

Paula's Update

I've been in summer-time mode this month with camping trips to Yellowstone and the Mt. Zirkel Wilderness (north of Steamboat Springs, CO). Beautiful places to reconnect with nature, rejuvenate spirit and contemplate the cycles of death and re-birth.

After the big fires in 1988, Yellowstone is now brimming with young pine trees. The once-flowing terraces at Mammoth Hot Springs are now mostly dry, thanks to unseen seismic activity. Geysers that were once active lie dormant, and others announce their presence with fierce gusto. The wolf population grows in size, while the numbers of elk diminish.

In the Zirkels, the dense forests are mostly dead, ravaged by the pine beetle. While I mourn the passing of the pine trees, I wonder what will emerge? I think about what is being cleared away in my own life in order to make room for new growth.

News on Health & Wellness

Last month I recommended the book "[How God Changes Your Brain](#)" by Andrew Newberg, M.D. and Mark Robert Waldman. Newberg. I couldn't resist sharing another insight from their brain research. Yawns. Big, ear-popping, eye-watering yawns. Just reading these words may be enough to bring one on. They are utterly contagious and amazingly good for your brain.



Newberg cites 34 yawn-related studies that demonstrate the benefits of yawning. So go ahead, yawn as many times a day as possible; when you wake up, when you're confronting a difficult problem at work, when you're preparing to go to sleep, or whenever you feel anger, anxiety or stress. All you have to do to trigger a deep yawn is to fake it 6-7 times.

12 Benefits of Yawning

1. stimulates alertness & concentration
2. optimizes brain activity & metabolism
3. improves cognitive function
4. increases memory recall
5. enhances consciousness & introspection
6. lowers stress
7. relaxes every part of your body
8. improves voluntary muscle control
9. enhances athletic skills
10. fine-tunes your sense of time
11. increases empathy & social awareness
12. enhances pleasure & sensuality

July 2010



When one tugs at a single thing in nature, he finds it attached to the rest of the world.

— John Muir

Upcoming Events

[Reiki I Training](#), Saturday, August 7th, 9:00 to 4:00 in Windsor; call or e-mail to register. I still have openings for three more people.

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