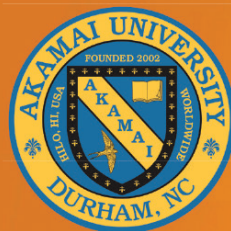
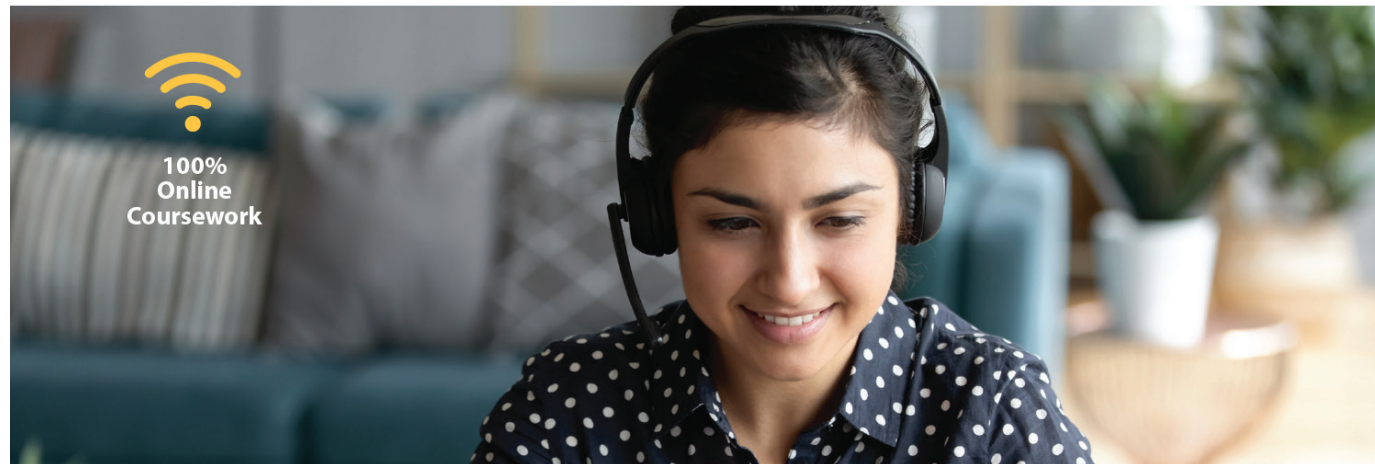


#3151 TRANSFORM YOUR LIFE, FAMILY & PRACTICE THROUGH INTENTION & ATTENTION TO ACHIEVE WELLNESS FOR ALL INCLUDING PEACE WITHIN, BETWEEN AND AMONG

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College of Integrative Health

The power of “intention” and “attention” shape reality as we are all ONE and connected. Harnessing these innate resources in all of us is required to open to a higher power that transcends mere ego decision. We are not separate from our family, our practice including the organizations we work in.

Partnerships are needed for support, sustenance and success as captured through the empowerment of internal guidance. The **SEVEN STEP TO WELLNESS MODEL** includes the following:

1. Establish your wellness goal such as: healing physical health challenges, healing emotional issues, grief and loss, dealing with stress and tension, revitalizing the self, dealing with life transitions, trauma release and spiritual awakening.

By focusing on one of the categories, you can target your response and achieve empowerment by examination of your energetic wellness. This includes:

2. Align the central power current, balance the energy centers, clear the energy field, clear body energy flow, expand inner glow called the core star and remove interfering energies.

Once the findings and energetic outcomes are identified, then:

3. The appropriate energetic interventions are applied from TYLEM (Transform Your Life Through Energy Medicine).

4. Emotional and rational aspects are examined of present, past and future.

5. Examine present, past and future energy dynamics.

6. Set the desired change and goal.

7. Wellness self-care plan operationalized address an integrated approach to physical, emotional, mental and spiritual component of the self.

These same factors are examined as you review the impact of both family life on you and nursing practice all woven into one journey each element impacting the others to achieve peace.

MARY JO BULBROOK

3151 - Transform Your Life

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