

The Law Of Attraction



Of the many wonderful philosophies to come out of Ancient Greece, lately one has been really sticking out in my mind: “Know thyself.” For such a short phrase, it’s taking up a considerable amount of real estate in my head—and most likely, whether you realise it or not, it’s probably done the same in yours too. The philosopher who said it, Thales of Miletus, regarded by many as the first of his kind in the Western tradition, was asked what was the most difficult thing in life, and that was his response. To know thyself. The easiest, he said, was to give advice. It is a mission that most of us—woman or man, older or younger, will spend most of our lives trying to discover. And then rediscover, and rediscover, again and again. It is the process of seeking self knowledge, building self awareness, and self analysis. To understand why it is we do what we do, why we think and feel what we do, and then through that, discovering the value in each of our experiences, emotions, and actions—and in doing so, hopefully enabling us to continually

improve. And by that, I don’t mean doing what we are “meant” to do to conform to someone else’s idea of being better, be that society’s, or that of our peers, or loved ones from our parents to lovers and friends. It’s about learning to understand our *own* boundaries; what makes us buzz at a higher frequency.

What helps *us* go to sleep at night feeling the deep sense of calm that can only come from genuine peace, and confidence in you just being *you*—and being entirely ok with that. I grew up in a household where I was taught to contain my emotions. To swallow my pain, to learn to wipe away tears and push through with a smile, steel my jaw and, basically, keep calm and carry on. It made me strong, in so many ways. But throughout the years, I’ve discovered another type of strength, in vulnerability—in learning to express how you feel, and allowing people to see your more sensitive side—and through that process, that real strength comes from finding a balance between the two. Knowing when to be gentle, and when to be hard. That, essentially, it is ok to be “emo” sometimes—as long as it’s done with the purpose of knowing yourself better, not being afraid to be yourself and feel what you feel... but also knowing when to reel it in, and put your game face on. It is what gives us the ability to fight through stormy skies for the rainbow at the end—and find the positive in any situation. It’s why I don’t believe in having regrets in life. I’d be lying if I said I didn’t have any—I have a couple. Two, to be exact. And those are private, because especially in the age of social media where much of our lives have become fodder for public scrutiny, some things should remain sacred. But mostly, I think that any situation in life, even the bad ones, can become learning experiences, rather than regrets. You may have heard of the concept of the law of attraction, or the power of positive thinking. The ability to visualise what you want, and have a little faith that it will and can happen for you no matter how tough times can get, is an immensely powerful driving force that can indeed make things happen, especially when combined with a bit of inner grit, dedication and hard work. This rings true both when it comes to your fitness and health goals, and your life. I’d love to know what you’re visualising for the rest of the year, so please tell us online at @womenshealthme. We’ll see you in July!

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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Toss some flax seeds into your morning smoothie to get some Omega-3s in: It’ll help keep your leptin levels in a happier state, which can be the key to controlling hunger. “Can You Reset Your Appetite?” p.58

5 MINUTES

Take a moment to make the space that you’re in a little prettier, be that a more ‘grammable breakfast or lighting a candle before bed. Coziness is all the rage. “Spring For Hygge,” p.49

15 MINUTES

If all you’ve got is a bit of space and your body (and 15 minutes), then you’ve got no excuse, with this do-it-anywhere, no-equipment, full-body workout. “15 Minute Workout,” p.53


30 MINUTES

If you eat eggs, try one of these recipes for your next meal: There’s so much more you can do with them than the same ‘ol scrambled, sunny-side-up, or poached. “Well Rounded,” p.69

60 MINUTES

Grab a coffee (or head for an Iftar) with your colleagues after work and get to know them a little better. It can make the daily workplace a more fulfilling place to be in. “Do What You Love,” p.86

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