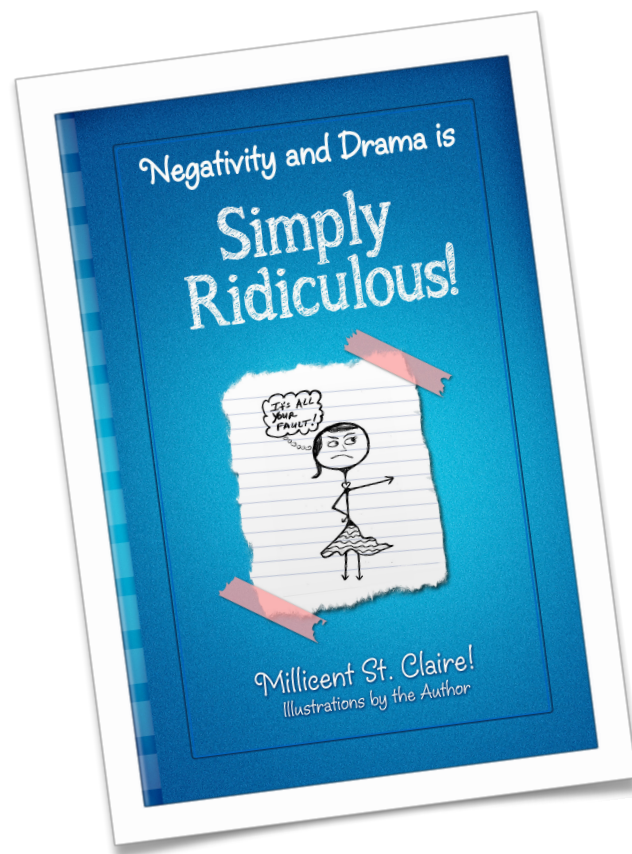


LIGMO! Let It Go Move On!



LIGMO!

# Letting Go of negativity and drama is easier than you think!



## Millicent St. Claire!

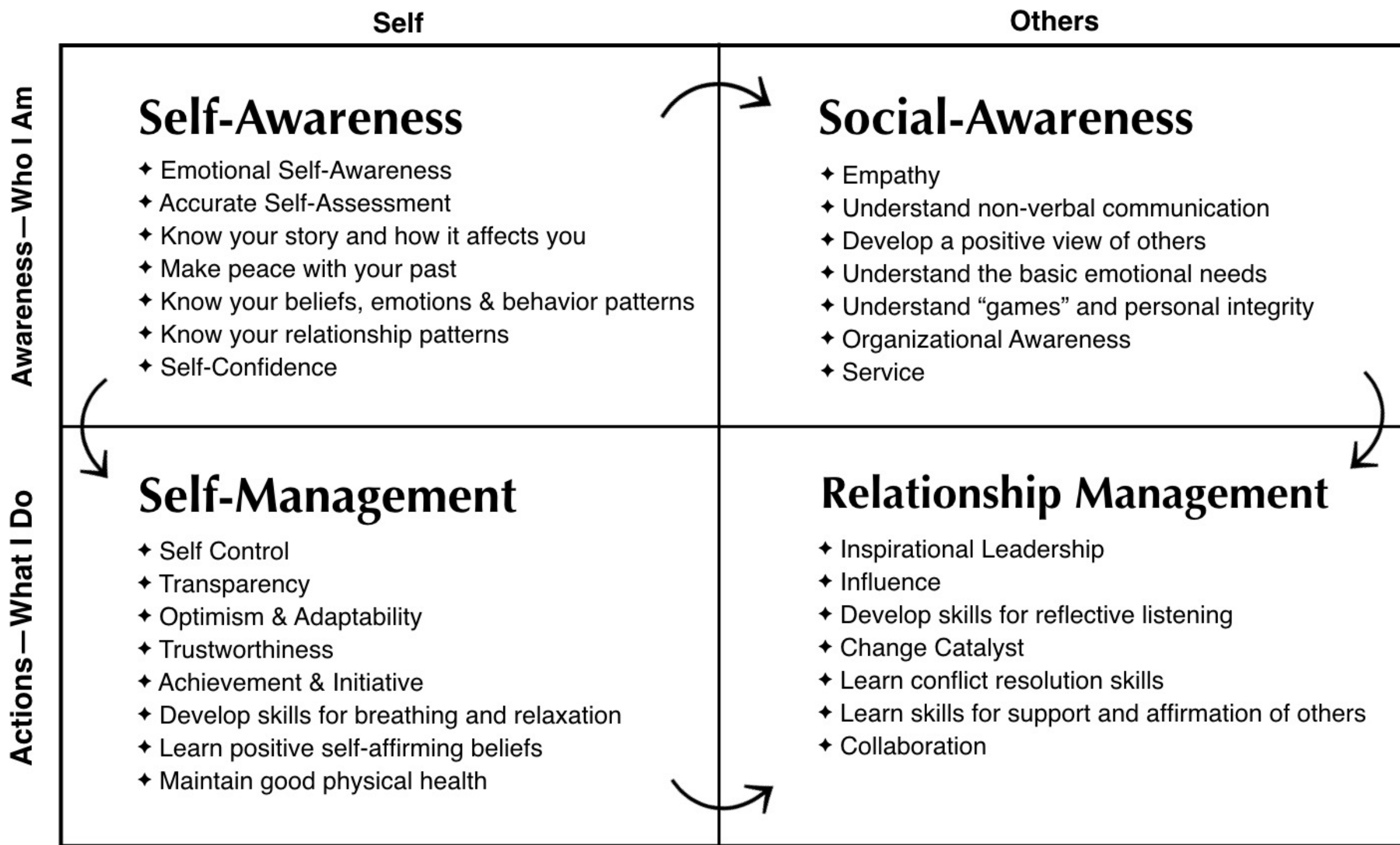
Inspirational Speaker,  
International Trainer and  
Best Selling Author!



# Agenda

- **Look at attitudes and behaviors which are breaking us down socially, mentally, emotionally, and physically**
- **Discuss the scientific impact on our health**
- **Learn the Quick Coherence Method for Emotional Management and to help Let It Go and Move On!**

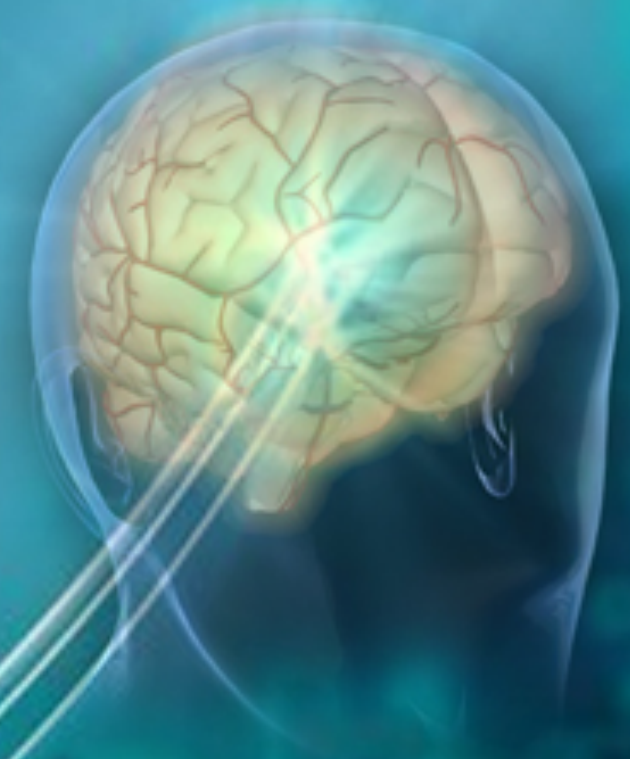
# Emotional Intelligence







# Heart–Brain Communication



The Heart communicates with the Brain and Body in four ways:



1. Neurological — Nervous System
2. Bio-Physical — Pulse Wave
3. Bio-Chemical — Hormones
4. Energetics — Electromagnetic Field

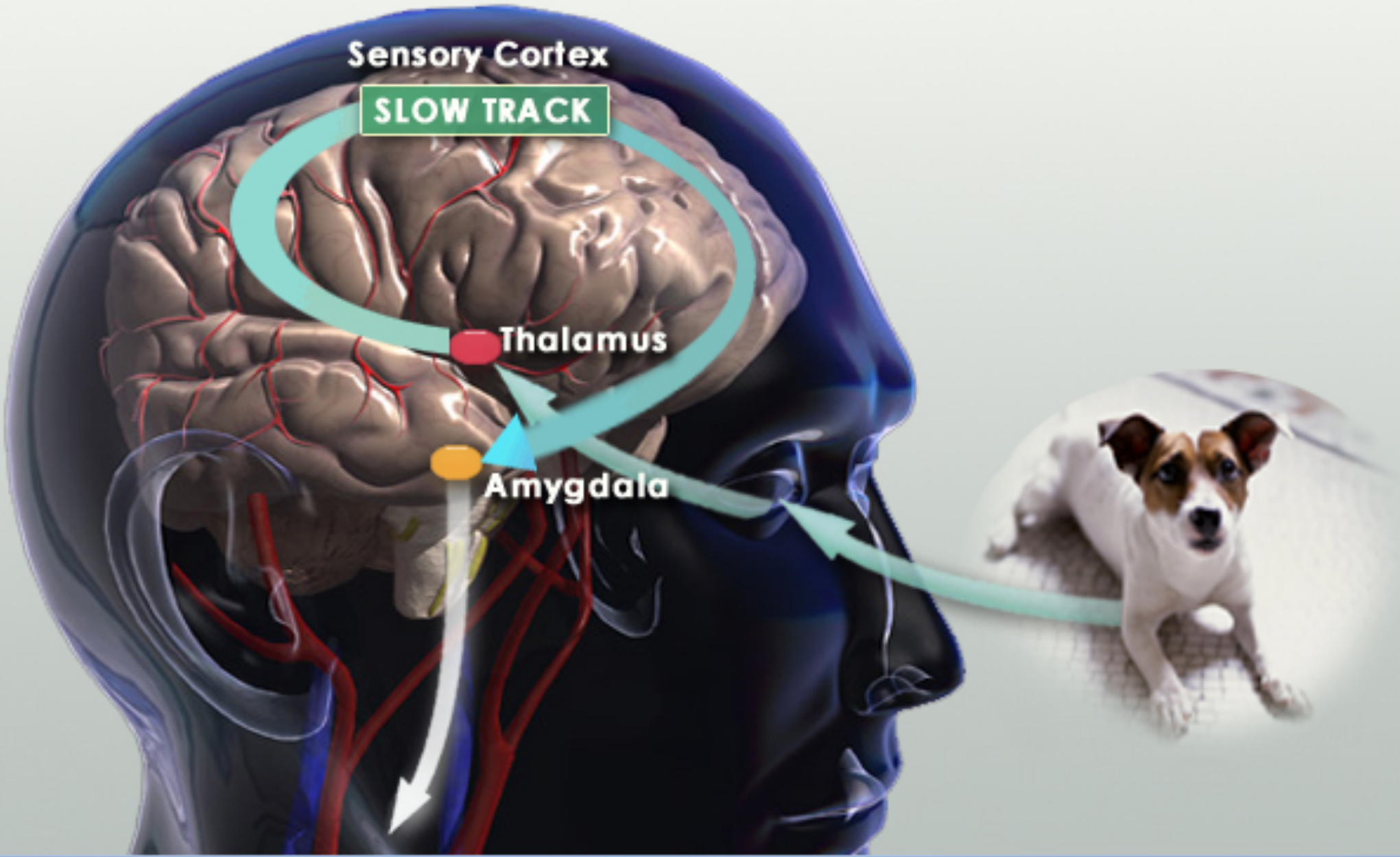


## High Cortisol:Low DHEA

- > Accelerated aging (Kerr et al., 1991; Namiki, 1994)
- > Brain cell death (Kerr et al., 1991; Sapolsky, 1992)
- > Impaired memory and learning (Kerr et al., 1991; Sapolsky, 1992)
- > Decreased bone density; increased osteoporosis (Manolagas, 1979)
- > Reduced muscle mass (Beme, 1993)
- > Reduced skin growth and regeneration (Beme, 1993)
- > Impaired immune function (Hiemke, 1994)
- > Increased blood sugar (DeFeo, 1989)
- > Increased fat accumulation around waist and hips (Marin, 1992)



# Emotional Memories





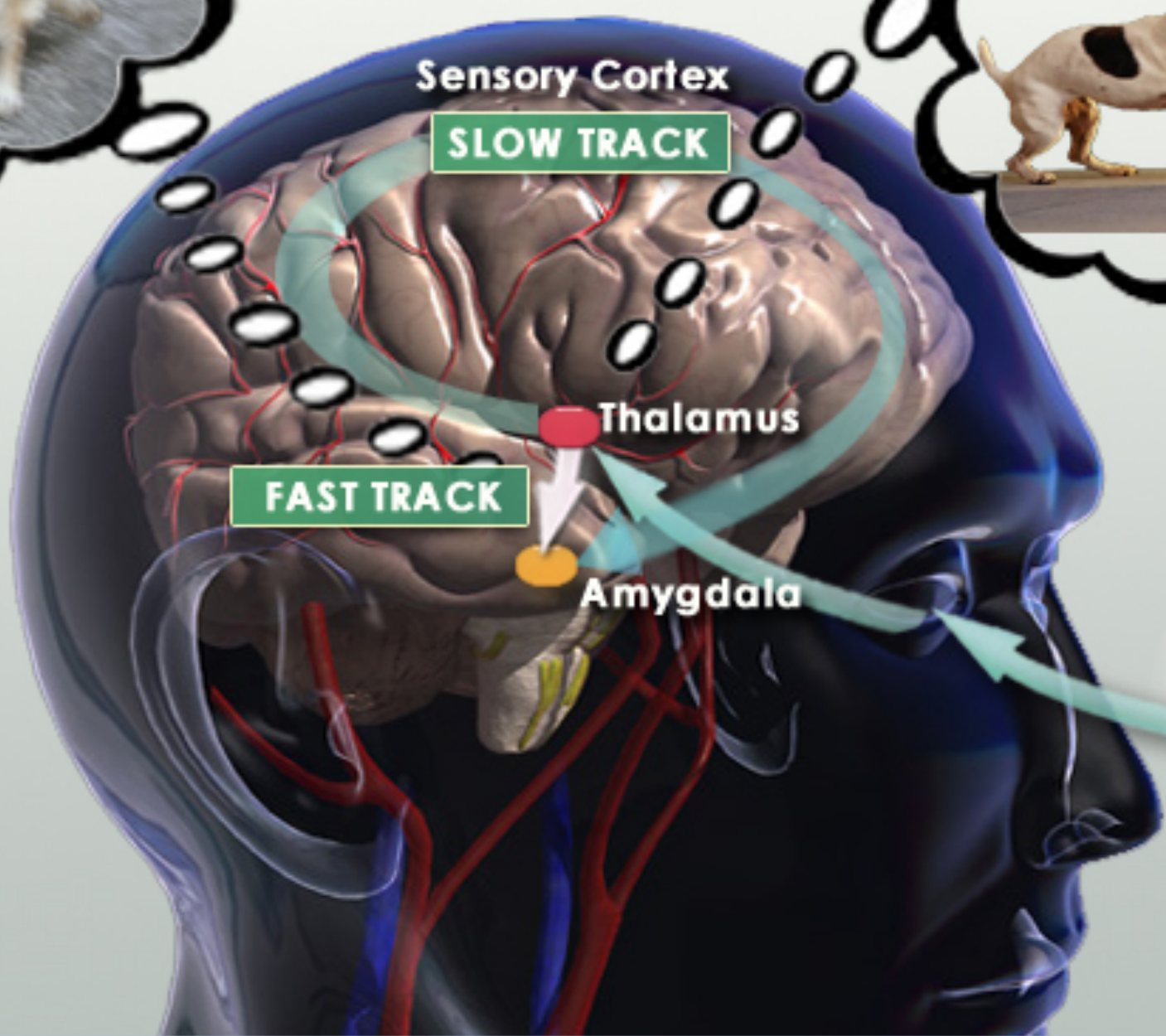
Emotional Perception



Trigger Memories



# Emotional Memories





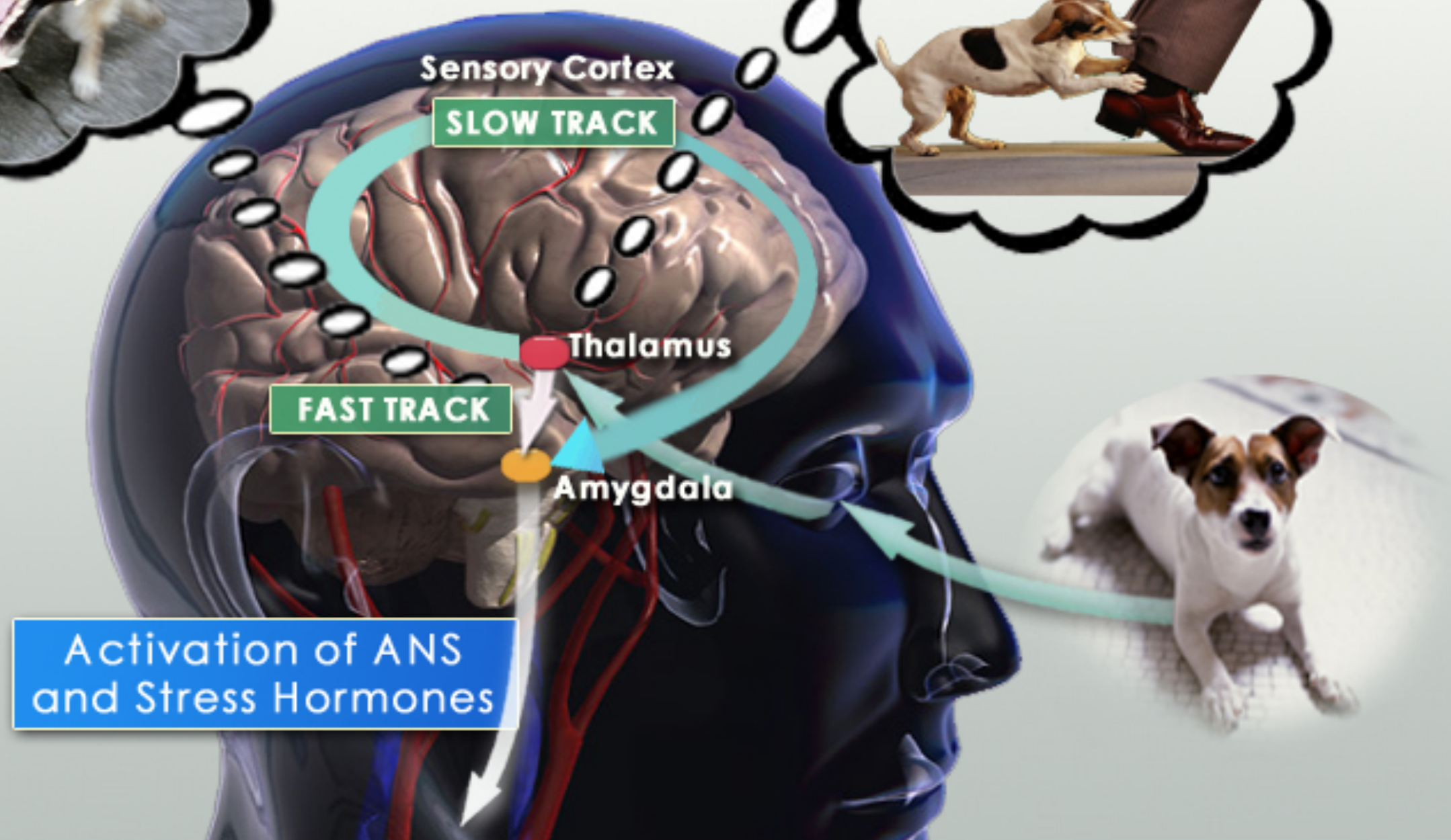
Emotional Perception



Trigger Memories

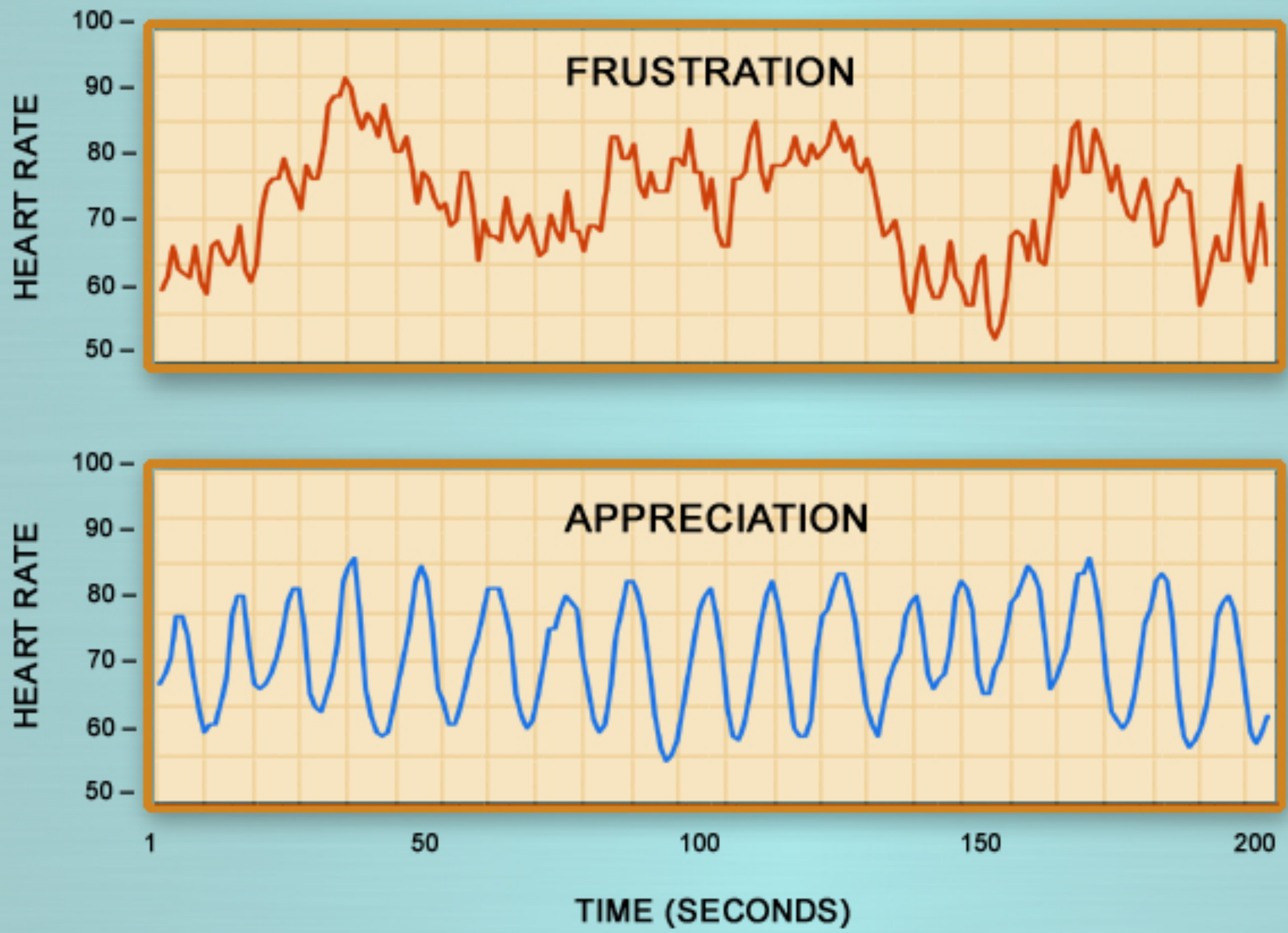


# Emotional Memories



Activation of ANS  
and Stress Hormones

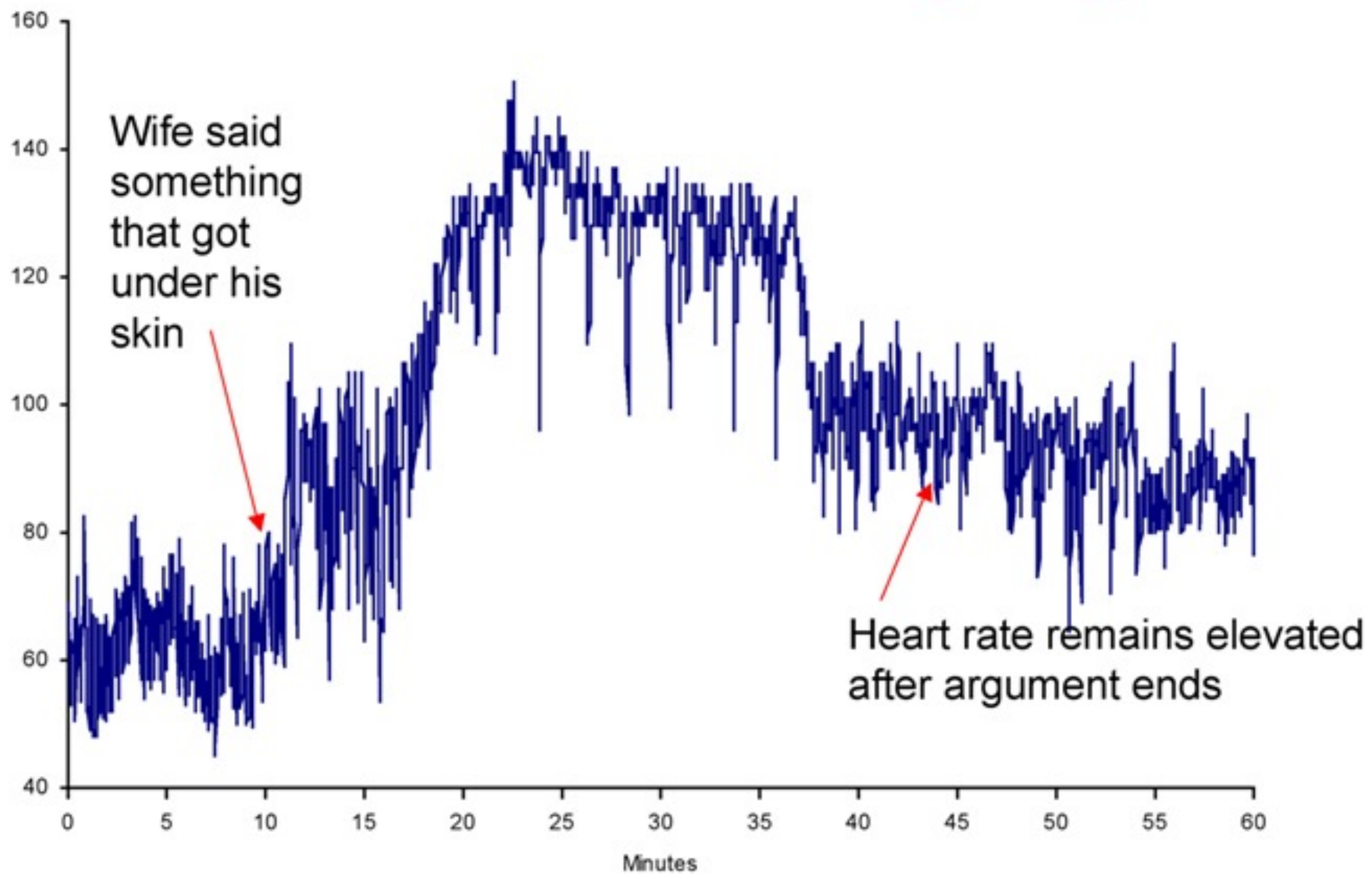




Cortical  
Inhibition  
(chaos)

Cortical  
Facilitation  
(coherence)

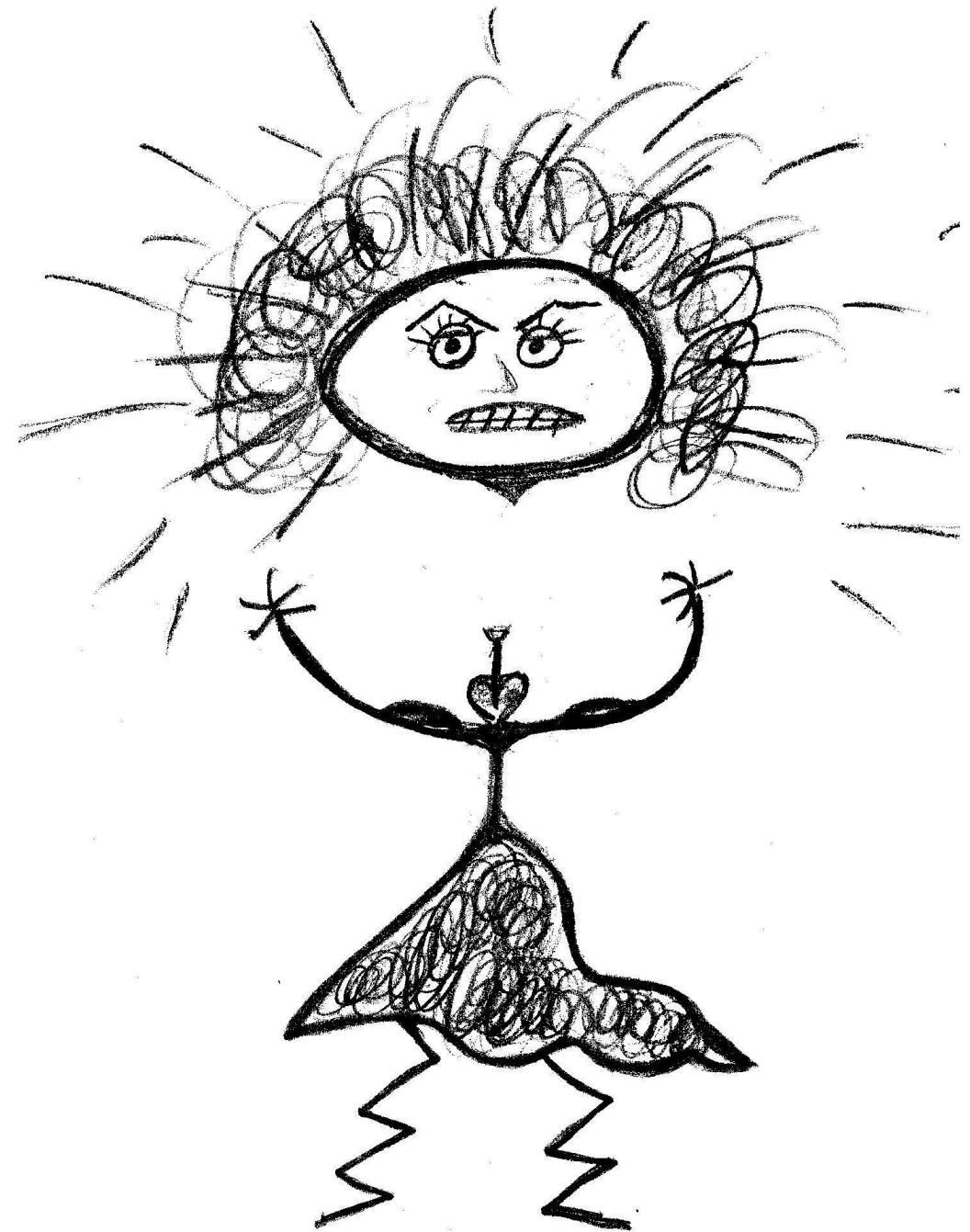
# Husband and Wife Arguing





## **SCREAMING** **Me-Me's** **2 Behaviors of** **Choice...**

- **EXPLODE**
- **IMPLODE**



# NEGATIVE SELF-TALK



# HYPNOTIZED, MESMERIZED & STUPEFIED

**Are you mesmerized by  
simply ridiculous dramas in:**

- **Your family?**
- **The media?**
- **Your church?**
- **At work?**
- **The world?**





# PLAYING THE VICTIM ROLE

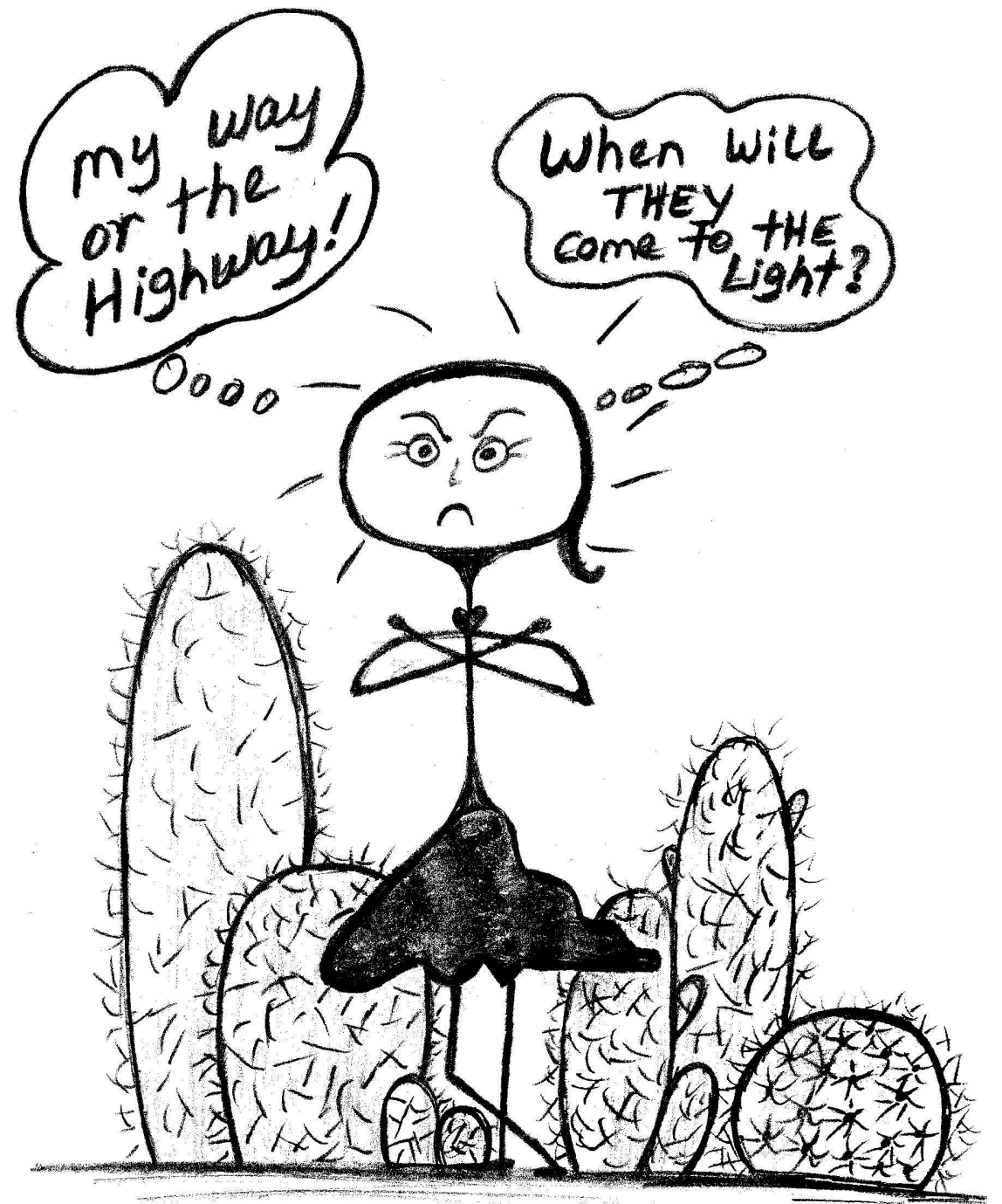






**FINGER-POINTING,  
BLAMING, JUDGING  
AND MAKING OTHERS  
BAD AND WRONG**

# HOLDING ON TO THE NEED TO BE RIGHT



**CARRYING  
CRUSTY OLD  
GRUDGES &  
RESENTMENTS**





# SELECTIVE HEARING

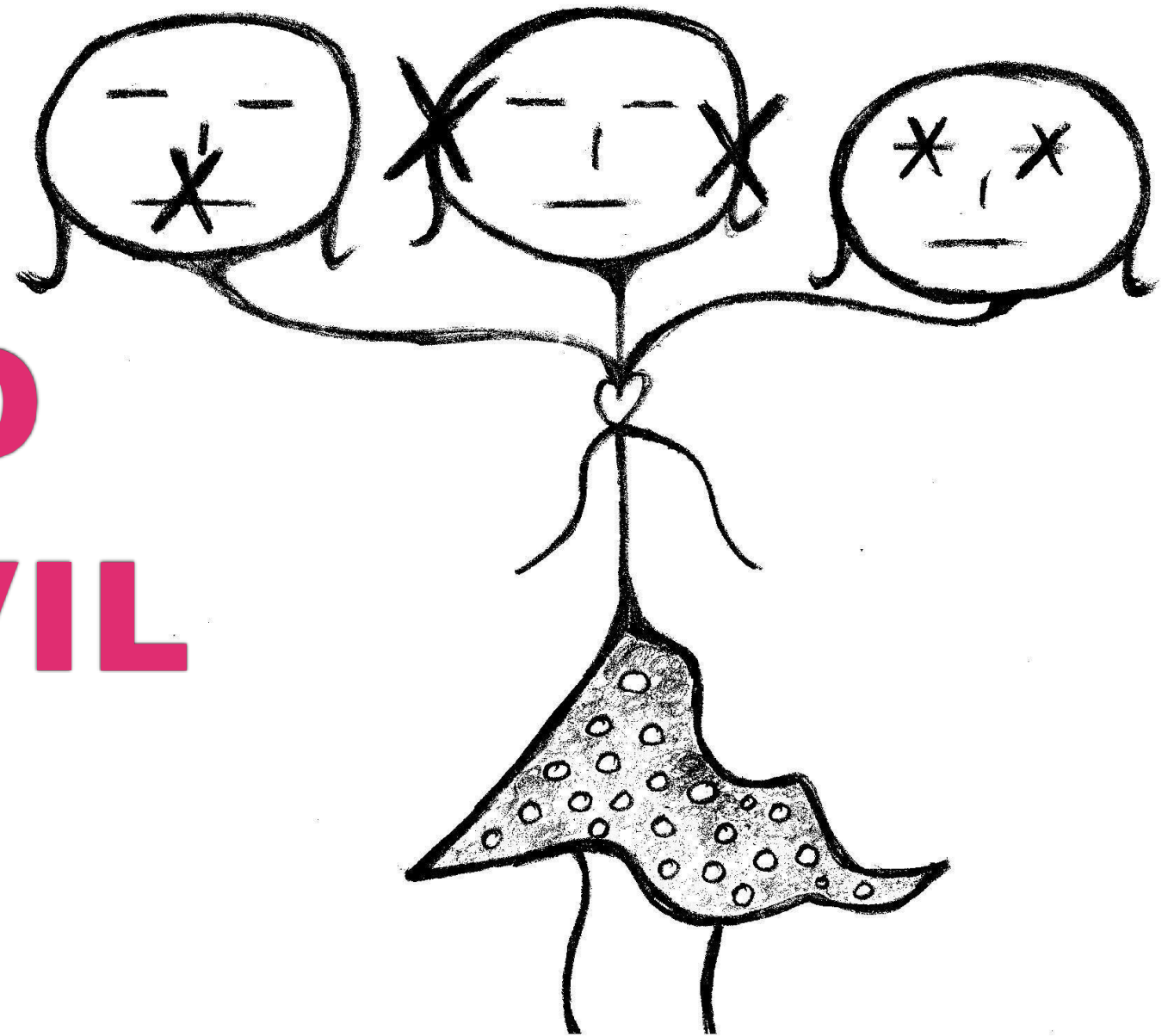
ONLY HEARING WHAT  
YOU WANT TO HEAR





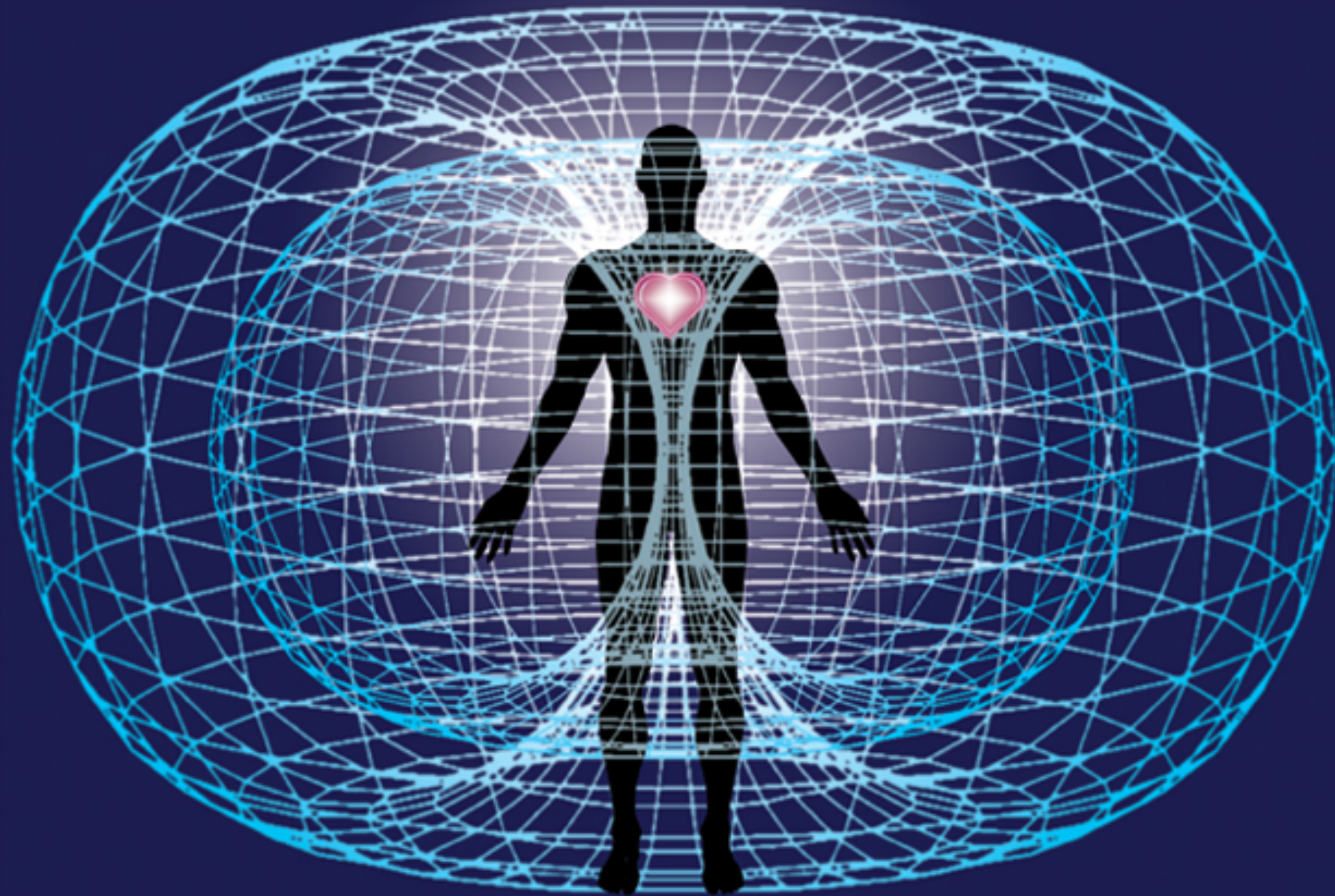
- **SPEAK**
- **HEAR**
- **SEE**

**NO  
EVIL**





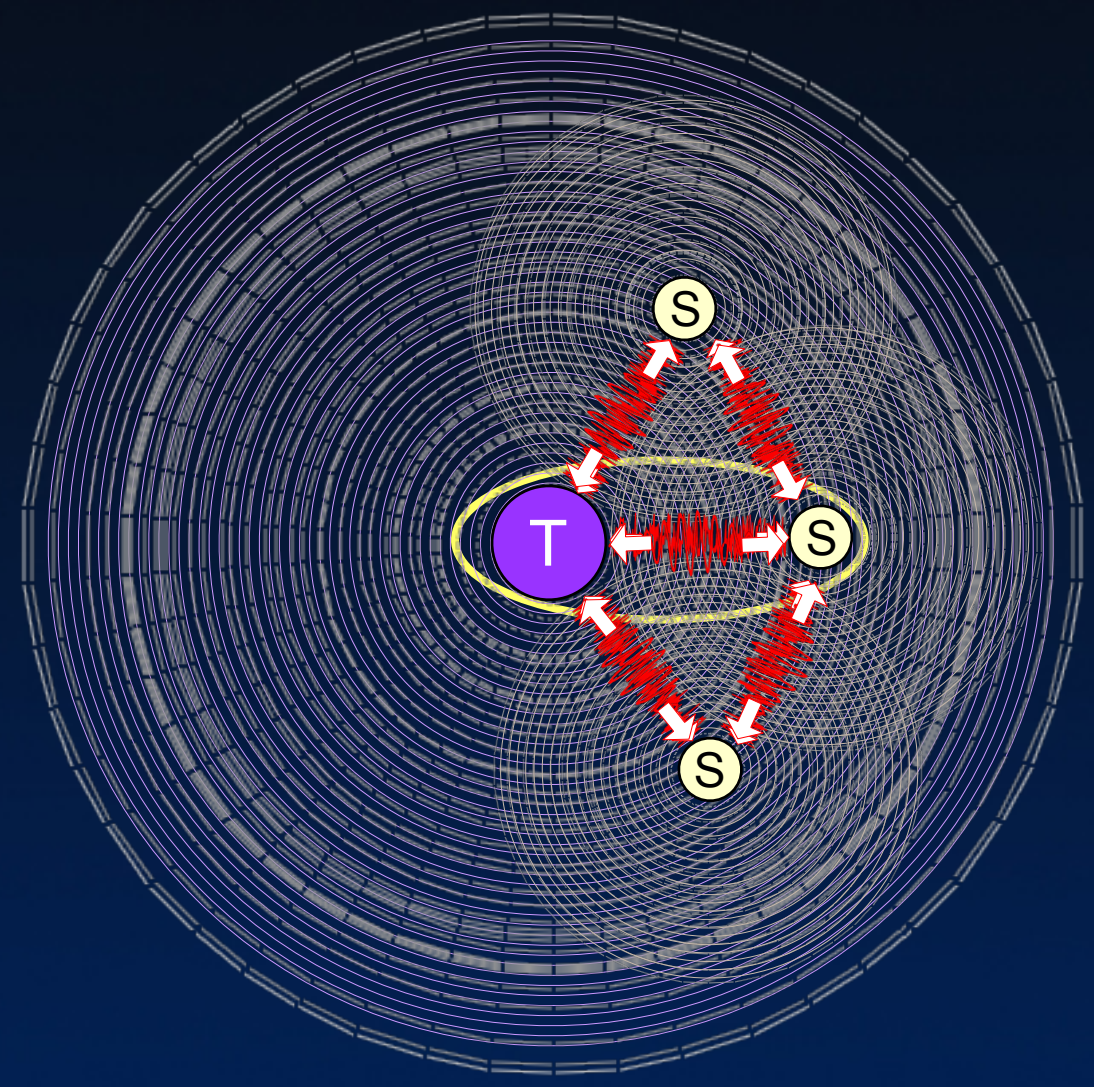
# The Electromagnetic Field of the Heart





# Classroom Dynamics

The Coherence of Teacher/Classroom



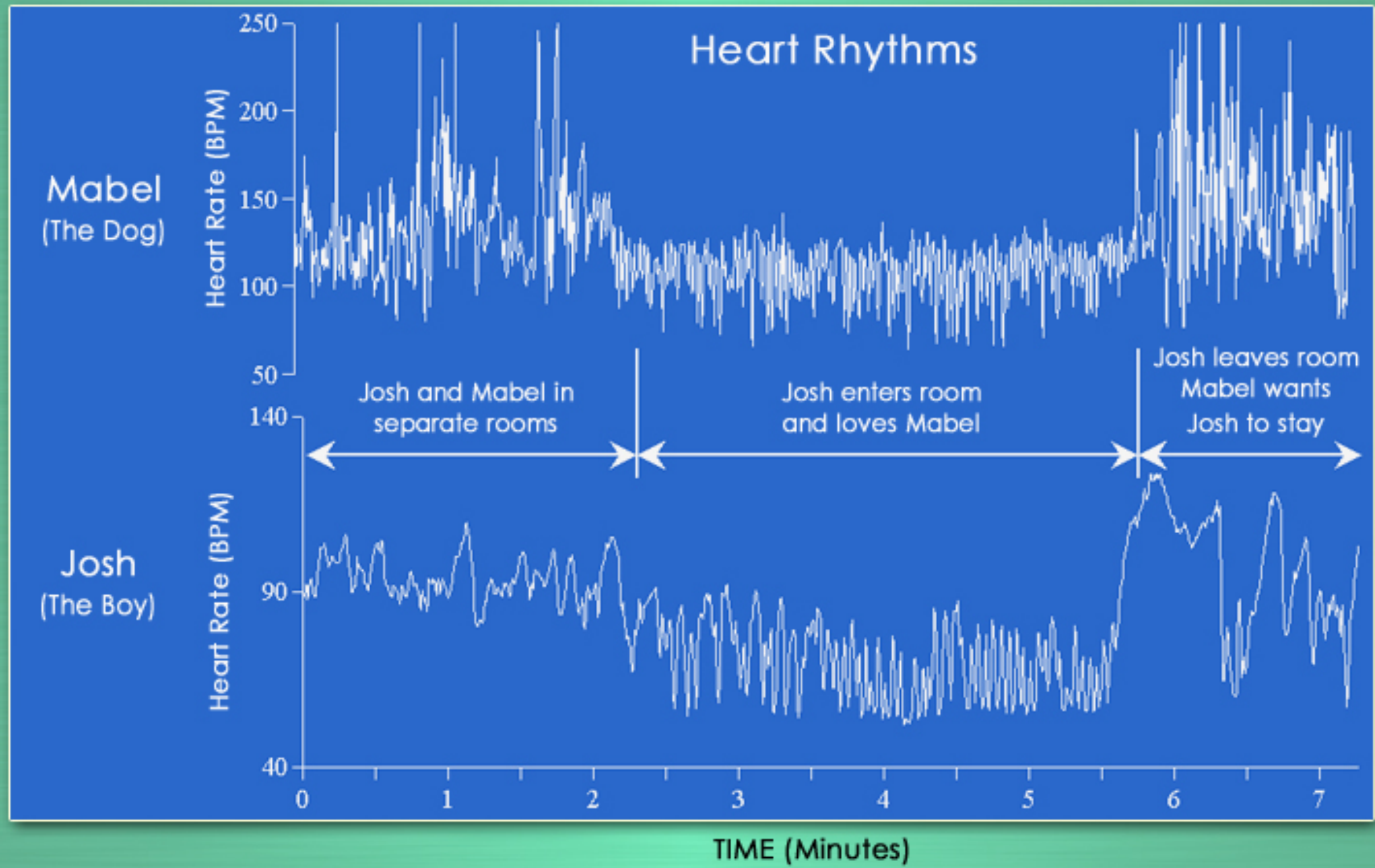


# Josh & Mabel

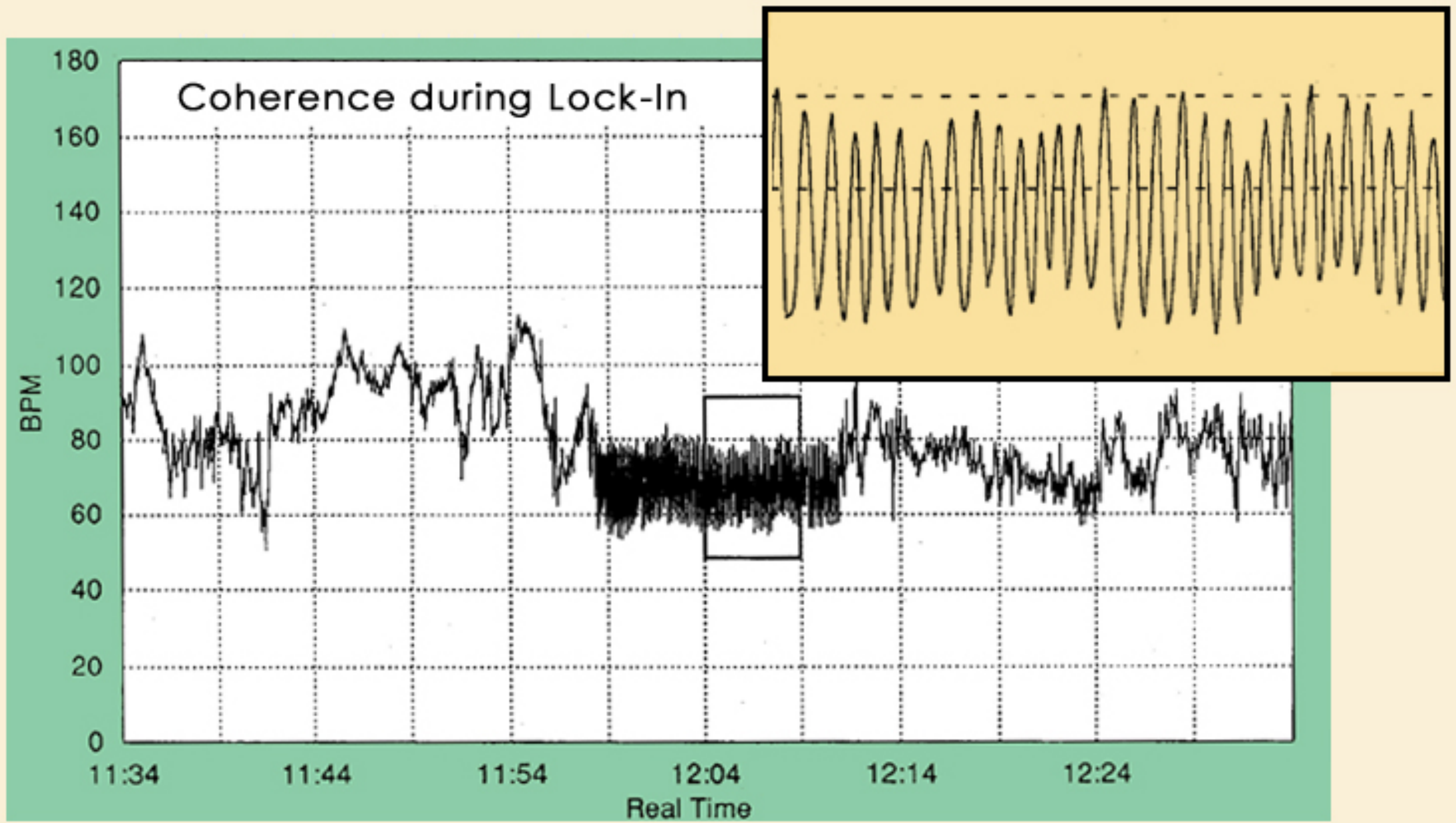




# A Boy and His Dog



# Sustained Coherence





# Benefits of Positive Emotions



- > Increased longevity (Danner et al., 2001)
- > Increased resilience to adversity (Frederickson et al., 2003)
- > Increased cognitive flexibility (Ashby et al., 1999)
- > Improved memory (Isen et al., 1978)
- > Increased immune function (Rein et al., 1995, McCraty et al., 1996)
- > Improved problem solving (Carnevale & Isen, 1986)
- > Increased intuition and creativity (Bolte et al., 2003; Isen et al., 1987)
- > Increased happiness (Frederickson & Joiner, 2002)
- > Improved job performance and achievement  
(Wright & Staw, 1994; Staw et al., 1994)



## HEART FOCUS

FOCUS YOUR ATTENTION ON THE AREA OF YOUR HEART.



## HEART BREATHING

IMAGINE BREATHING IN AND OUT OF YOUR HEART, AND FEEL IT EXPANDING WITH EACH IN BREATH.



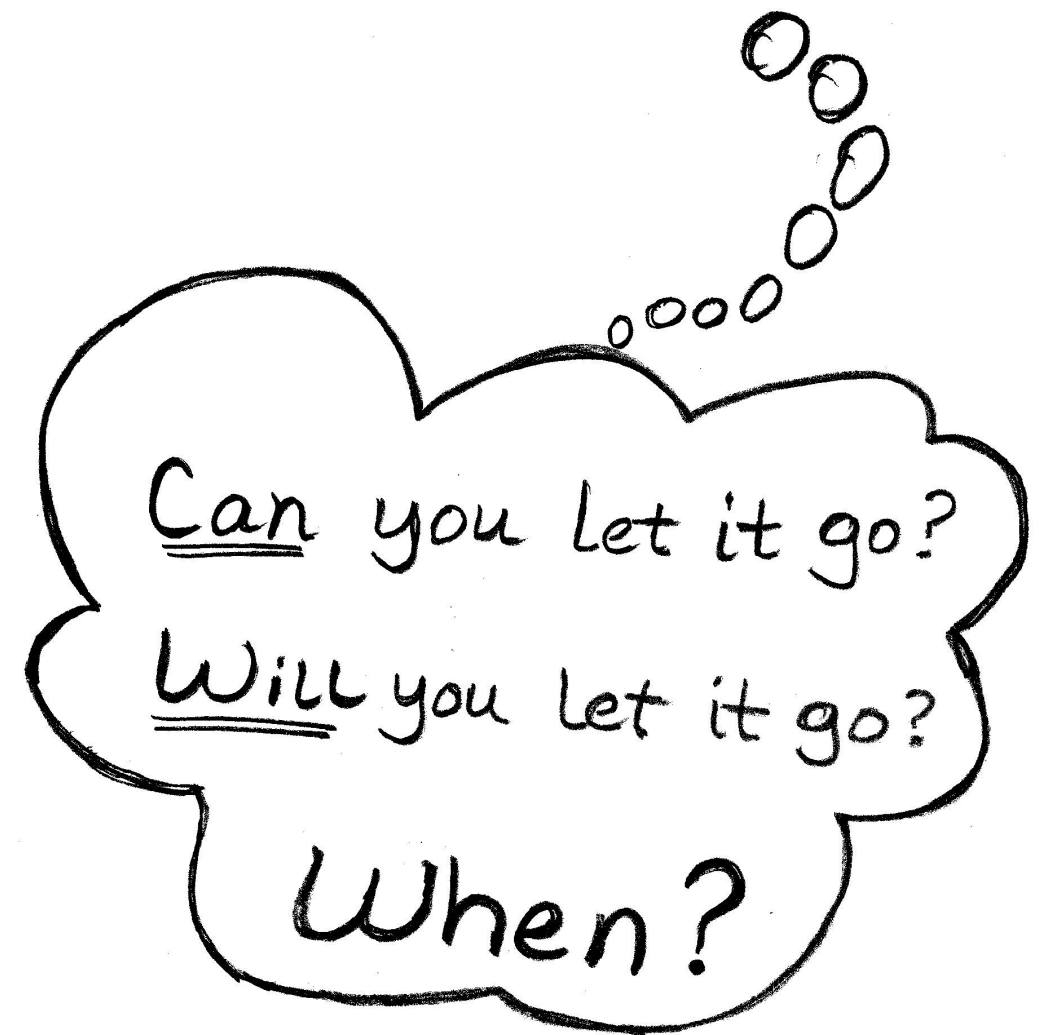
## HEART FEELING

GENERATE A FEELING OF GENUINE APPRECIATION FOR SOMETHING OR SOMEONE YOU LOVE OR CARE ABOUT.





**LETTING GO OR  
RELEASING IS A  
MOMENT BY  
MOMENT CHOICE.**



**MAKING AMENDS  
& CLEANING UP  
YOUR ACT**





**REFRAMING WITH**  
**A-F-G-O!**  
**ANOTHER**  
**FABULOUS**  
**GROWTH**  
**OPPORTUNITY!**





**LETTING GO  
IS SO  
LIBERATING!**

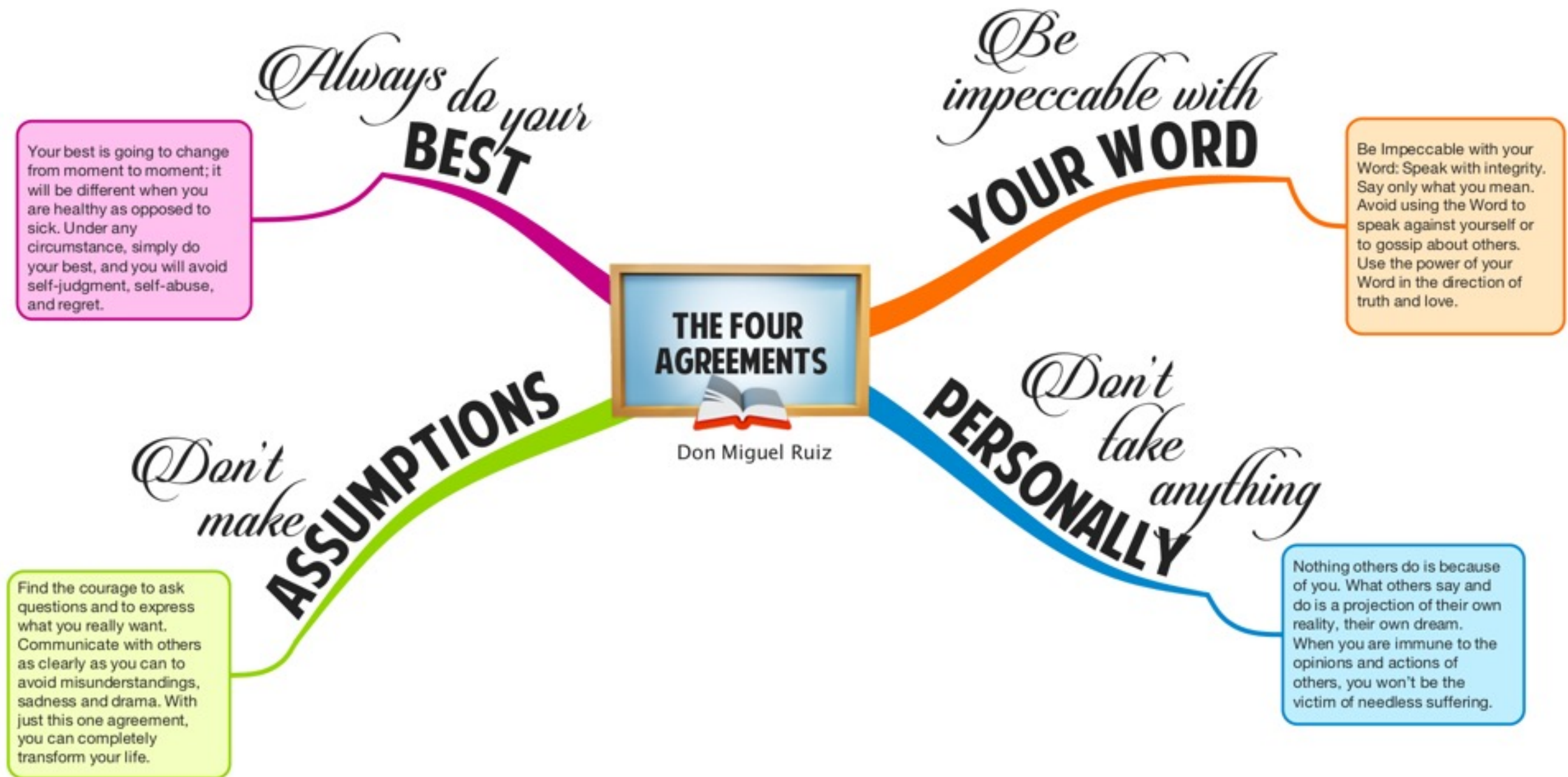


**WITH AN OPEN HEART,  
I SMILE MORE AND  
STRESS LESS!**

**TO DO ANYTHING  
ELSE IS  
SIMPLY RIDICULOUS!**



# The Four Agreements by Don Miguel Ruiz



# Ebook gift for you

