

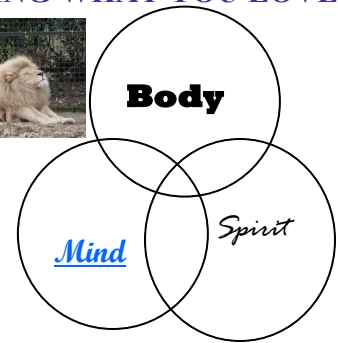
WELLNESS AND WORK IN THE 21st CENTURY: MAKING MONEY DOING WHAT YOU LOVE
 You are Part of the Web of Life on Planet Earth
 & Among the Most Educated Humans on the Planet

THE HEALING PROCESS

- Stabilization
- Detoxification
- Fortification (Transformation)
- Maintenance

BAD NEWS—GOOD NEWS

COUNSELOR COMPENSATION



SOUL

Mind

Spirit

**Holistic Integrity :
 Being in Tune with Your Values**

- Universe Filled with [Interconnected Forms of Energy](#)
- Brains are Continually Forming and Reconfiguring [Pathways of Communication](#)
- Body Continually [Attempts to Heal Itself](#) EASY PATH/SHORTCUTS

Endorphins = [Endogenous Morphine](#) Triggers: Sunshine Exercise Meditation
 Massage Laughter and Smiling

[Neuroplasticity](#)

[MEDITATION](#)

Alzheimer's Dementia

[SLEEP](#)

Mindfulness = Theta (readiness to process) Transcendental = Alpha (relaxation)

Heal Yourself just by Changing the Way You Think

Lisa Rankin MD

[Vagus Nerve](#)

[4-7-8 Breathing](#)

Reboot Vagus
[sound](#) [cold](#)

[Healthy
 at 100](#)

[THE GUT](#) Yogurt, Kefir, Sauerkraut, Dark Chocolate, Microalgae, Miso,
 Pickles, Tempeh, Kimchi, Kombucha



[Greenwashing](#)

Read Labels



Breathe
 Unconditional
 Love
 Bathe

cold pressed
 COCONUT OIL

Olive Oil

FAT - Butter

[Vit C](#)



[CHOLESTEROL](#)



Feel Your Qi

Peace
 Knowledge
[Success](#)
 Prosperity
 Long Life



FASTING

POWER OF SOUND

Music You Love [AUM](#) Hum A E I O U
 Ho'oponono
 I'm Sorry, Please Forgive Me,
 Thank You, I Love You



<http://orthomolecular.org/>



Integrative Medicine

<http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>

New Age Doctors & Healers Association

<http://www.nadanet.org/>

<http://www.wellbeingjournal.com/>

[Price Pottinger Journal of Healing](#)



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SAN DIEGO 2020



National Employment Counseling Association
 A Division of the American Counseling Association

[Working Ahead, Moving Forward™](#)

[EFT](#) (forgiveness)

Reminder Phrase

- Wrist
- Top Head
- Eye Brow
- Side Eye
- Under Eye
- Under Chin
- Collar Bone
- Under Arm



Love Yourself

[Job Search Basics](#)

Networking Pretty Paper Who is Liked Who Fits In
 Flexibility Life Long Learning Cannot Hide Your Energy

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Your Buddy