



Did something resonate with you in this issue of WellBeing? Tell us! Write to WellBeing, Locked Bag 154, North Ryde, NSW 1670, email wbletters@ umco.com.au, comment on our Facebook or *Instagram page:* @WellBeing_Magazine. We reserve the right to edit all letters.



From the editor

n a recent visit to Sydney, I experienced the profound effects of a mother's nurturing touch. No, that touch didn't come from my own mother, a wonderful woman with whom I share a beautiful bond, nor was it my own touch as a new mum. It came from self-proclaimed beauty rebel, Sharon McGlinchey, in her cosy treatment space in Mosman. What started as an ordinary rainy Friday in Sydney quickly turned into one of the most transformative healing moments of my life.

As I lay listening to the rain fall against the tin roof, I took some deep breaths that allowed my tummy to rise and fall. I was in Sydney for less than 48 hours and had a lot of errands to run. I was missing my son, but was there to get things done. Sharon knew the feeling, with a daughter in the UK. We swapped stories about our children and she reminded me of the importance of taking time for yourself once becoming a mum — something I am still trying to figure out.

I informed myself that this was one of those times where I was uninterrupted and could be unapologetically selfish. With that thought, I softened my jaw and shoulders and enjoyed a vast sigh. In that moment of pause, my mind was quickly drawn to my to-do list. I began to tick boxes in my mind as Sharon started my facial. The smell of rose instantly drew me to a precious childhood moment with my parents. The smell engulfed my senses, the cleanser felt silky on my skin, the warm compress soothing as the product was wiped away. I started to drop into relaxation, then my opportune mind took over. Thoughts arose: did my almost twoyear old son know I'd be back soon?

Would his molars erupt while I was away? Did I defrost enough dog food?

I was back in my head. Then, like lightning, a sentence cut through the noise. It was my intuition and I realised it had been a while since we'd spoken: "All of that is not important right now ... you are."

With that, I felt Sharon's nurturing touch massage my neck, the sweeping movement of her hands down my arms, on my chest. My body slipped into relaxation, my eyebrows softened, my jaw released, my muscles began to melt.

Finally, my mind surrendered and then dissolved into pure feeling. I was now under the gentle guidance of Sharon — I had entrusted her to hold this space for me to simply just be. My body was in her hands. I felt held, supported and calm. I was not doing the caring; I was being cared for. With that thought, a potent sense of peace emitted into my bones.

Tears began to fall down my cheeks. They poured out of me like a suppressed well of emotion within. I let them flow. I didn't have to be strong there. As I wept, Sharon silently encouraged the release. As her healing hands worked their magic, I released, released. Then I started to repair. I felt my chest widen, my heart opening, and the space inside began to hum. The gentle vibration spread all over my body like bright stars in the desert sky.

I left Sharon with a hug, an open heart, a guiet mind and very few words.

This issue of WellBeing is our Nurture Me edition. We hope it lands softly when you need it the most. We hope it encourages you to take care of yourself and not just everyone around you. You are important.

Kate Holland EDITOR

STAR LETTERS!

Tasmanian wilderness

I bought your WellBeing WILD magazine as a trusty companion for a road trip through Tasmania. It has been somehow uplifting yet grounding and has left me feeling romanced, enlightened and empowered. I've tried my best to put in words what makes me feel wild: "Wild is outside my comfort zone. Wild is throwing myself into whole-body experiences and knowing that I'll be enriched because of it. It is spontaneous purchases of fresh seafood to cook on a dodgy camp stove. It's the all-encompassing tired after a long day of exploring, slightly sunburnt and fully exhausted. It's the pings of gravel against the caravan down a dirt road through a forest. It's the broad expanse of sky and sea view when you emerge from the vegetation to the edge of a cliff after a sweaty hike. It's intangible and entirely out of my control. Wildness is knowing that I can wake up tomorrow and make a full new set of choices with the only requirement being that they supplement my soul." Thank you for the time and effort you put into this magazine, it brought me joy and helped me escape from my military lifestyle for a moment.

Sarah

The new design of WellBeing is sensational from the sparkling cover, moments of wonder to the What's On section at the back. It has a great balance of articles and just gets better and better. A credit to your creativity and vision, team!

Caroline

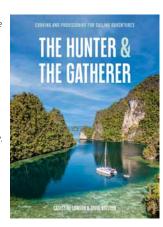
Sharing the love

I have been a fan of WellBeing for some time and have been impressed by the unique approach and style you bring to each article. I am particularly impressed by the support you offer to emerging illustrators. Thank you for everything you do!

Grusha

Winners of the STAR LETTERS!

We have three copies of The Hunter & The Gatherer by Catherine Lawson and David Bristow to give away to our star letter winners. The Hunter & The Gatherer is for ocean-loving foodies striving for better health and greater self-sufficiency It is a wonderful quide for anyone who wants to hunt and gather rather than collect and accumulate.





It's in the doing

We asked our readers to share a recent act of kindness they offered or received. Here are some of our favourite responses.

~ A beautiful friend of mine bought me a ticket to a day festival as he knows I'm struggling with money and can never attend those kinds of events. He is a very special guy! Beyond the Clouds Reiki

Healing and Wellness

✓ A colleague brought fresh flowers from her garden into the office.

Melita Watts

~ A peer nominated me out of the blue for an industry award. Her thoughtfulness meant more than any award could. Gillian Kelly

✓ I sent my husband to buy muffins on sale. He didn't but my work colleague's husband did, so she bought five in for me the next day. It's an ongoing thing for us to get these muffins on sale and we had lots of laughs about it! Elizabeth Mills

✓ I offered my support to a friend who was struggling with legal issues. It feels great being able to share my knowledge of the law with those in need.

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