

The EAST of WELLNESS

By Geetika Agrawal

In this edition of *Living Colour*, let's talk about the emphasis of health and wellness in our lives.

Wellness has ancient roots originating from the East (India, China) and the West (Greece, Rome). It is a natural and holistic approach to health which promotes self-healing and preventive care. It increases vitality, longevity, faster recovery and reduces the need for expensive and invasive medical interventions.

A 'dis-ease' – chronic or acute – is the physical manifestation of stagnant emotions and feelings caused due to stress, trauma and unpleasant experiences of life, which get stored in the cells of the body.

On the physical level, this translates to release of stress hormones – adrenaline and cortisol – to prepare the body for a 'fight or flight' response. This temporarily deprives all the other systems and organs of sufficient resources for optimal functionality. Remaining in this state for prolonged periods culminates in an ailment.

In nature, when a gazelle successfully evades a cheetah, it does a very characteristic shake to reactivate the para-sympathetic nervous system, to reset the body to be back in flow and harmony. With the rising level of human consciousness, self-awareness and our progression as cultural and social beings, the stresses have morphed from being purely physical to significantly in the mental and emotional plane.

However, our human bodies still respond to these stresses in ways they always have. Therefore, after any stressful event, the reactivation of para-sympathetic nervous system, which puts the body into its 'relax and repair' mode, does not take place unless a clear bodily signal is given to it. Understanding the importance of wellness, and integrating it with our daily lives, thus becomes paramount.

According to the Global Wellness Institute, wellness can be categorised into the following six areas:

- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.

Mother's Day Tribute

When I think about
my mother ...



Joëlle Marie Kabamba, Melbourne

When I think of my Maman ...

One of my favourite unknown quotes is: "A life well lived, is a life shared." The life of our dear Maman exemplifies this great quote. As a mother of 12 children and 11 grandchildren, she lived to prioritise others first. Sharing who she was to others with full passion and great faith, poised with incredible capacity to face life's challenges, made her our heroine and voice of reason!

– Joëlle M.A Kabamba, Author, Speaker, Pastor



**Louis Marcou, Phillip Island and
Maine, USA**

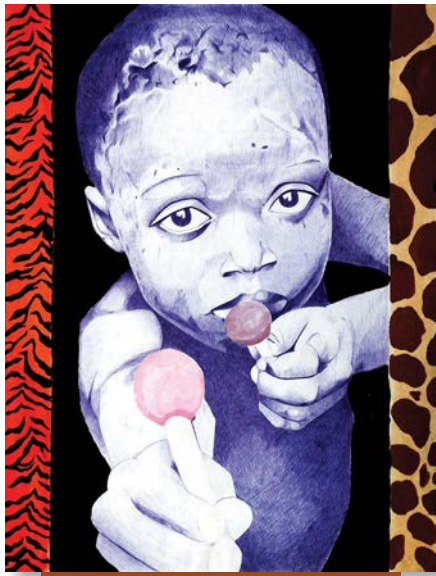
My mother, Zenaide Fecteau Marcou was a loving, gentle, supporting soul, developing strength through adversity. The death of her mother, and moving from Quebec to Maine at the age of 10 with her older sister to work in the cotton mills, did not stop her becoming an active and much respected member of the community, bringing about changes in attitudes, especially about the discrimination against French Canadian immigrants.

Mother was born May 1894 in Beauceville, P.Q., Canada and died March 1971 in Waterville, Maine.

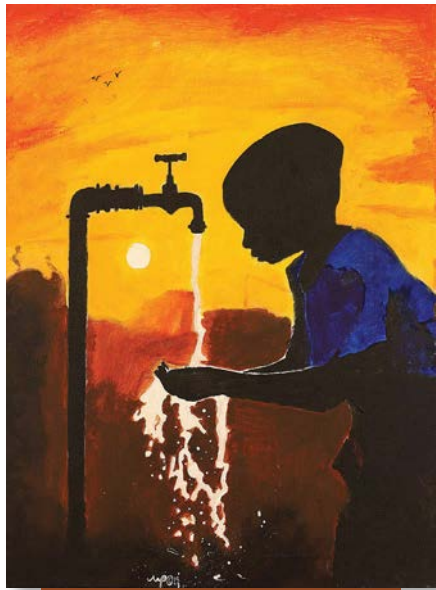
– Louis Marcou, Barrister at Law

The very fact that you worry
about being a good mom means
that you already are one.

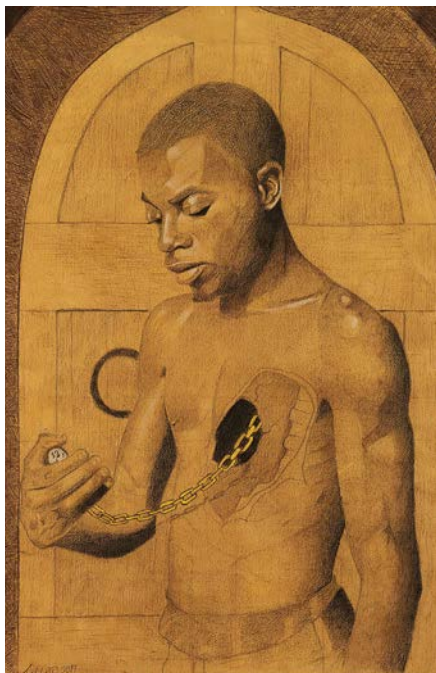
– Jodi Picoult, author of *My Sister's Keeper*
and *Nineteen Minutes*.



Act of Giving (2018).



Water Is Life (2019).



Waiting Is Wasting (2019).



Emmanuel Asante – the artist at work.



Portrait of King George and Queen Charlotte.

Medium: Ink on A4 paper.



Portrait of Maya Angelou.

Medium: Coffee on A4 paper.



Portrait of Sadie Mané and Aisha Tamba.

Medium: Coffee on A4 paper.



Charmaine Idris (centre) surrounded by queens
@gianneabbott | @liezl224 | @dani_strongsambabodies
@_stillg_ | @anamis_designs

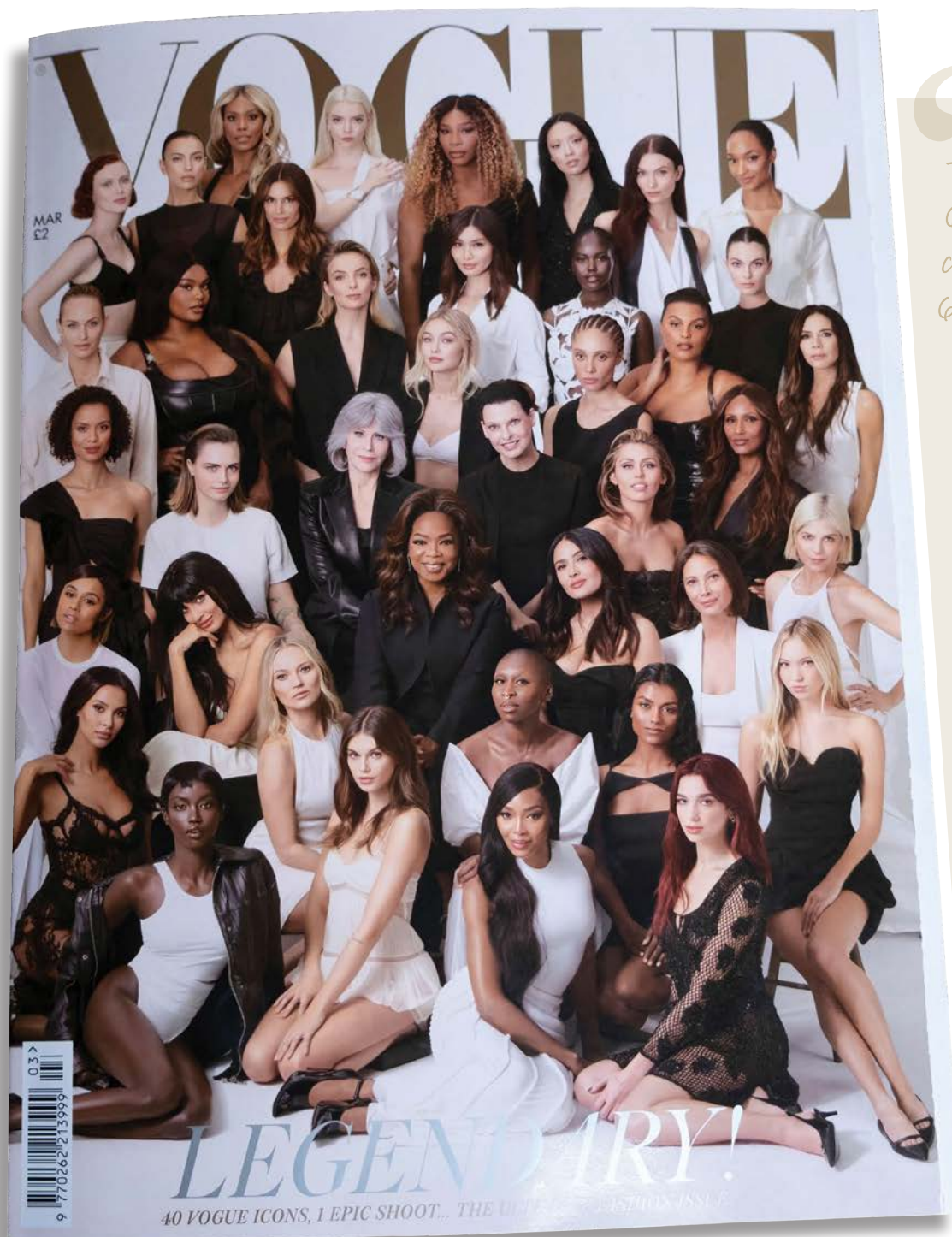
Photo: Captured by @bananaboat. Assistant creative directors
@nadiahnfuzion and @janna.imperial

The headwrap (crown) savant

Living Colour Magazine interviewed Charmaine Idris, founder and designer of the iconic fashion label Diva Headwraps, celebrating 10 years of stylish innovation and international success from her Brisbane (Meeanjin) base.

A generational **MASTERSTROKE**

AUTHENTIC DIVERSITY, EQUITY AND INCLUSION



To say I've had
6 @britishvogue
covers in the last
6 and a half years
is so INSANE
to me.

Working with all
you has been one
of the greatest
joys and honor of
my career.

@edward_enninful

I love you so
much and I'm
forever proud
of you. I cannot
WAIT to see
what's next!!



– Adut Akech,
Vogue cover model.

Southeast Brisbane TRENDING

The long-anticipated opening of their newest location for The Little Dumpling, in the trendy hub of South City Square Woolloongabba has now been opened for some five months, and does not disappoint.

Location store owners Boom and business partners not only bring the great food locals have enjoyed across other Brisbane locations for years now, but have added personality and charm to the 'buzzing' vibe of The Gabba precinct.

Opened seven days for lunch and dinner, it's certainly become a weekly inclusion for most locals in the precinct.

The Gabba  @little.red.dumpling_gabba

Other locations: Sunnybank Hills, Brisbane CBD, West End, Bulimba, Toombul, Browns Plains, North Lakes, Toowong, Broadbeach, Kawana Shoppingworld, and Sunshine Plaza.




They say, a picture tells a thousand words. Photos: Supplied.



A Transformational King

25th Enstoolment Anniversary of Otumfuo Osei Tutu II

His Excellency Bishop Dr Akwasi Adu Amankwah, a United States Ambassador to the United Nations Assembly, describes the King of the Ashanti Kingdom as a transformational leader whose reign has brought honour and fame to his people, Ghana, and Africa. He noted that since the reign of Otumfuo Osei Tutu II as the occupant of the Golden Stool in 1999, he has been a 'one-of-a-kind monarch' whose kingship has brought glory to Ghana and Africa on the global stage..

H.E Bishop Dr Adu Amankwah, also the Commander of the Most Noble Peace Ambassadors, said the Asantehene had not only been exceptional in promoting Ghanaian culture globally, but his singular contributions to education, health, and infrastructure were clearly evident. 

God put me here. It is not by my will,
beauty, strength or wisdom.

His will has put me here.

If I forget that he is the source
of my authority, I will not progress.

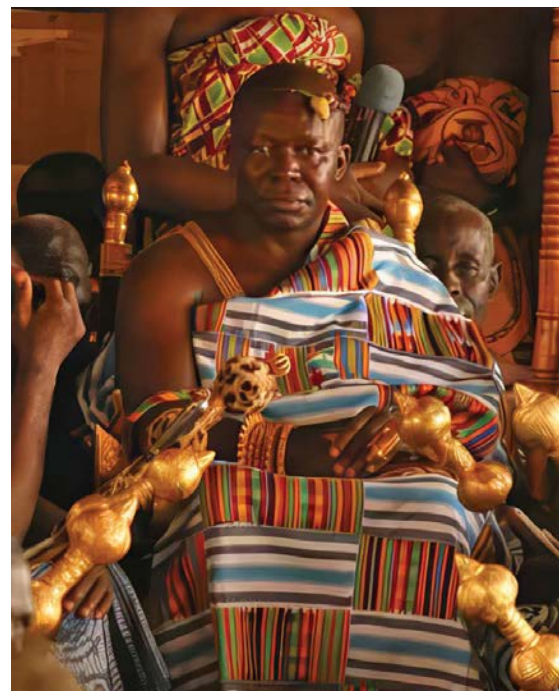
What I never forget is that
I'm seated here because of His grace ...

I pray that I never forget this.

I want to leave a legacy that

I respected and treated
all men with dignity.

– Asantehene Otumfuo Osei Tutu II



Otumfuo Osei Tutu II in May 2005.

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