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It's Your Journey

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Every now and then you may hear someone say that they are on their "Journey", but what does it actually mean?

It was a phrase I came across a few years ago and thought it was something mystical, spiritual and possibly unobtainable to someone like me, who had no strong religious beliefs and whose sole purpose was to make sure the mortgage and bills were paid.

At some point in our lives we wonder "*what's it all for?*" We have reminders of mortality as the years slip away, we have relationships that come to an end, redundancies or unfulfilling jobs and then the death of a loved one suddenly reminds us that at some point this physical life we are living will come to a sudden halt.

The mortgage and bills suddenly seem less important and we step back from our chaotic lives to see where we might be going.

I read a book, which asked me to visualise a funeral. There were people gathered to celebrate the life of this person. You are then aware that it is your own funeral... who would be there and what would they say about you? Think of the friends that would come, your family, your work and your community.

It was that sudden realisation that no one from my community would be there... I didn't know anyone. I had spent so many years commuting and going to the pub that I hadn't taken time to give anything back to the place I lived and the people who were my neighbours.

I think if many of us are honest we have little community spirit, our local shops are shutting down, our local banks have become pubs, local greengrocers are scarce and the local farmers market is a novelty. We rush to drop the kids off at school and rarely have time to chat with the other parents at the gate. We don't belong to local clubs or societies and we have no idea what local issues need our support.

And so my own journey began, in search of something I could do for my community, to make a difference to those who live around me. It so happened that my Journey lead me to the health and wellness industry and what better place than to start with the health and wellbeing of my own town. I found the therapists and practitioners had their own community, those who understood the importance of looking after the mind, body and spirit. They were passionate, educated and exciting people but very few of us busy, career driven people ever came into contact with them.

Occasionally I would see a sign outside a door saying Reiki, Hot Stone Massage, Bowen Therapy not really knowing what they did or whether it was something I would use. I was just too busy to find out.

I knew that my journey was to create Wellbeing Magazine, a platform to inform people about the wonderful world of complementary therapies and products. A connection between the two worlds and a magazine for our community.

Every journey is different, perhaps it is a response to health issues, a realisation that there is more to you as a person than you are currently experiencing, it may be a desire to travel, to meet new people, to expand your own knowledge, help others or just become a better person.

Whatever your quest, be sure that there are people on your doorstep ready to point you in the right direction.

I dedicate this edition of Wellbeing Magazine to the beginning of your journey, the start towards a rewarding and amazing life. Your quest for life, love, happiness, wealth and of course health.



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