

# **LIVING IN YOUR LIGHT**

The Holistic Approach of Living in your  
Joy  
Power,  
Freedom  
& Essence

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# INTRODUCTION

When I think of the light that emanates from within, I think of that energy which illuminates ALL that we are, reflecting back our divine nature so that we can share the true essence of our life force with the world.

I call myself a “Holistic” Psychotherapist. Though I followed the traditional educational path, receiving a masters and doctoral degree, my practice evolved through the years, becoming a synthesis of clinical judgment and the intuitive guidance of my own heart. My treatment perspective and approach integrates Eastern and Western theory on what constitutes optimal health and wellbeing. When working with my clients, the focus is on guiding them toward creating and sustaining a balanced alignment of their physical, mental, emotional and spiritual health.

This eBook is about helping you applying this principle to your own life, so that you can live large and shine *your* light.

What does it really mean to “move into and live in our own light”? The metaphor of “The Light” goes back to the beginning of time, when in Genesis God said, “Let there be light”. We usually think this declaration references light from the sun, but what about the light force energy that lies within each and every one of us? What is it really and how do we access it?

When I think of the light that emanates from within, I think of that energy which illuminates ALL that we are, reflecting back our divine nature so that we can share the true essence of our life force with the world.

When people say, “you look radiant,” it’s not just about looking good on the outside, but also about the energy that you are emitting that others cannot help but be drawn to.

So how do we tune in so that we can connect with and feel revitalized by our own light? The answer lies in recognizing and taking care of the “whole” of us, our physical health, mental health, emotional health, and spiritual health.

On the following pages are some tools and reminders of how we can give transformative attention to ourselves, securing and invigorating these four dimensions of our being. If you put these suggestions into practice, I promise that you will stand steady in the light of *your* being and watch, as it radiates its luminance to all who are privileged to bear witness.

# PHYSICAL HEALTH

Our basic physical needs require daily attention in order for us to feel and project a sense of vitality.

Our bodies are the vessels that house our souls. When we take care and give gratitude for the miracle of each cell, atom, membrane and molecule, we fuel our body's energy system. Our basic physical needs require daily attention in order for us to feel and project a sense of vitality. These basic needs include our nutrition, sleep, exercise and stress management.

## YOUR BODY

### NUTRITION

Remember the saying, "you are what you eat?" This teaches us that there is life force OR toxins in all of the food we ingest. Our choices of what we put into our bodies will have a direct relationship with our immune systems, our central nervous system and how we feel physically *and* emotionally.



#### **Holistic Living Assignment:**

- ✓ Eat as close to the earth as possible which means a diet filled with organic vegetables, fruits, nuts and whole grains.

- ✓ Eat little or no red meat, sugar, white flower, gluten, caffeine, wheat or dairy.
- ✓ Get rid of all the things in your kitchen that are not healthy for your body. This will help you stay disciplined. Make sure you stock up with “good for you” and delicious substitutions. Not only will you not go hungry but you’ll actually so enjoy the good stuff and begin to crave it over time.
- ✓ Always begin your day with breakfast. Have most of your protein in the morning and mid-day. Eat your *lightest* meal at dinner.
- ✓ Enjoy eight glasses of water a day. The #1 reason for physical fatigue is dehydration!

## **SLEEP**

Our sleep cycles offer our bodies sufficient rest to restore our energy.

Studies have proven that men need between 7-8 hours and women need between 8-10 hours per night for optimal health.



### **Holistic Living Assignment:**

- ✓ Go to bed one hour earlier and/or sleep one hour later.
- ✓ Make sure temperature is cool and comfortable.
- ✓ Create as much darkness as possible.
- ✓ Use the bedroom exclusively for sex and slumber!

**You WILL feel the difference!**

## EXERCISE

It's optimal to get at least 30 minutes of exercise everyday. It keeps you fit, helps bone density, posture, strength, endurance, mental clarity, immune functioning and mood.



### Holistic Living Assignment

- ✓ Choose fitness options that bring you joy: walk with a friend, hike with your kids, go biking on a beautiful day. Do what works for you and have fun doing it!
- ✓ Ideally we should be walking 10,000 steps a day. Purchase and wear a pedometer which will motivate you to walk as much as possible.
- ✓ Make sure you are balancing cardio vascular, strength training, and stretching/posture/balance exercises. They ALL matter!
- ✓ Take the stairs versus the escalator, park your car farthest from the parking lot. You'll get more steps in and get some of that vitamin D (good for bone & heart health) at the same time!

## STRESS MANAGEMENT

Stress is a part of life. It's a tall order to completely eradicate it, but absolutely possible to manage. What do you have in place for you to exhale out the daily stresses of managing your "to do" list of personal and professional responsibilities?

Pick your  
"sabbath"  
(day of rest)  
each week.



### Holistic Living Assignment:

- ✓ Remember to *Breeeaath*...It's literally the first step to slowing down our central nervous system in order to receive more oxygen to our brains and release any tension that no longer serves us. When we are anxious, fearful or stressed our breath becomes shallow. Just tune into your breathing throughout your day and make sure it's flowing. Take breaks throughout your day for five minutes of *slow deep breaths*...inhale through your nose for a count of 3...filling up your belly...holding for another count of 3. Exhale through your mouth, slowly, for a count of 6.
- ✓ Think about what allows you to totally relax. Is it an epsom salt bath, gardening, meditating, listening to music, watching the sunset?

Now incorporate at least one of the methods that work for you on a daily basis.

- ✓ Go on a vacation once a season.
- ✓ Pick your "sabbath" (day of rest) each week. And really...that means...no business, errands, "to do" anything. It's about rest, reflection, pampering, nourishing and spending time with people you love. It's a "reboot" of your "whole" system that will energize, ground and revitalize you.



To keep you on track, schedule any and all new and wonderful rituals in your calendar and track your progress.

## SEXUALITY

In addition to our basic physical needs, another significant part of physical health involves connecting with our sexual and sensual selves. Part of our light or life force energy resides here. How connected are you to your libido's thirst for pleasure and release? How attentive are you to your sensual self...the smells, taste, feel and contours of your body. If we cannot acknowledge, accept and appreciate our own body, how can we possibly enjoy sharing it with another?



### Holistic Living Assignment:

- ✓ Tune into your body today. Send it so much gratitude for the miracle that it is, and for how it supports you each and everyday of your life.
- ✓ Begin every morning with greeting yourself in the mirror with acknowledgement, appreciation and love.
- ✓ Wear clothing that not only looks good on you but that also *feels* good.
- ✓ Choose a picture of yourself and put up! Yes that's right ...for you to look at, like you would anyone you love and love to celebrate!

Studies have shown that it takes a few weeks to create a new habit. So to keep you on track, schedule any and all new and wonderful rituals in your calendar and track your progress. A "star" for success is always fun :)! Once you have kicked the cravings, feel rested, fit and more relaxed, you will most definitely not go back to the "bad ole days" of exhausted, depleted and overwhelmed. You will feel too good to back peddle, radiating and expressing an expanded self that glows with abundant energy.

# MENTAL HEALTH

Within this Holistic Health Paradigm, it is vital to maintain strong mental health as well. This is about our cognitive functioning, including our beliefs, perceptions and assumptions about ourselves and about the world around us.



## **Holistic Living Assignment:**

Here you have the opportunity to check in and ask yourself the following questions:

- ✓ Does the workings of my mind support or sabotage my self-care and potential?
- ✓ Am I focusing on what I DO have or what I don't have...on what IS or what is not?
- ✓ Do I believe that my "mistakes" in life are failures...or simply feedback to increase my learning so that I can live more fully?
- ✓ Do I think I am unworthy...or better than...or do I fully understand and embrace the concept that I am intrinsically of value and significance simply because...I AM.

Choose to be in the present, not in the past, nor in the future. Remember that nothing is for naught, and that you are an *imperfect perfect* being



Your perspective on every situation will determine how you feel about it. Every experience can work for you. Choose to look through a lens that sees all of its intricate and invisible facets, which are treasure chests ready to be discovered.

### **Holistic Living Assignment:**

- ✓ Re-write old scripts in your head that don't serve you. Think of an example of something that is making you unhappy. Ask yourself what beliefs, assumptions or perceptions are supporting that feeling (ie: I feel bad about myself because "he" broke up with me and I am holding the *belief* that his decision is a rejection of *me*).

Now ask yourself ....

*"Is there another way I can perceive the same set of circumstances that feels better?"*

A): Belief: He broke up with me because the timing is simply not right for us.

Feeling State: "I'm sad but I believe I'll get over it in time and trust it is for the better."

B): Belief: He broke up with me and thus showed me the data that he is not the one for me either.

Feeling State: Relief!

You are here and have arrived for a reason and are as precious as every other living being. Choose to be in the present, not in the past, nor in the future. Remember that nothing is for naught, and that you are an imperfect *perfect* being.....a blessing of light filled wisdom when you choose to see and to share it.

Mental health also includes cognitive brain health. What is good for the heart is good for the brain regarding nutritional and lifestyle habits. The sharpness of your mind, concentration and memory needs fine-tuning, just like every other muscle.



### **Holistic Living Assignment:**

Exercise your brain by getting yourself out of predictable routines.

Examples include:

- ✓ Write or draw with your non-dominant hand.
- ✓ Get dressed in the morning with your eyes closed.
- ✓ Change the visual surroundings in your home.
- ✓ Read, do crossword puzzles, learn a new language.
- ✓ You get the IDEA!

# EMOTIONAL HEALTH

Being in our light does not mean we always have the light "on". We are human.

In order to be emotionally healthy we need to be able to access all of our emotions, express them, accept them and transform them when necessary.

It's also about learning to love ourselves unconditionally. Being in our light does not mean we always have the light "on". We are human. We can forget, get lost, detour, and act in ways that we are not always proud of. But the key to our ultimate wellbeing is to take responsibility, learn from, and love ourselves no matter what.

So how do you treat yourself in the face of your imperfections, missteps, mistakes, regrets, etc? Do you judge yourself harshly or accept responsibility with your head held high? Are you judgmental, punitive and hard on yourself, or forgiving, patient and flexible?

If you want to improve the quality of the relationship with yourself, ponder these questions and then, when in doubt, do unto yourself as you would do unto others.



## **Holistic Living Assignment:**

The Shadow:

Our "shadow" is said to be comprised of all thoughts and feelings that we deem "negative" and that we often dismiss and disavow.

When you are feeling something dark or distressful go into it versus distracting yourself from it. When you are feeling emotions like anger, sadness, grief, shame, doubt, anxiety, fear, frustration or resentment, etc.:

- ✓ Tune into where it lands in the body. Does your chest constrict, tummy feel upset, shoulders tighten, throat close up, head hurt?
- ✓ Breathe into those areas in order to go more deeply into the feeling state that you are experiencing. Move into the feeling totally and completely. You may feel yourself tense up, cry hard, or run fast.
- ✓ Ask yourself: "What can I learn from this? What can I do with this? How can I use this for my highest good and the good of others?"
- ✓ Then use the knowledge you have received from acknowledging and addressing your pain and/or challenge and give yourself more of what you need: more rest, self-love, adventure, shift, etc.
- ✓ Lastly, share your wisdom with the world. In becoming more compassionate with yourself you will also become more available to others. When you overcome adversity, you show others they can, too.

What we resist persists. So move into the allowance of ALL that you feel, so that you can neutralize it, heal it, gain wisdom from it and set it free.

## The Light:

So often we dim our light (ie: our brilliance, beauty, gifts etc.) and thus deny ourselves experiencing and enjoying the emotions that accompany it: elation, exuberance, wonder, gratitude, and absolute JOY.

So to truly “live in our light” we need and deserve to embrace these divine and delicious emotional states.



### **Holistic Living Assignment:**

- ✓ Look in the mirror and scream out how fabulous you are...  
YES YOU!
- ✓ Say “I’m proud of myself” for something each day.
- ✓ Smile as often as you can, belly laugh (and don’t stop so fast!)
- ✓ Hug and caress yourself as you would someone you love...  
YES YOU!
- ✓ Jump up and down and dance to your heart’s delight!

When you truly acknowledge yourself as another exquisite being on earth to honor, cherish, take care of, and celebrate, you not only feel wonderful in your own skin, but also inspire others to embrace themselves and shine their light as well.

# SPIRITUAL HEALTH

Wouldn't it be wonderful if we could access the power and beauty of that light that is within us and does surrounds us *DURING* our life, instead of having to wait until our bodies die and our spirits transition?

To be clear here, we are not talking about formal or traditional religious beliefs or affiliations. But rather, we are talking about the impact of your spiritual beliefs or lack there of. If you believe in a "God," is it a God that judges, punishes and is superior? Or do you believe in a God that is all knowing, loving, compassionate, and an empowering force that lives within your very consciousness? If our spiritual beliefs are wrought with fear based messages, we of course live in fear, which then of course inhibits our light. Only you can choose and define your spiritual life. But when faced with adversity, some form of faith goes a very long way to cradle us back into healing and recovery.

I believe that we CAN tap into our spiritual energy field that transcends what we can know, touch or feel within the 5 sensory model. When people have reported near death experiences where they "see the light" they are referring to another realm of consciousness. But wouldn't it be wonderful if we could access the power and beauty of that light that is within us and does surrounds us *DURING* our life, instead of having to wait until our bodies die and our spirits transition?





### Holistic Living Assignment:

- ✓ Create a ritual for yourself each day to be still, go within, and connect with your higher source and inner voice.
- ✓ Be open to community spiritual services that may resonate with you. The power of prayer is powerful, especially when it's collective, multiplied and amplified.
- ✓ Listen in to a wonderful and powerful 8 minute meditation that can help you stay in alignment with your mind, body, heart and spirit. Log onto: [www.DrMarcyCole.com](http://www.DrMarcyCole.com), enter your name and email and you will receive it in your inbox!

In conclusion, I hope that this Holistic Health model overview has helped remind you that you are an infinite being of light, and to love yourself through all of your life's twist, turns, challenges and gifts.

Just remember that when you get lost or go astray, your infinite light is just a flicker away...

Thank you so much for taking the time to read, contemplate and consider utilizing some of these Holistic Health Tips to launch you into a light-filled life!

I wish you a BODY that is strong and vital, a MIND that seeks wisdom and finds truth, a HEART that is open wide, and a SPIRIT that shines bright.

Please stay connected to your light and with ME!

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Sending you peace that flows, blessings that are abundant and BIG love...

*Marcy Cole*