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Commentary

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Chaos, Disruption and Change

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We are in an extraordinary time in the US, watching the structure and content of our government change. A wonderful fiction author whose books I love, Patricia Briggs, said in one of her volumes, in essence, “change is never really just good or bad but brings something of both.” So how does one balance as the currents of life are shifting all around ? How does one dance in the waves of chaos and change, survive and thrive?

To begin with, breathe. Just breathe. Then, if you know how, ground, charge and find [the center of the center of your belly. If you do not know how to breathe ask any singer. Or search social media for a video of the process. Breathe into that center of the center of your belly. Gently, smoothly and deeply. Allow your body to relax. Then allow yourself to begin to receive the flow of current from the earth and the world around you into every cell of the body. When you are in tune with the Earth, standing in the flow of the currents around you, much like standing in a stream, you have the potential to perceive the path to take for your life at the moment the new pathway opens up.

There is substantial research on mindfulness, on energy psychology and on breathwork of various kinds if you are interested in seeking out the science around each process. Start by checking out The National Library of Medicine, and put in pubmed on the Google search line. When it brings up the website, put in those words and search each one. You might be pleasantly surprised by what you find.

There is a difference between choosing fear and finding out what works for your body and your health. Waking up to new ways of being healthy is always good for your body and spirit.

Bio:

Dr. Melinda H. Connor, D.D., PH.D., AMP, holds degrees from Harvard University, Wellesley College, University of San Francisco, American Military University, California Coast University and University of Arizona and was a National Institutes of Health T-32 post-doctoral fellow at the University of Arizona in the Program in Integrative Medicine. Dr. Connor is the current Director of Research for Akamai University and a Chair emerita for the Board of Directors for the National Alliance of Energy Practitioners. She is a fellow of the American Alternative Medicine Association and the Royal Academy of Medicine UK, the founder of Earthsongs Holistic Consulting, the Resonance Modulation™ training program and has written ten books. She has a private practice in Arizona and continues to present her research work at conferences around the world.

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