

Celebrating all new Mothers and Grandmothers

By Adora Deva, May, 2012

Exciting new research show that mothers and babies can synchronize their heartbeats to match each other by looking into each others' eyes. Apparently, humans are the only species researchers have found that can do this without using physical contact. That's truly amazing!

I have been blessed with my new grandson Grayson who was born on April 3rd. When I gaze into his eyes I feel a deep sense of awe and love. Babies truly radiate the essence of pure love. I feel I am holding a teacher who is being present in unconditional love. What a gift of teaching this is.

How can we as adults experience being wonderfully present like this? For adults, this seems difficult to manage with all the daily stresses of life and lack of rejuvenating sleep. And for some of you add in the demands of taking care of the new baby. If I am tired and haven't been sleeping well it is much more difficult to be present and focused. For new mothers, as well a large part of the population, having a lack of sleep and being tired is very common and stressful.

Sleep is very important to our immune system, nervous system, hormone function, as well as our brain function. During deep sleep, our brain and nervous system **physiologically** repair themselves. You can have the best diet in the world, have the best exercise program but if you aren't sleeping well for whatever reason, you may be defeating all of your good intentions.

There are studies that show that when you don't get enough sleep, it affects your learning and memory as well. Sleep actually helps us restore memories and integrate those memories. Research shows that when you experience a lack of sleep you may also remember negative ideas more easily than positive ones. When people experience a lack of restful sleep, they may also experience depression, mood shifts and anxiety.

I have helped many people over the years with the latest most advanced combination therapies of Massage/Light therapy and Hypnotherapy/Light therapy to relax, rejuvenate and sleep better. There is significant research showing that light therapy can help regulate your circadian rhythms, reset your biological clock and lift your spirit.

My daughter, the new mother, receives these rejuvenating light sessions to help her get the rest and energy she needs to keep up with baby Grayson. To make your life easier I am available to bring my services to you as well as nurture you in my office located in Capitola. Help a mother or a friend you know by giving a "**Gift of Light**" session.

Come experience a sample light session during the Festival of Light at Inner Light Church on Soquel Drive near Park Ave, on Saturday, May 12th where Laurel Ricci and I will have a booth celebrating New Frontiers in Health and Longevity.

Adora Deva, Clinical Hypnotherapist, Specializing in Stress Relief, Sleep Therapy and Longevity. See website for a list of services @www.lifespirtheliving.com