

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

2009 –

Healing Energy: Moving Through the Chakras (Personal Enhancement)

Connecting to Spirit through Movement & Music (Wellness Activity)

2008 –

Empowerment Through Movement
(Personal Enhancement)

Connecting to Spirit through Movement & Music (Wellness Activity)

Presentation Title:

Create Healing: Focus on what you need to think, hear, see, and feel to change your life.

Track: Personal and Professional Renewal **Target Audience:** Health Care Professionals
Program Level: intermediate **Program Type:** Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

Abstract:

This fun and interactive session will begin with exploring our negative self-talk then reverse it by focusing on positive messages (affirmations). Participants will create their own individual affirmation, then embody it through use of breathing, speaking, creating, visualizing, moving and feeling it. Use of all your senses will help to ground and connect you to this new way of thinking that can change your life.

Measurable Objectives:

1. Participants will be able to discuss affirmation components.
2. Participants will write a personal affirmation.
3. Participants will use their senses to embody their affirmation.
4. Participants will be able to list a number of ways to embody affirmations and have an opportunity to do them.

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Program Outline:

1. Welcome & Introductions

2. Our thoughts affect our life
 - A. What are you thinking?
 - B. Self talk – negative or positive
 - C. Negative self talk – inner critic

3. Song – “Brain Rats” by Barbara McAfee
 - A. A light hearted look at negative self talk

4. Meditation
 - A. What do your brain rats say?
 - B. Uncover negative self talk
 - C. Reverse it – positive statement
 - D. Breathe into it

5. Time for individuals to write notes from meditation

6. Affirmations
 - A. Short positive statements
 - B. “I” statements
 - C. Write them in the present tense – it is already so
 - D. Examples

7. Time for individuals to write own affirmation

8. Use it!
 - A. Breathe affirmation in!
 - B. Say it out loud
 - C. Say it with feeling
 - D. Sing it!

9. Groups of two - Share affirmations with partner
 - A. Partners can ask for help and suggestions to made affirmation clearer, more positive, and in the present tense.
 - B. Repetition and support
 - C. Say it out loud
 - D. Say it with meaning!
 - E. Sing it!
 - F. Each partner state other’s affirmation as a fact!
 - (1) Use name
 - (2) Present tense
 - (3) Say it with conviction

10. Have participants create a sign of their affirmation

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- A. Something they will take with them to visually remind themselves.
- B. Provide paper & art supplies
- C. Let them create something with meaning - add color and images.

11. Have participants share their creation in small groups

- A. Get re-enforcement of their chosen new way of thinking.
- B. Repetition and support
 - (1) Have each participant share their affirmation
 - (2) Have group repeat each affirmation
 - a. Use name
 - b. Present tense
 - c. Say it with conviction

12. Demo using body sculpture & movement to express affirmations

13. Have participants play with body sculpting and movement with their affirmations

- A. Create a safe environment for expressing themselves
 - (1) Have participants close eyes
 - (2) Play music to start movement

14. Have participants share their movement creation in small groups

- A. Let it be playful and fun
- B. Repetition and support
 - (1) Have each participant share their affirmation and movement
 - (2) Have group repeat each affirmation and movement
 - a. Each participant becomes the teacher re-enforcing movement memory
 - b. Increases support & connectedness
 - c. Everyone gets to try out a number of positive affirmations

15. Ask for volunteers to share their affirmations with the whole group.

- A. Let it be playful and fun
- B. Repetition and support
- C. Allow volunteers to teach movement to group

16. Ending Meditation

- A. Visualize living your affirmation.
- B. How will you act, sound, feel, be?
- C. Have participants create a touchstone in their bodies that will allow them to recall the sensations of their affirmation and help them to connect with it.
- D. Breathe affirmations in!

Program Bibliography:

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Yogananda, Paramahansa (1957) *Scientific Healing Affirmations: Theory and Practice of Concentration*. Los Angeles, CA: Self-Realization Fellowship

Program Relevance to Conference Theme:

What can be more central to one’s emotional, spiritual, mental and physical health and well being than the way they view themselves and their place in the world? If one feels valued, lovable, deserving, and empowered to control their thoughts they can positively affect their well being.

This fun, interactive and innovative session will lead participants through the process of exploring sometimes hidden thoughts that have been unhealthy, then changing them to positive affirmations.

The use of affirmations to change behavior is not new. What is new and innovative is helping participants to embody them through the use of all their senses. Other sessions have discussed this. This session will lead participants through the process including new ways of connecting to an affirmation (i.e. body sculpting and movement).

This session is positive, self-empowering and educational.