

ENERGY MEDICINE AND MINDFULNESS Your path to personal peacefulness and welling

Our well-being lies in our balance, physically, mentally, emotionally, nutritionally, environmentally, and spiritually! According to the research with the law of attraction and energy medicine, the path to such peaceful balance begins with our agreement, knowing and acceptance it can be. We have the ability to feel this, experience this and to know it as our reality.

Human beings have amazing capacity! Likely far beyond our comprehension – beyond the comprehension of the greatest minds we honor and respect. What is the key to this – to our attainment of peaceful and contented whole body wellness? In my studies and embracing of life in all its glory, gut wrenching trials and tribulations, I have learned, *how we take it, how we view all that goes on around us* determines our life experience – our personal reality. We all have a story we tell ourselves, a drama we live in, roles we choose to play. We must choose wisely.

Just what does this mean? Our perception, our beliefs, thought patterns and thinking, our self-talk, and our actions – all of this affects all that we experience. It influences, determines (if you will) the life we have. And our biography becomes our reality. (Refer to the work of Dr Christiane Northrup and Carolyn Myss). The most amazing aspect to all of this – we have complete control, the ultimate of choices in every situation. It is all within each of our hands – perhaps better said – it is all in our minds.

We can have a most positive influence on every aspect of our self by:

- Taking the time to know and honour just who we are and what we are here for
- Determining just what it is we want and how we want to go about living our life
- Paying attention (mindful) to our thoughts, our words and our actions and witnessing what brings us towards our goals – doing what works and letting go of what does not
- Reprogramming our self talk to ensure it is supporting our longings, desires, aspirations and objectives. (The universe is always listening)
- Following through with actions that support our thoughts, wishes and words
- Affirming regularly *exactly* what we want, listening to and honoring our hearts longings and knowing we are worthy of health, happiness, peace, joy, prosperity and serenity

A path to peace:

Introspection and Reflection, Self-Awareness, Acceptance, Compassion, Purpose
Visualization – Affirmations – Loving Self Talk – Conscious Mind-Setting – Meditation
Energy Medicine Exercises / Qi Gong / Yoga / Journaling / Community connection
Self-honoring Lifestyle shifts – Ongoing Practice / Awareness / Authenticity

Supporting Resources, References, Reading List (a few of my favorites)

Blessings – Julia Cameron / Simple Abundance – Sarah ban Breathnach / Until Today – Iyana Vanzant
Everyday Grace and A Return to Love - Marianne Williamson / Ten Secrets to Success – Dr. Wayne Dyer
The Four Agreements – Don Miguel Ruiz / Happiness is a Choice – Barry McNeil / The Tapping Solution – Nick Ortner / Women's Bodies, Women's Wisdom – Dr. Christiane Northrup M.D./ Energy Medicine – Donna Eden w/ David Feinstein / The Secrets to Manifesting Your Destiny – Dr. Wayne Dyer (audio tapes) / The Way of Qi Gong – Kenneth S. Cohen / Blessings – Julia Cameron / Love Warrior – Glennon Doyle

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This mini mindfulness session is a small segment of the entire class. If you would like more info please contact me

Healing Exercises – Follow through each movement with mind-ful intention and three or more deep slow breaths in through your nose and out through your mouth

Looking back at the Moon – “I am open minded”: Arms encircle in front of your body as though holding a ball, slowly rotate right and left

Release the Venom – tense body up while inhaling deeply and sweeping arms from sides, up and around the body pulling into the heart center envisioning gathering up a fear, pain, worry, doubt, anxiety then release the contraction as arms brush downward to throw away all that tension and ridding self of these tension.

Brush Away – in front of abdominal area (our energy center), brush hands gently across and outward, imagining cleansing/releasing tension, toxins, dis-ease in our internal organs

Pack it in – sweep hands inward just below navel, packing in good energy

Conquering Stress - place your thumbs on your temples and softly rub your forehead to the sides with your fingers allowing stress to dissipate

Three Thumps: Exercises to restore and balance our energy and energy flow and sustain our immune system

1. K 27 points – gently tap the fingertips of each hand below collar bone into the slight indent
2. Thymus Thump – tap fingers in the center of the sternum
3. Spleen Points – tap the fingers just beneath breasts and over to the next rib

Unscramble – hands clasp in front of body and pull in and under towards heart center

Cross Over – imitating a conductor, join forefinger and thumb and weave hands/arms in front of the core body in a figure eight movement balancing energy flow right/left side. (Yin/Yang)

Brain Drain – Press the pads of hands out across forehead and firmly draw hands up to hairline pulling apart envisioning opening skull to create space, and release any over load

Triple Warmer calming – cross one arm over the other holding just above elbow on one side and close to waist on the opposite side inhaling in calm and comforting thoughts. Repeat on the opposite side holding for three breaths.

Release the Chi – with arms like empty sleeves sweep from side to side while rotating torso and releasing energy into your ‘space’ all around you

Zip it Up – with two fingers from each hand, from abdominal area, firmly trace line up body towards mouth and finish with a locking motion on each side of the mouth – repeat three times

YOU

You may not think that the world needs you, but it does, for you are unique, like no one that has ever been before or will come after. No one can speak with your voice, say your piece, smile your smile or shine your light. No one can take your place for it is yours alone to fill. If you are not there to shine your light, who knows how many travelers will lose their way as they try to pass by your empty place in the darkness. Inspired by an old poem

May Raw, Emotional, Authentic Love and peace be part of all you think, say and do – Teri Gentes