

The essence of happiness

SARAH McNEILL

How do we measure success? By the amount of money we have? The size of our house, make of car, or even the size of our mortgage? Or by how happy we are?

The Dalai Lama says quite simply that the purpose of our lives is to be happy, but it seems to be the hardest thing to attain.

In recent years there has been a proliferation of books, theories, courses and lectures on the search for happiness. And yet, says Julie Baker, one in four Australians is on some form of antidepressant.

For several years, travel specialist Julie has been taking people on journeys to interesting places where they can also undertake a bit of self exploration.

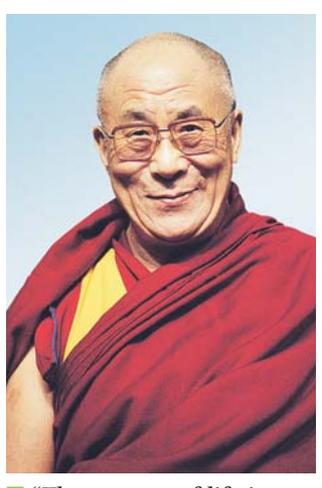
Her travel company, Journeys of the Spirit, provides a tangible experience for people to re-engage and reconnect



■ "I try to make people accountable for their feelings," says Julie Baker.

with themselves. But Julie said that she recognised that there were plenty of people who did not have the time to leave the routine of family and work to relax and regenerate and so, with

Canadian corporate trainer Cindy Kennedy, she has distilled the essence of success and happiness into an eight-week series of two-hour sessions, simply called The Essence. Julie said: "The short



■ "The purpose of life is to be happy," says the Dalai Lama.

sessions will allow people to implement what has been learnt during the week. It's a chance to practise and observe the subtleties of making a change."

She said too many people were feeling alone and had lost their sense of community.

"I can provide the tools to manage and engage in a really practical way," Julie said.

It was not, she insisted, about "embarrassing,



■ Corporate trainer Cindy Kennedy.

spooky exercises" but more about helping intelligent, sophisticated people resolve issues in a grounded, practical way.

One of Julie's clients, Paul, is a Cottesloe geophysicist who described Journeys of the Spirit as an opportunity get rid of the habits, behaviours and ways of being that no longer applied.

He said he had been working over 50 hours a week for the sake of money

but knew other aspects of life were more important.

"It is the integration of mind to heart that you need to focus on," Paul said. "And I've noticed this integration is happening more and more in all aspects of my life – business, family and relationships."

He said he now worked a 35-hour week, was off medication and worked hard to "get the balance right".

Ernest Hemingway wrote that "happiness in intelligent people is the rarest thing I know", but, according to Julie and Cindy, transformation is possible.

■ The Essence courses will be at the Shenton Park Community Centre on the corner of Onslow and Herbert roads from July 23.

For more information or to book, call Julie on 0427 766 716 or go to: www.journeysofthespirit.com.au.

Advertisement

Body Balancing Nutrition

63% of Australians overweight

The Australian Bureau of Statistics has recently released the results of the biggest and most comprehensive health survey ever conducted in Australia. The 2011-13 Australian Health Survey has found that 63% of Australians are now classed as overweight or obese. But while people are increasingly aware of the problem they're still unsure how to go about losing weight by themselves. Instead, Australians are increasingly seeking weight-loss and diet-related support services. Unfortunately, most of these focus on traditional methods, such as calorie counting, shake diets, meal replacements, or other product-based regimes. However, business is booming for local weight loss clinic Body Balancing Nutrition, where nutritionists analyse each person's needs and design a food-based nutrition program specifically to suit their requirements. Body Balancing Nutrition helps men and

women permanently lose weight and restore hormonal balance and wellness to their bodies.

In Touch Physiotherapy

In Touch Physiotherapy in Subiaco provides evidence-based information as well as comprehensive assessment and effective treatment. The emphasis is on education on pain relief, posture correction and self care as well as understandable information on diagnosis and recovery time, and advice on preventative skills. Efficient early and late appointments provide service excellence.



Hope for Children

Please join Hope for Children's anti-

trafficking charity event on Monday, July 22, at Steve's in Nedlands from 6 to 8.30pm. Tickets, \$85, include drinks and canapés. Shadow Foreign Minister Julie Bishop will be talking about how to eradicate modern day slavery and an auction will follow. For more information, contact 0403 614 908 or emma.moss@walkfree.org.

Dal Diet

The Dal Diet program is based on eating more to increase the metabolism rather than restricting food intake. The Dal Diet breakfast mix is made from five whole seeds, including super food chia seeds, in a 2kg bag that lasts a month. This is eaten with yoghurt and fresh fruit to produce a nutritious and filling breakfast. Just follow the Dal Diet sensible eating plan for the rest of the day and your excess weight will disappear. Go to www.daldiet.com or call 0488 00 44 59 to get started.

Eat Well, lose weight and feel wonderful.

The secret is in a healthy breakfast.



Go to www.daldiet.com or call 0488 00 44 59 for a chat to get you started.



www.daldiet.com

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Wednesday	9:00 — 10:30am	3 JULY
Saturday	8:30 — 10:00am	6 JULY

* The first class is obligation-free • The beginner course runs weekly for about 4 months.

