



HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2017

LIFESTYLE

Personal transformation

Mind, body, spirit

By Beth Doyle

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January is often the time of year for self-reflection – a look at where we are and where we want to be, whether personally or professionally, or in relation to fitness or finances.

Truth be told, though, personal reflection can happen any time of year and, often, that reflection inspires a journey that unfolds over time and involves our mind, body and spirit.

Plymouth resident Paula Harris, formerly of Duxbury, has been on that journey for the past few years.

“I was very community-focused and wasn’t taking care of myself,” Harris, the co-founder of WH Cornerstone Investments, said.

This isn’t surprising, considering her extensive involvement in a variety of community organizations ranging from the Plymouth Philharmonic Orchestra to the South Shore Chamber of Commerce, the Duxbury Free Library and Holy Family Parish.

And although Harris’ journey resulted in a focus on her personal life and improved health, it started with an increased involvement in her faith.

It started with faith

“A few years ago, a friend said to me, ‘I didn’t even know you were Catholic,’” Harris recounted. “I realized I never let my faith light shine. I started going to church when the new year started, and with Lent, Father Bob Deehan suggested, ‘Instead of giving something up, add something. Come to church every week during Lent.’ When Lent

ended, I liked going, and then I kept going.”

This renewed effort to practice her faith resulted in other small changes.

“I made other changes because of that. On Saturday night, since I was getting up early on Sunday for the first Mass, I was going to bed earlier, foregoing that extra drink,” Harris said.

The following October, Harris lived Cur-sillo, a three-day retreat that focuses on showing Christian lay people how to become effective Christian leaders through personal spiritual development.

She continues to nurture her faith as a lecturer in church and vice-chair of the parish council, and with practices like reading a daily email from Mike Dooley, a New York Times best-selling author, founder of TUT.com and Notes from the Universe, and a world-traveler who speaks on life, dreams and happiness.

“His Message from the Universe is very positive. It’s all about having positive thoughts, and then your thoughts become things,” Harris said.

Mind and body

Harris continued her transformational journey during a trip with her husband, Bill, to Palm Springs to participate in a six-day program presented by Tony Robbins, a life success coach dedicated to helping people achieve their dreams.

“It didn’t focus on business,” Harris said. “It focused on aspects of personal life.”

During the program, one of the exercises was to set long-term goals.

“I realized if I didn’t have my health, I couldn’t achieve any of these goals,” she said.

So Harris began treating with Duxbury chiropractor Dr. Katina Manning, of Well-spring Chiropractic Center.

“She changed my life,” Harris said. “I’ve been seeing her for the past three years. She has been a Godsend.

“She started me on nutrition and understanding my body, and listening to and feeling what my body was telling me. She helped me understand about food inflammation. After I did a blood test and found some foods

inflamed my body, I eliminated them. Weight just started to fall off, and I started to have so much more energy. I started to feel like a different person.”

The importance of quiet time

Previously shouldering a busy schedule, Harris has realized the importance of quiet time.

“One of the things I realized was that you need to be in the classroom of silence to hear and understand what your purpose is. When you’re in a frenzy of activity, you can’t hear,” Harris said.

Harris finds some of this quiet time during prayer at daily Mass. Another part of her daily routine is a 30-minute walk outside.

“I’m trying to create that quiet space and figuring out how I’m going to be of service to others in my personal and professional life. Through the quiet time, I’m starting to reprioritize my life regarding who’s most important and what’s most important,” she said.

Another point vital to finding that quiet time?

“I’m learning to say ‘no,’ and that ‘no’ is a complete sentence, which we all need to remember,” Harris stated.

Additional resources

Harris also sees a nutritionist and visits a clinic in Newton that uses the Egoscue Method to get her posture in alignment.

Her goal?

“To be as healthy and energized as possible,” she said. “I’m learning the art of self-care.”

Paula Harris, co-founder of WH Cornerstone Investments, is a past president of the Plymouth Philharmonic Orchestra, the 2012 chairman of the board for the South Shore Chamber of Commerce, past president of the Duxbury Free Library INC board and a former elected Trustee for the Duxbury Free Library, and a member of the Community Garden Club of Duxbury, Holy Family Parish, Plymouth Yacht Club, Board of Trustee of NVNA and Hospice and an advisory board member of empowerHER.



Paula Harris