



### Increasing Personal Energy and Wellness

presented by Michael C. Lazarchick, PhD  
<http://mlazarchick.com>

Goals of the presentation included:

Exploration of the Concept of Wellness: Cognitively & Experientially  
Consider that the Universe may be Composed of Interrelated Types of "Energy."  
Have Fun. = Endorphins

BREATHE

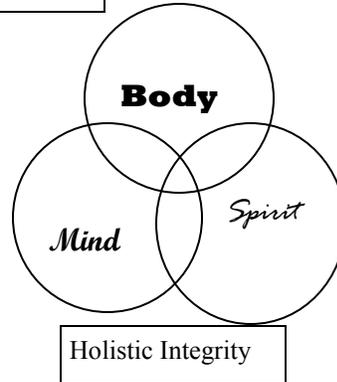
Diet: <http://www.healthyat100.org/> John Robbins

<http://www.wonder-okinawa.jp/026/e/long.html> Okinawa  
[http://okinawaprogram.com/news/20040601\\_newsweek.html](http://okinawaprogram.com/news/20040601_newsweek.html)

<http://en.wikipedia.org/wiki/Hunza> Hunza

<http://www.vilcabamba.org/article.html> Vilcabamba

<http://www.beyondveg.com/tu-j-l/raw-cooked/raw-cooked-3i.shtml> Abkhasia



WATCH: Food Matters Food Inc. & Super Size Me

<http://orthomolecular.org/>

<http://www.withinsight.com/> Meditation Energy Healing Life Purpose Intuitive Development

The best posture for meditation is one in which you are simultaneously relaxed and alert. You will notice that when your spine is erect rather than slumped over, there is a special quality of wakefulness or presence that becomes available. When you sit erect, with your sitz bones heavy and your chin slightly tucked in to elongate your spine, a natural alignment occurs; you feel attentive, open, engaged, and bright. The challenge is to combine this aligned posture with total relaxation, dropping all tension in the body, especially in the shoulders, face (including the eyes), and hands. So the ideal meditation posture is one that facilitates maximum alertness (or alignment) and maximum relaxation (or a dropping of all tension) that you can be in for an extended period of time.

EXERCISE:

20 Minute 3 Times a week = Minimum Walk  
Lift Some Weight Move Your Body Use it or Lose it!

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

QiGong YOGA

<http://youtube.com>

Peace Knowledge Success Prosperity Long Life

*Healthy personality is manifested by individuals who have been able to gratify their basic needs through acceptable behavior such that their own personality is no longer a problem to their self. They can take their self more or less for granted and devote energies and thoughts to socially meaningful interests and problems beyond security or lovability or status.*

~ [SIDNEY MARSHALL JOURARD](#) (1926-1974)

Duane P. Schultz Healthy Personality <http://www.texcpe.com/cpe/pdf/il/LHP.pdf>

1. Capability to consciously and rationally direct one's behavior.
2. Being in charge of one's own destiny.
3. Knowing who and what one is and being accepting of strengths and weaknesses.
4. Being firmly anchored in the present.
5. Pursuit of challenge through new goals and new experiences.

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