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INSIDE

Dr. Teresa's letter

Research Corner: We Are One

Holiday Gift Offer

Upcoming Events



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Dear One,

I am excited for all that we have achieved together in the past year! Looking back on these almost twelve months, I celebrate all the strides and evolution and growth that you have shared with us at Vibrant Body Wellness.

I encourage you to [bring that energy into the interactions](#) you have this holiday season, as the nights grow longer and we face unfamiliar situations, like holiday parties and family gatherings and lots of travel. As we spend time with people we don't see but once a year, or whom we are just meeting for the first time, let's not get caught by our expectations of how things have always been, or how we wish they were. Instead, allow yourself to recognize the space between those thoughts and the grace in the moment. Use your amazing Network strategies to move/feel/see into our [interconnectedness](#) and recognize the consciousness of our Oneness with each other.

In support of you to that end, I'm tickled to share a [wonderful animated illustration of Dr. Brene Brown's findings](#) on empathy over sympathy, as she explains that what makes it better is connection.

With love and celebration of YOU,

Dr. Teresa



Research Corner:

In sync with the consciousness that We are All One, new research from the Karolinska Institute in Sweden revealed that estimating and anticipating activity around your own hand activates your brain in the same way as observing activity around someone else's hand. These neurons did NOT activate when a prosthetic hand was used! In other words, how our brains track other people and what happens to other people is the same as how we process what happens to ourselves. [Make the connection!](#)

[Science Direct Article, Sept. 05, 2013, Space Around Others Perceived Just As Our Own](#) *Original Research Article:(requires institutional journal access)* Claudio Brozzoli, Giovanni Gentile, Loretxu Bergouignan, H. Henrik Ehrsson. "A Shared Representation of the Space Near Oneself and Others in the Human Premotor Cortex." *Current Biology*, 2013; DOI: [10.1016/j.cub.2013.07.004](https://doi.org/10.1016/j.cub.2013.07.004)



Special Holiday Gift Offer

**Give the gift of Network Care
at no charge to you!**

Many of you have already taken us up on the opportunity, and we're so excited to meet your loved ones soon.

Help us get your cards out to family and friends before the year ends!

Upcoming Events December

Level I Class... TONIGHT! Wednesday 12/18 @6:45pm

Dr. Teresa will introduce the "Season of Discover" -- the pleasures and pains of it, and how it is helpful in the healing process. She will also introduce Stages 1 and 2 of SRI, which are exercises you can do at home to support your progress in care.

FREE! Guests welcome

Last Day to Send Holiday Gift Cards! Tuesday 12/24

Holiday Break

Office closed Wednesday 12/25 - Wednesday 1/1

January

Level I Class

Thursday 1/16 @7pm

FREE! All welcome

Level II Class

Wednesday 1/22 @7pm

FREE! Please ask Dr. T about your level of care.

Triad of Change Workshop

Thursday 1/30 7-8:30pm

\$50 investment, open to all

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