



INTENTIONAL HEALTH:

POWERFUL KEYS

Dr. Ann Marie Nielsen, Ph.D.

The start of a new year, and the present-day influx of opportunities for amazing upward changes, makes this an especially auspicious time to set healthy intentions. Setting intentions provides an easy, effective, powerful way of creating vibrant health, inner balance, and joyful harmony.

Two powerful keys increase the dynamism and effectiveness of your intentions: 1) commitment and 2) enjoyment. When you make a commitment to such experiences as physical wellness, successful relationships, liberating simplicity, and overflowing abundance, you will be amazed at the support, synchronicity, and insights that occur. Your commitment has summoning power that brings everything that you need to move toward tremendous breakthroughs and fulfillment.

Enjoyment is a second key factor in intentions. Enjoyment transforms the commitment from an obligation or burden, to a playful and fun adventure. Rather than an "I have to", your commitment becomes an "I get to, because I'd love to!". An example of an intention that includes commitment and enjoyment follows: "I am 100% committed to creating and greatly enjoying vibrant health and complete fulfillment. I am healthy and happy, living a life of wellness and benevolence". Once you set an intention, the answers, solutions and gifts of life flow to you with perpetual ease.

I have experienced great success with clients in clarifying what they wish to create, taking responsibility for positive changes, and making a joyful commitment to the process. The intention plants a seed. The cultivation of positive mental-emotional habit patterns waters the seed and generates such outcomes as improved health, healed relationships, discovering inner brilliance, experiencing stable happiness. The process also moves you out of the victim mode - feeling that you are at the mercy of another person's actions, a medical diagnosis, or a financial reversal. No matter what has happened, you have the power to choose what you wish to experience, to set intentions, and to create an emotional resonance that leads to amazing outcomes.

It is often easy to know what you do not want, or what does not feel good. We can easily feel the resistance or anxiety about a perplexing situation, a relationship conflict, or a condition in our physical health. However, as we focus more and more on what is negative, it amplifies the situation. On the other hand, as we release resistance to a situation, we feel more at peace and space opens for change and growth. Rather than seeing them as problems, view seeming challenges as opportunities for inner wholeness, rewarding accomplishment, and positive transformation. Then you move into the easy flow of inspirations and solutions. With gentle joy, focus on that which you wish to create, keep a sense of hope in your heart, and experience the benefits in your physical health, zest for life, and emotional balance.

Wishing You Health and Happiness,
Dr. Ann Marie Nielsen Ph.D.

Dr. Nielsen's Therapies Include but are not limited to:

- *Therapy for Depression
- *Self Esteem and Self Worth
- *Regenerative Relaxation Response Therapy
- *Mind Body Medicine
- *Couples/Marriage Therapy
- *Relationship Healing
- *Support for Physical Wellness
- *From Anxiety to Clarity and Ease
- *Rejuvenating Sleep
- *Decreasing Stress Set-Point
- *Increasing Endorphin Response
- *Cellular Regeneration
- *Manifesting Intentions and Life Purpose
- *Cultivating Inner Peace and Happiness
- *Breath Work
- *Meditation Training