



BRIDGES TO VITALITY AND REGENERATION

Dr. Ann Marie Nielsen

Three key bridges to vitality and regeneration include:

*Sensate Focus Awareness

*The Power of Authentic Feeling

*Cultivation of a Happy Resonance

Sensate Body Awareness

You can practice Sensate Awareness by simply tuning into and placing attention on tense or tight places in your body. These constricted places often signal areas of energetic blockage and of suppressed incoherent stress or emotion.

Action Practice: Simply take a few deep breaths and relax. Relax your shoulder muscles and breathe in a rhythmic flow of breath. Gently scan your body and notice any tight areas, one at a time. Place your full awareness on this area, and consciously "relax and release" as you continue to breathe and allow your mind to come into a calm centeredness. As that area relaxes, focus on the next tight or constricted area. Relax as you allow a sense of spaciousness, calm, and new possibilities to arise.

The Power of Authentic Feeling

Often when an emotional trigger occurs, we suppress it by holding it in, or trap it by going into a "mind story" that keeps us in the head rather than feeling from the heart. Practice the power of truly feeling and realize how much trapped energy releases and flows through, allowing a natural vitality to arise within you. To truly feel means allowing yourself to gently embrace and fully feel whatever emotions arise, without censoring or judging them. When you fully feel any emotion - whether anxiety, fear, frustration, anger, grief - beneath that fully expressed emotion is your natural happiness and peace. That is why any emotion fully and deeply felt leads to true joy.

Action Practice: When you feel an emotional "charge" or trigger, release all judgment on the emotion. See it as simply a sensation and extend love and acceptance to that feeling sensation. Allow it to flow through you and release. Then shift your focus to causeless happiness and centered peace as your natural state.

Cultivation of A Happy Resonance

When you keep your body relaxed, and your emotions flowing through, a natural happiness bubbles to the surface. Tune into and increase the radiance of this causeless inner happiness - regardless of external events.

Action Practice: After the above two practices, or any time during the day, take a few moments to feel happy. One way to do this is to remember a time you felt great joy and allow that feeling to surface. Then continue to allow this feeling to grow and expand. Another way to feel happiness, is to think of something that you love and are grateful for. Allow this attitude of happy gratitude to grow strong (like building a muscle). Cultivate this as a reference point and habit of emotion. Maintain or return to this feeling throughout the day and feel it grow into a resonance of happiness within you and all around you. Feeling happy begins as a choice, as a habit of thought-feeling-emotion. Over time it becomes a remembrance of your natural state - Happiness Itself.

Wishing You Happiness and Ease,

Dr. Ann Marie Nielsen

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WELLNESS CENTER to Schedule Appointments: 727-319-8819

Dr. Ann Marie Nielsen's (LMHC FL8181) Treatments Include but are not Limited to:

*Counseling/Psychotherapy	*Regenerative Relaxation Response
*Support for Physical Wellness	*From Depression to Happiness
*From Anxiety to Ease	*Sleep Therapy *Healing Intense Emotional Reactions
*Hypnotherapy	*Couples Therapy *Parent/Child Counseling *Relationship Healing
*Career Success and Prosperity	*Clearing Emotional Blocks that Contribute to Dis-Ease
*Cellular Regeneration	*Greater Peace and Clarity *Re-Patterning to Positive Beliefs and Emotions
*Breath Work	*Medical Qi Gong

