



Energy Therapy Training

Heart Centered Learning

Bridging Spirituality and Health

Transform Your Life Through Energy Medicine

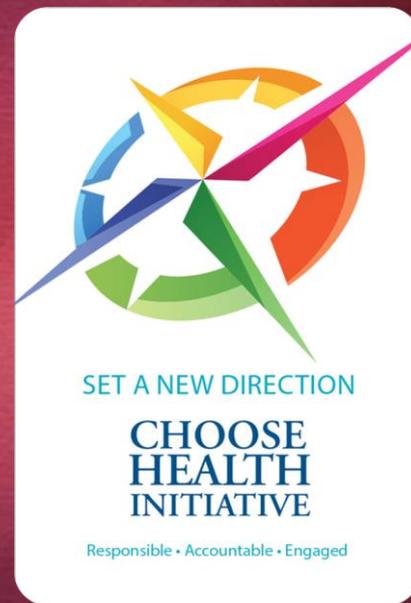
1. Clearing the self
2. Healing Wounds
3. Changing
Limiting Beliefs
4. Healing
Relationships
5. Reshaping Family
Energy Patterns

Choose Health



Sept. 16, 2018 1- 4 pm Eastern Time

*Held on-line & the Gathering Place
3211 Gibson Road,
Durham, NC 27703*



Choose Health!

Explore options to reset the
compass of your life!

Offered by
Dr. MJ Bulbrook
Energy Medicine Partnerships
Choose HealthTraining
Graduate, Mentor, Instructor



Transform Your Life™
Energy Medicine



SET A NEW DIRECTION

**CHOOSE
HEALTH
INITIATIVE**

Responsible • Accountable • Engaged

Responsible • Accountable • Engaged



Transform Your Life Through Energy Medicine

1. Clearing the self
2. Healing Wounds
3. Changing Limiting Beliefs
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5. Reshaping Family Energy Patterns

Choose Health Agenda

Heart to Heart Connection

SET A NEW
DIRECTION
CHOOSE
HEALTH
INITIATIVE



- Call on your spiritual guidance
- Create sacred space
- Focus – What do you need today?
- Set intention
- Let go of expectations
- Choose Health Healing
- Certificate Training – Graduate, Mentor, Instructor
- Questions & Answers



Choose Health Certificate Training

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HEALTH
INITIATIVE



Certificate in Choose Health Basic Training
Graduate, Mentor, Instructor



Choose Health Certificate Training

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**Transform Your Life™
Energy Medicine**

TYLEM Relationship with CHOOSE HEALTH INITIATIVE



SET A NEW DIRECTION

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CHOOSE HEALTH CERTIFICATE TRAINING

Providing community based training and support

This program covers four areas:

- Holistic Self Care – CHT 101
- Improve Relationships – CHT 102
- Develop Work and Life Skills – CHT 103
- Add Healthy, Fun Activities – CHT 104

4 Core Initiatives

- Connect through the heart
- Give to others
- Do what is right
- Have fun!

**SET A NEW
DIRECTION**



Become a graduate, mentor, or instructor.
“Choose Health” where everyone works, studies
and plays together as one mutual support unit.



AKAMAI UNIVERSITY
Institute for CAM Studies 

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The Certificate of Achievement is awarded through
Energy Medicine Partnerships, Durham, NC affiliated
with Akamai University, Hilo, HA, Division of
Continuing Community Education

Choose Health Certificate Training

Graduate, Mentor, Instructor

For Information Contact
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Choose Health Initiative

Affiliation: Reintegration Support Network (RSN)

- **Mission:** The Reintegration Support Network provides youth with a sense of belonging and the skills and capacities for self-advocacy, positive relationships, long-term sobriety and positive engagement in the community.
- **Goal:** Serves youth with substance use disorder and / or mental health issues and / or encounters with the justice system.

RSN@youthcommunityproject.org

Contacts:

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Soteria.shepperson.RSN@gmail.com

William Elmore, Volunteer & Outreach Coordinator 919.564.8424

William.elmore.RSN@gmail.com

Linking Choose Health Initiative

- Describe your story – why are you here?
- Explore options to choose health as graduate, mentor, instructor.
- Become free from the limiting beliefs that stop you.
- Welcome a new future!
- “Support” to wellness and a happy productive life with choose health healing approaches.

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Develop Work &
Life Skills

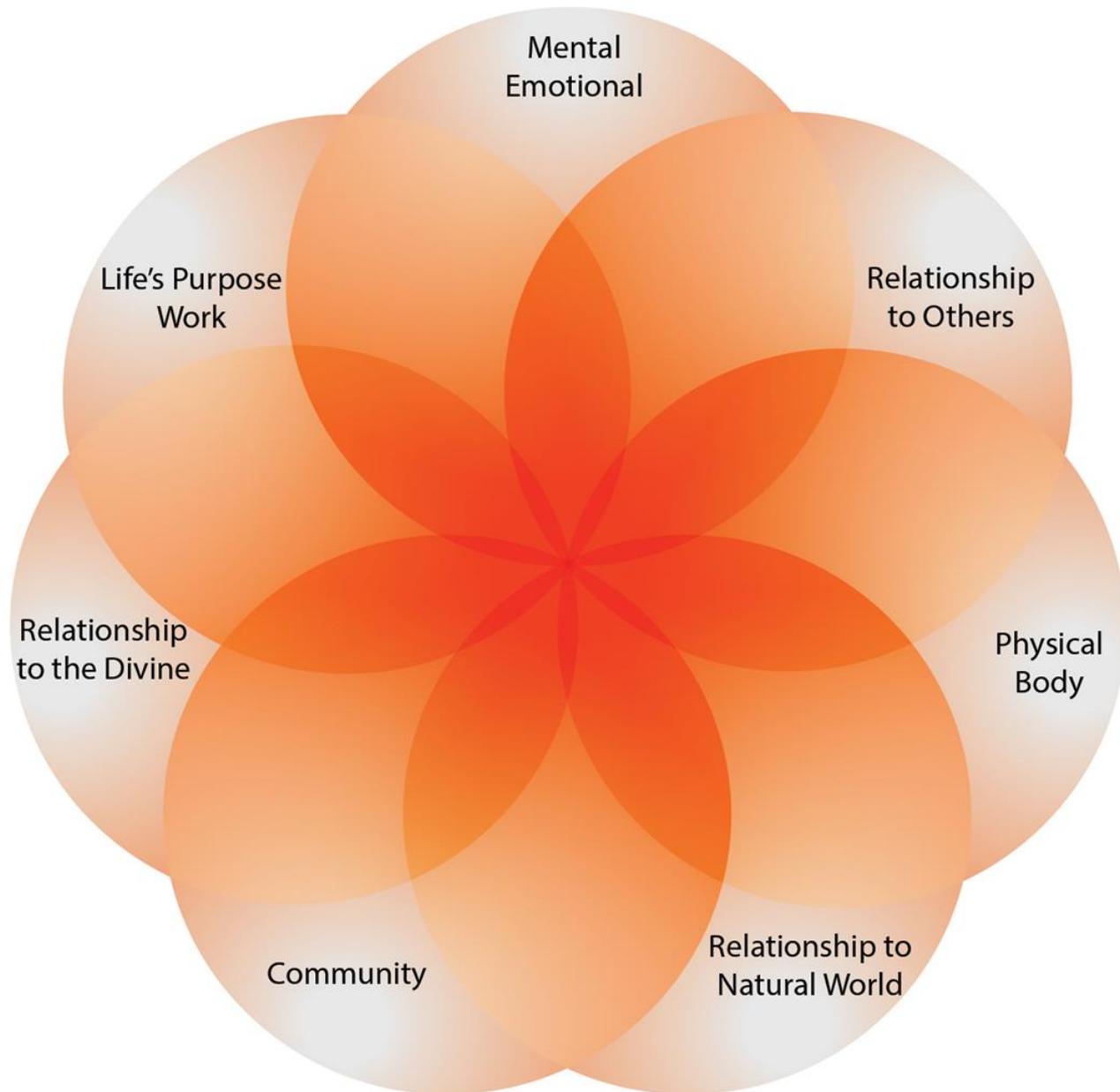
Improve
Relationships

Certificate
Training

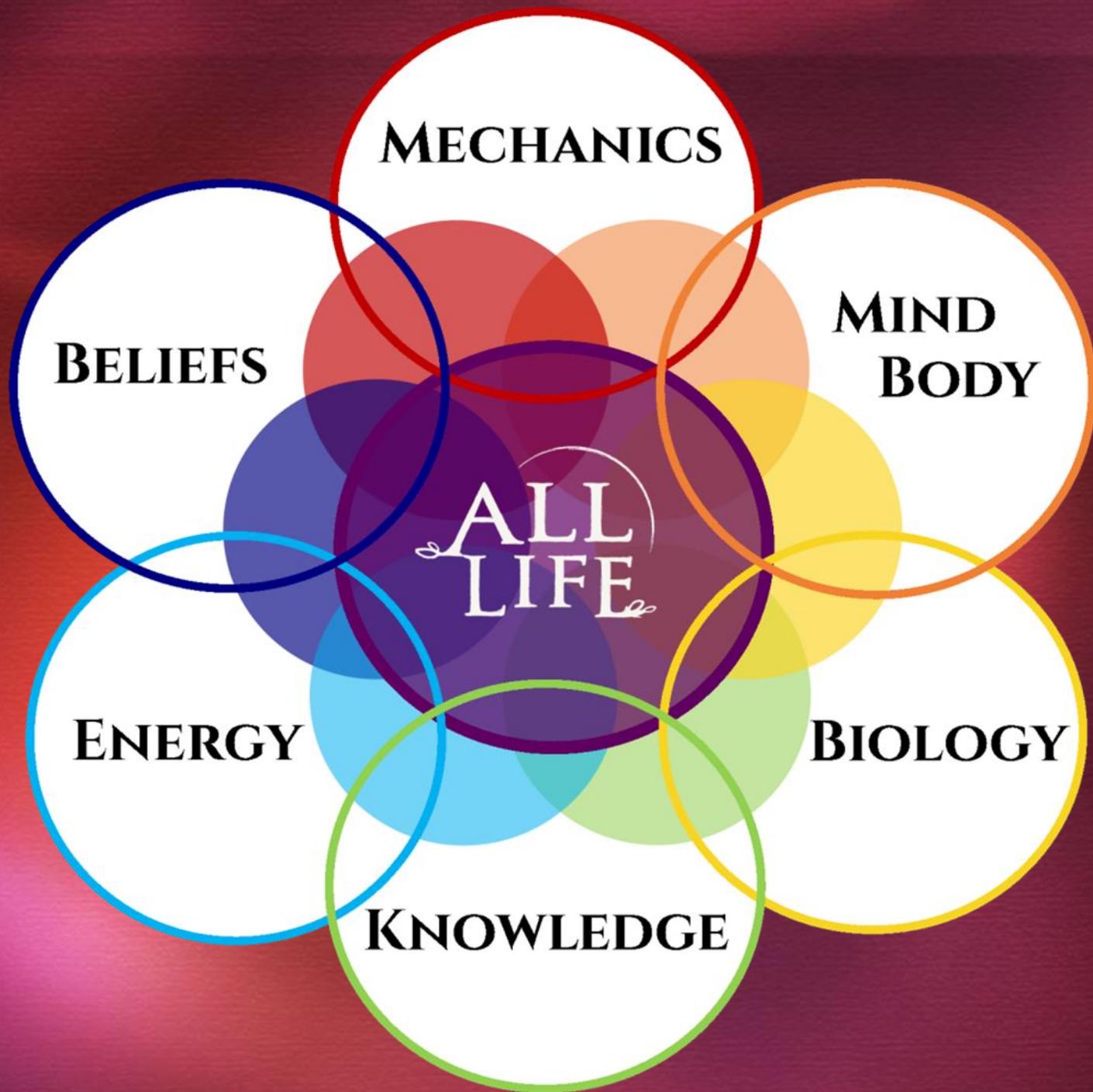
Holistic Self
Care

Add Healthy Fun

Mentorship



Slow Medicine Wheel of Health

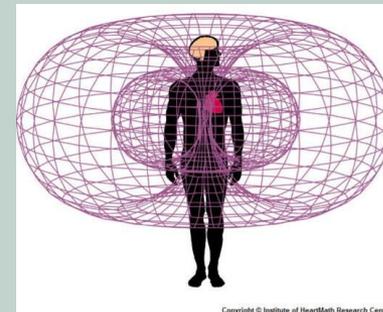






Choose Health Healing

- Describe Your Situation
- Meditate
- Drawing & Feedback
- Cards & Comments
- Assessment
- Choose Health Interventions – Feeling, Moving & Sending Energy
- Post Assessment
- Feedback, Questions & Answers



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Transform Your
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Energy Medicine

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2. Healing Wounds
3. Changing Limiting Beliefs
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Choose Health

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Basic Energy Medicine Theory Moving Energy – Unruffling*

Procedure: Moving the energy that is blocked or compromised in some way. Hands move freely in an unstructured way above the body.

Unruffling the Heart Chakra



Choose Health Healing

Basic Energy Medicine Theory Sending Energy

Description: With hands on or above the body, energy is sent or modulated, clearing out congestion that adds to depleted energy or compromised energy flow.

Procedure: First, center, ground and ask for support for your highest good. Gently place hands on or above the body at the place identified as needing help, based on assessment or higher sense perception. Continue to send energy until you feel the energy flowing or intuitively have a sense to stop. The body automatically regulates the flow.



Hands on the body

Hands above the body



Choose Health Healing

YOUR STORY

Understanding You

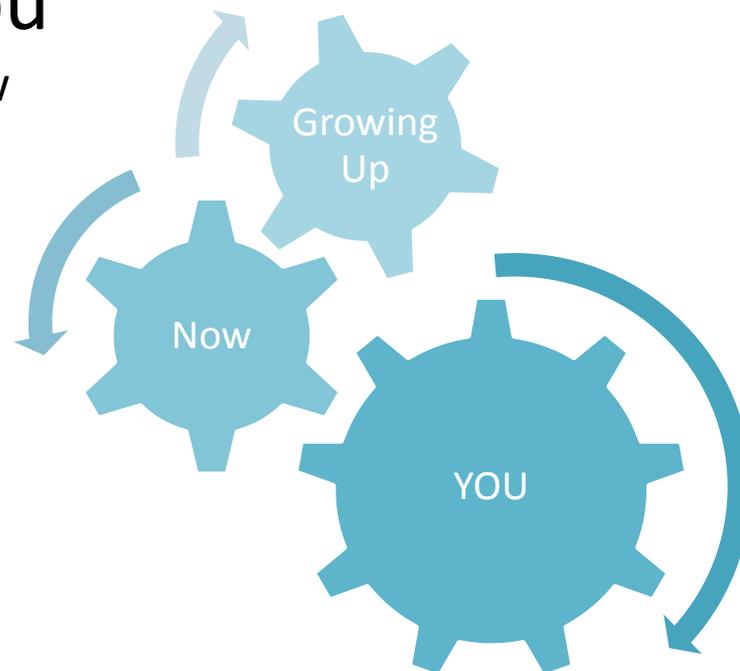
Who, What, Where & How

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Transform Your Life™
Energy Medicine



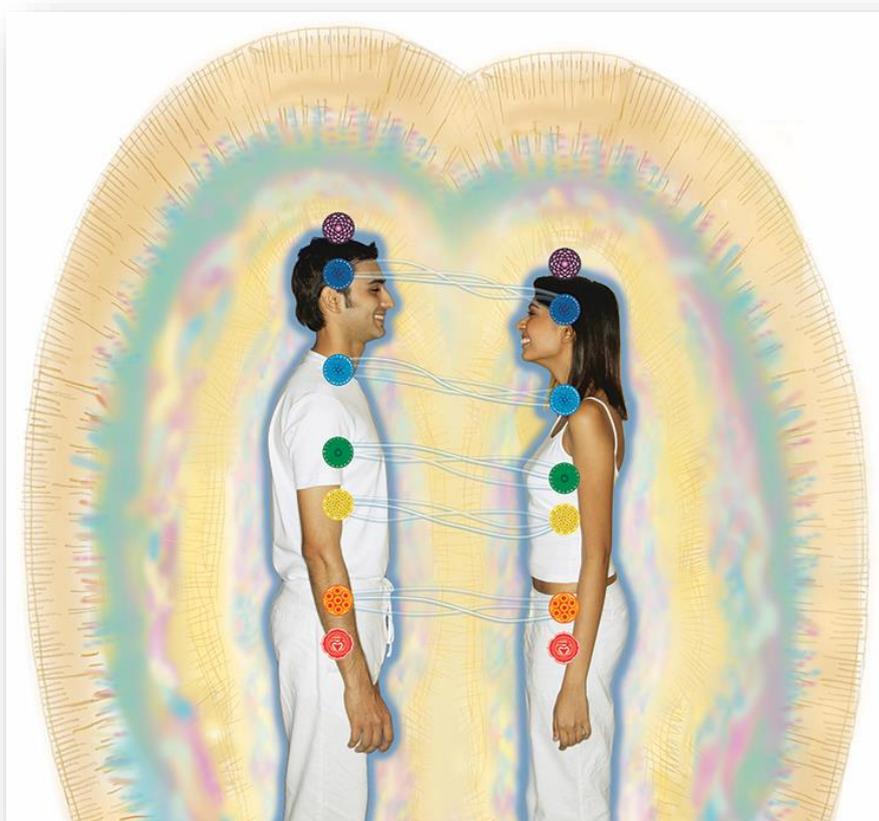


Energy Therapy Online
Heart Centered Learning

Relationship Energetic Communications

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Energy Medicine Self-Care

The Seven Layers of the Field

The Subtle Body — The Field

1. **Etheric Body** or Physical Double
– Lines that energize the physical body, light blue-grey fine lines, Lower physical aspects

2. **Emotional Body** – Feelings and emotional patterns, Lower emotional aspects, Dark clouds of rainbow color

3. **Mental Body** – Cultural values, personal beliefs, thoughts and ideas, Yellow lines of light

4. **Astral Body** – Intuitive or Spiritual Higher purpose and goals, the relationship to the Divine Astral Body Level or Connector Body, lighter rainbow clouds of light

5. **Etheric Template**
Dark blue lines of light

6. **Celestial Body**
Rainbow lines of light

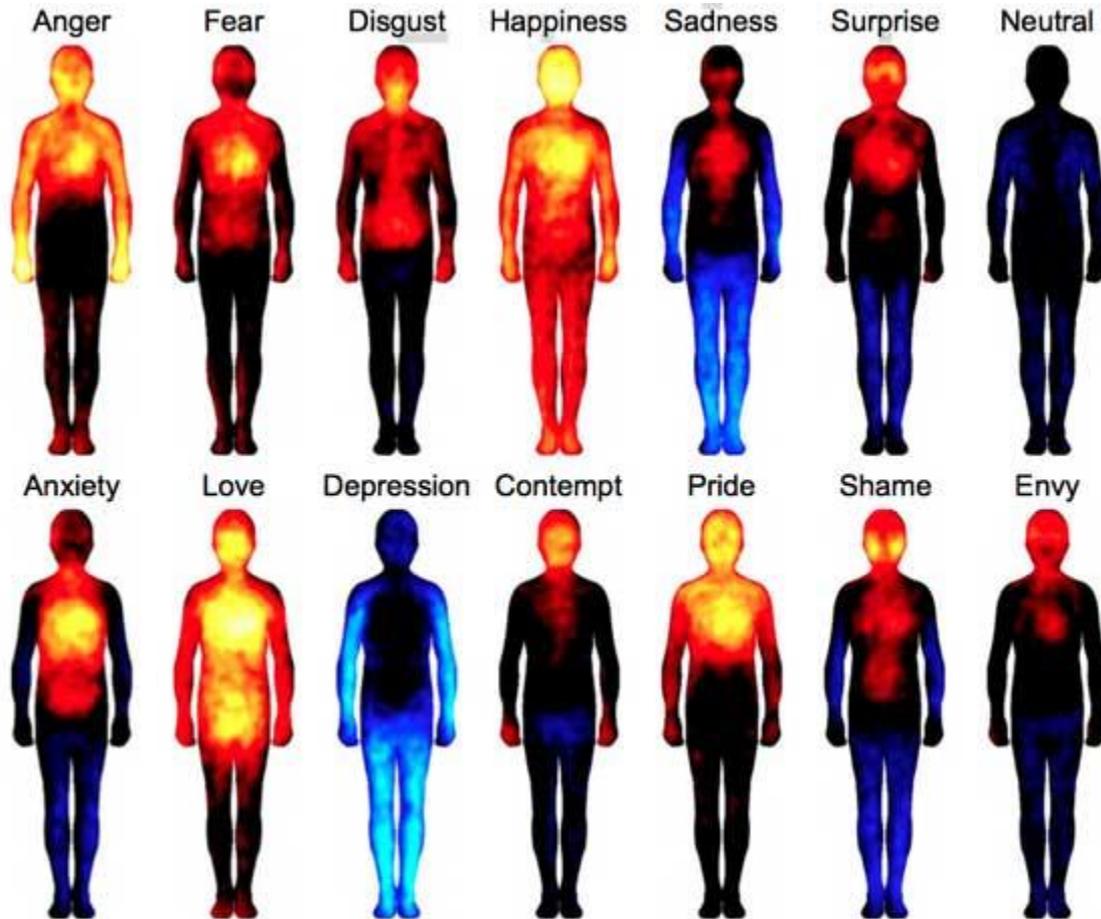
7. **Ketheric Template**
Golden lines of light

The subtle body is made up of:

1. Etheric Body – Existing
2. Emotional Body – Feeling
3. Mental Body – Clear Thinking
4. Astral Body – Loving
5. Etheric Template – Divine Will
6. Celestial Body – Divine Loving
7. Ketheric Template – Divine Knowing



Research showing energy of emotions in the body

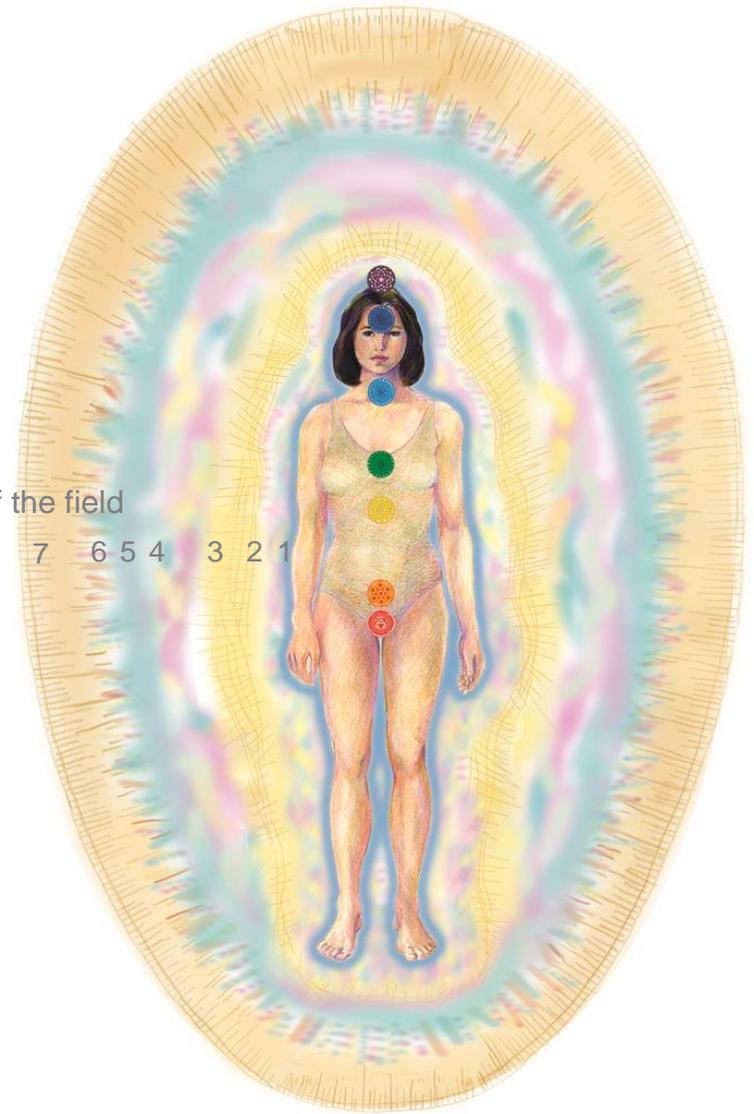


Energy Field Drain

Step 1: Open each foot by holding one hand on top of the foot and one hand below. Then let the energy drain out from the feet clearing all 7 layers of the field or energy body.



7 layers of the field





Energy Medicine
Self-Care

Clearing the Self

- Inner Core Balance
- Energy Field Drain and Replenishment

Energy Field Drain and Replenishment

Purpose: Clear energy that is stuck or needs to be replaced with healing light. This is especially good for systemic diseases, such as colds, flu, sinus trouble, cancer. It also can be used to clear anger, fear, disturbing thoughts or resentments held in the present or past.

Procedure: Start by centering and grounding. Bring into consciousness the emotions and thoughts you want to release. Notice when the emotion or thought releases or becomes neutral. If you are not able to experience the change, hold for 3 to 7 minutes or for however long you sense is needed.

Energy Medicine Self-Care

Energy Field
Healing and
Energizing

Circle of Light & Love

Stabilizing The Energy Field

Establishing Energetic Boundaries – 360°

Create a Circle of Light and Love energetic boundary to protect and guard the integrity of your being, protecting you from outside energetic influences.

Extend your arms waist high, palms facing out.



Hold the hands left and right, accessing and stabilizing the intuitive and the rational, the female and the male aspects.

Circle
of Love 

Energy Medicine Self-Care

Energy Field
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Energizing

Circle of Light & Love

Stabilizing The Energy Field

Establishing Energetic Boundaries – 360°

With intention, create a surrounding (360°) bubble of light and love. Extend your arms above and below the body, hand facing inward (intend 360°).

Stabilize top (our dreams), and bottom (our grounding). This grounds our visions so that they can go forward and manifest.



Energy Medicine
Self-Care

Energy Field
Healing and
Energizing

Circle of Light & Love

Stabilizing The Energy Field

Establishing Energetic Boundaries – 360°

Extend your arms front and back of the body, hand facing inward toward the body (intend 360°).

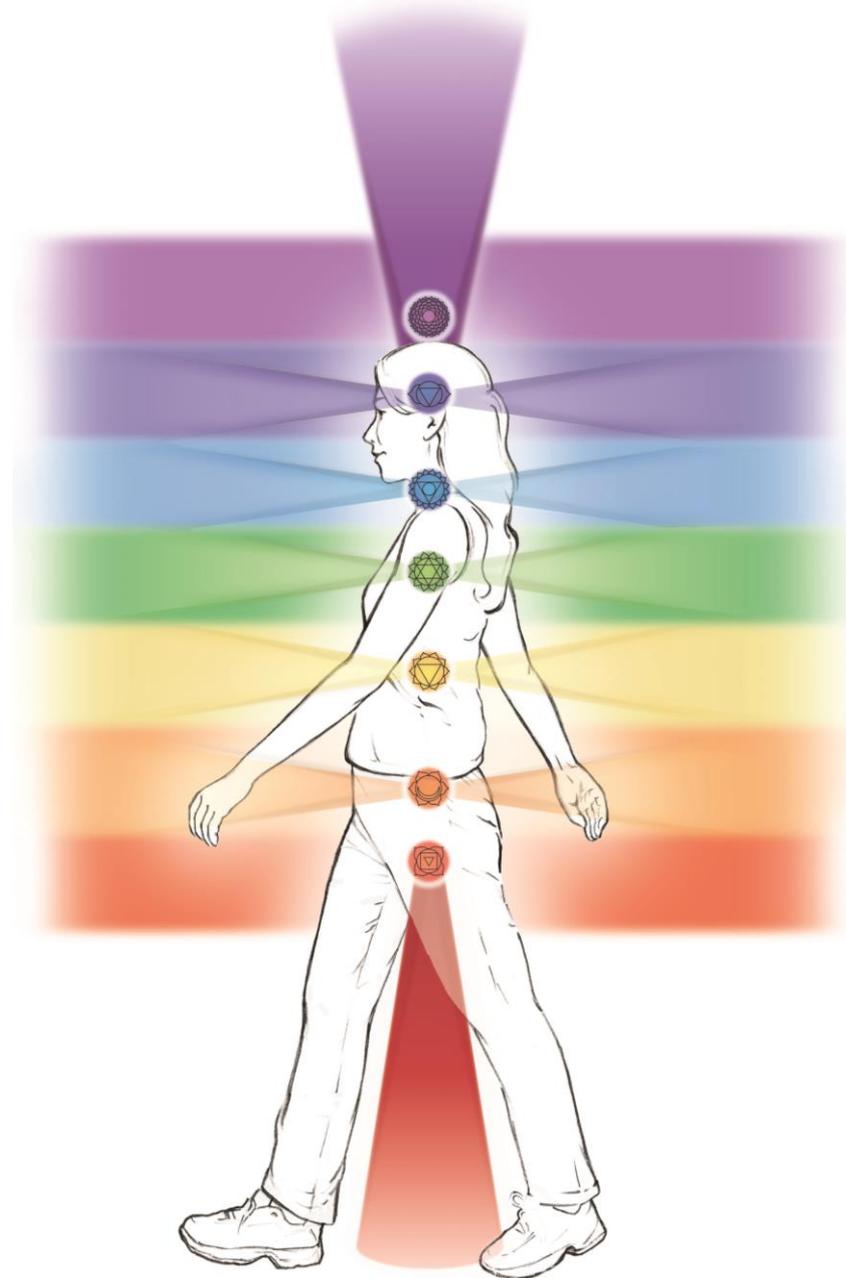
Stabilize front and back – connecting the past and future in order to be in the present.



7 Major Energy Centers

Channels of Consciousness

- **#7 Crown – Spirituality & Soul**
- **#6 Brow – Visioning, Planning**
- **#5 Throat – Expression and Listening**
- **#4 Heart – Transformation through Love (from lower - physical to higher self – soul)**
- **#3 Solar Plexus – Ego, Thinking, Ideas**
- **#2 Sacral – Desire, Pleasure, Sexuality, Emotions**
- **#1 Root – Survival & Will to Live, Physical Self**



Limiting Beliefs

Shape who we are & become.

Crown

Brow

Throat

Heart

Solar Plexus

Sacral

Root

#7 Don't trust a Higher Power	Core Belief: I don't believe in anything or anyone.	Results: Helpless. Hopeless.
#6 Don't dream. Don't vision, Don't plan.	I can't get what I need and want.	Results: No dreams, desires, plans.
#5 Don't speak. Don't listen.	My expressions are not important. I don't hear what others say.	Results: Withholding expression. Shut down.
#4 Don't love.	I am not lovable.	Results: Worthless / Negative.
#3 Don't think.	I am not smart enough.	Results: Indecisive. Can't make life work.
#2 Don't feel.	I need to shut off and out feelings. I can't experience sexuality.	Results: Isolation / Loneliness. Non-sexual.
#1 Don't be. Don't exist. Don't trust the world.	I am not good enough. I should not live. Life doesn't work for me.	Results: Depression. Suicide. Worthless

Affirming Beliefs Bring us to life!

Crown	I am cared for by a Higher Power.	Inspired, connected. Life is good and has value.
Brow	I can dream. I can plan.	Visioning
Throat	I can speak. I can express myself. I can hear others.	Able to effectively speak and listen.
Heart	I am lovable. I am worthwhile.	Solid heart connections and relationships.
Solar Plexus	I can think.	Ability to think clearly. Has powerful ideas. Has good ideas. Able to do things.
Sacral	I can feel. I am a sensual / sexual being and I am ok.	Experiences and uses all feelings. Able to give and receive sexual pleasure.
Root	I deserve to exist. I can trust the world. I can be me.	Physical being functions well. High self esteem. Secure in the self. I belong on earth.

Expressions for Healing

A rowboat is a dream symbol of journeying to achieve your goals. Dreaming of moving forward in a rowboat symbolizes your feelings about the things you want in your life.

Dream about rowing easily and making progress across a body of water. You will grow confident in your ability to go where you want.



*expressions
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CHOOSE HEALTH:
Setting a new direction



Expressions for Healing

1. I didn't imagine my life would be...
2. I feel...
3. I think...
4. My heart has suffered...
 - to those at the prison...
 - to my family...
 - to my friends...
 - to...
5. I need to say...
6. I envision my life in the future...
7. Spiritually I am...

Loss of freedom

Take time to write your story and set a new direction. You will become clear and guided for the future.

Take time to write your story to become clear and guided for the future.

1. My time here is ending...
2. I feel...
3. I think...
4. My heart is...
5. I need to say...
 - to...
6. I anticipate...
7. Spiritually I ...

Anticipating the change

Take time to write your story and set a new direction. You will become clear and guided for the future.

Take time to write your story to become clear and guided for the future.

1. Freedom for me is...
2. Emotionally I am...
3. Thinking about the changes I...
4. A free heart is...
5. This is what I have to say about freedom...
6. I wish...
7. My Spiritually seems...

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Choose Health Cards

Choose Health Healing Intentions

The path to health is available for each of us. Align with your spiritual guidance to show the way. Let go of all that robs you of joy. Open your feet and drain out that which no longer serves you. Mother Earth will accept and transform the energy. Then, open the top of your head and your heart to be infused with Joy, Love and Optimal Health from Divine Source.

For more information about courses, products and Choose Health Certified Training contact:
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Program Director and Founder
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919-381-4198



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Go forward with love

Now is the time to go forward with love.
Leave behind all the obstacles you have
encountered and choose health.

I choose love.

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