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## *6 Keys to Happy and Healthy Families!*

You may or may not know my story (you can see it [here](#)). But I have vast experience in the healing of my own family and now that of many families that I see in my homeopathy practice! Part of my mission in life, outside of working directly with my clients, is to impart my knowledge and experience in family healing to the world. I hope you will print this guide out and keep it as a guide for your own family's healing!

### 1. Clean up the emotional environment.

In all of my years involved with family healing (my own and my clients), the one thing that keeps presenting itself to me over and over is that the emotional environment in the home is the most important factor in creating happy and healthy families. Keep in mind, I'm a homeopath, and I'm not placing homeopathic medicine first!! This is how important #1 is!! **When there is tension in the home, it is felt and absorbed by all** (and some more than others...every family seems to have an "empath" who takes on most of the family pain).

So what can you do to calm the emotional environment? Here are a few bullet-point ideas:

- Diffuse calming essential oils in the home, such as lavender, vetiver, ylang ylang, or frankincense.
- Place crystals in the home which absorb negative energy, such as rose quartz, black tourmaline, or pyrite.
- Use himalayan salt lamps to help reduce disrupting EMFs (electromagnetic frequencies).
- Seek counseling or spiritual healing practitioners to get to the root cause of the tension between family members.
- Learn to live in the "now", reduce stress, and provide downtime for family members to just "be" together.

- Oftentimes families make the mistake of meeting aggression with aggression. Instead, and this may seem counterintuitive, but **it is important to diffuse tension, moodiness, and aggression with love and humor**. We are most unlovable when we need love the most. A hug for "Mr. or Mrs. Grumpy Pants" can go a long way! This also teaches your family the value of unconditional love and forgiveness.
- Let go of perfection. There is no such thing as perfection, anyway. And the expectation of perfection creates anxiety for the whole family.

## 2. Energy Medicine

There is a trend these days toward seeking out holistic healing, which may include hiring an integrative doctor or an herbalist. While these can be helpful, in all my years of healing my own family and now working with my clients' families, **I've seen how powerful energy medicine can be**. This can be especially powerful when two or more energy modalities are combined. Below is a list of energy healing modalities (or energy-like modalities) which I highly recommend:

- *Homeopathic medicine* You can start by using remedies in your home for minor illnesses, but hiring a homeopath to manage your family's chronic illnesses (mental, emotional, and physical) is a very wise investment and not that expensive to maintain. This modality works to strengthen your "vital force" and your immune system to ward off the effects of stress and infection.
- *Acupuncture* This modality works to clear energy blockages which are keeping our organs and organ systems from working optimally. This modality also works to strengthen our "qi", or life-force energy (pronounced "chi"; similar to the vital force), to give us more of a capacity to face life's stresses.
- *Reiki healing (or other similar energy practices such as Therapeutic Touch, Prana Healing, or Crystal Healing)* You will most likely find reiki practitioners in your area, however, this can be a powerful modality even performed at a distance.
- *Spiritual healing practices* Spiritual healers are trained to and intuitively find and "clear" blocks to healing. This could be limiting beliefs, traumas, past emotional events, or even past life experiences. Theta healing and shamanic healing are two examples of spiritual healing practices.
- *Flower essences and essential oils* Both modalities have the ability to heal certain emotional blocks we may be carrying around. In addition, essential oils can help heal minor illnesses very quickly.

## 3. Yoga

I know, I know. Getting the family to join you in yoga (or #4 on this list) can be like pulling teeth! But with time and consistency (and **maybe a little "goat yoga", anyone?**), they will eventually give in to your good example! Not to mention, when **you improve your own health and vibration, this radiates out to the rest of the family**.

Don't have time for yoga? I prove that belief wrong in my blog post, [3 Ways Yoga Will Create More Time in Your Schedule!](#) Furthermore, there are yoga websites (and apps) with 24/7 yoga classes available at your fingertips!

## 4. Meditation

Before you skip #4, hear me out!! There is more to meditation than just sitting erect and staring at the back of your eyelids. I promise! If the thought of sitting in silence sounds intimidating or boring, consider starting with guided meditations. **You can find guided meditations on YouTube for just about any topic (grief, anxiety, stress, creativity, depression, manifestation, etc.).** There are also meditation apps which can guide you through relaxing visualizations.

How can meditation help your family? Try to get your family to sit with you to meditate. If you can't do this, consider incorporating certain affirmations or visualizations to manifest peace and healing into your life, which will affect your family.

Take a look at my [meditation](#) blog post for more inspiration!

## 5. Juicing

We all know that we need fruits and veggies in our lives to ward off illness and keep inflammation at bay. However, some family members will balk if you place a salad in front of them! So get a juicer! Invest in a high quality masticating juicer and experiment with different recipes to find what your family likes. Some people are intimidated by the clean-up time involved in juicing. In this case, try to juice large quantities all at once and pour some into ice cube trays and freeze to be consumed at a later date when the family is on the run. **Juicing is energizing and a real mood-lifter!**

## 6. Gratitude and affirmations

*"No problem can be solved from the same level of consciousness that created it." Albert Einstein*

*"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become your character. Watch your character; it becomes your destiny." Frank Outlaw*

So, does it really all start with our *thoughts*? Our consciousness? I believe it does. Expressing gratitude and stating positive affirmations (stating what you wish to maintain or manifest into your life) are two ways to raise yours and your family's level of consciousness or *vibration*.

What do gratitude and affirmation statements look like? Here is a description of each with some examples. Try developing some of your own statements in a journal a few times per week. It is fun to go back and watch how things change for the better and **watch the abundance start to add up!**

- *Gratitude statement* A gratitude statement is an expression of gratitude for specific things which are going well in your life. These can be big expressions of gratitude, or very small. The more you express gratitude, the more aware you are of the abundance you already have in your life. Some examples of gratitude statements include: I am grateful for my vibrant health, I am grateful for the raise I just received at work, I am grateful that my husband bought me a new dishwasher, I am grateful for my new jet ski, I am grateful for my kids' kisses, I am grateful that my neighbor waves to me before work each morning.
- *Positive affirmations* Repeating positive affirmations on a regular basis reprograms the subconscious mind and replaces negative thought patterns over time. Some examples of positive affirmations include: All I need is within me now and I have the courage to see it through (Tony Robbins), No person, place or thing has any power over me, I am completely free (Louise Hay), I attract abundance and wealth easily by tapping into the wisdom of the universe (yours truly!). To create positive affirmations, keep the following guidelines in mind:
  - Speak as though what you want is already in existence (I have...I am...).
  - Use only positive words (avoid the use of: not, don't, won't, etc.).
  - Include feeling words: joyfully, happily, generously, easily, etc.
  - Visualize what you are saying (close your eyes if you have to).

I hope these tips help to lift the energy and health in your home! Be sure to like my [Facebook Page](#) for more Simply Holistic Living tips and inspiration!