

HETTIES

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INTRODUCTION

Once upon a time..... (Well... all stories always have to start with that!)

There were a group of people called 'HETTIES'. They were called that because of a saying that we use "Being het up!"

When we are 'HET up', it means that we have forgotten how to do things properly and in a way that will change what needs to change to take us out of situations that we don't like. It also stands for Holistic Educational Therapy, which is a programme that stops us getting 'het' up!!

Anyway, the HETTIES lived in a far and distant land.... That really wasn't so far and so distant. It was just that so many people in the HERE and NOW place had forgotten so many things!

HETTIES are very brave, strong and courageous and they want to be something special. They want to make everything right in the HERE and NOW place so they can feel better . They want to 'be the difference that makes a difference.'

But HOW???

So..... a meeting was held in the far and distant land (meetings happen everywhere!) and it was agreed that the HETTIES would go to where so many people had forgotten so many things in the HERE and NOW place and they would help them to learn all the things that they had forgotten. This was quite important because the land in the HERE and NOW place was changing fast and the people who lived there needed to change too.

This wasn't happening!

They kept on doing the wrong things in the wrong ways. They held onto those old ways. They weren't listening to what the land was saying. They weren't listening to what their children were saying. They weren't seeing what the land was showing them and things were not going how they should be there.

This was a real cool way for the HETTIES to 'be the difference that makes a difference' because they would help these people to see how to do things differently.

Here's the inside story on this one The only way to enter this land of the HERE and NOW place was to be born a child. This was a bit like putting on a masking cloak (Harry Potter had one of these!), and then they too would forget things! Then they would need to grow up in that land where things have been forgotten and where the people hold on to the old ways, when things are changing. The HETTIES would teach the ones that lived there how to remember and how to do things differently.

This special mission was a tough call – because it was so difficult being a child, to teach the people how to do things differently. The problem was that the people there tried to teach the children the wrong ways, so this meant that the child had a very hard task indeed!

Often they could not cope with all the toxic things in the environment. Having to sit still and do boring things for long hours at a time, stuck in boring, noisy classrooms. Being shouted at for doing almost everything; not listening, running off, fidgeting, not thinking, writing, reading, not finishing things and not paying attention. Sometimes there would be anger and bad words and even sometimes doing bad things to make people understand how difficult it all is. Sometimes this ended up with phone calls home, doctors trips, tests and questions and medicines that made them feel...well strange.....

However, as always, there were ways to go about this very, very, difficult job. There were some people who already lived in the HERE and NOW place who had started to remember things and they would use these things which could help the HETTIES. There were also gifts from the land, that were hidden in nature and animals knew about them. But... these were also forgotten about by the people in the HERE and NOW place, who used the gifts in quite the wrong ways. The HETTIES would show them how to use the gifts to change with the land.

And so the HETTIES became the children who were in the HERE and NOW place, to be the difference that makes the difference and to show the people who had forgotten so much how they could change with the land.....

So ... How did they manage to do this?

Well that story isn't yet written because the HETTIES needed a key to do this challenge.

The key is in this book.

It will open the door to the HET journey.

And on that journey.....

You are the HETTY....

And so.....

This is your story!



If you take the key...



And Open the door...

And start on the journey.....

Welcome HETTY!

The journey awaits...

It is very helpful if you can get someone to help you on this journey, perhaps a parent or relative? or a HET? or a helper? or a teacher? Who you chose is the person we refer to in this book as your 'HET Helper'!

The HET journey is going to sometimes take you out of this book onto the internet, onto your own webpage on www.HETwebsite.com, doing projects in your home, garden, school and community, teaching your family, friends, teachers and helpers how to do things differently. So you may need your HET helper to help you access the website at certain places in the book. Also your HET helper can help you make up some really safe and helpful drops from special little sugar balls which carry 'energy' information for HETTIES.

And....best of all you can use the secret scrolls to find hidden treasure in everything you do!

There are special missions set for you along the way and these will be indicated in each chapter. When you have completed these and posted them on your website page, you will be emailed a token to help you collect your treasure. Whoever you have chosen to be your HET helper, will help you achieve this.

So, here are some things that you need to do to prepare for the journey.

- Find a HET helper to help you along the way, who is it going to be?
- Ask them to help you first of all by signing up to the website, www.HETwebsite.com going to the group called HETTIES and giving you a secret code name for your own page on there. You might like to design an avatar instead of a picture to post to represent you on your page.

Here is some information to help your HET helper to do this

<http://www.hetwebsite.com/how-to-use-this-site/>

Your HET helper will also need to sign up on the site. This way they can regularly get loads of things to help you on your HET journey. There are also special books available to help HET helpers... called HET The Stepping Stones.

We all need people to help us along the way!

You can always email us if you have any problems doing this: lin@HETwebsite.com

BUT..... the most important thing of all is that you have FUN and ENJOY your HET journey



So..... see you along the way.

Lin

Now...it all begins with:-

A Willow Tree.....



A garden.....



and some Stepping Stones.....

Not forgetting a Pig called Daisy!



CHAPTER 1 - WILLOW AND HIS HELPERS

Gardens are very special places. Lots of people have one and those who don't have parks or balconies or window boxes instead.

Which do you have?

Gardens are alive and they are constantly changing just like us. They change at different times of the day and at different seasons of the year. This is one of the reasons why people like them so much.

If you go inside buildings, you can see where the people who live there or who work there have tried to bring a garden inside. Just look out for plants, vases of flowers, pictures of trees or nature.



Everyone enjoys their garden in a different way. Some people like their gardens to be very neat and tidy and ordered, where others prefer them to be wild and natural and to attract lots of visitors, like birds and butterflies and bees.

Tell your HET helper about your garden?

Which sort of garden do you prefer?

Have you got any pictures of plants or flowers in your home, where a garden has come inside?

Very often, we give people presents of flowers or plants or pictures of nature to make them feel better.

We're now going on a little journey together using 'mind pictures', to a very special garden that really existed. To get there takes a special journey called a 'mind' journey. We get there using our mind.

Gardens help people and people feel better when they go into them. So our mind journey to our special garden can also help us to feel better:

Once, in a big city, there was a special garden called the 'Centre' It was at the centre of where lots of people lived.

⊗ Some of these people were ANGRY – they would shout and swear and sometimes even hit other people.

⊗ Some were SAD – they felt like no-one really loved them or cared about them.

⊗ Some were WORRIED – they would keep on thinking about bad things happening and not know how to stop it.

⊗ Some were FRIGHTENED – Bad things had happened to them at some time and they really did not want them to happen again.

⊗ Some were LONELY – they couldn't tell other people what they wanted to or share with others.

⊗ Some people just did not like themselves very much, because they thought that others did not like them – they think that they are too tall or too short or too fat or too thin – others had made them feel different at some time.

⊗ Some were SHY or NERVOUS – or didn't have CONFIDENCE in themselves and it was difficult to make new friends or to talk or join in with fun things to do.

⊗ Some didn't feel right on the inside and everything around them just did not seem right either

⊗ Others always seemed to do the wrong thing and always ended up in trouble.

⊗ Some just felt ILL.

Have you ever felt like any of these people we've just read about?

Which one sounds most like you?

None of these people are very happy being like this and would really rather that things were very different for them.

Gardens have gifts for people. We've read about some of them; trees, plants, flowers, and natural visitors. Some of the people who lived in the city were able to visit the centre garden to help them feel better.



When we are with trees and flowers and their visitors in nature, if we look at them in a special way, they can talk to us about the gifts that they have for us. Can you see a little face in this flower?

There are all the things you use every day that plants give us – Can you think of some?

Here are a few - wood, paper, medicines, food,

These are just a few of the gifts that we take for granted – there are many other gifts that we are really only just starting to find out about.

For the people who visited the centre garden, they needed a little bit more to help them feel better and this is where Willow and his helpers come in:

Are you ready for your mind journey now?

Well first we need to get ready for takeoff – Just like any journey!

Firstly, with a mind journey we need to put on the big heavy boots, with heavy magnetic soles that keep you very down to earth!

Now we step inside the magic glass elevator to take us where we need to go. – From underneath our feet a big white tube comes up all around us.... And goes up and up and up – up to our knees, up to our waist, then our shoulders, then to the top of our head and up, way up into the sky above until it can't go up any further,

We never take the magic column white down but every time we go on a mind journey, we need to build it up again first.

Now nearly ready, we just need our magic suit of golden armour to keep us safe and secure.

This is a special suit, it is shaped like an egg shell, made of shiny gold, all around us and it doesn't let anyone else's anger or hurt effect us at all – it just bounces right off it.

But what it does do is let all the kindness and all the gentleness and love all around us, reach us so that we can grow as beautiful as the trees and the flowers in the garden.

NOW - we're ready!

Some people prefer to keep their eyes open and look at the pictures and others prefer to keep their eyes closed, so they can really see their mind journey clearly and look at the pictures at the end. Some people like to have their eyes open for a while and then close them to see the garden within and then open them again. Whichever way you like to do this is fine.

In our mind picture we are walking along together, we're very happy and it is a lovely day and we see a beautiful tree. He is so big and magnificent, he is called a 'Willow' tree and he has long flowing branches hanging down all around him. As we stop to admire him he smiles at us – yes, we can see that he has a face, with eyes a nose and a mouth.

He calls us over and as we get nearer, we can see that all around him are little 'helpers' – they have faces and they are smiling at us too!



Willow speaks to us, he invites us to come and give him a hug and as we do so, he wraps his lovely long flowing branches around us and gently hugs us back.

He tells us that his job is very special, he is the guardian of the centre garden – A place called ‘The garden within’ and if we want to give him another hug, he will take any worries or fears from us and look after them – would you like to give him another hug?

As Willow takes away the worries and the fears, his helper friends around him sort them all out for us.

Willow is very wise, he has lived for a very long time and has learned a lot of things from all the birds and insects that visited him over the years.

If we would like to enter the garden within, his helpers will show us a way to feel better about ourselves.

Shall we go?

Peeking out from the bottom of Willow’s roots is a very friendly little face – he helps to guide willow’s visitors to the garden within. He calls us over and as we walk through the gateway we suddenly find ourselves in the most beautiful garden ever.



The trees and plants and flowers are the most beautiful colours we have ever seen Not really like natural colours we are used to because each colour has a lovely sparkly iridescent shininess about it.



Hmmm – wouldn’t it be lovely if we could get felt tip pens that look like this?

The flowers have the most beautiful perfume to them and when we breathe it in – it seems as though it lifts us up and makes us happy and bathes us from the inside out (not like a regular bath!)

We listen to all the garden sounds, the birds that visit are singing – it sounds much more real than real, just like we have never really heard a bird sing up until now.



A hum as the insects fly past to visit the flowers – I wondered until now how they choose which one to visit with so many to choose from – but look.....

There are Willow's helpers calling each bee and butterfly over to certain flowers in turn to help them in their work.

As we wander around the garden together taking in the beautiful sights and sounds, we touch some of the of the plants growing to see what they feel like.



Some feel warm and soft like velvet.

Others are cool and shiny, like glass and as we gently touch each leaf and petal it gives off some more of the beautiful perfume.

As we walk around the garden within watching Willow's helpers dancing and calling the insects to the flowers, we hear some water flowing. – Over there –right in the middle of the garden is a beautiful flowing fountain.



We can see the water glistening, sparkling brilliantly in the golden sunlight – as if the sun was shining right out of the middle of it.

Willow gently calls us and says “ It's the Fountain of Health – Go ahead and drink from it or bathe in it if you like – it will help you to feel much better.”

Would you like to do that?

We're always told that we need to drink more water and this is especially pure and tastes very sweet and cool and refreshing.

The water helps us feel good on the inside when we drink it – and good on the outside when we pour it over our skin,

When we finish at the Fountain of Health, we walk back towards our dear friend Willow and hear him gently call to us once more.



“If you would like to choose and spend some time with one of my helpers, before you leave them, they would be very happy to help you feel happier!”

Would you like to do that?

Which one would you like to play with?

Choose a helper, what do they look like?

What do they say to you?

What do they show you in the garden?

When you are ready to say goodbye to Willow’s helper, we turn to leave the garden within.

We follow Willow’s guide to the roots of Willow and thank him and hug him again.

Willow says that if we want to we can leave our worries and fears behind with him and his helpers will look after them and sort them out for us.



Do you think that’s a good idea?

We say goodbye and walk back along our road together – But this time we feel very refreshed and relaxed and happy.

Just like being washed from the inside out.

And, just checking to see our big heavy magnetised boots are still there, we're pulled right back in to this room and space and book.

Well..... What do you feel about that now?

Which part did you enjoy the most?

Did the helper you played with have a special message for you? Any time you want to, you can go back and visit Willow and his helpers in the garden within, because now you know where it is and how to get there.

Would you like to draw the garden within?

The gardens and their helpers are all around us and help us to feel better all the time – one of these ways is with natural remedies, they are safe and pure and special – they help us in special ways - You might be taking some too! We will find out more about this in stepping stone 3.

We will meet Willow's Helpers again later on stepping stone 7

CHAPTER 2 - Pat's Garden Within

Now let's get back to the garden – you might have drawn a picture of your garden earlier. If not, then have a go now. You will need some paper and pencil and some crayons or felt tips.

Draw a garden, any garden. It can be a real one or a made up one, a fantasy garden if you like. It can be one that you have visited or one that you would like to have yourself one day. There is no right or wrong way to draw your garden. It is completely down to you. Just enjoy it.



When you have finished it, please show it to your HET helper and talk about it. They will help you understand how your garden can talk to you in a very special way about things going on in your life and explain how doing certain things in your own garden in a particular way can change things for you.

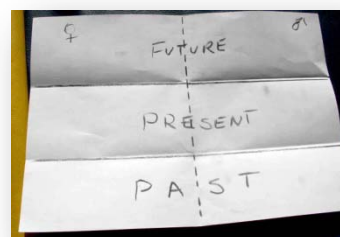
You might be wondering why it is called 'Pat's Garden Within'?

Well, when I was a little girl I loved autograph books and had loads of them. My Mom would always write a special little verse – that said:

"Life is a garden without any doubt, if you put good things in, you will get good things out."

I didn't really understand what it meant until I started helping boys and girls sort their problems and this little garden game was a great way to start looking at things differently. So, I hope you enjoy it.

Your finished picture tells a story about how you see things in the past and in the present and how you see things could work out for you in the future. It also shows how your Mom and your Dad have given you opportunities to help you do well. By folding your picture in a special way, it can tell you some very interesting things that can help you out.



When you have understood your 'Pat's Garden Within', you can start to plan a garden of your own. This can be an indoor one or perhaps you can get to have a piece of the garden at home to create your own garden within a garden within.

Talk to your HET helper about what you would like to change about the past and the present and what you would like to see in your future. They can then help you design and build your own garden putting certain things in certain places in your garden, to help you look at things in your life in a different way.

You can also make your very own willow helpers and use them in your garden design.

Here is a special book here to help you with some ideas for your design

www.hetwebsite.com/file/cache/linsthings/Howtomakeawillowhelper.pdf



If your HET helper needs a copy of the book to help you with this they can get it from here

www.hetwebsite.com/file/cache/linsthings/Pat'sgarden.pdf

SPECIAL MISSION:

Earn a HET token.... By posting some pictures of your garden, or the Willow Helpers that you made or some film on your web page. We will email your HET helper your PAT'S GARDEN WITHIN token to put towards your treasure. We will explain how all this works for you in STEPPING STONE2!

CHAPTER 3 – Tommy's story

When we visited Willow in the garden, he asked if you had any worries you would like to leave behind so his helpers could sort them out for you.

This is the story of Tommy. He was 14 and had a lot of problems. His Mom and Dad had a lots of problems and Tommy couldn't deal with that. So he got into a lot of trouble at school. He was hurting so much inside and he dealt with that by hurting others until he got some HET help.

Here is his story.

Tommy

Tommy loves water .

His earliest happy memory is splashing about in a big yellow plastic bath . His mum would sing to him and play silly games.

The warmth, the love, the laughter. So happy .

But that was then .

Looking at Tommy now , well , Happy is not a word you would use .

Tommy is 14 years of age and lives with his Mum . His Dad moved out some months past .

At first he was pleased . He could go swimming again and not have to explain where the bruises came from . He had tried to be good for his dad but so often it went wrong . His dad got angry so quickly and it was hard to remember exactly what had set him off .

The funny thing is that he missed his dad . He wanted him to come back and for everything to be O.K.

If only, like that one perfect afternoon when he went fishing with his dad, it could always be like that .



As for his mum, he only felt anger .

Angry she had not protected him

Angry she didn't love him enough

Angry she had driven dad away .

He would tell her too . Shout and scream
at her . Throw things at her . Wish she
were dead .

His mum would cry a lot , which made
him more angry .

How could she be so weak ?



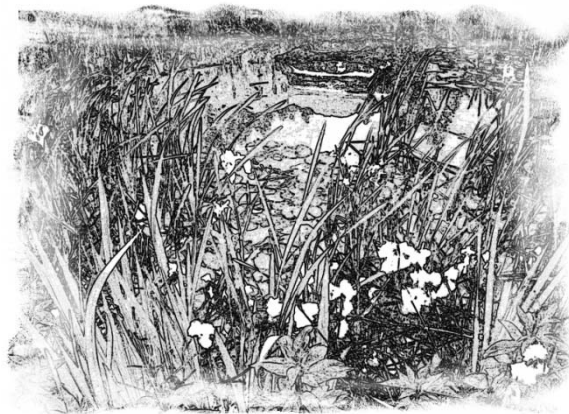
The Healing Centre

He didn't want to go but his social worker thought it a good idea . As did Mr. Terry at school.

He trusted Mr. Terry .

It wasn't that long ago that Mr. Terry had
put an end to his being bullied . And that
had been going on for a long time .

But best of all Mr. Terry had given him the
project of making a nature pond at the
school animal sanctuary .



Of course his mum had been going to The Healing Centre for a while . She found it a safe
place to be .

Long hair, long skirts and beads seemed to be the dress code . The windows were heavily
curtained to subdue the light and perhaps the sound from outside. Daylight excluded was
replaced by scented candle light within. This was definitely a calm, safe place to spend time .

Tommy, however , wasn't so sure . No sooner had he entered with his mum through the front door than he was out the back door alone, into the garden.

WILLOW

It's not known how long WILLOW had lived in this forgotten garden . How long since his seed had ended an uncertain journey to this place .

Perhaps the Well which lay close by had influenced his choice . Certainly he was very impressive . Big strong trunk with those long , long leafy branches reaching back to earth as if to protect his body within .



Was it to protect or was it to keep a secret ? If you part the branches and step within his world then it soon becomes clear of his past conflict .

A time when Humans had sought to enforce their will on him with Barbed Wire. Yes, the conflict is there to be seen. Strands of barbed wire disappear into his trunk and reappear a bit further on . This is a conflict that was neither won nor lost .

WILLOW had simply absorbed the hostility .

Tommy meets WILLOW

This was a much better place for Tommy to be . His Mum was happy to be with her friends inside the house and Tommy had found his own Sanctuary . The Garden was very overgrown but as far as he was concerned this just added to its attraction . The large tree at the end immediately took his attention, but he was unable to get close to it . He found some rusty garden tools and set about his new project .

He was amazed how much he had cleared when his Mum came calling for him some hour and a half later .

“Look , Mum ! Come and see this ! “

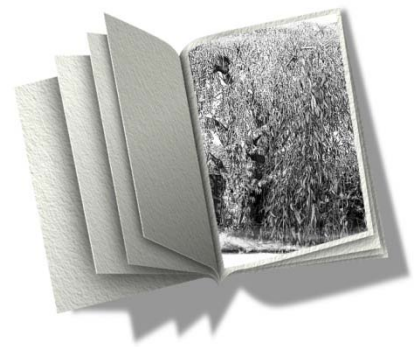


Tommy had cleared a path to a Well , which was about halfway down the garden . She stood next to him as he selected a stone from the ground and held it above the Well . They both silently counted as it fell . Two seconds , yes two whole seconds before that comforting splash .

“That’s deep” his Mum said , “you be careful .”

“Oh , Mum ,” he said . “I’d never fit down there, it’s too narrow.” They both laughed.

Two days later it was Tommy that was dragging his Mum to the Healing Centre. He couldn’t wait to get there. He’d told Mr. Terry about the Garden and even his social worker. Tommy gave his Mum a big smile as he left her with her friends and went straight through to the Garden . How good it felt to be back . He went right over to the Well and repeated the two second measure of its depth . Yes , everything fine there , so now his attention returned to the large tree at the end of the Garden . He’d described it to Mr. Terry , who thought it might be a willow tree , but he’d given Tommy a book to help him identify it . Tommy opened the book to willow trees and looked from the picture to the tree . Yes, Mr. Terry was right . Tommy had a Willow tree in what he now considered to be His Garden .



WILLOW talks to Tommy

It was on the third visit to the garden that Tommy finally reached WILLOW.

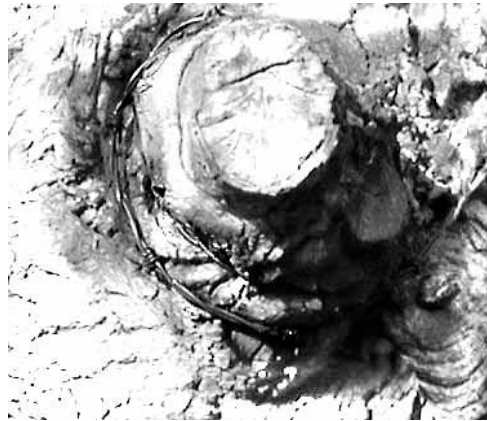
Immediately his attention was drawn to the Barbed Wire. He touched the strong rough trunk and felt the connection between himself and his new friend .

WILLOW spoke to Tommy !

Of course, not in the way that you and I might speak, but WILLOW spoke in Tommy’s thoughts and

Tommy knew it to be true .

Each Barb on the Wire represented a painful experience . Some would be of small consequence and remain outside the Trunk of WILLOW. Others could be seen on the surface of his trunk trying to Bully their way in. And finally the unseen ones, Buried within his trunk .



Tommy knew only too well the story being told here.

He thought back to the time when he was bullied. How sometimes the bullying seemed, like the clearly seen Barbs, to have no impact on him. Just an everyday occurrence that would soon pass. Other times those Barbs would imbed themselves onto his skin and he felt the physical pain.

But worst were the unseen Barbs. Buried in his thoughts and feelings. Tearing at his confidence whenever he tried to fight back .

This was a story that WILLOW told well.

See how tall, strong and magnificent WILLOW was . Those unseen Barbs had no effect on his growth. The pain others had tried to inflict had been recognised as the pain the , themselves , were feeling .

He took their pain without judgement and gave it healing .

For the first time Tommy understood how things had been in the past and how, with the healing help of WILLOW, things might be in the future. But in this expanding



point of here and now Tommy felt so happy, so peacefully energised , so Alive .

JEFF'S VOICE...

Husband? Father?

You must be joking.... I never needed them?

How did I ever end up there?

I was free ...free to come and go... free to do as I please...OK I thought I was in love and we both wanted kids but it was always down to me.

I always had control and with that pressure..

To provide more but get less in return .

I got more and more down.

Yes...Tommy was a good kid but the anger I felt ended up in his direction.

I know the drinking didn't help...but I felt more and more lonely..

Mary once was everything I wanted.

She was my sweet darling .

I only wanted to be with her.

Wanted to keep her close so that no one could take her from me, and for a long while that was safe.

But when Tommy was born, everything changed,

Of course, at first I was the proud Dad ...but it wasn't enough

I wish it could have been. But it wasn't...

The son I had gained had given a bigger loss ..

I'd lost control to a small child.. his needs were more important than mine.



I hated that.

I was the one going out to work

Tommy

Ten years past now and Tommy still remembers
WILLOW.

The narrow boat on which Tommy lives and works is of
course called 'WILLOW' .



Tommy is happy to share his boat with the children from the inner
city .

Taking them deep into the countryside to the Willow Animal
Sanctuary . There would be many Willow trees on the journey and
he would happily share stories with the children of that one
special WILLOW that had so changed his life .



Tommy Loves Water.

If you would like to see the film of Tommy that was produced around a play that toured a
lot of schools to help young people understand more about bullying – you can watch it from
here with your HET helper. The play does have some scenes of bullying and some domestic
violence, which you can talk about with your HET helper.

[Click here to see Willow on Youtube](#)

There is a pack that goes with the film here for you to go through with your HET helper. It can help you to look at some of the issues in Tommy's story.

Click here to download the Willow helpers' pictures:

www.hetwebsite.com/file/cache/linsthings/Willow'shelperspixbw.pdf

Click here to download the interactive pack of Willow's materials

www.hetwebsite.com/file/cache/linsthings/WillowdvdM.pdf

There is some special music in this pack for dealing with any problems that you might want to leave with Willow. Your HET helper will help you to do this.

There are some ways to make you feel better about things going on at the moment in this pack as well. Again your helper will help you with this. We look at these in more detail when we go through the stepping stones.

- Here are 10 activities that you can do together with your family and put them on your page on www.HETwebsite.com

Family Diary Fun....



1. Find out some pictures or photos of your happiest memories and paste them here...
2. What makes you and your family angry? Think of something you could do instead of losing your temper and write it down here...
3. Find out if there are any Healing Centres or therapy Centres in your City. Write down where they are and what do they do there? How can they be helpful to us?
4. Plant a tree or Grow a plant. Take a photo or draw a picture of it and write about what happens...
5. Go with a member of your family and find a wishing well. Make a wish and draw and write about it here...
6. Go for a walk with your family and find out what all the trees are that you pass on the way. Write a list / draw / photograph / or paste a picture of them here.....
7. Write a poem / story / picture / poster about bullying here....

8. Ask members of your family to write or draw their “Voice” or make their “say” on this page...
9. Visit the local canal with your family and write down all the names of narrow boats that you see....
10. Find a local animal sanctuary and find out about an animal that was bullied before it was homed there,. Draw their picture or write a poem and post it on your webpage. Pay them a visit – Don’t forget to phone first though...

SPECIAL MISSION:

Earn a HET token. By posting some pictures of the family fun activities that you have taken or some film on your web page. We will email your HET helper your Tommy’s story token to put towards your treasure. We will explain how all this works for you in STEPPING STONE2!

Chapter 4 STEPPING STONE 1 - WHAT CAN I DO BETTER?

Now it's time to start the stepping stone journey

Here is the first one!






Back in 'Willow and the helpers', we heard about the people who came to the Centre to feel better. None of them liked feeling the way they did. How could they feel better about themselves? Well one of the ways they managed to turn around the way they felt was to take the 'Flower Remedies' which we are going to look at in stepping stone 3.








But the most important thing to do first of all is to find out how YOU can feel better. Your HET helper will have some questionnaires to fill out with your parents and your teachers. These will help find out how you can be happier about the things that you do.

So here is one for you to fill out about things that you would like to improve. Please go through this with your HET helper and put a tick in the box which is most like how you feel.

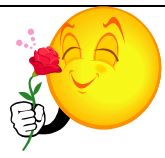



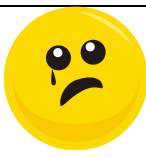
1 How well do you sleep?

				
Really good	Good	O.K.	Bad	Really bad






2. How well do you behave?

				
Really good	Good	O.K.	Bad	Really bad

3. Are you Happy or sad?






				
Really happy	Good	O.K.	Sad	Really Sad

4. Are you calm or are you angry?






				
Really calm	Good	O.K.	Bad	Really angry

What makes you angry?



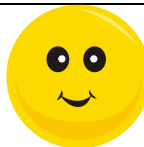

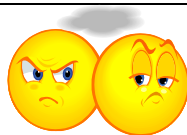
5. Are you good at eating healthy food?

				
Really good	Good	O.K.	Bad	Really bad

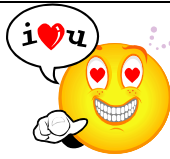


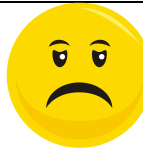
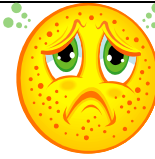
6. Are you good at having healthy drinks?

				
Really good	Good	O.K.	Bad	Really bad

7. Are you good at making friends?

				
Really good	Good	O.K.	Bad	Really bad

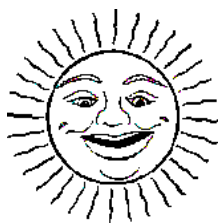
8. Are you good at liking you?

				
Really good	Good	O.K.	Bad	Really bad

9. What would you like to improve?

When you have answered these questions you can talk to you HET helper about how you can start to improve things. Talk about what your parents and teachers said in their questions about what could improve for you.

Have a go at filling in some diary sheets. One has been included here for you to use but you can always have a go at designing your own. Your HET helper could help you with this.



MY DIARY

DAY:

DATE:



Good things that happened today:

Bad things that happened today:

When I was in control:

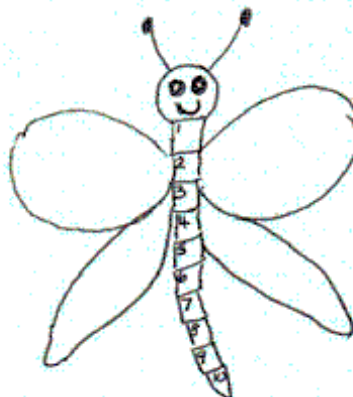
Extra things I have done to be helpful:

My thoughts

Times when I lost my temper:



Times I kept control



Rewards:

Filling in your diary will help you to find the things that you want to improve. This is called setting goals.

What goals do you have now?

Ask your HET helper to help you work these out.

For many young people their goals are about getting on better at school and at home.

In Tommy's story we read about how his problems at home made things difficult for him at school, to the point where he was nearly excluded. He set some goals with his HET helper to help him get out of trouble at school. How he did this is explained in the CD of materials that go with the Willow DVD, which is available for your helper. By following this game "12-0 I

can score goals”, you can start to turn things around at home and at school by proving to others that your goals improve your behaviour. When we play sport, it is easy when you score a goal because the people around you can see what you have done. Very often the goals we score in our daily lives do not always get noticed because the people around us are so busy. Isn't it strange though how they always manage to notice the things we do wrong but never the things we do right?

Well the point of playing the goals game is that you ask them to notice, (in a very polite way that they can't refuse,) when you do things right because we need them to help you prove it.

What's more... you can use the goals game to access more treasure, which we explain in chapter 5.

So here is how you play the 12 – 0 I can score goals game.

I CAN PROVE IT!

Which of the following things are you able to do to prove you can make better choices?

- I can take photo pictures.
- I can write notes and get them signed by witnesses.
- I can record voices.
- I can make videos.
- I can email them to a website www.HETwebsite.com



Your helper will be able to do these things.

I can ask people to help me prove it.

- My friends.
- My family.
- My teachers.
- My helpers.
- My HET helper.



I can score GOALS!! **How to play 12-0:**

Every time you score a goal, you achieve one of the things in this list.

Ask someone from the list above to help you prove it.

DATE	GOAL	EVIDENCE
	<input checked="" type="checkbox"/> I can be helpful towards other people.	
	<input checked="" type="checkbox"/> I can share with other people.	
	<input checked="" type="checkbox"/> I can do things with other people and be proud of what we've done together.	
	<input checked="" type="checkbox"/> I can be kind to other people who show me they might not be having a good time.	
	<input checked="" type="checkbox"/> I can be polite to other people.	
	<input checked="" type="checkbox"/> I can complete what is asked of me and be proud of what I've achieved.	
	<input checked="" type="checkbox"/> I can ask for help in situations that I find difficult.	
	<input checked="" type="checkbox"/> I can handle things differently and be proud that I have achieved something better because of it.	
	<input checked="" type="checkbox"/> I can say to others that I am not having a good time and what I would like to happen to make things better.	

	<input checked="" type="checkbox"/> I can take drops or remedies or say and do things that will make something happen in a better way.	
	<input checked="" type="checkbox"/> I can say I am sorry and how I would do things better because I know what I did hurt someone else in some way.	
	<input checked="" type="checkbox"/> I can say there is a better way of doing something when it goes wrong.	

Chapter 5: STEPPING STONE 2 – TREASURE TRAIL

Now this is a really exciting part of the book for all HETTIES. It is all about finding treasure in everything that you do.

You are going to have to think really hard for this question.

What do you like doing best or what do you most want to have?

Adults are able to go about getting these things that they want because they are able to work for them. Often though it means saving up for them first and that can be tough when you want something real bad! For children and young people it is not that simple, as they are too young to earn things in this way.

So..... here is the way to get that treasure in your hands. It is how you can earn the things that you want in a similar way to how adults are able to go about getting the things that they want. So..... adults understand this approach!

By agreeing the goals you worked out in the last chapter with the goals that your parents or carers and your teachers worked you about you, you can start to earn some currency for getting the treasure that you have decided you really want.

The word 'Treasure' is used because it means something different for everyone. Some people treasure the time they spend doing special things. So it could mean going out and playing football with Dad or family cinema trips out together or special hobby and interest time together. To another person it could be earning money to buy a new games console game or accessory. This is where you have to think very carefully about what you really want.

Now here's the deal on this one....

You can start to earn your way towards the things you treasure straight away.

You go back to those goals you have set for yourself and the ones that your parents / carers / teachers have set and you sign the 'lost scroll' with them.

The lost scroll is a contract and contracts are very important. They are written promises that are witnessed by your HET helper that you will earn ticks (☑) on your treasure chart every day. So it is important to keep your chart where everyone can see it and update it regularly.

These ticks will count towards special stickers that your HET helper will help you make to put on the treasure chart.

It is these stickers that will be the currency towards earning your own personal treasure and this will be from the person you sign the lost scroll with.

How to earn the ticks on the chart.

When you say and do things that work towards the goals you have worked out, then you will get a tick for that part of the day. When you get 3 in a row, a line or a diagonal they can be used towards a sticker. Remember each sticker counts as currency towards the treasure.

What happens when you 'Blip'?

Well we all have bad days and guess what? There will be times when you say and do things that are not going in the direction of the goals that have been set. When this happens then you will be reminded of what you need to do to get things back on target for the goals.

You will be reminded of what you need to do.

What happens if you don't follow the reminder?

Well, you will be reminded again for a second time and then for a third time. If after 3 chances to make a better choice, you don't ... then it's a big 'X' on the chart and the reason why.



Does that mean no treasure?

Well it might do, or it may mean that you have to save up even longer so you might not get things happening as quickly as you would like. However, there is some good news! If you do things really well, you may earn some tokens that you can use as a 'buy back'. In other

words when you get a cross on the treasure chart you can use one of your tokens to change it back into a tick. This means that you can still get your 3 ticks in a row on the chart.

ALSO... whenever you complete a special mission on one of the stepping stones and your helper emails proof that you have done that to HETwebsite, then we will email back a special token which can either be used as 'BUY BACK' tokens or for special rewards and incentives in addition to the treasure chart.

So let's get started:

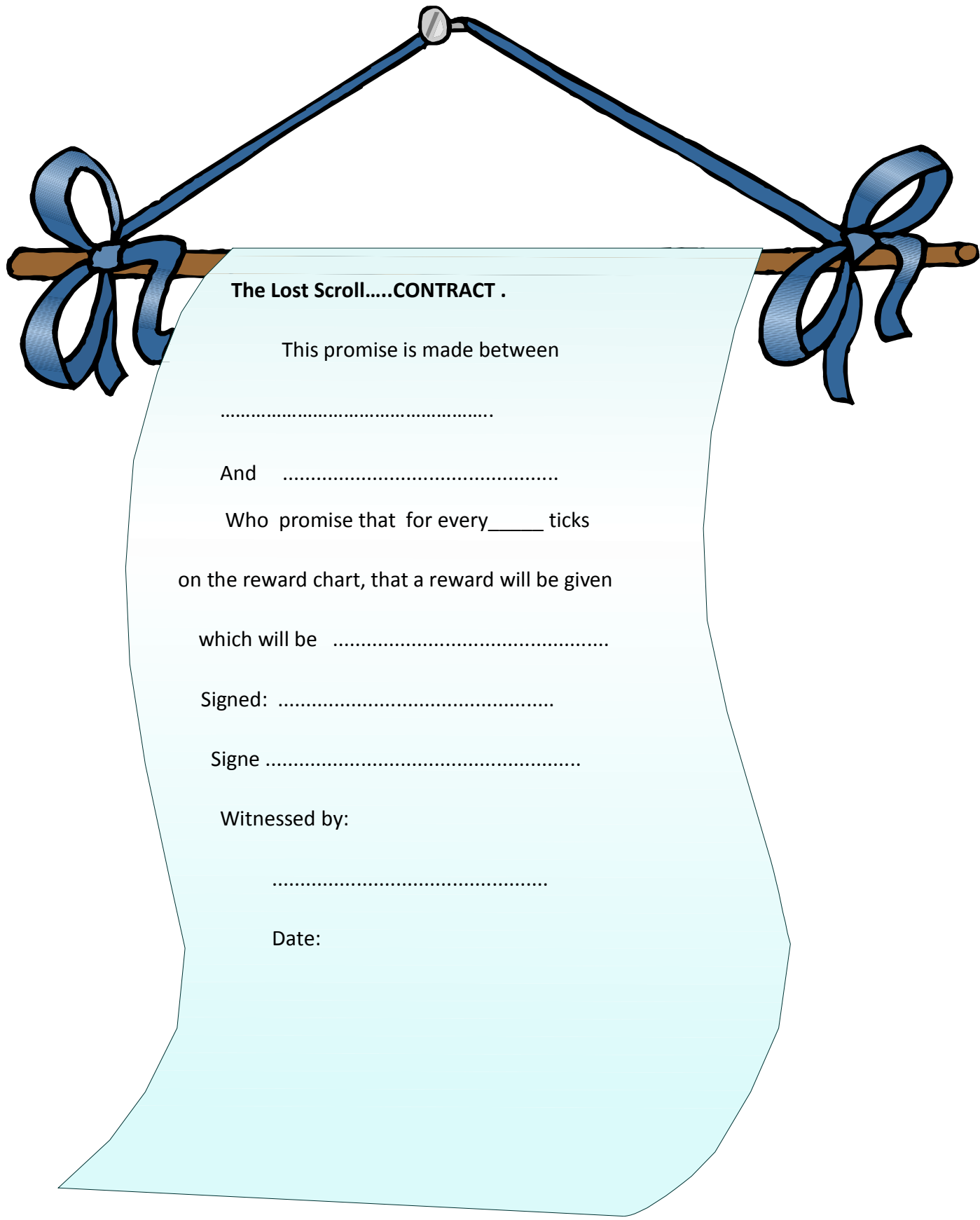
Here is a short film about Daisy the pig with 'attitude' and ADHD. You will find out a lot more about Daisy in some of the later chapters, but here she is introducing the treasure charts to help improve your behaviour. It works for her!

You can watch this film with your HET helper and talk about how you are going to get your treasure;

<http://www.youtube.com/watch?v=gcuL5Fl4tnE>

When you have set your goals, you will need to sign the lost scroll and get it witnessed. This should be kept in a safe place near your weekly treasure charts so it can act as a reminder to anyone, of what the contract is about. It is very serious for everyone if the contract is broken!

Here is a copy of the lost scroll:



The Lost Scroll.....CONTRACT .

This promise is made between

.....

And

Who promise that for every ____ ticks
on the reward chart, that a reward will be given
which will be

Signed:

Signe

Witnessed by:

.....

Date:

The Treasure Chart

Your HET helper will have copies of this and can help you design one specially if you would like to but here is an example of what they can look like:

	MON	TUES	WED	THURS	FRI	SAT	SUN	REWAR DS
AM (→ 12.00)								
PM (→ 5.00)								
EVE (→ bed time)								
REWARDS								


Good luck in your treasure trail and remember every time you complete a mission on a stepping stone – email us the evidence and we will send you tokens for that mission.





Chapter 6: Stepping stone 3 -Feeling Better: Knowing How.





A long time ago, over a hundred years, there was a doctor called Dr Edward Bach and he lived and worked in London, England. He had a special mission in life and wanted to help sick people get better. That is why he trained as a doctor. He was a very clever man and he realised that the way people felt, whether they were happy or sad or had problems and worries, made a difference not only to the way they became ill but also how quickly they got better. So, he left his job as a famous doctor in London and spent the rest of his life working to find a system that helped people feel better. He knew that there were lots of answers that the world of medicine had not yet discovered. He discovered that by taking some natural remedies that were made from the morning dew, that could be found in the sunshine, on certain flowers that were perfectly safe. People were able to turn around their negative feelings into positive ones that made them feel a lot better. He designed his healing system to help people turn around the way they feel. This is now very famous across the world and it is called The Bach Flower Remedies.


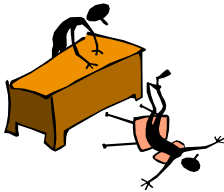


By taking these remedies in the proper way, it can help you to feel better about things too. All the details of how to make up a blend with some of these remedies is available to your HET helper and each blend is unique and special just for you. Here is an explanation of how each of the 38 remedies that Dr Bach discovered might be able to help you.





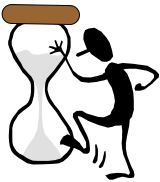
It might be helpful to go through these with your HET helper and work out together which ones could help you feel better.






REMEDY	WHAT IT'S FOR
ASPEN	<p>– this is the remedy for anxiety or fear of unknown things. If you don't know exactly what it is you are fearful of. This remedy helps to lift the fear so that you become aware that there REALLY is nothing to be afraid of.</p> 





AGRIMONY	<p>This is the remedy for people who put on a brave face. Often they are the jokers and others would never believe the torment they are going through under the surface. This remedy helps those who may be going through a tough time and hiding their worries, putting on a brave face. Whilst the situation doesn't go away, it helps them to face up to it and move it on without the stress of masking it.</p> 
BEECH	<p>This remedy is for those people who don't like other people's habits and ways of doing things. The remedy helps them not get their buttons pushed, or be easily bugged by others, so that other people's shortcomings go over their heads like water off a duck's back.</p> <p><i>Often this remedy is helpful for children with ADHD, the short attention span can make them very intolerant of those around them.</i></p> 
CENTAURY	<p>This remedy is to help those who are not able to stand up for themselves. It can help them to be more assertive and putting boundaries in place in situations where they have been unable to previously say no to others.</p> <p><i>Very helpful for children who are being or have been bullied.</i></p> 
CERATO	<p>This remedy is for those people who are worried they may not be doing things right. They need to know that they have made the right decision or that they are doing things properly. It may be that they feel they need the approval or acceptance of another. <i>Useful for children who are constantly bringing their work to you to check that they are doing it right!</i></p> 





CHERRY PLUM	<p>this remedy is helpful for those people who may have bizarre or frightening thoughts going through their mind or even fearful of losing their minds. The fear is of losing control and the remedy helps people in this situation to regain their control and composure.</p> <p><i>This remedy is most suitable for children who experience night terrors or very angry outbursts when they don't know what they are doing.</i></p>	
CHESTNUT BUD	<p>This will help those who are always making the same mistakes and never seem to learn from their experience. It helps that person to see things in a new light, learn from the error of their ways and move on following the guidance that is given to evolve the situation.</p> <p><i>Again this is often helpful for children who are always getting into trouble for doing the same thing and never seem to learn from it.</i></p>	
CHICORY	<p>The remedy for those who may be quite clingy, possessive and suffocating towards others. This remedy would help them let go of situations and people in an appropriate way. They may also need to be very protective of others, showing them how to do things all the time.</p> <p><i>Helpful for children who are very clingy</i></p>	
CLEMATIS	<p>An ideal remedy to help you pay attention when you are not in the here and now. People who need this may be daydreamers or imagining different places and situations and are not focused in the present.. The remedy focuses on the NOW.</p> <p><i>This is helpful for people with autism.</i></p>	





CRAB APPLE	<p>This helps people who may not like looking at themselves or dislike something about themselves. It is also helpful for those who have to do things in certain ways. This is called a compulsion when it overtakes everything else. It may be often washing or cleaning themselves or things around them. Even believing that something about them is unclean and needs to be washed away. This remedy therefore contributes to a grateful acceptance of oneself and easing of punishing routines that are self-administered.</p> <p><i>This is helpful for people with autism.</i></p>	
ELM	<p>This will help those who feel so totally overwhelmed with everything they wouldn't know where to begin. The remedy helps them to be able to cope with what is happening in a bite sized way and take things once small step at a time, as Tommy would say "baby steps"!!!</p>	
GORSE	<p>– This is for those who are so rock bottom that they have given up on everything. They see no light at the end of the tunnel and no point in bothering as it can never be any better. They might even be having dark thoughts of hurting themselves. The remedy helps to lift the mood and know that things can and do get better</p>	
GENTIAN	<p>The valuable for those who are really down for known reasons, like there is always one step forward and then two steps backwards, like "here we go again" type feeling. This remedy helps them see that there is always a way around every problem, even if we just have to see it differently. The sun is always shining despite that sometimes rain clouds cover it. Gentian helps move the rain clouds.</p>	





HONEYSUCKLE	<p>is the remedy for those people who live in a different time or place when things appear to have been so much better. Thinking of the details of the past, or some situation has occurred which resulted in them being stuck in the past. The remedy helps them release the past situation and appreciate their present circumstances.</p> 
HORNBEAM	<p>– The remedy for people who are not able to get down to doing what has to be done. They can't be bothered and get stuck. Very often they will put things off, procrastinate and feel like it's Monday morning and so the remedy will help them enjoy and involve themselves in what needs to be done, feeling a sense of satisfaction from their involvement.</p> 
HOLLY	<p>– is the remedy for anger, suspicion, jealousy, revenge and frustration. It can be a hot and explosive feeling and like a volcano, quite eruptive for those around. The remedy therefore helps to relaxing situations that might have been previously provoking. Allows them to take what triggers their anger as a tool to shape change in their lives and not a weapon which destroys themselves.</p> <p><i>Again this one is helpful for children with ADHD type who can be very angry in certain situations.</i></p> 
HEATHER	<p>This remedy is aimed at people who feel lonely, cut off and not listened to. The problem then becomes worse as they can then talk too much. The remedy helps them tin listening as well as speaking, thus making life less lonely.</p> <p><i>Ideal for when children never stop talking!</i></p> 
IMPATIENS	<p>this is the remedy to help those who become easily irritated, impatient or fidgety with people, things or situations. Can't wait to get on with the next thing. The remedy helps them slow down and relax</p> 

	<p>waiting for others to catch up with their way of thinking or doing things without causing stress all round.</p> <p><i>Helpful in blends for ADHD children who never keep still.</i></p>
LARCH	<p>This is the remedy for people who do not attempt things because they feel they will fail. The remedy gives them the belief that they will be a success, This is confidence to go for it, believing they will get what they hope to achieve.</p> 
MIMULUS	<p>This remedy is for fear of known things or for those who feel nervous and embarrassed or may blush easily. They may be worriers constantly thinking ‘What if?’ It will help them overcome their fear and eases nervousness creating a natural courage within themselves. <i>Ideal for nervous or timid children.</i></p> 
MUSTARD	<p>This remedy is for the kind of feeling down that comes and goes like a heavy dark cloud for no reason. This will therefore help the cloud to lift and bring well being and good feelings. It lets smile to shine through on a cloudy day!</p> 
OAK	<p>is the remedy for being absolutely tired out and this may be mental or physical or even following an illness. Like the might oak tree felled, there is no more energy left. The remedy restores the inner strength to move on and rebuild one’s strength.</p> 
OLIVE	<p>– is for tiredness and can help you in keeping going and lifting heavy feelings and giving you energy</p> 
PINE	<p>Is the remedy for those people who are always saying sorry, even for things they haven’t done or they may feel guilty or that they are to</p>

	blame for something in some way. 
ROCK ROSE	This is the remedy for terror and is a little bit like the rabbit trapped in the headlight, frozen in fear and unable to move. This remedy eases the terror, freeing the mind to do what needs to be done. <i>This is the remedy for children who suffer from Night Terrors.</i> 
ROCK WATER	Just as flowing water can wear away rigid rocks, so too can this remedy helps people with very fixed and rigid ways of thinking things have to be just so. They may be perfectionists or stress out on things not going the way they ought to go – very often being stuck in set routines and structures. The remedy eases the stress when things do not go as planned and helps you to go with the flow! <i>This is another anchor remedy that I would put in the blend for autism, it is very helpful for rigid thinking and inflexibility, resistance to things not going as they 'ought'.</i> 
RED CHESTNUT	is the remedy for those people who become very worried for the well-being of others, very often close family and friends. This worry can cause them to be to be concerned over others safety. The remedy therefore helps ease this worry. It stops them from having fears over things happening to the lives of their loved ones. 
SCLERANTHUS	This is the remedy for where there is a swing from one way of feeling to another, it could apply to mood swings but usually it applies to where people are unable to make up their minds. The remedy helps them find a sense of balance and enables them to make a decision .

	<p><i>Helpful for using with children with mood swings or unpredictable behaviours.</i></p> 
SWEET CHESTNUT	<p>– This remedy is for those people who may be upset they have no idea which way to turn. They do understand that things can be better but they have no idea how, where or when and like the headless chicken, running round not knowing which way out to take. The remedy assists them in bringing a sense of calmness and relief. Helps them to hang on in there, focusing them on answers.</p> 
STAR OF BETHLEHEM	<p>This remedy can deal with shock, bad news, accidents, or losing a loved one, bereavement and may sometimes go back a long time. Once the shock goes the person is then able shake themselves free become free and move on.</p> 
VINE	<p>is for people who can be very bossy and bully other people. The remedy focuses them back to their natural born leadership qualities and helps them to be around others without expecting them to do everything their way. around to their way of thinking without coercion. It helps them keep the higher perspective even when those around them don't agree.</p> <p><i>This can go into blends of children who are showing bullying behaviours. This is helpful for children where everything has to be their way.</i></p> 
VERVAIN	<p>This remedy is for people who are over enthusiasm and can often be very off putting for others and have the opposite effect in turning them</p>

	<p>away. This remedy can allow you to inspire others to your way of thinking without driving them in the opposite direction or leaving them behind.</p> <p><i>Helpful for hyperactive type conditions where there is over enthusiastic, difficult to contain behaviour</i></p> 
WALNUT	<p>Walnut is the remedy for those who may be going through a time of change. That can mean for example starting or leaving a school, house, new family relationships, adolescence etc. and is good for helping them to adapt more easily. It is also the remedy for protection from the influence of others.</p> <p><i>Useful for children who are under the influence of others or have undergone some change in their lives.</i></p> 
WATER VIOLET	<p>– is the remedy for those people who feel that they are alone. Very often they feel cut off and distant from others around them. The remedy helps to lift the sense of loneliness to a sense of belonging. Allowing them to still hold their head high with others around them.</p> <p><i>For children who are not finding it easy to make friends</i></p> 
WHITE CHESTNUT	<p>Helps where negative thoughts and situations go round and around in the mind. Very often giving not allowing you to go to sleep. The remedy helps to stop the thoughts chasing each other and brings a peace of mind.</p> 
WILLOW	<p>– is the remedy to help those who feel a sense of hurt, not being</p>

	wanted and a cold feeling of 'It's not fair' and 'Why me?'. The remedy helps to bring about forgiveness and letting you move on.	
WILD ROSE	This is the remedy for those who think things will never get better for them and although not happy with their lot, do not believe that it is worth doing anything to change this have given up. This remedy helps to ease them out of their rut.	
WILD OAT	This is the remedy for those who do not know where they are heading. They do not know which road to follow in order to be satisfied with their achievements. Wild oat points the way, allowing them to trust in their chosen way forward.	
RESCUE OR RECOVERY REMEDY	This is useful to take in any stressful or emergency situation, for example, bad news, shock, exams and so on. It is very helpful in relieving symptoms of such difficult by taking us out of the negative aspects of the stress. <i>Useful for any kind of stress situation or on receiving stressful news – great for exams, tests etc.</i>	

This table will give you a good idea of what can be helpful to you. Your HET helper can get these from a good chemist or health food shop. Take a couple of drops of your chosen remedies (anything up to 7) and put them in a bottle of water and drink it throughout the day. Your HET helper may already have or might want to get a full range of the remedies to be able to mix several of the remedies for you and others as a blend to take over 3 weeks. All this information is in the HET helpers pack.

If this is difficult for you and you would like to try taking them in a different way, then you might like to know about another doctor. His name was Dr Jacques Benveniste. He did a lot of research into understanding how Dr Bach's remedies could work and discovered that

water has a special power to remember things. Many people weren't used to this way of thinking. He also discovered that remedies could be sent over an internet connection too. If you would like to try this – you can use this method and download the Rescue Remedy to help you when you are wound up or stressed and the instructions to help you do this are on www.healwithcards.com

Some young people have symptoms of ADHD. If this is the case for you then you can visit this page.

<http://www.healwithcards.com/ADHD.htm>

Follow the instructions on there, again your HET helper can help you do this. If you can't find anything on there to help you right now then you can email lin@hetwebsite.com and let me know how you are feeling and we will send you your own special picture and digital remedy to help you, back by email.

If you are taking any medicines then it is still quite safe to take ALL of our remedies as none of them will ever have any side effects or interact with your medication.

Chapter 7: Stepping Stone 4- Eating Better

At the end of Tommy's story, we saw him 10 years later when he was taking boys and girls to the animal sanctuary. This became a real life place to help young people and their families called Willow Bridge and you will find out more about this in Stepping Stone 12. However, at the animal sanctuary was a little rescue pig called Daisy who had some real 'attitude' as pigs do and because she could behave very badly sometimes, many people said she had ADHD.

Well anyway, what has Daisy got to tell us about how eating better can help you?

You will need your HET helper to check out this link with you:

http://www.youtube.com/watch?v=F_xuSB432SE

So sometimes the things that we eat can affect your behaviour and you find yourself doing things that you can't help yourself doing and then end up in trouble. This is just how, some of the additives that are put into our foods can affect us. For some people, different things can affect them in different ways. They can cause stomach problems or headaches and even to behave in ways that they have no control over. It is important to try and find out what it is that causes this and then take these things out of the diet and see the improvements when you do not eat them.

Your HET helper will help you with this.

First of all you need to find out what sort of additives are in food that can cause problems.

There can be colourings that are added to make foods look tastier (one called tartrazine yellow) is a problem for some people.

There can be preservatives to help keep the food longer (one called sodium benzoate can be a problem)

There can be flavour enhancers to make the food taste tastier! (one called MSG or monosodium glutamate can be a problem)

There can be an artificial sweetener to make food taste sweet (one called aspartame is a big problem)

There can be chemicals sprayed onto your fruit and vegetables to keep the insects and bugs off the food. These are not good for humans either, so always make sure that your family gets organic food where possible (this means that they are not allowed to be sprayed) and if not make sure that it is always washed very thoroughly before being prepared for food.

These are major culprits on the behavioural front but anything can be a problem including milk or sugar or wheat and it is important to find out what is causing the problem and to stop eating them for a while.

Here is a really simple way to find out what is bad for you. Remember everyone is different and different things affect different people in different ways.

Here is a little film to watch with your HET helper so you can find out together what is bad for you. It uses a special technique called 'muscle testing'.

Click here to find out how to do this:

<http://www.youtube.com/watch?v=skm1U2IzMCO>



Ok, so now we have found out what you might be eating that could be causing problems. Remember that it is important that you cut these things out of your diet for a while to see how things improve. If you want more information on how to eliminate additives from your diet, ask your HET helper to go on the internet and Google 'Feingold' diet for you. It is mentioned in Stepping stone 4.






















Now you need to look at what you are eating and make sure that you are regularly eating healthy foods. This is an opportunity for you to really help your family.

First of all you need to keep another diary. This one is a food diary. It shows what you eat and drink and when.

Again you can ask your HET helper to help you with this:

Here is a diary for you to fill in:

Week beginning...../...../.....

DAY	AM	PM	EVENING	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

When you have completed your diary you can answer these questions:

Which meal did you enjoy most? Why was that?

How many times did you have snacks between your meals? What were they?

What was the healthiest meal you ate? Why was it healthy?

What was the unhealthiest meal you ate? Why was it unhealthy?

To have a balanced diet you need to eat from different groups of food. Choose foods from your diary and fill in the following table:

Protein	Carbohydrates	Fats	Fibre	Vitamins	Minerals

What could you do now to make your diet healthier?

How could you help your family to have a healthier diet?

One way is to have a Rainbow Diet;

THE RAINBOW DIET

This is exactly what it says – it is about making a **FOOD RAINBOW**:

The idea is to have at least **ONE rainbow** a day!

Here are some quick and simple breakfast ideas;

Fruity Breakfast:

Use 1 cup full of Organic Jumbo oats per person (soak in water for 1 hour ...Just cover)

1/2 cup full of sultanas

Add Juice from 1 lemon

Add teaspoon of honey

Grate 1 bramley apple + 1 braeburn / granny smith (a sweet apple and 1 sour one)

Prepare fruit of the season to put on top (trying to include fruits of the rainbow!)

**Smoothie**

Our Smoothie contained:

Cherries

Grapes

Blueberries

Strawberries



Bananas

Oranges

Bee Pollen

Soya Milk

Be brave and have a go at experimenting - like some of these ideas:

 	<p>6 dessertspoons of Kamut flour (wholegrain - an ancient wheat)</p> <p>2 eggs</p> <p>Add a bit of soya milk and mix - continue to add soya mil and whisk to get the right thickness. Leave for 20 minutes to thicken more. Add a drop of vanilla essence</p> <p>Cream for pancakes: Provomel soy custard vanilla.</p> <p>Chop fruit in season.</p> <p>Maple syrup / chocolate topping</p> <p>orange or juice on side</p>
--	--

HOW about growing a **RAINBOW**?

Check out the project below for growing foods and see if you can find 7 different foods that you can buy the seeds for and have a go at growing them on your window sills or in your garden.



- Redesign your garden to grow food for your family.
- How could you utilise your window sills or window boxes?

- Are there any allotments available in your area?
- How about offering to use someone else's garden who isn't able to garden for themselves?
- How about setting up a 'food co-operative' with your friends? This means that you will grow one thing say for example the colour red for tomatoes and you will swap half of your crop with other people who are perhaps growing green - cucumbers or someone else growing yellow - peppers or someone else growing orange carrots – set up a food cooperative in your neighbourhood or even your school.



Filling in your **'rainbow plan'**

Firstly you need to think of foods that are different colours and make a list of them

Then divide them into 2 columns healthy foods (these are more or less as they grown, probably not in jars or tins and do NOT have other things added to them like additives and sweeteners and are not cooked

..... and unhealthy foods:

These tend to be well packaged in plastic / boxed / tins – they will have other things mixed with them and will probably have been cooked or partially cooked and will usually have additives and preservatives added to them if you check the labels.

Then find out which of the healthy foods you like and put your initial by them in the family favourites column.











And find out which of the **HEALTHY** foods other members of your family like.

Chose a healthy food from each colour category, making sure that all the family have chosen a favourite food to put into it and have a go at cooking or preparing it. You might have another member of the family to help you.






















COLOURS	HEALTHY FOODS	UNHEALTHY FOODS	FAMILY FAVOURITES
RED			
ORANGE			
YELLOW			
GREEN			
BLUE			
INDIGO			
VIOLET			

Here is another diary for NEXT week. For at least one meal a day, plan a healthy meal with good foods that you like. **EARN yourself reward points or stickers (you can make stickers**

from the pictures below): These can be used as part of the behavioural reward chart programme that you have set up.

<p>✓ 1 point if it is a healthy balanced meal which Includes all food types</p>	
<p>✓ 1 point for 5 a day (fruit and veg)</p>	
<p>✓ 1 point if it is a rainbow meal</p>	
<p>✓ 1 point if you have helped someone else's diet to be improved today</p>	
<p>✓ 1 point for organic / local produce</p>	
<p>✓ 1 point if you went shopping for healthy food</p>	
<p>✓ 1 point if you have grown anything that you have eaten</p>	
<p>✓ 1 point if you have helped to prepare it</p>	
<p>✓ 1 point if you have taken supplements</p>	
<p>✓ 1 point for drinking water every day.</p>	

Week beginning...../...../.....

DAY	AM	PM	EVENING
MONDAY			
Points:			
TUESDAY			
Points:			
WEDNESDAY			
Points:			
THURSDAY			
Points:			
FRIDAY			
Points:			
SATURDAY			
Points:			
SUNDAY			
Points:			

If you want to find out more about growing a rainbow with friends

Follow this link:

[www.hetwebsite.com/file/cache/linsthings/rainbow diet.pdf](http://www.hetwebsite.com/file/cache/linsthings/rainbow%20diet.pdf)

SPECIAL MISSION:

Earn a HET token. By posting details and pictures of the family rainbow diet on your web page. We will email your HET helper your Rainbow diet token to put towards your treasure.

Also when your group of friends have completed the rainbow food friendship braids send us the details and evidence and we email you another Rainbow token

Chapter 8: Stepping Stone 5 – PHEW

Well, we have been looking at making better life style choices with food and diet. The reason for this is that making bad diet choices can affect many other things in your life when it gets out of control.

By now, you should be getting some serious booty delivered to your treasure chest! If not... then why not? A serious talk with a HET helper may be called for here! In addition, if you need back up you can always ask on the forums or attend one of our regular online events on HETwebsite!

The next stepping stone is good fun because it looks at how you can become a fit, fitness coach for your family with the HET PHEW programme, that is the Physical Holistic Exercise Workout programme.

Let's start off with seeing what Daisy has to say about exercise programmes being a good life style choice:

Follow this link:

<http://www.youtube.com/watch?v=Epx99Z0xvfA>

Notice that Daisy had some help from Ex Olympic coach, Allan Jones to help her with PHEW!

The good news is that Allan has helped a lot of HET families too by helping to create a game for young people and their families to do together.

Again, you will need your HET helper to work through this with you, but first of you need to think about the exercise routine that you have, what you do, where, when and why?

Your HET helper can download the materials to help you from here:

Please follow this link:

www.hetwebsite.com/file/cache/linsthings/PHEW2workingwithyoungpeople.pdf

In this book there is a chart that you need to fill in together to work out how much exercise you have in a week. This chart looks like this:






RECORD 1

A RECORD OF MY EXERCISE THROUGHOUT THE WEEK - From .../.../... To .../.../...

	In School	Time	In School	Time	Outside School	Time	Outside School	Time
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Curriculum, After school Mins. Competitive Sports/Teams Mins. Community Activities/Clubs Mins. Parental/Family Activities Mins.

When you have filled in the chart, check this rating table to see how well you are doing:

1 NOT VERY GOOD	2 NEED TO DO BETTER	3 AVERAGE	4 GETTING THERE	5 GREAT ! YOU'RE A STAR
LESS THAN 20 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 30 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 40 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 50 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	60 MINS OF MODERATE PHYSICAL ACTIVITY EVERY DAY
				
Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N

Moderate activity is where you can talk to someone while you are exercising and you are not out of breath.

Vigorous activity raises your heart rate and causes sweating and heavy breathing.

When you have done that you can think about setting some goals and targets to improve your exercise routine. There is another chart to help you do this which looks like this:

RECORD SHEET 2 - MY GOALS AND TARGETS
 ACHIEVING 60 MINUTES OF MODERATE PHYSICAL ACTIVITY EVERY DAYAND DO VIGOROUS EXERCISE AT LEAST TWICE A WEEK

MY PHYSICAL ACTIVITY PROGRAMME (WEEKto.....) TOTAL FOR THE WEEK MINS

	In School	Time	Out of School	Time	Outside School	Time	Outside School	Time
Monday		Mins		Mins		Mins		Mins
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Curriculum, After school Competitive Sports/Teams Community Activities/Clubs Parental/Family Activities

The PHEW game pack explains how you can involve the rest of the family and by helping them you can gain extra points.

So there is another chart to show how you can earn points through doing PHEW and meeting your targets. Also, you can gain extra points through helping other members of your family to meet their targets or by exercising your pet dog or by doing green exercise.

There are exercise contracts that you can fill in with the help of your HET helper and family. You can also get other family members to make exercise contracts with you to gain extra points. They look like this:

EXERCISE CONTRACT

(Guidelines for Children are a minimum of 60 minutes of moderate physical activity every dayand do vigorous exercise at least twice a week)

I, _____ WILL BE ACTIVE _____ DAYS A WEEK FOR AT LEAST _____ MINUTES UNTIL

DAY _____, MONTH _____ YEAR _____.

The Activity or Activities I will do is (are) :

Signed Parent HET Date

So as well as working towards your own targets and feeling better for it, you can become a **HET PHEW COACH** by supporting your family members to work towards increasing their own physical participation levels.

You can do that by filling in some similar charts with each member of your family. Your HET helper will help you with this.

Here’s **HOW** to score your points and fill in **RECORD 3** sheet:-

FIRSTLY – SCORING YOUR OWN POINTS....Go Back now to your weekly physical activity recording sheet where you worked out how many minutes a week you are spending right

now on exercise, in and out of school, this is **RECORD 1** sheet. Then refer to the one where you set your goals, **RECORD 2**.






This is all about whether or not you are achieving your targets and goals that you are setting for yourself and getting rewards for working towards the GUIDELINES.

Working from your **RECORD 2** sheet each week you need to total up the number of minutes of physical activity over the whole week. Fill in the total at the top of each sheet **RECORD SHEET 2**.

Let's look again at your rating scales for **RECORD 1** sheet – you will have fitted into one of these categories BY SCORING somewhere between 1 - 5:

NOW, you should be aiming to improve those performances every week and build your way up to scoring 5 – SUPERSTAR level!

RECORD 3 Sheet is about showing your progress over 5 week blocks and getting points for improving your performance.

1 HET POINT NOT VERY GOOD	2 HET POINTS NEED TO DO BETTER	3 HET POINTS AVERAGE	4 HET POINTS GETTING THERE	5 HET POINTS GREAT! YOU'RE A STAR	Bonus Points	Bonus Points	Bonus Points	Bonus Points
LESS THAN 140 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	141 - 210 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	211 - 280 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	281 - 350 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	350 - 420+ MINS OF MODERATE PHYSICAL ACTIVITY EVERY WEEK 	Vigorous activity x 2 week Y/N 1 point per week for Y	1 point from each family member making their own personal targets per week.	Include 1 bonus point for taking a dog for a walk x 2 per week.	Include 1 bonus point for including a GREEN exercise activity in your exercise targets per wk
Wk1								
Wk2								
Wk3								
Wk4								
Wk5								
TOTAL								

TOTAL HET PHEW POINTS FOR PERSONAL GOALS AND COACHING OVER 5 WEEKS _____

SPECIAL MISSION:

Earn a HET token. By posting details and pictures of the family PHEW routines and how you are scoring on Record sheet 3 onto your web page. We will email your HET helper your PHEW token to put towards your treasure chest.

Chapter 9 :STEPPING STONE 6 - CORE KRYPTONITE

Right then... Most HETTIES have heard of something called Kryptonite!

Think back to the stories and films you may have seen about 'Superman'. Whenever he came in contact with Green Kryptonite, it instantly weakened him and he lost his powers. He knew that if he stayed in contact with it he could become very ill and even die. The reason it affected him like this was that it had an impact on all the cells that made up his body.

Like everyone else living on Planet Earth, Superman's powers all came from our sun. You have heard of solar panels. These are able to capture and store the energy in sunlight.

Superman's cells were like living solar panels or rather solar cells inside him. They were able to store energy from the sunlight. When the light came into contact with what was inside Superman's cells, the energy was released. Things called electrons carried the energy force field out of the cell and this generated his power. This is similar to how a solar panel creates electricity. All living things on our planet have cells that work in a similar ways. We will look more at this in Stepping Stone 11.

Superman's cells probably had more in common with plant cells. Plants can take energy from sunlight to make their own food, turning water and carbon dioxide (what we breathe out into the air around us) into oxygen (what we breath in) and simple sugars which come together in different ways to form the foods we eat. We rely on plants doing this for us to provide our food supply.

Like Superman, our energy is always higher and stronger when we eat foods that are very pure, fresh and are rich in the sun's life giving energy, called PHOTONS. A brilliant scientist named Albert Einstein (who had ADHD by the way), came up with a very good diet to keep our powers strong. This involves eating foods that come as close as possible to that sunlight energy source. This diet is called the 'Einstein Diet' (not surprisingly!) and it is a good idea to follow this diet alongside your Rainbow Diet. Your HET helper will have details of this in their own HET book stepping stone 4 and can help you plan this out.

Your balanced Rainbow Diet can also help to keep you strong and powerful. Different colours play a very important part in all of this, as we can see later on, in Stepping stone 10, the Rainbow Journey.

Light from Earth's yellow sun played a big part in Superman's story, he needed this to make his own very special super power. However, something affected his power when he came into contact with Green Kryptonite. When this happened, he was no longer able to keep up his powerful energy state and would weaken. Somehow, this stuff managed to disrupt the way in which his cells worked within his body and this caused him many problems. He lost his powers!

A similar thing happens to us. When we come in contact with certain things, they can affect the ways our cells work. This blocks our energy from flowing properly and weakens us. We lose our power, just like Superman. The problem here is that Superman knew what green kryptonite could do to him and he kept well away from it. For us, it is a different story, each one of us is different. Different things can block our cells from working properly, stop our energy from flowing properly and can cause us to weaken and lose our powers!!

You have seen how this can happen from certain additives in your food, which we looked at in stepping stone 4 on Diet. By doing the simple muscle test with your HET helper, you were able to see what you were eating that was weakening you.

Well there is another way to use this simple test. This is to find out what strengthens us. By using the same technique and holding something in our other hand whilst we are having our arm tested, it is possible to see how much what we are holding will strengthen us!

So..... going back to our food examples, if we held a food that was good for us, then our arm would strengthen. Brussels sprouts should prove the point here!!!

Core formulas work in the same way. By holding different core formulas in one hand and testing muscle strength with the other arm it is possible to find out which core formula works best for us from the one that makes us strongest.

<http://www.youtube.com/watch?v=HWSN68eRoBA>

So what are 'Core Formulas'?

They are little sugar balls that hold a special message. The message is put in there by a process called 'homeopathy'. These are the 'energy' information balls. This means that the energy is transferred from a flower essence, like Dr Bach made in Stepping Stone 3, into the sugar ball by a special machine. This works in the same way that a computer copies information onto laser disks using bands of colour to store the information, only it works with 'energy' messages rather than the data we store on computer. More about this in the 'Rainbow Journey'!

The core formulas come from lots of different plants of different colours because of how they work with sunlight energy. When their energy enters our cells they can release blocks that have been stored in there and that prevent our cells from working properly. A little bit like the way green kryptonite stopped Superman from being powerful.

We all get these blocks from things that happen to us in the past that we don't understand at the time. So we hold onto them until we get to a stage when we do understand them and then we can let go. Sometimes that letting go of experiences takes a long time to understand, even for adults. In the meantime, those experiences, which sometimes are so deep and so long ago that we don't really remember them, just get stuck. They stop the energy flowing around us from our cells, stop them from working properly, weaken us and stop us from finding our own individual powers.

These are experiences that we have all had in the past, and they are different for everyone, all called 'core issues'. In other words, they are at the core of that which 'is – you'

These work like the power of green Kryptonite being removed from Superman, which stopped him from finding his power. Core issue formulas can help us to release the blocks that we all have inside us, to enable us to be powerful enough to do what we are good at. That is different for everyone!

Your HET helper is able to get more information on how Core formulas work from their own HET BOOK on Stepping Stone 6 and can help you with finding right the core issue formulas for you.

SPECIAL MISSION:

Earn a HET token. By posting a story of how core issues helped you release a block that stopped you from doing something you wanted to be good at, we will email your HET helper your CORE token to put towards your treasure chest.

Chapter 10: STEPPING STONE 7 - WILLOW'S HELPERS AND 'OR-KIDS'

On this particular stepping stone of your HET journey, it might be really helpful to go back to the relaxation story of 'Willow and his helpers' in chapter 1. Read through it and do the relaxing story again. It might seem to be very different this time!

At the end of the story, you spent some mind relaxing time and played with one of Willow's Helpers. This stepping stone starts off with something that is a bit like an identity parade. You will need your HET helper to help with this bit though.

You will need to download a book of pictures. You can do this by following this link:

www.hetwebsite.com/file/cache/linsthings/Willow'shelperspixbw.pdf

Look through the pictures in there and choose the one that looks most like your Willow Helper.

You will need to print this picture off.

You will need some felt tip pens or crayons to colour in the picture you .

But first you will need to look through another book of pictures.

Here is a link to another book:

www.hetwebsite.com/file/cache/linsthings/UFTpicturesESSENCES.pdf

In this book are some pictures of flowers from Willow's garden. Choose the one that you like the most. These are all teachers from the garden. They all have a special message for you about the gifts that the Willow helper has for you and that you will find as you colour in their picture.

Because the special 'Willow teachers' are flowers, the lesson they have for you is made into an essence. This is like the Dr Bach essences you took in stepping stone 3. The spoken version of these essences has been recorded for you as a digital remedy. Like the ones that Dr Jacques Benveniste created and you explored in Stepping Stone 3

Here is a link to another book, again please ask your HET helper to help you with this:

www.hetwebsite.com/file/cache/linsthings/UFTessences.pdf

In this book you will need to find the picture of the flower or tree teacher that you have chosen from Willow's garden. Alongside this, you will find another download link. These will hold the voice of Willow's Teacher. Your HET helper can help you listen to this. It is a very different language. To understand this, you can play the voice to a glass of water.

When you have prepared your drink of water with the Willow teacher message, please go back to the picture of Willow helper.

This is the one who looks most like the one you played with in the garden - Now start to colour it in. While you do that you can drink the glass of water with the special message in just for you. It will show you the message in the picture you are colouring in. You will start to find things hidden in the picture. These are gifts that the Willow Helper has brought through for you.

You can talk about this with your HET helper if you like.

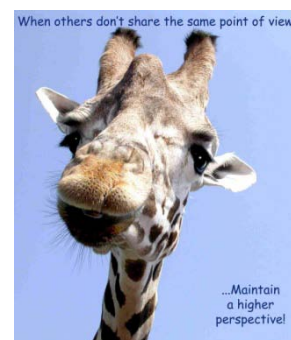
When you have finished the picture and talking about your gifts to your HET helper, it is helpful to perhaps pin it up somewhere around you, like your room for example or even get a special frame to put it in and hang it on your wall.

Also your HET helper may be able to help you understand the message you got from the flower you chose, which of course was one of Willow's special teachers.

What will happen is that you will start to see something very differently now to how you did before. Certain things will now start to change and become easier for you because you are able to see things in a different way or from another point of view.

Giraffes do this all the time!

Now Willow has shown you how you are able to see things so much differently. You can start to help other people to do the same. Just like your HET helper is helping you and Willow's helpers help people who visit him in the garden.



The next game you are going to play is called 'Or-Kids'. This is because Willow has some flowers in his garden called orchids. The next download book you are going to look at here has pictures of lots of different orchids in it. Please follow the link to download your book from here.

www.hetwebsite.com/file/cache/linsthings/or-kidspix.pdf

These orchids are very special because each one has a picture of a 'Kid' inside it. So they can be seen as orchids and when you look at them differently 'Or Kids'!

The game goes like this...

It is the first day for these Or-Kids at that Or-Kid school. Can you remember what your first day at school was like?

Choose one of the Or-Kids from the pictures, that you feel you could be friends with and help them out on their first day at school.

Your HET helper will help you with the story and write down what you say.

Here are some of the questions you will answer.

1. What your friend's name is
2. What your friend's..... good points are – what they're good at etc.
3. What your friend is worried about or frightened of (in school or out of school).
4. Ask them to tell friend's story or history.
5. What advice could you give to your friend in that situation.

6. What might happen if your friend follows your advice? Good things and bad things? Are there any choices?

7. You will then be asked to go through the pack and select anybody from the other pictures left, who would stand by your friend on open day at the 'Or-Kid' School 'kid'. This can be a parent or grandparent of your friend etc. You then place them round your friend so your HET helper can make a note of all this for you.

Giving sound advice like this to someone else with a problem is called 'counselling' and is a really special skill to learn. As a HETTY you may find yourself showing other people how to do things differently and make better choices in lots of different ways so this is all really good practice.

SPECIAL MISSION:

Earn a HET token. By posting how you have helped someone else to our website, we will email your HET helper an 'Or-Kids' token to put towards your treasure chest.

Chapter 11: STEPPING STONE 8

The Chill Out Zone: Hearing

Now for this particular part of the stepping stone journey, I want you to imagine what it would be like to walk around all day with your head in a bucket. Let's assume there are holes in there to see out of and breathe through, but not to hear properly what is going on around you. What do you think that would sound like?

Ok, you are getting the picture! Now imagine the echoes inside the bucket are all packed up with treacle inside. So the echoes are deadened and muffled?

Now imagine turning up a volume switch onto maximum.

What is that going to sound like.? What would happen if that was all you can hear? How hard it is to make out what people are saying to you?

To make it much worse, these people are appearing to be angry with you because you miss some of what they are saying, you can't keep up with it all and it is too much.

This is what it is like for people who suffer from something called early, undiagnosed glue ear. It is a condition that is caused by the ear making a very sticky substance, like glue that clogs up the fine tubes in the ear and makes it difficult to hear things properly at an early age. Because of this the brain doesn't make the right connections to certain sounds and the problem can carry on as that person gets older. If that person is in a room that is very big and echoes, like a school hall for example the sounds can build up, amplify and echoes merge into each other. Or if they are in a very noisy environment it can all be too much distorted information coming in and that can cause an overload. The person may be unable to cope with that and when they don't know what to do. This is when their behaviours can become very 'HET' up.



Sometimes the situation is not as extreme as all of this, but still the incoming information in sounds can become very overwhelming and make it difficult to concentrate and focus on what you need to do.

Sometimes there are things going on around us that we don't want to listen to because they are distressing or upsetting in some way. What can happen then is that our mind closes down to that information coming in and so we switch off to hearing things around us.

There is a relaxation technique, that we do in HET that helps us to chill out in these situations. Helpful when hearing is difficult, because of physical problems like glue ear or with emotional issues when what we hear is hurtful. This is called 'Auricular Candle Therapy' or 'Hopi Ear Therapy'. Here is a picture of what it looks like to have the therapy. It looks a bit strange, having your head turned into a birthday cake with a candle stuck in your ear!



However, it is one of the most relaxing things that you can do. It is said to have originated from a tribe of Native American Indians called the Hopi. They are a very spiritual and wise tribe of people. In their tribe they would have a 'Medicine Man' whose job it was to look after his people's spiritual and physical health and well being. These people still exist in native tribes around the world today and are known as the 'Shaman' of the tribe.

When you have this therapy, which is quite safe and very relaxing it not only improves how clearly you hear information, but it seems like it cleanses your head from worrying thoughts. Very often, you can fall asleep whilst you are having the therapy.

One of the things that Hopi Candle Therapy does is to help you sleep better. It also helps you focus better, pay attention more and calms your thoughts. All this as well as helping any hearing problems that you might be experiencing.

The candles look like this:



Your HET helper will be able to get hold of some Hopi candles for you and can learn how to give you the therapy from the website.



The candles are hollow inside and they are perfectly safe because the flame stays a long way away from you and your helper learns how to do this for you. There are some ear problems where you can't use the candles but again your HET helper can check this out for you. The candles are like a chimney and that causes a gentle vibration to go through your ear that you experience as calm and relaxing.

This effect sometimes makes you go sleepy.

The candles are made from some natural products like Organic cotton and:-

Honey

Beeswax

Sage

St John's Wort

Chamomile

Vitamin A



All of these are included to help calm and soothe you.

SPECIAL MISSION:

Earn a HET token. By posting to HETwebsite about your ear candling experience, we will email your HET helper a 'Chill Out' token to put towards your treasure chest.

Chapter 12: STEPPING STONE 9

The Chill Out Zone: Touch and Smell.

This stepping stone involves the senses of touch and smell and comes under the heading of a very relaxing therapy called 'Aromatherapy'.

There are 2 parts to aromatherapy, one is using natural oils called 'essential oils', that come from plants with a fragrance that helps you to relax and calms you and the other is to use the healing power of touch in a relaxing therapy called massage.

When you watched Willow and saw Tommy's story, you saw in the film a massage scene where all the children in the school sat in one big long line and massaged each other's backs to a story. This is a very relaxing thing to do and you will learn how to do that whilst you are on this stepping stone.



You will also learn how to work with the 'essential oils'. Your HET helper will help you to put them together as a massage oil, or how to use them in a bath or how to use them in a vapouriser. This will also be an introduction to some of the projects that you will learn when you do the eco therapy which is in stepping stone 12.

Back to the film 'Willow' – where we see Tommy demonstrating a peer massage, a peer massage is where we work together with our friends to help them to relax too. This was based on an original story that came from Africa. In this stepping stone, we are going to adapt a story that came from Willow Bridge. This is the animal sanctuary that Tommy took the children to on his narrow boat in the film and you will find out more about this in stepping stone 12.

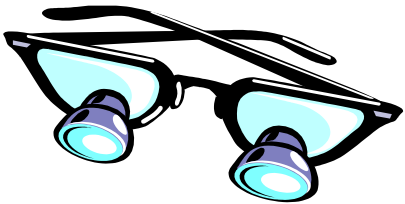
Daisy the Pig came from the Willow Bridge Animal Sanctuary, but there were loads of other animal characters there too, who you are introduced to in the Willow Bridge massage story. Before we start to practice the massage and the story, here is the story of a HETTY! The

young man in the picture was excluded from his main stream school, a little bit like Tommy, and went to a special school called a pupil referral unit, where he had to turn his behaviour around before going back to a mainstream school again. He did very well on his HET programme and really turned his behaviour around. One of the things he enjoyed most was the aromatherapy and he would often come and knock on my door and ask for an oil blend so he could go and help out some of the other children in the unit who were having a bad time.









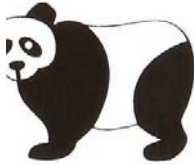
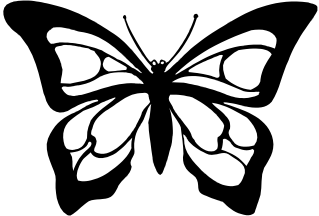
He knew that when they had a hand massage with the lavender and chamomile oils they relaxed, calmed down, made better choices and had much better outcomes. Not only that, but this young man would also take some of the oils home with him and massage his grandmother's hands because she had a lot of pain in her hands from a condition called arthritis. When she had hand massages from her grandson, the pains disappeared. You can see this young man, not only turned his own life around but also helped so many other people around him make improvements in their lives too. So much so, that he won a special award at the award ceremony for our HET therapists, when they got their certificates after their training.


So let's get started with practising the moves for the peer massage for the Willow Bridge story.

	<p>Eye glasses</p> <p>Make 3 circles around the shoulder blades. Stroke out to the arms and hold.</p>
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	<p>Cat grip</p> <p>Stand at the side of the person receiving massage with one hand behind the neck and the other hand on the forehead .</p> <p>Take a 'cat grip' around the neck and make gentle movements with fingers on one side and the thumb on the other side.</p>
	<p>Baker</p> <p>Place hands on shoulders and gently knead.</p>
	<p>Scooping</p> <p>Stand behind the left side of the person's back.</p> <p>Place right arm on the shoulder and make gentle half circles with arm and wrist</p> <p>Repeat with left arm on right shoulder</p>
	<p>Forehead — stroke</p> <p>Place fingers on forehead and stroke out to the sides. Hold the head for a couple of seconds.</p>

	<p>hairdresser</p> <p>Place fingers on top of hair, make finger tip circles.</p>
	<p>slide —stroke from the head down the neck and over the shoulders</p>
	<p>climbing down a rope</p> <p>Kneel down to one side of the person receiving the massage.</p> <p>Place one hand just under the armpit. Press firmly yet gently and 'climb', hand over hand, down to the hand. Climb back up again.</p>
	<p>Bunny hops</p> <p>Press gently with thumbs in the palm of the hands.</p>

	<p>Hearts</p> <p>Begin at the base of the spine, moving up with one hand on either side of the spine, move the hands upwards making a heart-shaped formation, and coming back down to the base to the spine.</p> <p>Continue making larger and larger heart shapes</p>
	<p>Brushing off the snow</p> <p>Stroke quickly from the head to the shoulders and from head down the back.</p>
	<p>bear walk</p> <p>— place hand on bottom of the spine</p> <p>Walk with your hands gently up the back — one hand after the other.</p>
	<p>Butterfly - hip to shoulder — hold at shoulder — patterns of three.</p>
	<p>ice-skating -</p> <p>Place the sides of the hands on each side of the spine, move hands back and forth up the</p>

	back, glide back down again.
	Brushing the horse- stroke with one hand at a time from the neck down the back.
<p align="center">Say 'thank you' - The child who has received the massage says thank you and the child who gave the massage says thank you for letting me give you a massage'.</p>	

Well, I hope you had fun practising your moves to get ready for your story. Here we go!

THE WILLOW BRIDGE MASSAGE STORY

1. As I was looking out of the window one day, over the trees and across the fields in front of me, I started to slowly relax. My breathing deepened, I could feel my lungs fill up and empty, my shoulders dropped and relaxed and my body started to feel warm as all the muscles relaxed. My eyes closed and I felt myself dreaming of another place. It was a special place where families have fun together and work on the land and with animals. A place where Tommy takes children to learn about a special tree called WILLOW.

The land was hot and dry, the ground was dusty grey dirt and I started to have the most fantastic adventure there.

Dry fine soil – like earth - Effleurage stroking - Long strokes from upper back to base — either side of spine. Fingers together— use all of palm and fingers.

2. I started to stroke the earth to get it ready for the little plants I had grown to be planted and as I started to sweep my hands along the earth, making long sweeping strokes as far as I could go. I kept my fingers together to prevent the fine soil, like dust, escaping between my fingers. I started to make wave-like movements, first small ones and then bigger ones.



Swirls like waves - Effleurage but wave like motion. Small, then bigger, then smaller.

3. I looked into the horizon and saw what looked like a pool in the field. I got up and started to jog across the 'Green Mile running track', towards this place. I could feel my feet sink into the warm wood chips — pitter-patter, not a loud sound but a rhythmical one.



Green mile – field Jogging - Little patter movements all over back — avoid spine

4. It sent a ripple across this whole land, vibrations sending a message across the land rippling out like an electrical wire running through the core of this mysterious place.



*Vibrations along the - Fingers only all along either side of spine
3X send up + come down vibrate movement*



5. As I approached this green lush area I felt tiny rain drops fall on my head and shoulder and back. Gently drop by drop, a warm rain fell, leaving all the plants gleaming and radiant. Suddenly the whole field and garden came to life.

Fingers dance over back — like piano playing slow then fast, then slow.

6. I saw a beautiful yellow and green butterfly. It fluttered by, its beautiful delicate wings like the two number 3's side by side.



Make a shape of butterfly like two 3's

7. I was watching this beautiful sight when I heard a little shuffle beside me. I stayed rooted to the ground and there before me, swimming along in the River came a large eel from the distant shores of another country. It slithered from side to side in slow deliberate movements towards a Willow tree stump dipping into the river. Its flexible body spun round like a coil starting off small and getting larger until it fell asleep in the water, wrapped around the willow root.



Snake like movements — slowly move up and around the back.

8. I took a deep breath, I felt my lungs full and empty, any fear I had completely disappeared.

Breathing techniques - Deep breathing — slowly breathe in for 2 out of 4 and gradually increase

9. Suddenly I heard another sound I looked around and a



tall creamy coloured cow called Joey had stretched his neck up to a branch of another willow tree and munched happily. Each time Joey stretched his long neck and then grasped the leaves , I heard him munch —munch, as he flipped his tail lazily back and forth.

This movement, is petrissage movement — kneading/pick up like munching at food. Long neck reaching up - Slide whole arm along either side of back.

10. I looked down and a little caterpillar was slowly crawling all across my foot.



Caterpillar crawl - Little rolls and lifts on shoulder area

11. I felt a lovely sensation on my ears and looked to see what it was. A beautiful willow branch with gentle leaves was massaging my ears. *Ear - Ear massage*



12. Then I saw the funniest sight - a group of starlings jumping from tree to tree swinging high and low and checking each other for bugs with small pinching movements with their beaks, all over each other's back.

Pinching movements over all the back and shampooing movements.

13. Then they used shampooing movements with their heads and beaks all over each other's back. The starlings became so still, they looked so relaxed that I kept thinking they would fall off the tree, but they never did. I stood watching for ages and then I felt the sun going down; that big glowing orange sun radiating across the land was dimming. I heard a whoosh, as the starlings dropped to rest for the night in the distant reed beds over the moors.



*Sun radiating movements — big circle Relax/Breeze -
Stroking — stroking again*

14. In the distance I could hear the sound of cows hooves heading for some evening food . The vibration was felt again through the whole of the land.



Hooves - Clipping movements either side of spine.

I saw a lovely bed of leaves beside a fruit tree and I lay down and felt the wind gently rock me back and forward. The ferns around me swayed and stroked me and I became so relaxed.

Leaves - Rocking movement up spine with one hand.

15. Then, gently, a little woodpecker tapped my shoulder, as if to wake me up out of my dream. I opened my eyes and saw one of my school friends smiling at me asking where I'd been. I said I'd tell her sometime. I opened my eyes wide and stretched my body and felt totally relaxed, calm and happy.



Woodpecker - Tap, Pap on shoulder.

Now whenever I feel unhappy or sad I go to Willow Bridge in my mind and I can feel the same way all over again.

Open eyes - and finish story.

If you want to have a go at giving a hand massage, there is a video here to show you how to do it.



<http://www.youtube.com/watch?v=sugigeTn6cM>

Your HET helper will help you to mix a massage blend together but here is how to do it.

- Take 2 dessertspoonfuls (20ml) of carrier oil, usually sweet almond oil but check there are no allergies first. Then add 4 drops of Lavender oil or Roman chamomile oil or 2 drops of each and mix well in a saucer or small bowl.

At the Willow Bridge, we had young people come to us for 'Green Parties'. Part of the day's activities was making natural products with essential oils. This is also something that we look at in more detail in stepping stone 12 – Eco Therapy but here's just a little project to get you started which involves using your essential oils. If you ever decide to hold a green party, the details are available as part of our Eco Projects, see stepping stone 12.

FRAGRANT SOAPS

Sweet smelling soaps made to your own perfume specifications, can be yours following these very simple steps. Tint them lightly with food colouring and add essential oil to perfume them.



Fancy soaps are expensive to buy, but easy to make from plain soap – although the soap is time consuming. The finished soaps make good gifts and can be given an extra shine by polishing them with cotton wool and essential oils.

Grate the two bars of soap as finely as possible. Put the grated soap over a pan of boiling water. Add 120 mls of boiling water, stir well until the mixture starts to melt together.

Add 2 or 3 drops of food colouring to the mixture – do not overdo it. Stir the mixture briskly to blend the ingredients together until as smooth as possible.

Add 15 drops of lavender + 15 drops of chamomile oil

Let the mixture cool a little and then roll in to ball of the desired size between the palms of your hands. Leave to cool completely. The soap can be given an extra shine by polishing it with cotton wool and a drop or two of lavender essential oil.

SPECIAL MISSION:

Earn a HET token. By posting to HETwebsite about your Aromatherapy experience, we will email your HET helper a 'Chill Out' token to put towards your treasure chest.

Chapter 13: STEPPING STONE 10

The Chill Out Zone: Sight - The Rainbow Journey.

When you worked with core issue formulas, you were looking at things that were stuck inside the core of that which is – you! One of these, Core Issue Formula 10 was about rainbows. This formula is about finding the pot of gold at the end of the rainbow. Many people believe that finding something of great value lies outside of themselves. In fact the opposite is true. When we start to value ourselves and appreciate who we are and the things that we do, we become more successful and we achieve and accomplish loads more!!

Some young people lose sight of valuing who they are because they have been criticised or in trouble for behaving badly, when often they cannot help themselves. When this happens they can lose ‘valuing’ themselves. This is called ‘self esteem’. They find it difficult to take praise or compliments and sometimes they can rip up or ruin good pieces of work because they don’t value the things that they produce. This may even go as far as hurting themselves in some extreme cases.

The pot of gold at the end of the rainbow is found in the heart. In accepting and loving one’s self! It is in appreciating our achievements and achieving a sense of pride in who we are and what we do. If you have needed to take this remedy then you have opened the door to the rainbow journey when you discover the effects that colour has on your life.



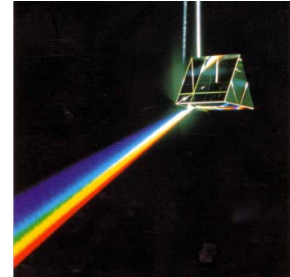
Whether or not you have taken Core Issue Formula number 10, then you will find out in this stepping stone, which colours you do need to balance your life.

To start with, let’s look at what rainbows do. Firstly, we see them on rainy days and when the sun is shining at the same time. This tells us a lot about the way we are feeling – when we are feeling dark and weepy – a ‘rainy day’ feeling, or bright and happy, a ‘sunny day’ feeling – they are all defined by colour and light. Sunlight makes everything seem brighter

and more vibrant, cloud and rain, darkens everything, so what happens when a rainbow is made?

Sunlight includes every colour we can see. This is called a 'colour spectrum' with violets and blues at one end and oranges and reds at the other end. The rainbow spectrum includes : red, orange, yellow, green, blue, indigo and violet.

You cannot touch a rainbow and for you to be able to see it, the sun must be shining, behind you, and there must be some water drops in the air in front of you. The sunlight shines into the water drops, which do the same job that a prism does when it bends the light into its spectrum of separate colours.



It is the way the light is bent when it enters the raindrop that causes it to appear as different colours, when it is reflected off the back of the raindrop and bends again on the way out. Each droplet reflects only one colour of light, so it takes many water drops to make a rainbow. It is the angle at which the light is bent, that gives the rainbow its circular shape

So this takes us to the next question – what is colour?

The world around us reflects the colours of the rainbow back to us.

When light hits an object, it will take in some of the colour bands or wavelengths within the light and then reflect back other wavelengths of the light. It is this reflection back to us, that we see as colour. This is detected by little signal receivers in our eyes called 'rods and cones' which pass all the visual information on to our brain to make sense of.

Our eyes are the sensory receptors for this light. At the back of the eye is a screen called the retina and this takes all the information projected onto it, along to the brain by something called the optic nerve. The brain then has to work with all the information. Along the journey, it passes through a gland that acts like a crystal prism. It looks like a crystal pine cone and is called the pineal gland. It is sometimes referred to as the 'third eye', because it looks just like another eye. When the light journey reaches the pineal, it creates rainbows and each colour carries information to different parts of the brain which responds by

sending messages back to each and every cell in our body (and there are trillions of them)! This helps all the different parts of our body to work together. It works a little bit like Blu ray DVDs that you watch films on. This is where a blue ray laser light is used to read information from a particular colour wave band in light because it holds so much more data.

Sometimes the pathways that the rainbow colour bands take can be blocked, just like traffic gets delayed in the rush hour! Then, they have to find other ways round. So some of the light colours get delayed on their journey and this affects how we think and feel and do things. It is a little bit like not having a proper food in our diet. Our body and emotions don't work properly then. So, we need a good balance of colour to feel better. When the rainbow pathways are blocked we get a shortage of that colour and we need to experience more of it to balance things for us. It explains why somedays we prefer to wear different colours. This is all part of something called 'colour therapy'.

Rainbow journey is a colour therapy, which helps you to find out what colours you need more of right now and to help you balance the rainbow pathways.

To do this you are going on a rainbow journey and your HET helper will help you.

You are going to watch a short film in different sections, which takes you on a journey to a crystal city and there you will visit different parts of the crystal city. At each part of the journey you will need to choose a colour and that is the key to take you onto the next part of the journey. After you have experienced the different parts of the crystal city and come out of the journey, you can work out which colour keys appear the most and this is the colour that you need to use as much as possible for the next 4 weeks. This means wearing, the colour, using the colour like with pens, paints, crayons and paper, sitting on the coloured cushion or even with a light bulb that colour and your HET helper can help too by making up some 'Rainbow Drops' of that colour.



Here are the different stages of the journey.

Firstly you or your HET helper may have a special crystal that you can put over a 'rainbow' light box and you can find the different areas in the city yourself before you watch the film. If you do you can still find the colour keys to take you to the next part of the journey. If not, you can watch this at the beginning of the film.

Just like when you did the 'willow and the helpers journey' you will need to relax yourself. You should have plenty of practice at that by now.

THE RAINBOW JOURNEY:

- The first step is towards the rainbow door. Choose a colour from the rainbow, that will take you through it. Tell your HET helper what that colour is and they will write it down for you.
- The next part of the Rainbow Journey is to travel through the Rainbow tunnel – choose ONE colour to take you to the other end
- Now onto the magic Rainbow Carpet, Studded with a myriad of rainbow stars. "it will lift you and take you to the centre of the Crystal Rainbow City - choose a coloured star"
- At the next stage of the journey, you are taken to the rainbow fountain, where you can bathe in a flow of healing light. When you are ready, which colour is your key to the next part of the journey.

Next stop is the crystal cave, the revolving mirror ball is a rainbow moon, reflecting rainbow moonbeams around the cave as it moves night into day in the crystal city, *(Allow each moonbeam to flow through you, relaxing, you each moonbeam colour brings new insights and understanding and healing as it flows into you and as it flows*

through you and away from you, it takes any worries or bad thoughts away from you). Choose the colour that helps you feel best. Later on you can use that colour as a lamp bulb and talk about different things that are associated with that colour so you can really bathe in the colour.

- Now on to bathe on the shore of the Rainbow Lake, stare through the ripples which are forming gentle patterns across the water's surface. You will see a movement of colours and shapes as beautiful water creatures visit them and bring special gifts that you need right now (*– you can ask them what these gifts are*). Choose a colour, close your eyes and say all the things that the colour makes you feel think or remember).

- When the mind journey or the film is over, *you can journey back along the tunnel – saying goodbye to the crystal rainbow city and knowing you can always go back there now they know your way around – then back through the door again and close it behind you*) – A good way idea now is to drink a glass of water, or to move around.

Your HET helper will be able to do some follow up work with you and your colours to help you balance your colour diet.

Now here is the link to the film:

<http://www.holisticeducationaltherapy.co.uk/rbjourney/rainbow%20journey2.html>

SPECIAL MISSION:

Earn a HET token. Some HETTIES have a go at making their own rainbow room with colours. Post to our website how you went about doing this and we will email your HET helper a 'Rainbow' token to put towards your treasure chest.

Chapter 14:

STEPPING STONE 11 - CELLS AND PATTERNS

You are made up of trillions of cells. This is how you have been 'built'. Each of these cells is like a little 'mini you'. Think about the fact that there are over 6 billion people who live in the world today. There are a thousand billion in a trillion – so that's a awful lot of 'mini me's out there!!! Each cell can live independently but works best like we all do, living in a community. The community that your cells live in is your body!

So, if you are made up of trillions of cells, then what is each of one those cells made up of?

An outer skin – called a membrane which takes in signals from the world around it just like your skin does. A nucleus which is like the hard disk in the computer and this contains lots of information which has been stored from your parents and their parents and their parents before them. This is called genes. And also lots of little generators called mitochondria, which contain the light information that is stored from all the sensory information that you experience. All of this is made from protein. Just like the bricks that make up the structure of your house, the proteins of your cells are made up from Amino acids. So two things are important to stay physically and emotionally healthy and these are:

- 1) To have a good source of protein so your body can stay well and repair and heal itself and grow healthily
- 2) To make sure that positive messages are sent inside the cell so that it can build the right behaviours from the messages coming in. It does this by making patterns in the cell with the proteins. When the messages are positive, then strong healthy patterns are made. When the message are negative they break down patterns and the proteins in the cells can behave badly. Just like some people do in your school or neighbourhood when things don't feel right for them.

This means that the cell can't do its job properly, send out the right messages and products that the other cells in your body need to keep well and healthy.

So what can we do about it?

Well, first of all, have a go at drawing a pattern.

This pattern was designed by a brilliant therapist called Rickie Hilder who wrote a book called *A Child's Palette: Building better relationships with children* (ISBN 0 646 39285 9) www.chilli.net.au/~kwanyin email: kwanyin33@hotmail.com .

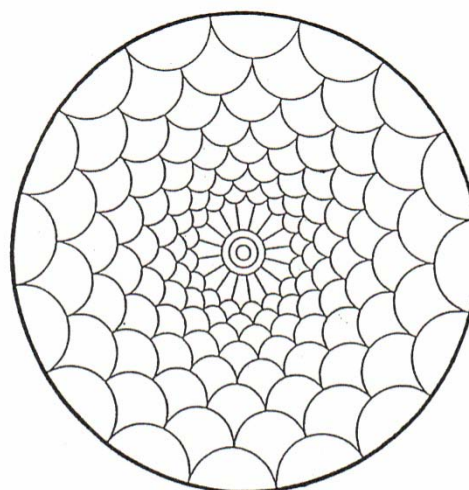
Here's what you do:

Choose 2 colours that you like from your crayons or felt tips and create a pattern with those 2 colours . Your HET helper will explain how you can do this and tell you about how you learn things best.

Here's your pattern. You can download a copy of this from the link below – so enjoy colouring it in. There is no right or wrong way to do this because everybody's pattern is different.

www.hetwebsite.com/file/cache/linsthings/the_pattern.pdf

Here is a picture of the pattern that you are going to colour in:



THE PATTERN

So now, you have an idea about what the patterns in your cells are telling you about the behaviours it is making in response to the messages the cells are picking up from you.

There are things that you can do to keep these cells healthy that we have already looked at in our journey over these stepping stones.

We can stay positive. This means feeling good about ourselves and the things that we do and one really helpful way we can go about that is:

- to take the Bach Flower Remedies in stepping stone 3
- Make really good decisions about the diet that we have. One really important thing to do for our cells is to have a very pure protein, as a soya protein shake drink which is guaranteed not to have been genetically modified. Your HET helper will be able to advise you about this. Protein really helps to keep your cells healthy and strong and will help you concentrate better, especially if you take it first thing in the morning.
- Regular exercise helps your cells to stay healthy... more PHEW!
- Core issues and negative patterns, Stepping stones 6 and 7, help to clear some of the misperceptions that are being held in your cells as blocks and causing patterns to go into chaos, which bring out the wrong behaviours.
- The relaxation sessions help to put happier and healthier messages into your cells
- Taking the amino codes helps to put messages into the cells where patterns have broken down and the wrong information is causing the wrong behaviour messages to be passed on to other cells.

The patterns in cells are a little bit like knitting patterns. We have to follow them very carefully to get the right woolly jumper looking right at the end of it! If we don't, we can drop stitches and it can all fall apart. By taking the amino acid codes, we can put the right information back onto the knitting, following what the pattern should look like. It puts the right mixture of amino acids into the protein in the cells, to help the cells look right and do their job properly. It's like showing them what they need to do the job properly!

Your HET helper will help you work out which ones you need by doing the muscle testing that we did back in stepping stone 6 but this time with the Amino Acid Codes.

Here is a short film that will show you and your HET helper how to do this.

<http://www.youtube.com/watch?v=86fMStyJib0>

Don't forget it is important to take a very good quality and pure protein supplement alongside the amino codes. This is like using the best quality wool to knit your jumper with!

The amino codes are an energy information system that build a scaffolding within your cells – just like when you build a scaffolding around a house to give it shape and structure to build it properly. They date back to a doctor in America called Dr Albert Abrams who lived about the same time as Dr Bach when he discovered the flower remedies. Dr Abrams was about a hundred years ahead of his time and it is only now that scientist are understanding and proving how powerful his work was.

Chapter 15: STEPPING STONE 12 - ECO PROJECTS

Now we have reached the final stepping stone and have travelled full circle on our journey. At this point we go back to the end of Tommy's story in Willow. Do you remember what happened?

At the end of the play, Tommy comes back on stage to talk to the audience. Time has moved on 10 years and he tells them about his life in the future. He has used the HET tools to turn his life around and now he helps other boys and girls (HETTIES) by taking them for trips on his narrow boat to an animal sanctuary.



This was a real life animal sanctuary and eco village in Somerset in the South West of England; where families would go to stay when they had problems; where animals that needed help could go to stay and would be looked after and loved and where young people who had problems at school could go and learn things in a different way.

HET Eco Therapy and stepping stone 12 is all about how you can learn in a different way. How learning about taking care of our environment can help the world around you and inside you, by creating better messages to send to your cells. We are going to earn tokens together by helping the planet and yourself through doing eco projects and learning how by doing random acts of kindness to help others, the planet and animals can make YOU feel better.

The Willow Bridge was a rundown bed and breakfast and a farm that we turned into an animal sanctuary. All the animals there needed help and in charge of this very important job was Ruby the Boxer dog. She had a very special job helping children and young people



with problems.

Here is her story:

Ruby was a second rescue dog. This means that she had 2 homes that were very cruel to her. Firstly she lived in a “Puppy Farm” which is where dogs are kept to have lots of puppies when they are still too young, so that they can be sold and make money for their owners. Ruby was treated so badly here that she nearly died. She was rescued when the owners were reported for cruelty. After she had recovered she was taken away from the animal rescue centre by a woman who adopted them for nothing and then tried to sell them on to other people for lots of money. This is how she came to work with me and HET, when I bought her from this woman.



HET started off with some children in a pupil referral unit who had some very unhappy things happening in their life. Ruby used to go to work with me, to make some new friends – something that she was really good at. Anyway, she played with the children and showed them through that ‘dog way’ of communicating, a lot about themselves and their problems without even having to talk about them. Ruby would let them ‘train’ her and they started to learn all sorts of things about needs, and wants, following directions, safe places and personal networks. In fact Ruby wrote her own book about this which can be downloaded from here:



<http://www.holisticeducationtherapy.co.uk/rubymanual.pdf>

When the children had shown their friends how well they had helped Ruby, they had a special treat, they visited 'Green Meadow Animal Sanctuary' and made new friends there who they would regularly visit and help out. They would learn which natural remedies would help the animals and then they would know which remedies they could take themselves to help them feel better too, and they never even had to talk about what worried them if they didn't want to! The animals' stories would always help them learn which remedies did the trick!

Click here to find out more about this and Buster the sheep:

<http://www.holisticeducationtherapy.co.uk/snow%20friends%20project.pdf>

When we went to Willow Bridge in Somerset - England to set up a family retreat with our own animal sanctuary and Eco Village, Ruby had an important job. She looked after all the animals there and people read about her story and came from all around the world to meet her.

It was here that she met Daisy the Pig!

Ruby showed Daisy the Pig (who has some behavioural problems!), how to help children and families. So Daisy is now carrying on with her good work.

After we all returned from Willow Bridge, together Ruby and Daisy started the 'Snow Friends' project to help families benefit from the HET PET programme and also for animal sanctuaries to benefit from families through an ARK (An Act of Random Kindness)

To find about SNOW friends – click here:

<http://www.youtube.com/watch?v=A6g7ewBTWJ0>

Sadly Ruby passed into the non – physical world in October 2009 but she still helps HETTIES. She has a special heart mind place for people who have lost their pets where they can always go to be with them whenever they want to. Here is Ruby's story:

<http://www.youtube.com/watch?v=ea2pNSzDPA8&feature=related>

Here is her heart mind page:

<http://www.hetwebsite.com/heartmindplace/>

The work was left for Daisy to carry on. Ruby taught her everything she knows.

This is Daisy's story:

During the year that Ruby and I lived and worked there, I went to help in a nearby animal sanctuary, showing them how to use the remedies to help some of the animals they had in, that had also had a bad time – that is where I got to hear about Daisy – a little black German

Micro Pig. Daisy had been bought when she was a tiny piglet for a little boy who was very ill with cancer. He had always wanted a pig and so his dad had bought him Daisy. As she grew up she became too playful and would pull some of the drips with medicine in, out of the little boys arm and so she had to go. I said at the time she must be a 'healer' pig and the little boy didn't need it any more. Everyone thought I was mad because I said that (but I'd worked a lot with children in crisis and animals!) I was right.... the little boy was cured of his illness but Daisy still had to go - she came to be with me and Ruby at the animal sanctuary. She had her own webcam and regularly shared her stories and helped children and families who visited her online.



Which got trashed one day when she decided to pull her pen apart - well she has got some behavioural issues!!!

Well anyway....

The man in charge of the retreat decided he wanted to turn it into something else. So, Ruby, Daisy, me and the friends who had set up the retreat had to leave!

Daisy is now carrying on Ruby's good work by telling stories and making films to help young people. These are all available to watch on www.HETwebsite.com/Daisy

There are now other animal sanctuaries that Daisy is trying to help by encouraging young people and their families to recycle and grow plants that can be sold to make donations to help other animals like at Pendeford Pets Paddock which is a children's home where Jayne has set up a small animal sanctuary with some rescued animals. Check this story out here: <http://www.hetwebsite.com/animalsanctuary/>

When we help someone else with an act of random kindness, it makes us feel better too. It produces chemicals in our body called endorphins which are all about making us feel good inwardly. It is also about strengthening our immune system, so we stay healthier. All of these things come from being kind to someone or an animal.

SPECIAL MISSION:

Earn a HET token. Post to our website how you are helping animals or an animal sanctuary went about doing this and we will email your HET helper a 'Ruby' token to put towards your treasure chest.

There were of course other animals at Willow Bridge. Including some cows and sheep and rescue battery hens and ducks and dogs and



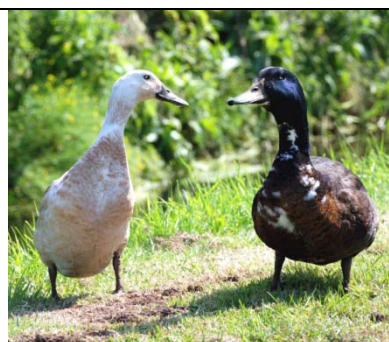
Joey and Lin



Buster, Bubbles & Bunty



Floie and Baby Willow



Dinah and Mick



Daisy and the rescue battery hens



Spooky



Left to right: Spooky Samantha Joey Floie Julie

The landlady, a farmer called Julie Andrews and I became good friends. I learned a lot from her in establishing the animal sanctuary, driving tractors and living with the land. She learned a lot about how the Bach Flower remedies help emotions and feelings. In fact she gave them to her herd of cows on a number of occasions and noticed the benefits immediately.

Well “Mother Julie” is well known throughout the area for her very special relationship with cows and in fact a number of them came to live at the sanctuary because they had special problems. Anyway, the improvements in their health and well being, inspired Julie to write a book about her beloved cows called ‘Cows Can Talk’. What she came to discover was that her cows had similar stories and emotional reactions to many of the children and families who visited Willow Bridge.

When she wrote her book, the stories were linked to the feelings and the corresponding Bach remedies and she teamed up with Jan Stone, who trained as a HET helper. Between them they took the ‘Cows Can Talk’ workshop around local schools to help children deal with some very difficult issues like cancer, sibling bereavement, teenage pregnancy, new brothers and sisters to mention but a few.

Here is one of Julie’s cow stories – called “I’d Rather Not Say”, it looks at the issue of bullying . As this is something that effects most young people at some time in their life (like in Tommy’s story). It can be helpful to talk with your HET helper about what sort of things are considered bullying, what it might feel like to be bullied, why do people bully others and what can be done about it . These are ways to help you deal with some issues behind bullying and of course the good old Bach Flower remedies for the victims of bullying – Centaury to help them stand up for themselves and for bullies who intimidate others, Vine!

[Please right click here & SAVE AS to download the file of the story.](#)

Julie’s book is now available from www.CowsCanTalk.co.uk and I’m sure she would be delighted to hear from you. You might even want to put a problem past Julie’s real life agony



aunt – Granny Cow... I understand that she gives after dinner talks now about how she helps sort out personal problems in the herd!

Enjoy listening to the story in that special time together with your HET helper.

Of course, there were other things happening at the Willow bridge apart from taking care of the animals which the young people and families who came to stay there always helped with. There was the Eco Village. There were lots of projects that needed to be done there and that is what this stepping stone is all about.

Well, what is an Eco – therapy?

Eco-therapy is a bridge between our inner and outer environments. It is about how we feel inside and what we can do about it, by taking care of what is outside of us.

We have all experienced times when we are in calm peaceful environments and feel better for it. Compare this to very stressful and chaotic circumstances going on around us when everything inside us including the way we think and feel is all so topsy turvey.

Through taking part in projects that take us out into nature we learn how to take care of our Planet Earth, we are also indirectly taking care of ourselves. When we look after nature, we look after ourselves too! We become more relaxed, happier and uplifted inwardly. The same sort of feelings inside that we get from an act of random kindness and helping animals.

When we are feeling stressed or troubled, taking time out in nature will always help us creating better thoughts and feelings all round.

There are all kinds of hidden benefits involved in HET Eco therapy too – like saving money, having a better diet, making new friends, starting new hobbies – the list is endless.

When we cooperate with other people in these activities and projects, the effect is amplified. A process known as ‘synergy.’ It means that when everyone works together for the same positive end, what is achieved together is far greater than if we added up all the contributions of everyone, if they went and did their own thing on their own.

In PHEW – Physically Holistic Exercise Workout we explored the benefits of ‘Green Exercise’ – where we take all the feel good effects produced when we exercise with the positive feelings we get in nature and combine them with fantastic results.

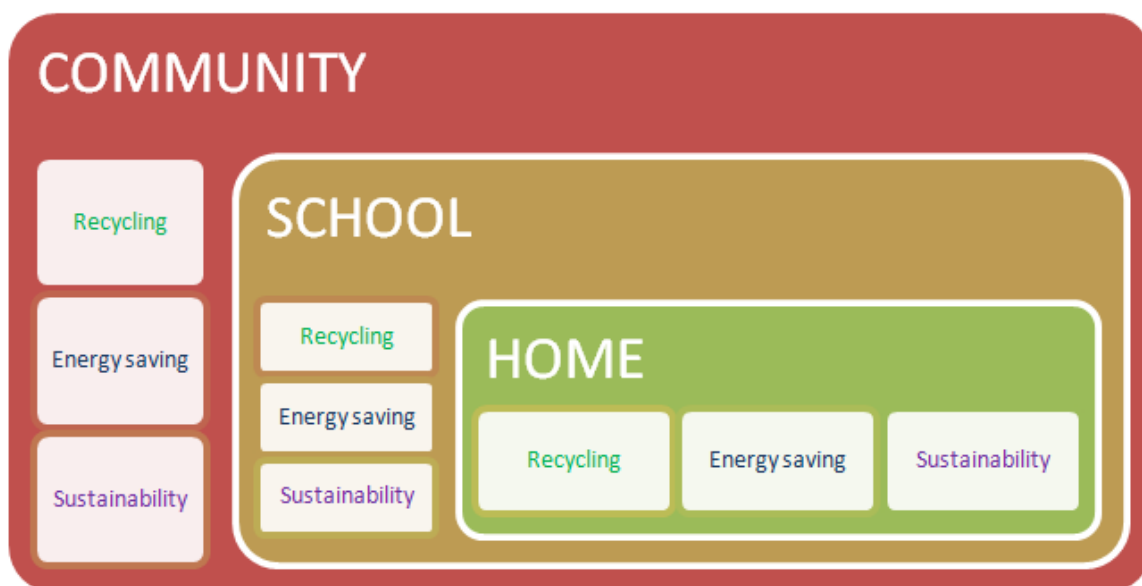


In this stepping stone:

There is a chart that you can fill in to keep a record of the eco projects that you can do. These projects include learning about how to recycle things, how to save energy and also how to become sustainable. That means how to grow our own food and take care of our environment through not wasting our resources. That means the things that we can adapt around us to live from.

You can do each type of project on three different levels: at home, at school (and you can get the family involved too – because they can do these eco projects at work,) and the third level is in the community or neighbourhood, where you live and you can get your family and friends to help you out here.

Here is a copy of the chart that you can fill in and your HET helper will work with you in this :



Your HET helper will go through some ideas to help you get some projects going but here is a starter project for you:

ECO Project – Starter game

This is all about how we take care of our planet. Just like we need to take care and look after ourselves, an important part of doing just that thing, is to take care and look after our environment.

To appreciate how we are part of everything around us and everything around us is part of us, we need to become more aware of being kind to our environment. By respecting and loving the environment, we are respecting and loving ourselves.

The following activity requires you to create your own environmental care plan. Have a go at answering the following questions. Give yourself a for everything that you already do!

When you have done this design a questionnaire for your friends to do with you. This time you might like to add some more of your own questions.

When you have done that – have a go at planning a ‘Help the planet’ Action promise plan. You can plan this with your family, or friends.



Here are some simple questions to get you started. When you write your own you can make it as comprehensive or as basic as you like:

- How often and when do you recycle items that you no longer need / use?
- How do the consumer items, which you buy, help protect the environment?
- What do you do voluntarily to help the community
- Do you use public transport / walk / cycle?
- How do you conserve energy? E.g., *buying energy saving light bulbs.*
- What biodegradable alternatives do you use?
- What plants, herbs, vegetables, fruits, trees, etc., do you grow?

- How do you keep the environment tidy?
- How much time a week do you spend walking / appreciating nature around you?
- How do you help the wild life?

Your HET helper has loads more ideas to talk over with you.

Here is a story of a young man who was involved with Willow Bridge.

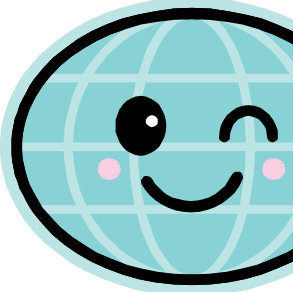
MEET LOUIS

Louis is a young man, (he was 13 when he did he interview). He has Asperger's, which is a mild form of Autism. He has a passion for anything which involves Eco or Green focus and has inspired many people who know him, including the staff at his school by introducing loads of inspirational things that can be done at school which are helpful to our planet.

To listen To Louis' interview - [right click here 'Save target as'](#)

- **Listen to his interview and list down all the great ideas he has introduced at school.**
When you have a complete list of what he has achieved:-
- **How could you inspire the staff at your school to take on board some of these ideas?**
- **How could you get started with ONE idea?**
- **Who would you need to see?**
- **Who could help you with this?**

ENVIRONMENTAL CARE PROMISES

WHAT I DO TO HELP THE PLANET ALREADY	HOW I CAN IMPROVE WHAT I DO TO HELP THE PLANET
	

SPECIAL MISSION:

Earn a HET token. Post to our website Please collect some evidence of what you are doing in your promises – this can be pictures, or stories –we will email your HET helper a ‘Eco’ token to put towards your treasure chest.

Now you can take one of these ideas and make it into a project.

These are just the first 2 projects that are posted on our eco project page:

<http://www.hetwebsite.com/ecoprojects/>

Here there are loads of projects and Eco ideas that are constantly being added to our website.

You can work through these with your HET helper, or adapt them or even think of your own. But remember to post your results onto HETwebsite and share them with your friends on there!

SPECIAL MISSION:

Earn a HET token. Post to our website every time you complete an Eco project and post up the details or pictures or videos of the project to HETwebsite –we will email your HET helper an ‘ECO’ token to put towards your treasure chest.

CONCLUSION

So, with finishing HET stepping stone 12 you have now crossed your obstacles.

You have found out ways to help you make better choices, create better outcomes and feel better about yourself. You have found out which of those ways work best for you and help you most.

You have discovered ways to be kinder to yourself , to your family, friends, teachers and helpers and to animals and our planet.

Along that journey you have and will continue to show others how to do things differently. To wake up and remember who they are and that there are better ways to do things that impact on everyone and everything around us.

You are a HETTY!.... and the future of our world depends on you. What you think and have to say today is our voice of the future.

There is a radio show that I used to host for Glastonbury Radio when I lived and worked at Willow Bridge. Many young people who I met there would say what they felt and what was important to them in a special slot called 'Voices of the Future' – I would love to hear from you and to include your voice - about what matters to you on our website. Please email me lin@HETwebsite.com so we can arrange this, to take your message for the future out for people who have forgotten in the HERE and NOW place to HEAR and KNOW!

Your HET helper will go over your treasure charts and diaries now and help you discover what works best for you – Please write to me and let me know about it?

And maybe..... just maybe????

You would like to find out how to become a HET helper yourself?

Find out more about our HET peer mentoring scheme – and take another stepping stone forward!

Me and Daisy will see you on www.HETwebsite.com *Lin*

