of you.

Are there patterns and themes?

Is something recurring, right in front of your eyes?

Do you already know where you want to shift your focus?

Do you want to write more?

Perhaps create a blog or a website?

What is 'saving' you right now?

That's where you need to
SHIFT YOUR FOCUS :)





About Me

I am a Writer, Artist and Healer, Coach, Counsellor and Author. With early plans to be a primary school teacher, ill-health got in the way and I suffered with M.E (Myalgic Encephalomyelitis) in my twenties. After making a full recovery by the time I was 29, I carried on playing catch up.

Whilst getting better, I was drawn to the complementary health field because I had experienced pretty much all of it and I embarked on my counselling training and an honours degree in Health, followed by a 16+ teaching qualification. I went on to work as a Lecturer, Counsellor, Coach incorporating Reiki Healing into everything I did and now with over 15 years experience I have worked in a variety of educational and therapeutic settings. In April 2011, my first book was published, *Writing a UCAS Personal Statement in Seven Easy Steps* and in July 2012, my second book was released: *Creating Your First Ever CV in Seven Easy Steps*. For more information, please visit my [Amazon page](#).

I am now writing my 3rd book, which is related to my Healing ME Journey and I spend my time working with individuals who are going through a healing crisis, career change or emotional set back.

I would love to hear your story, please get in touch if you think I may be able to help you.

Much Love

*Jules*_{xxx}

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and also here:

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I am very honoured to create Healing Faces - this is my project, which is close to my heart. What are Soul Portraits?

Soul Portraits are custom made illustrations, created with promarkers, pens, and lots of magical stationary items. They capture your inner glow, essence and truth. They shine a light back at you, so that you can see yourself as a beautiful woman. Integrating your Guiding Word, Intention, Short Phrase or New Belief, can add power and magic to your Soul Portrait Totem. Read some Kindness [here](#).

Having your own Soul Portrait will ...

- ♥ shine a light in your eyes, again
- ♥ reflect back your beauty
- ♥ reveal an Enchanting Image
- ♥ connect your internal and external world
- ♥ allow you to see a version of your true self
- ♥ show you a new perspective
- ♥ help you to meditate and visualise
- ♥ assist you to honour Your Inner Woman
- ♥ capture your "muse de moi", your own personal muse

I work from pictures that you send me. These can be current selfies, or from times past. The important thing is you need to like the pictures you send me. We can all be very, very critical of ourselves, but generally, we instantly like, or dislike photos, don't we? Snapshots of when you feel good, that's what I love working from. Pictures that make you feel positive. If you're really not sure please [email me](#). Let me see your face, so any hats can't cover eyes or hair, unless you send me other photos. 2-3 seems to be about right.

Do you have a Guiding Word for 2013? Mine is Alignment. I'm working to feel more aligned this year. You can choose for me to incorporate your guiding word into the finished piece, or you maybe have an intention, a belief, a goal. It adds extra power to your portrait. Maximum letters 10, so it could also be a short phrase.

Please visit my Etsy Shop to find out more. www.etsy.com/shop/julesdolly

My website www.julesdollyart.co.uk

You can find me on Facebook www.facebook.com/JulesDollyArt

A sample of Soul Portraits



This eBook is dedicated to my beloved Lucy
who passed over on 15th September 2012
My muse My confidante My friend
You have a piece of my heart, Lucy
We will meet again
One day.

