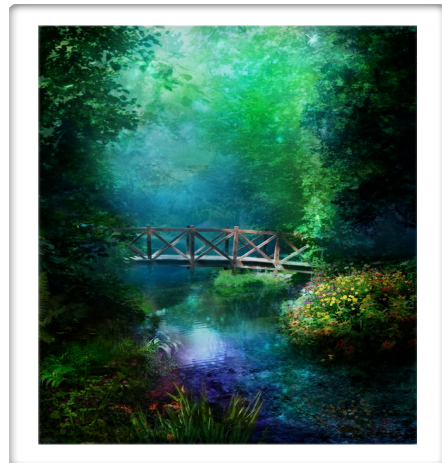


YOU ARE MORE THAN ENOUGH: A DYNAMIC WELLNESS KEY

Ann Marie Nielsen, Ph.D.



Often the journey from disease to health, or from unhappiness to happiness, or from disharmony to peace, involves a powerful shift in a core pivotal self-perception: "I am not enough".

The core shift involves a transition from a mental-emotional habit pattern of:
"I am not enough, there is not enough"

And transforming that to a relaxed certainty and *Seeing* of:
"I am whole and complete; I am joyful giving, I AM more than enough."

This shift puts the bounce back in your steps, the exuberance back into your emotions, the natural relaxed ease back into your body.

This means a knowing of your wholeness, completeness and "enoughness" right here and now - immediately, permanently and unconditionally. It is not an "off in the future" or "tomorrow" "enoughness". A peaceful and certain knowing of "I am more than enough, I have more than enough" (enough to successfully meet any apparent challenge, illness or limitation) has to happen in this moment, in order for lasting breakthroughs to occur.

This is the moment of the miracle, of the healing, of the transformation, of the liberation - not tomorrow, not some far off vague future time. That doesn't mean having a hurried impatience, or needing everything you desire to happen at the snap of a finger. It means that you choose in this moment to hold yourself in thoughts-emotions-actions-patterns which support wholeness, vitality and abundance. And you let go of concern for how or when transformations appear in your life circumstance.

Often we are unaware of how much resistance we hold to truly accepting and relaxing into our "enoughness", our priceless value and inestimable worth. A miraculous bridge from frustration to fulfillment, from illness to health, from failure to success, and from conflict to peace, often arises in the phrase:

"I am willing to allow myself to See, truly See, my identity as 'more than enough with effortless ease and joyful giving' ".

This dissolves resistances, softens blocks to love and healing, dislodges doubts, and creates a spacious openness to new possibilities. This then creates a context for the Mystery of Life, (whether we understand it as Grace, as synchronicity, as miracles, as a tangible receiving of what your body needs to heal, what your heart needs to express greater compassion, what you need to flourish in abundance) to unfold in ways beyond our human ingenuity or planning.

Patients often express feeling "tired" and "struggling". This "tired" goes beyond a physical fatigue. It is a "tired" of the perception of not having or being enough to meet the demands of our bodies, relationships or life. It is creating lives beyond what we can manage, or suppressing emotions until they create dis-ease in the flow of our bodies or lives. This pervading feeling of "not enough", can permeate every aspect of life - not enough love, not enough recognition, not enough time, not enough money, not enough vitality (energy), not enough years left. The list is endless.

You, and those you care for and love - and all of us in the family of humanity - can move beyond fear, fatigue, limitation and struggle. You are created to live in exuberance, wellness, vitality and fulfillment. Even in the midst of serious illness or a complete life re-organization, you can discover a deeper compassion, a transformation of your heart, an expansion of your identity. And this in turn supports physical healing, emotional radiance, and a blossoming into your essential life purpose.

Wishing You Happiness,

Dr. Ann Marie Nielsen

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