



Self-Care Solutions Universal

THE FIVE KEYS TO LIFE LONG WELLNESS

Welcome and thank you for your eagerness to deepen your awareness, access and use of your inner resources to develop inner strength, confidence, self-image and wellbeing. By taking on this program of self-care, it is my belief that you will have a transformed understanding of well being; one that brings the responsibility and therefore results into your immediate and direct control.

Upon completion of this series, you will have renewed access to healthcare strategies and technologies for both preventing and managing disease and illness. Some strategies will be new to you while others will be familiar yet you may see them in a new light. It all begins with self-care. You may find as you follow this program that you have been doing things all along that are acts of self-care that perhaps you didn't realize were arising from your bodies natural intelligence. Bringing these into conscious awareness and practicing daily is how we make the transition from self-care to optimal healthcare. I have faith that every individual can access at least some of the techniques in this program and improve their quality of life, their relationships and their enjoyment and contribution on this planet. I have seen this in my life as I continue to learn about self-care, teach others and develop body awareness as well as in friends, clients and family members who report a deeper life satisfaction. Combining these with the advanced technologies we have available in the medical field to address emergency and acute care is, without a doubt, a more gratifying experience for all.

“Authentic Power is the human experience without the limitations of fear, self-doubt and self-hatred.” Gary Zukav

WHAT YOU CAN EXPECT FROM THIS SERIES

INCREASED personal productivity and motivation

PREVENTION of age-related disease and illness

RENEWED energy and the feeling of aliveness

MANAGE conflicts quickly and successfully

BALANCE and creativity in work and life

CONCENTRATION, focus and direction

DECREASED stress, anxiety and fear

REINFORCED ethical foundations

FREEDOM from physical pain

MEANING and purpose in life



THE FIVE KEYS

I. RELATIONSHIPS

1. Maintain clear, open and honest communication with self and others.
2. Learning how to make requests.
3. Get complete with past relationships.
4. A process to shift from negative to positive thinking patterns.
5. Asking yourself what you want in your relationships.

II. SELF EXPRESSION

1. Express yourself fully and appropriately.
2. Notice withholds (limitations) and clear them.
3. Feel your feelings fully.
4. Share your inner world with another you trust.
5. Have a coach/trainer to guide you through the terrain.

III. DO WHAT YOU LOVE

1. Share your gift.
2. Volunteer.
3. Be in community with others.
4. Give freely of your time and energy.
5. Trade your skill or gift.

IV. BODY INTELLIGENCE

1. Loving your body.
2. Eat well – making healthy food/beverage/supplement choices.
3. Get massages/bodywork.
4. The unlimited benefits of making exercise fun.
5. Taking a stand for self care.

V. DAILY PRACTICE - *This section is interactive and exploratory*
Mindfulness Meditation • The Five Tibetans • Cultivating Authentic Power
Fluid Walking • Back Pain Prevention • Appreciation & Gratitude
Longevity Games • Present Moment Awareness • The Ho'oponopono

THE FOUNDATIONS OF WELLBEING

“Being healthy, even fit, is not a difficult state to achieve. In fact it is natural to be this way. But left to our own devices, we tend to make this an impossible task.”

I have surmised up to the writing of this material, that the most significant factor in our overall sense of well being is feeling good. This explains:

GRATITUDE shifts us from negative self-talk to positive self-talk, changing our perception of ourselves and our world, positively influencing our health and wellbeing, as well as our interactions with others.

LOVE and how this experience can dominate our perception of events, objects and people that both feel good and motivate and inspire us to greater wellbeing, contribution and appreciation. Love and bonding are experiences associated with oxytocin, a chemical that is released during these experiences that leads to; you got it, feeling good! Saying “I love you” (silently or aloud) softens and brightens any experience and is one of the most powerful statements we can utter to ourselves and others.

EXERCISE which releases chemicals that feel good, elevate mood, raise self-esteem, confidence, improve self-image and is known to alleviate depression.

BREATHING oxygenates blood and the brain creating feelings of lightness, spaciousness and inner peace.

IMAGERY in the mind creates a biochemical release leading to pleasant sensations in the body (feeling good), a technique now thousands of years old being accepted into our Western medical establishment as a complement to current healing modalities.

MEDICINE for pain in concert with the placebo effect.

“Unhappiness covers up your natural state of well-being and inner peace, the source of true happiness.” Eckhart Tolle

Healing and being well is about generating or accessing good feelings. They are always there but may not be in our awareness. When they are present, we may call this pleasure or ease. It is the opposite condition of dis-ease, which is the experience we have of ourselves in the absence of ease and the pleasant feelings found there. Ease is felt in the body as warmth, tingling, vibration, fullness, flexibility, potential energy or capacity or expansiveness, drive and/or motivation.

In the absence of these sensations, others may be present such as tightness, itching, tension, pulling or contraction, throbbing, coldness, numbness or even absence of sensation in a particular area, which is neutral. These are indications of the absence of ease (which we call dis-ease) and can come to our aid as red flags. This is not to imply that good feelings or ease must be present at all times, simply that indications of their absence tell us, “Hey, put some attention here!”

“When thinking becomes flexible, joints become flexible. No more pain.” Marlo Morgan

CONCLUSION

The strategies that you will learn in this program are the accumulation and sifting through of hundreds of personal practices that I have encountered and experimented with in my 20 years in healthcare and a lifelong journey on a path of wellbeing. I was once frustrated that there were so many different practices and methods of attaining peace, ease, enlightenment or just simple grounding that I remained continuously baffled at which techniques to use and when.

In *A Path With Heart*, Jack Kornfield encourages us to stick with a (spiritual) practice, but I still didn't know which practice it would be or if I could really commit to one. Eventually, the ones that worked for me stuck and the ones that didn't, fell away. I then began to notice that all the practices from every workshop, seminar, retreat or class I took and teacher I learned from began to fit loosely into five categories with some overlap: Relationships, Self-Expression, Doing what you love/Loving what you do, Body Intelligence (originally Body Awareness), and Daily Practice (originally named Breath, then Spiritual Practice before receiving its current name).