

## 5 Easy Ways To Blossom ... To Feel Awesome Guide Book!

### Eat a healthy breakfast

**FUEL YOUR BODY:** The next time you rush out the door in the morning without something to eat, consider this: Skipping breakfast can set you up for overeating later in the day. A healthy a.m. meal, on the other hand, can give you energy, satisfy your appetite, and set the stage for smartdecisionsalldaylong.

"You want to aim for a breakfast that combines good carbs and fiber with some protein," says Erica Giovinazzo, MS, RD, a nutritionist at Clay Health Club and Spa, in New York City. Luckily, your options are plenty. Here's a look at some of our favorite breakfast foods, along with expert tips for making them even healthier.

#### NUTRITIOUS MORNING MEALS YOU CAN EAT WHILE DRIVING, WALKING, OR SPRINTING OUT THE DOOR:

##### Fruit and Cheese

A balanced, easy-to-assemble make-ahead morning meal: Grab an apple, wrap 1 to 2 ounces of Cheddar in plastic, and toss ¼ cup of fiber- and protein-rich walnuts into a resealable plastic bag.

##### PB Whole Wheat Waffle

With apple or cutie on the side

##### Strawberry Shake

In a cocktail shaker, combine a packet of vanilla or strawberry instant-breakfast powder (look for the no-sugar-added kind, such as Carnation) and 1 cup of low-fat strawberry cow's milk or soy milk. (You can also mix this the night before.) If you have time, use a blender to add strawberries or a frozen banana, for extra fiber, and a scoop of protein powder, such as GeniSoy Natural.

##### Egg McMuffin

Yes, you read that right. If you must eat fast food in the morning, get an Egg McMuffin at McDonald's. At 300 calories, it's not an outrageous meal. Plus it has a good amount of lean protein from the egg and the Canadian bacon. To trim empty calories, remove the top half of the muffin. For additional fiber, add a fresh orange.

##### Huevos Rancheros

One of the most portable proteins is a hard-boiled egg, but it has no fiber or carbohydrates. So slice it, then roll it in an 8-inch whole-wheat tortilla with a piece of Canadian bacon or lean ham and, if you like, a ½-ounce slice of cheese. Add a tablespoon of salsa for a shot of flavor and a smidgen of vitamin C.

(From RealSimple.com)

**\*BONUS: Positive Mood Inducing Snacks:** Almonds, Walnuts, Berries

## Go for a walk

**GET YOUR BODY MOVING:** Walking is known to melt your thighs and perk up your bum. But its healthy resumé boasts some even more impressive accomplishments, from cash savings to increasing the odds of survival for breast cancer patients. A lot of attention has been paid to getting in 10,000 steps of walking, jogging, or running a day. A 40-minute, two-mile walk will chip away half of those steps, and everyday activities can usually accumulate the other half. **Here are eight reasons to take those extra steps and make walking a part of your healthy lifestyle**

**It deflects diabetes among other illnesses**

**It increases your sex life**

**It saves money on gym**

**It increases your energy and mood, through endorphines**

- A small study found that in women 32 to 70 years old, those who walked 60 minutes, performed light exercises, and stretched three times a week for 18 weeks reported significant improvements in walking and mental capacity, and were less tired and depressed.

**It's simple and easy**

- Walking is a great form of exercise because you don't need any specialized equipment to get started. But, if you haven't been active, take this advice from Sarah Large Butler, author of *Walk Your Butt Off*: "Before you start walking, answer this question truthfully," she says. "How active are you? If your major exercise is pushing buttons on a remote and a big workout is standing in line at the company cafeteria, you'll need to ease into this slowly."

**CONSIDER THREE GOALS FOR STARTING A BASIC, FOUR-WEEK BEGINNER WALKING PLAN:**

- **Walk regularly**, aiming for at least 5 days a week. "Walking every day is even better and will help make walking a habit more quickly," says Butler."
  - **Build up to walking for 30 minutes**, but start at 10 minutes in week one. 10 minutes might seem like nothing, but the point is to build the habit. Butler says, even though it's *just* 10 minutes, still set aside the time in your schedule. "Change into comfortable walking clothes if you can. Wear supportive sneakers," she says. "Even though it's a short bout of exercise, it's still exercise, and you need to treat it as such."
  - **Keep a good pace.** "Speed is not the focus, but you should walk at a purposeful pace, as if you have somewhere to be. You can begin at a slower pace for 2 to 3 minutes to warm up," says Butler. "Slow your pace slightly for a minute or so at the end to cool down."
- \*BONUS: Listen to music or a walking meditation:** if you need some extra brain stimulation. Look for a fun walking app to use on your phone.



By Amy Francis, CECP, LOALC  
Certified Emotion Code Practitioner and Life Coach

## Get Grounded

**FIND STABILITY:** What is Grounding? Is a process you can use to maintain an appropriate energy charge by releasing any energy which feels *excessive* within your body, emotions, mind, etc.

Grounding is a necessary outflow, in contrast to the many *inflows* of energy into our systems. Effects from other people, from our digestion of food, from our breathing of fresh air, from sunlight, from the impact of spirit upon our material substance, etc.

Grounding is a natural part of life; it occurs in the give-and-take of our daily activities. But we might need to use specific techniques to ground ourselves if we have become over-charged with the energy of intense emotions, or a stressful degree of inactivity (which does not provide opportunities for the discharge of energy), or religious practices (including some meditation methods). The grounding techniques are meant to be remedies for a *temporary* condition of imbalance; if we need them to use them regularly, we might want to examine (and change) the lifestyle which repeatedly causes us to become over-charged.

### When You're Grounded

**We are relaxed, mentally and emotionally**

**We are relaxed, physically**

**We can concentrate mentally**

**We sense a comfortable connection to other people**

### When You're Un Grounded

Nervousness, restlessness, stress, emotional irritability, frenzied euphoria, anxiety, and insomnia.

Headaches, temperature extremes (e.g., cold skin or hot skin), muscle spasms and trembling, excessive perspiration, difficulties in breathing or digestion, stinging sensations, and abnormal heart rhythms.

"Spaciness," and an inability to focus our attention

We might experience paranoia, hypersensitivity to the presence of other people, an "energy drain" when we are in public, a generally dysfunctional personality, and a belief that we are profoundly different from other people or even that we are inhuman.

## A FEW TECHNIQUES TO GROUND YOURSELF:

- **Walk bare foot in the Grass.** If you are new to barefoot activities, use this method for some weeks only in the first part of the day (before 6 pm or even 2 pm) since excessive stimulation of nerve endings of the feet can cause problems with sleep. 30 min. or so
- **Wear Red**
- **Take a warm bath**
- **Go for a Walk or do aerobics.** Be careful, aerobics is not for everyone. (You can find out WHY, with my "Discover your Lead Chakra, E book and Program." Coming out at the end of 2017)
- **Dance, specifically moving your hips**
- **See more Techniques in the blog section of [www.blossomholistichealth.com](http://www.blossomholistichealth.com)**

<http://www.blossomholistichealth.com/website-blog/9-easy-grounding-techniques-to-help-you-manage-stress>



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## Be Calm and Meditate

**FIND PEACE:** Meditating is a wonderful tool to use to quiet your mind and your nerves. Especially calming down the fight or flight feeling we can feel at times in this busy world of ours. As a mother of 4 small kids and owner of my own business, as well as someone who leads with my 3<sup>rd</sup> Chakra, I need to meditate. (*Stay tuned for the "Discover Your Lead Chakra Program and Ebook".*) Meditating can benefit everyone, but how you do it depends on the person.

### Benefits of Meditating:

**Improved concentration** – A clear mind makes you more productive, especially in creative disciplines like writing.

**Less bothered by little things** – Do you sometimes allow yourself to get upset by little things? It is the nature of the mind to magnify small things into serious problems. Meditation helps us detach. We learn to live in the here and now, rather than worrying about the past or future. We do not worry about meaningless things, but see the bigger picture.

**Better Health** – There have been numerous studies pointing to the health benefits of meditation. The reason is that meditation reduces stress levels and alleviates anxiety. If we can reduce stress, many health benefits follow.

**Knowledge of Self** – Meditation enables us to have a deeper understanding of our inner self. Through meditation we can gain a better understanding of our life's purpose.

### Quick Start Suggestions for Basic Meditations

Like anything worthwhile, meditation requires practice. To get the most from meditation you need to do it every day. This requires a place and time where you will not be disturbed.

- **Sit with a straight back.** Don't try to meditate lying down at first, because you are likely to fall asleep. Meditation brings relaxation and peace but at the same time this is a dynamic peace. Meditation is quite different than the relaxation of sleep. When we really meditate, we are fully alert and conscious. Our sense of awareness is heightened. Afterwards you'll have a positive feeling for the world and a renewed sense of dynamism.
- **Don't eat before meditating.** After a heavy meal your body will be lethargic with digestion.
- **It is not necessary to meditate in the lotus posture.** It is fine to meditate in a chair.
- **It is helpful to take a shower before meditating.**
- **Burning incense and having a candle are not necessary,** but they can add a little extra inspiration.
- **Lavender Essential Oil under the nose is helps get in the mood and relax you.**
- **It is good to meditate early in either the Morning or Evening when you are the most in tune and open.**
- **Start with shorter meditations like 5 min and then work your way up to 15 min. if you struggle with lack of focus during your meditations.**

### 3 DIFFERENT WAYS TO MEDITATE:

#### • Guided Meditations

- I like to sit on the bed with a pillow propped up behind me and go through a guided meditation. Like **"The Silva Method Guided Cd's"** or **"The Omvana App"** **I use on my iphone. You can switch different music with the meditations and they have some free ones available for you to try out first.**

#### • Mantra

- A mantra is the repetition of a sacred word. For example, you might repeat the mantra "AUM" or "Relax" as you relax your face, do it a certain number of times. Repeating a mantra forces the mind to focus on a single thought.

#### • Walking while meditating

- [Ipod/Iphone App recommendation for a guided meditation while you walk:](#) **"Meditation Oasis by Simply Being"** is a great app that is geared toward mediation on the go. With 3 different guided walking meditations that help you focus your attention. Users can plug in their headphones and unwind in transit. The app comes with a diary for users to keep track of their progress.

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# Eye Patching

**SHIFT YOUR THOUGHTS:** Habitual negative thinking serves no good whatsoever. If you continue to see life as you've always seen it, you will continue to get from life what you've always been getting. Until you change your basic thought processes, life will not change for you. Therefore it is of critical importance to release this destructive, habitual negative thinking. An extremely quick and powerful way to change your thoughts is with eye-patching.

**Benefits:** Putting an eye patch on the **RIGHT** eye at any point during the negative thoughts instantly slows down left-brain activity, making it impossible for the brain to keep the thoughts going and thus releasing the mind from its obsession. People with obsessive negative thinking, particularly those suffering from depression, chronic anxiety, compulsions/obsessions, or excessive mind chatter, benefit from eye patch therapy to help stop negative habits of the mind.

The effects of regular patching can be very significant and far-reaching. Patching can provide the brain with a new perspective on life, it can change your mind about a situation on the spot, and over time, it can reframe your past, improve your health and relationships, enhance the resourcefulness of your thinking, increase your emotional threshold, and reprogram your subconscious mind to focus on what you want in life.

The patched eye must remain open underneath the patch. Closing the eye sends a different signal to the brain and will not have the same effect. When selecting an eye patch, make sure the patched eye can remain comfortably open.

**NOTE:** Do not patch the eyes during times when depth perception is important (such as driving, operating dangerous equipment, cutting with knives, walking up/down stairs, etc.).

## **What you may experience from patching the 1<sup>st</sup> time:**

Spacey, disoriented feeling and Nausea, headache (I've never felt this but it can happen at 1<sup>st</sup> if you are sensitive)

## **What you may experience from patching after continued practice:**

Clarity- sometimes a clouding and then clarity afterwards  
Lessening of mental clutter after a period of increased mental chatter  
Lessening of overall stress after a period of increased stress

## **GUIDELINES FOR EYE PATCHING**

### **Eye Patching to release negativity**

Patch whenever stuck in a negative emotional state or during a conflict with someone. Do it as often as your mind tries to take over with negative thinking, or cluttered.

- Place the patch over the eye that is associated with the left brain, usually the right eye.
- Keep the patch on until you feel calmer and less distressed or irritated or start to feel done with it. (usually from 5-15 min.) Notice any difference in your perception of the situation or circumstance.
- Follow with some slow deep breaths, making sure to relax the tongue.

Some conditions that seem to improve after eye patching: obsessions, chronic intrusive thoughts, chronic pain, excessive mind chatter, compulsions, chronic anxieties, conflicts, chronic depression fixations, chronic frustrations, chronic anger, rage, substance abuse, fatigue, grief and sadness

For the right kind of eye patch you can check out this link:

[http://www.walgreens.com/store/store/product/view\\_product\\_details.jsp?id=prod6176961](http://www.walgreens.com/store/store/product/view_product_details.jsp?id=prod6176961) You can find the right kind here on this website for \$4.99 each

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Sometimes your stress and issues are more than just having a bad day. If you are experiencing more bad days than good, you may need something deeper to help you feel better.

In addition to implementing these ideas listed, I would suggest a:

- **Body Code Session**
  - You will be given a full comprehensive exam with a pkg. so you will be tested for any imbalances that you might have, associated with the 6 areas of major imbalances of a persons' body. Which are energies, toxins, pathogens, misalignments, circuits/systems, and nutrition/lifestyle.
  - And we will release any imbalance we find for optimal health and healing. The results are feelings of lightness, and a more peaceful and calm disposition according to your personality, empowerment,
- **Life Coaching Session**
  - You will learn Techniques and Tools that you can use to change and re-pattern your negative thoughts. Training your mind to see the brighter side of life will start to become a habit and your perspectives, expectations change so that your vibration remains high more often. Which is where you are the happiness and feel the most empowered.
- **Or The Combination of both is most effective**

#### **Other tools and information that can be used in our sessions:**

- **Learn EFT-** a healing tool to use on yourself in between our sessions, that will quiet your mind and help you relax
- **Energy Medicine Techniques,** like learning energy routines to find balance.
- **Info about The Law of Attraction and 7 essential Laws**
- **Discover another piece to the puzzle of what makes you who you are.** You will receive a FREE "Discover your Lead Chakra Summary" with your 1<sup>st</sup> session. It literally takes 1 minute. Discover how that can greatly help your health, wealth, and relationships. Program coming out in 2017.
- **Essential Oils/Gemstone/Supplement Recommendations/Best foods for your body, etc.**

Feel free to contact me, [Amy Francis](#), for a **FREE Heart Blossom Strategy Session**. Where you will get free information and resources and explanation of these techniques. You can also be guided to what therapy might be best for you if you decide you need something deeper.

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