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Dear ones,

Happy New Year! In these first few days and weeks of the new year, I know it's customary to make New Year's Resolutions. But I must confess: I have always dreaded them! No matter my good intentions, the sense that I am setting myself up for failure persists. It's like starting my year looking up from the bottom of a hill at the prospect of all the year's work ahead.. And often it's a hill I've found myself at the foot of many times before!

Why not set ourselves up for success instead? What has already been resolved with the coming of a new year? What have we completed, moved on from, come through the other side and truly resolved in our lives already? What hills do we find ourselves at the TOP of now? And with those current resolutions, what can we connect with even more in 2014? What spaces are opening up? What resources are becoming available? What can we now imagine, what questions can we now ask, that were not conceivable in 2013?

I invite you to take these first few days and weeks of the new year to consider these questions and see what comes of reaching for the connections and possibilities that come with real resolution, rather than the daunting pressure and guilt of focusing on what continues to elude you.

To inspire you to make and find more connection, enjoy this video on ["The Most](#)

[Astounding Fact"](#) about the universe, and the research article below!

<http://vimeo.com/m/38101676>

With love and joy,

Dr. Teresa

P.S. We have a handful of leftover Holiday Gift Cards that your friends and family can still enjoy. Ask for yours today, and help your loved ones make that connection too!



**Research Corner:**

Recent research published in JAMA Psychiatry has found that people who are religious or spiritual have increased cortical thickness and a decreased risk in likelihood of depression even in those with a familial predisposition.

In a reorganizational context we see how people who are having a spiritual experience have transcended the misconception they are separate individuals which is a hallmark belief of a depressed person. It also shows how responses that occur in NSA late level two and level 3 as well as the later stages of SRI are able to make major changes in a person's emotional wellbeing.

Lay article:

<http://www.dailymail.co.uk/health/article-2531622/People-religious-spiritual-thicker-brains-Those-believe-god-deeper-outer-layer.html>

Research abstract:

<http://archpsyc.jamanetwork.com/article.aspx?articleid=1792140&resultClick=1>

**Upcoming Events**  
**January**  
**Level I Class**

**Thursday 1/16 @7pm**

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*

**Level II Class****Wednesday 1/22 @7pm**

Essential for everyone in Level 2 care, this class walks you through the transition from Discover to Transform. With the greater connection, awareness, and ability to release tension that you have developed in Level I of care, you are ready to take your healing to the next level.

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

**Triad of Change Workshop****Thursday 1/30 7-8:30pm**

How many times have you tried to make changes only to find yourself back where you started or wanting greater results from your efforts? Mastery of YOUR Triad of Change is the missing link for many of us in creating sustainable transformation in our personal and professional life. You will discover your formula for effortless living and mastering progress. \$50 investment. All Welcome

**February****Level I Class****Wednesday 2/5 @7pm**

*FREE! All welcome*

**8-Year Anniversary of Vibrant Body Wellness!****Thursday 2/6****GROW DAY Living Energy Rich****Thursday 1/13 7 - 9:30pm****Triad of Change Workshop****Wednesday 2/19 7 - 8:30pm**

*\$50 investment. All Welcome*

**Anniversary Party****Saturday 2/22 1 - 4pm****Level II Class****Thursday 2/27 @7pm**

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

A happy life is just a string of happy moments. But most people don't allow the happy moment, because they're so busy trying to get a happy life.

--Abraham

Excerpted from the workshop in Sacramento, CA on March 15, 2003  
Our Love,  
Esther (and Abraham and Jerry)

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