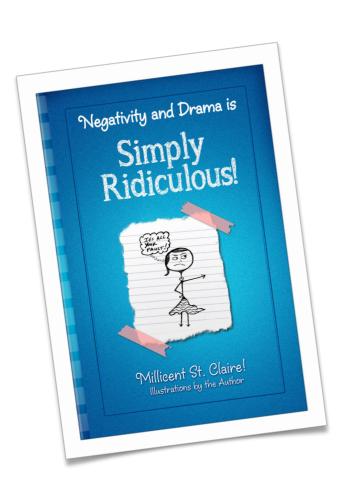
LIGMO! Let It Go Move On!



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



Millicent St. Claire!

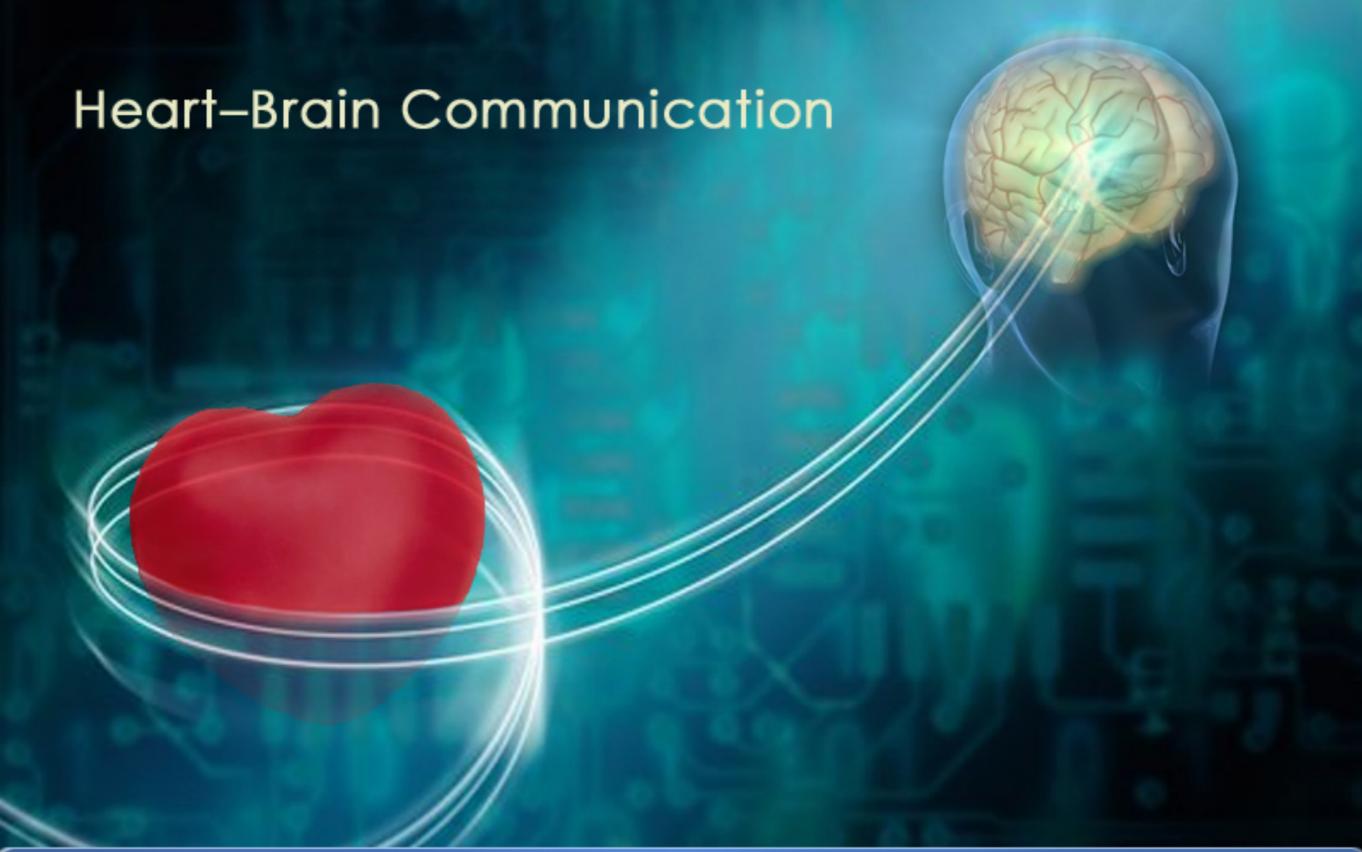
Inspirational Speaker, International Trainer and Best Selling Author!



- 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!

Others Self Who I Am **Self-Awareness Social-Awareness** ◆ Emotional Self-Awareness ◆ Empathy ◆ Accurate Self-Assessment ◆ Understand non-verbal communication Awareness- Know your story and how it affects you ◆ Develop a positive view of others ◆ Make peace with your past ◆ Understand the basic emotional needs ◆ Know your beliefs, emotions & behavior patterns ◆ Understand "games" and personal integrity ◆ Know your relationship patterns Organizational Awareness ◆ Self-Confidence Service **Self-Management Relationship Management** Actions—What I Do Self Control Inspirational Leadership Influence Transparency ◆ Develop skills for reflective listening Optimism & Adaptability ◆ Trustworthiness Change Catalyst ◆ Learn conflict resolution skills Achievement & Initiative ◆ Learn skills for support and affirmation of others ◆ Develop skills for breathing and relaxation Collaboration ◆ Learn positive self-affirming beliefs ◆ Maintain good physical health

Empowering Heart-Based Living



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



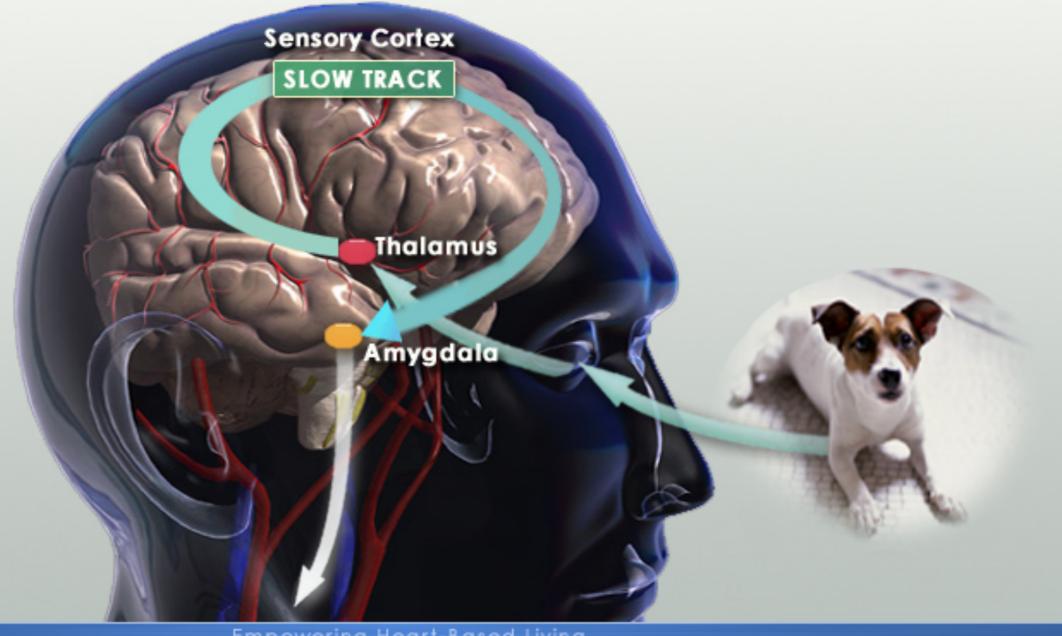
- 1. Neurological Nervous System
- 2. Bio-Physical Pulse Wave
- 3. Bio-Chemical Hormones
- 4. Energetics Electromagnetic Field

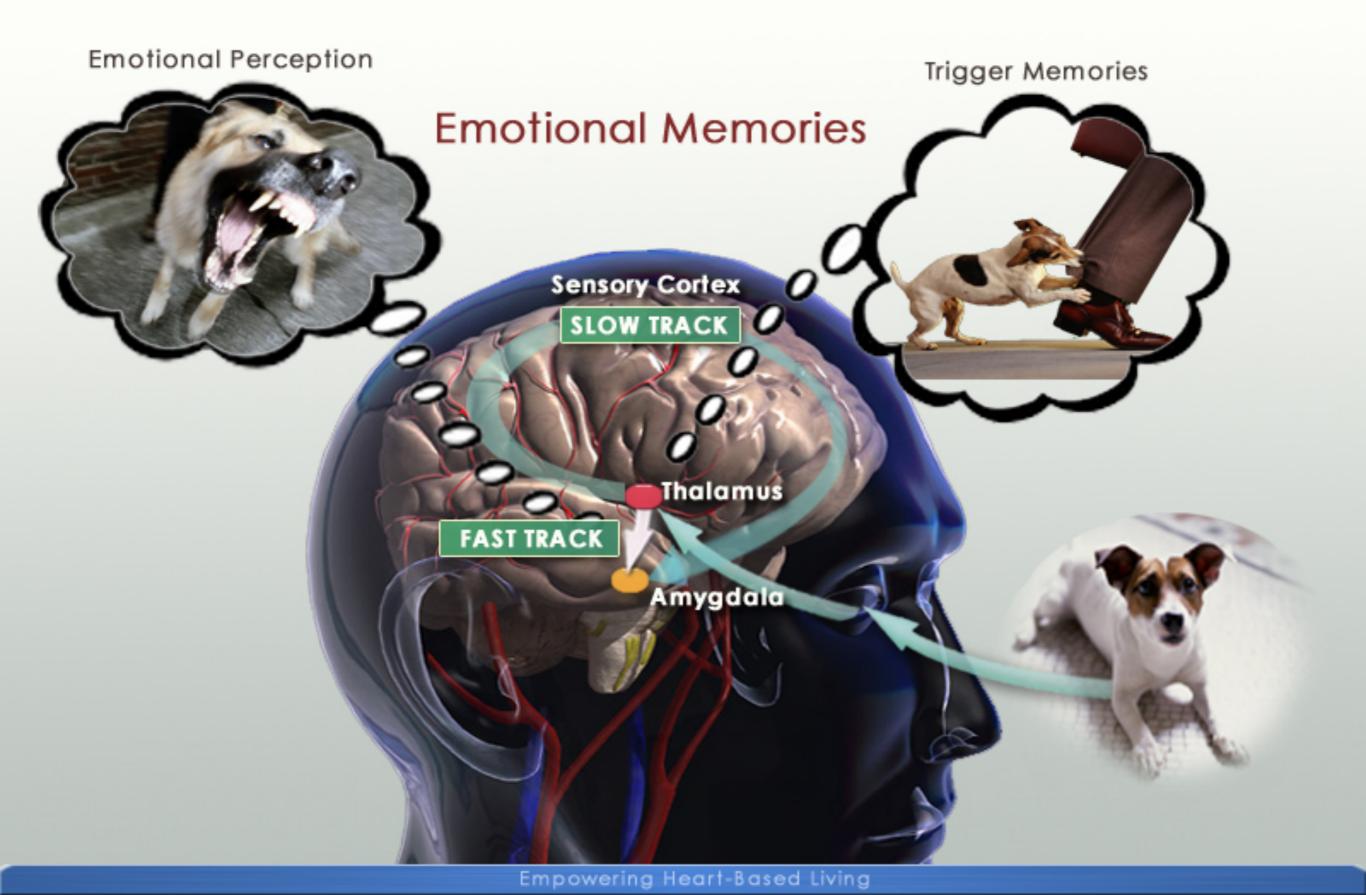
Empowering Heart-Based Living

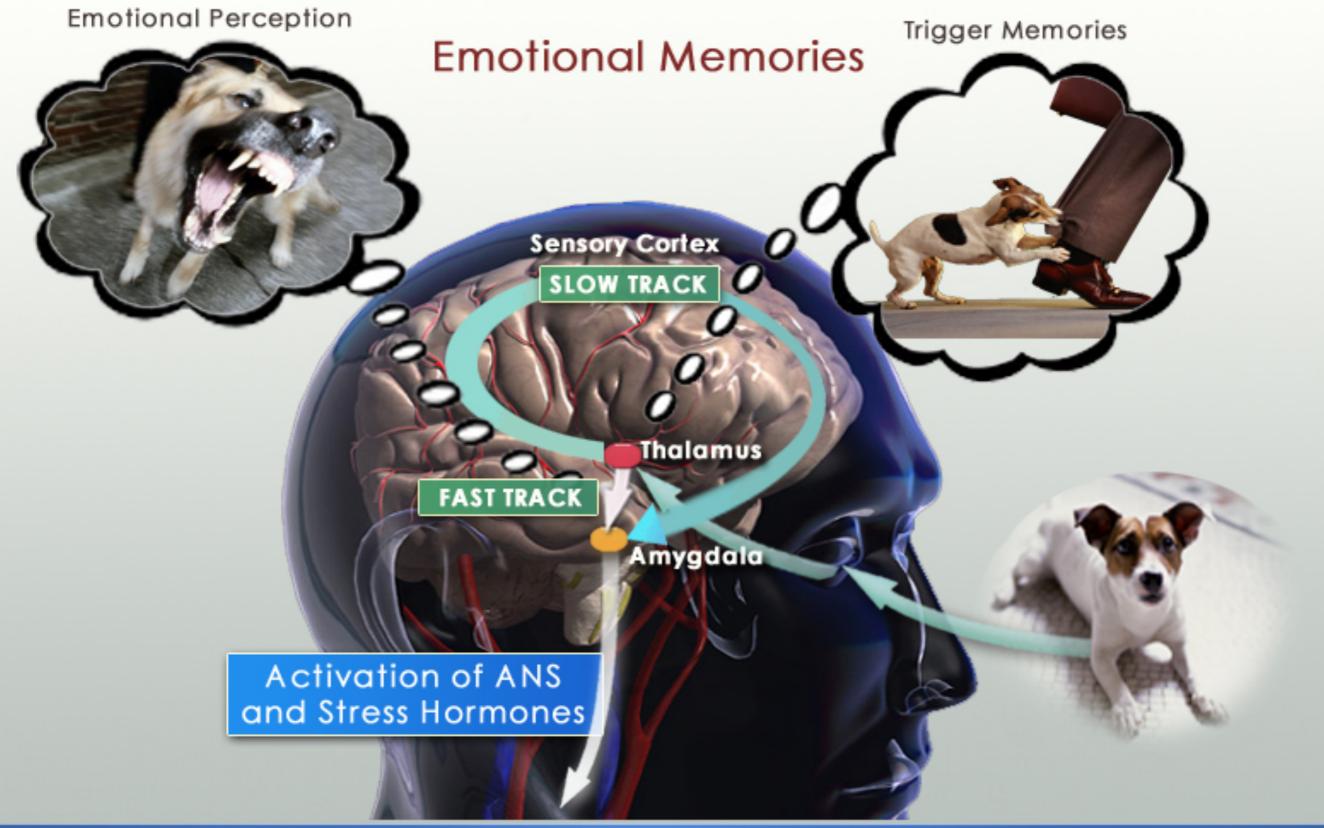
High Cortisol:Low DHEA

- > 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

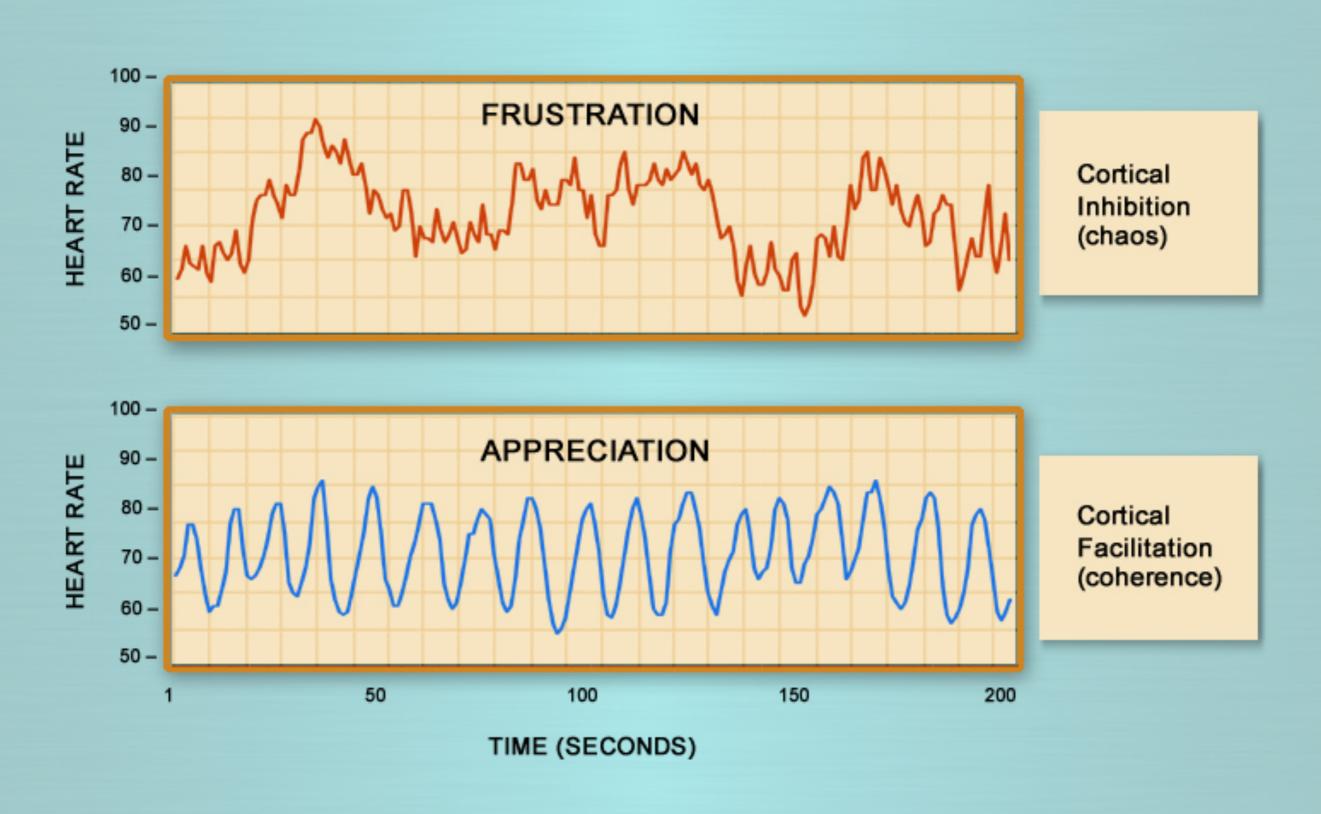




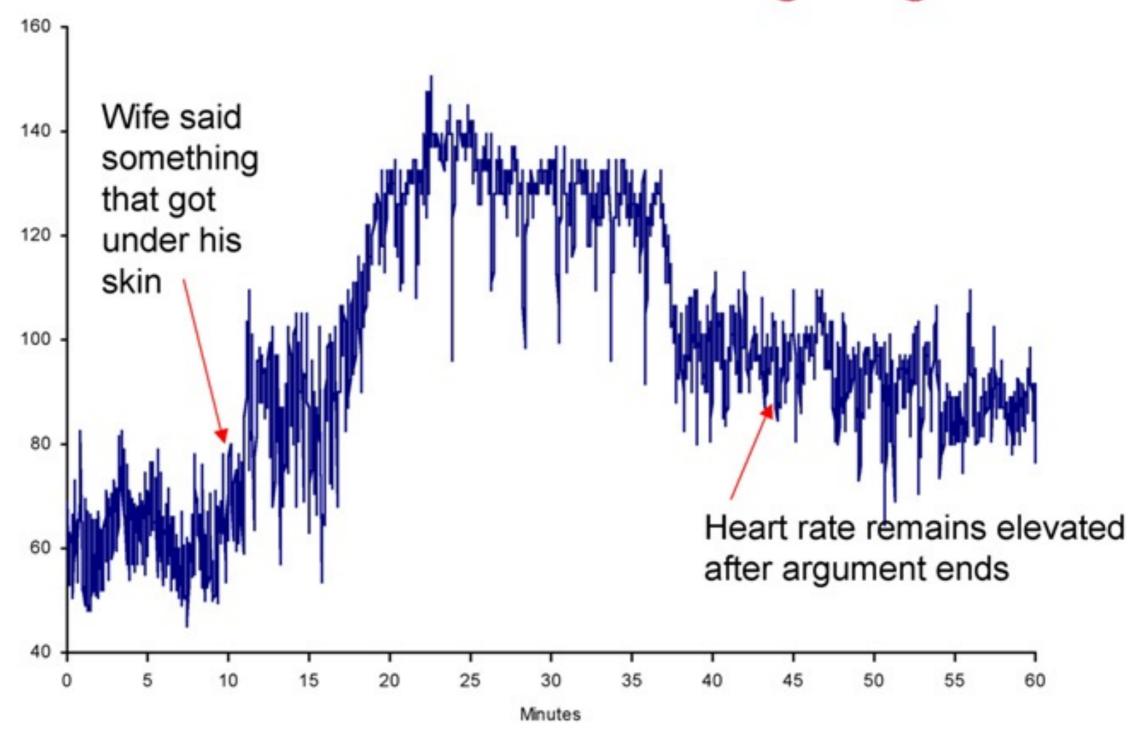


INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living



Husband and Wife Arguing

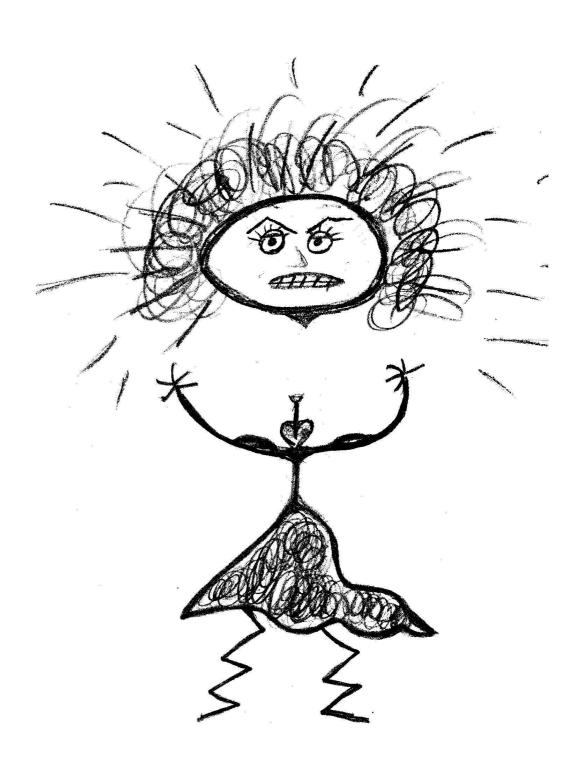


Screaming Me-Me

SCREAMING
Me-Me's

2 Behaviors of
Choice...

- EXPLODE
- IMPLODE



NEGATIVE SELF-TALK

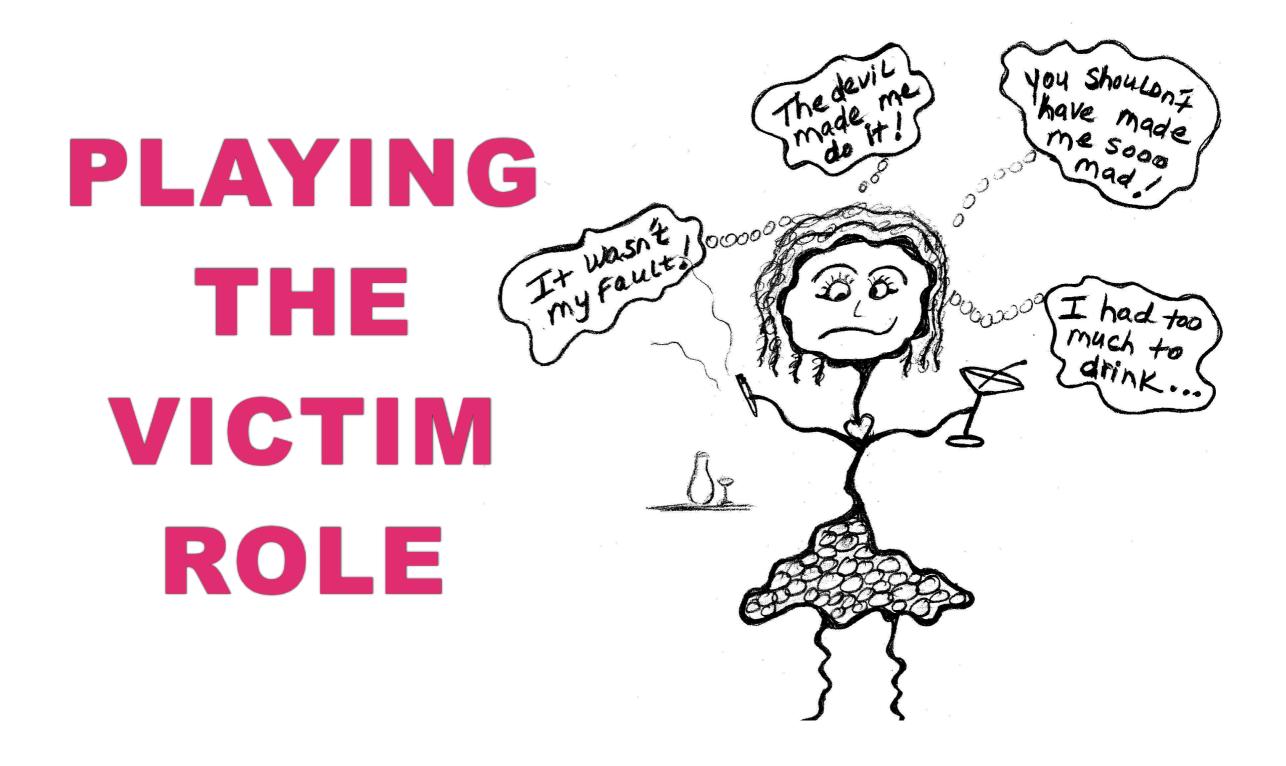


HYPNOTIZED, MESMERIZED & STUPEFIED

Are you mesmerized by simply ridiculous dramas in:

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







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

HOLDING ON TO THE NEED TO BE RIGHT



CARRYING
CRUSTY OLD
GRUDGES &
RESENTMENTS



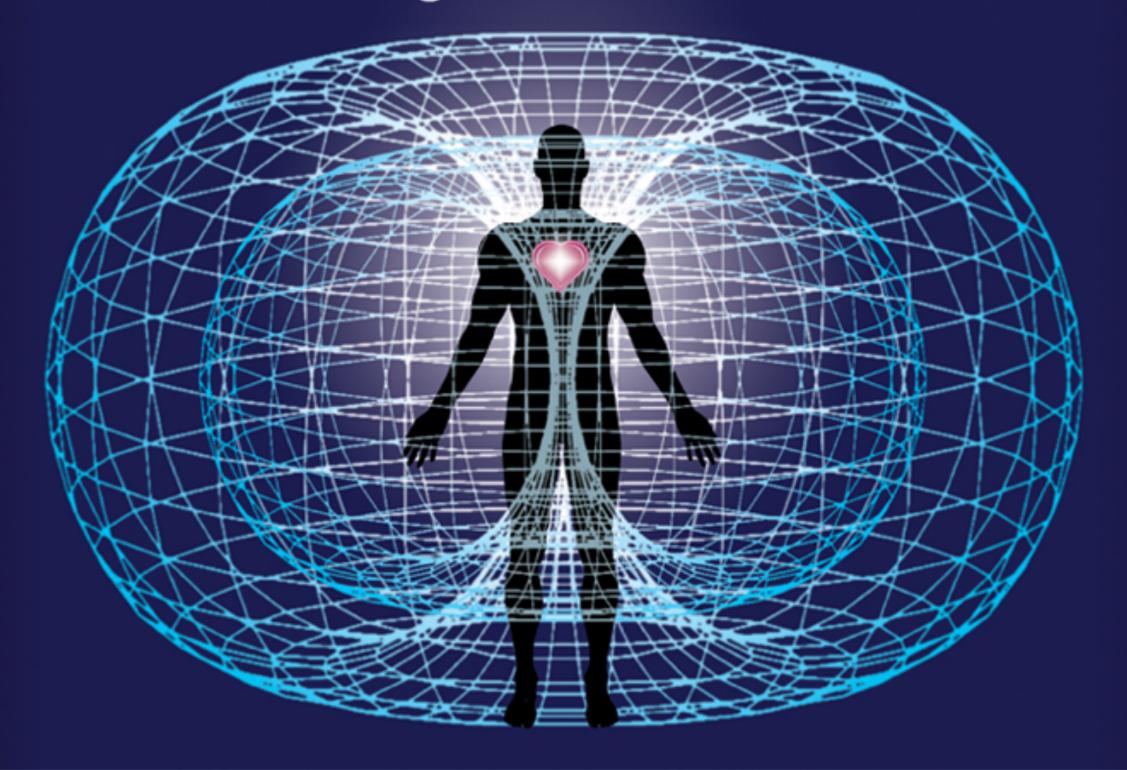
SELECTIVE HEARING

ONLY HEARING WHAT YOU WANT TO HEAR



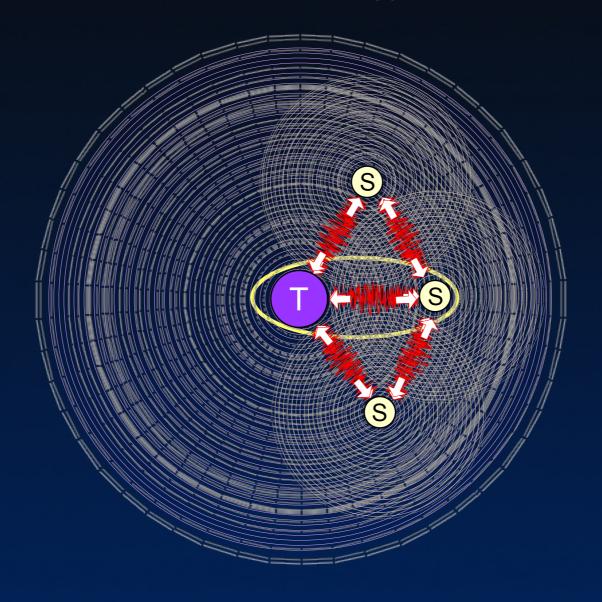


The Electromagnetic Field of the Heart



Classroom Dynamics

Time I acolescent II texacter/actiss socon

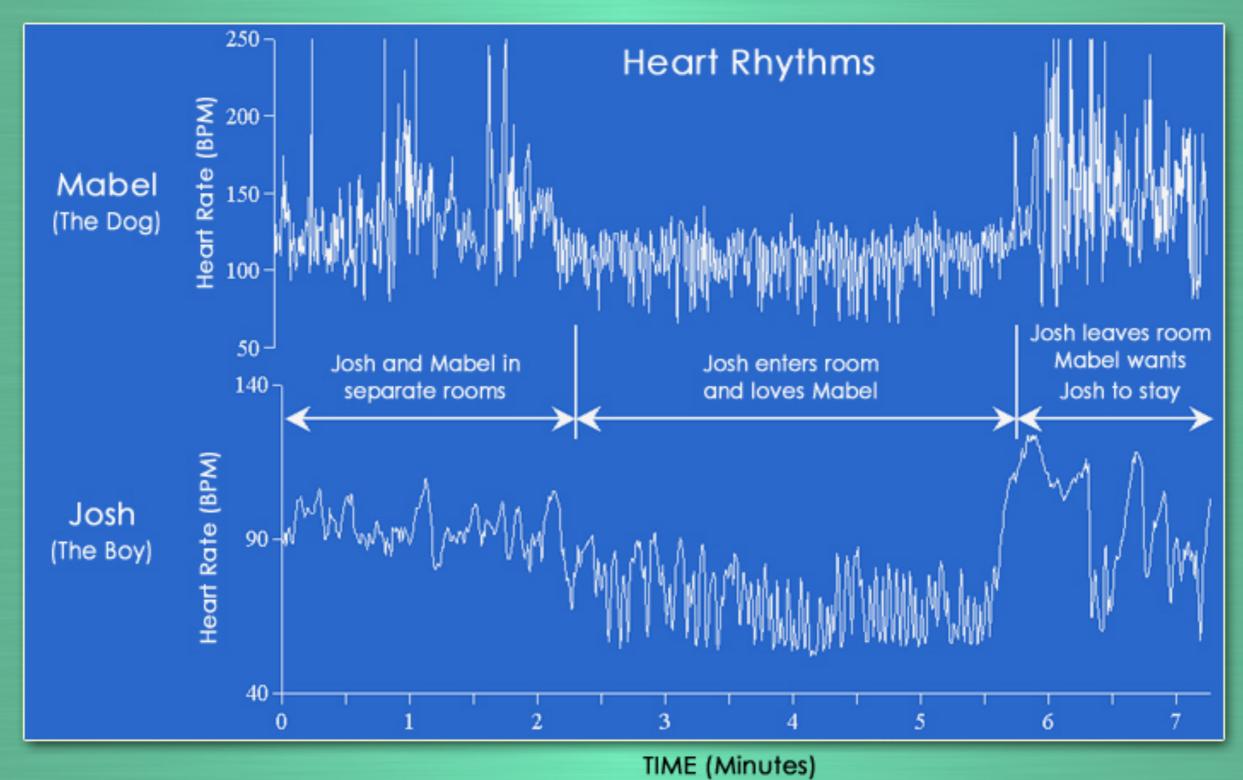


Josh & Mabel

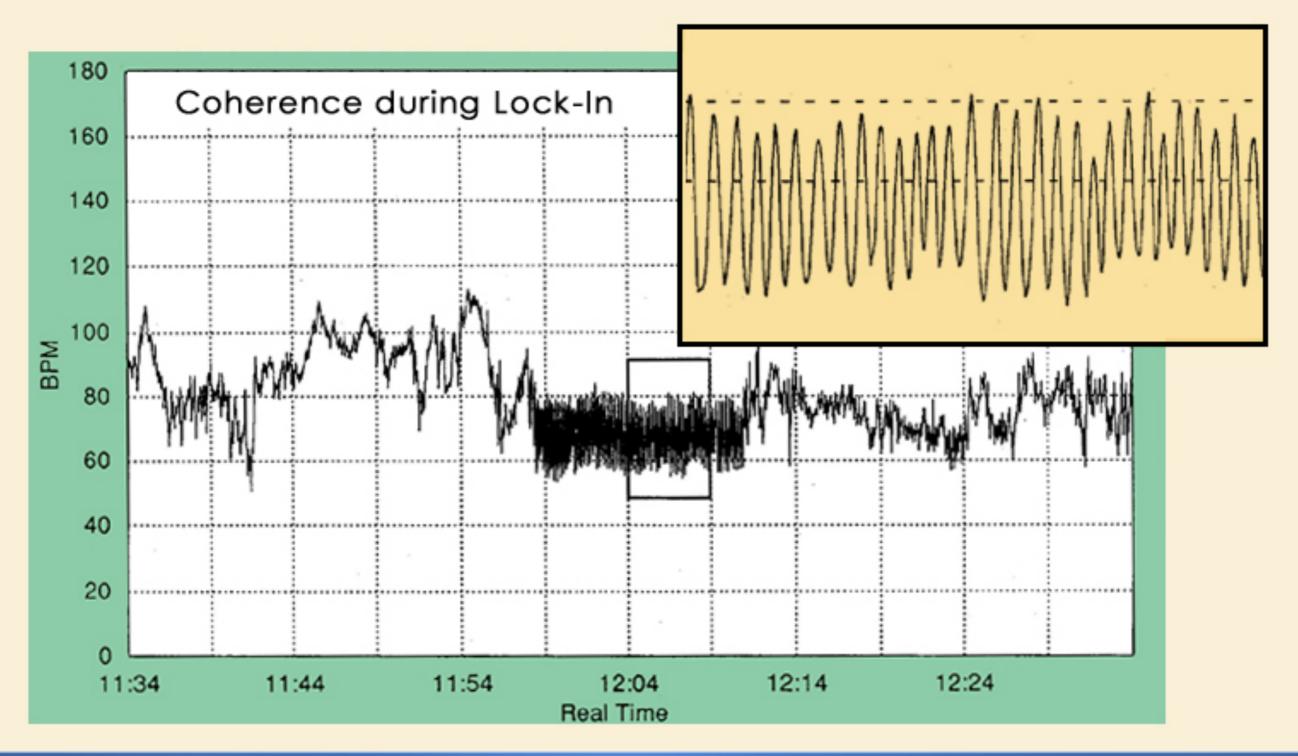


Empowering Heart-Based Living

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.

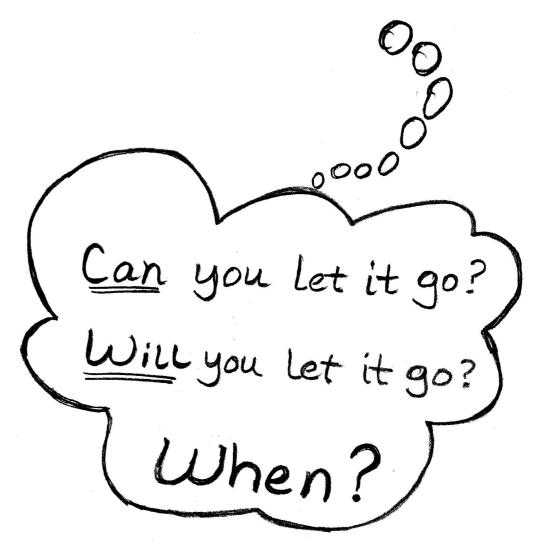


HEART FEELING

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!







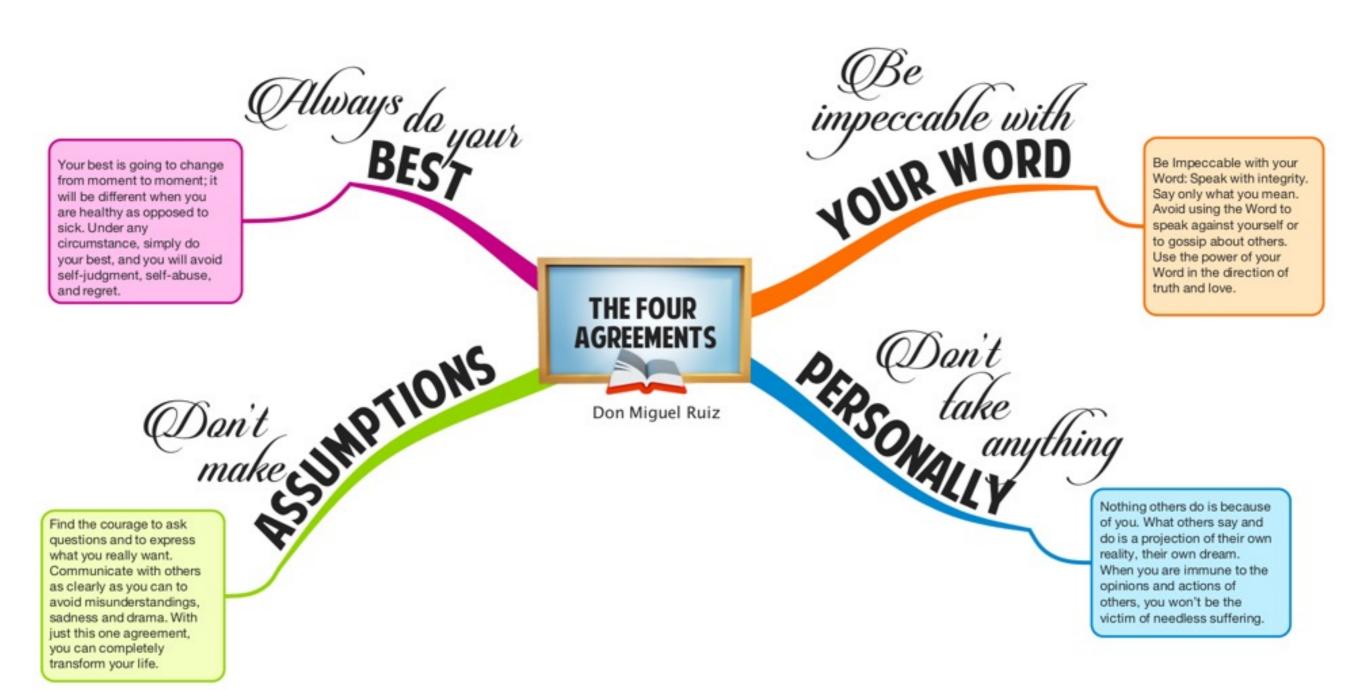
LETTING GO IS SO LIBERATING!



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

