

You are receiving this newsletter because you have expressed an interest in Vibrant Body Wellness, Dr. Teresa Lau's practice. To be sure we land in your inbox, please add this email to your address book:
vibrantbodywellness@gmail.com

[View this email in your browser](#)

INSIDE

Dr. Teresa's Letter

Research Corner: Mindfulness and

Positive Feedback

Upcoming Events



Share



Tweet



Forward to Friend

Dear ones,

I hope this letter finds you knee-deep in the richness of 2014, and that the hopes and goals you set are still on your mind and in your heart. There is a momentum to enjoy at the start of a new year, and as that bright and optimistic energy wanes, we often experience the felt reality of the challenges we've put in front of ourselves. We get to discover the slow or fast seep of energy from our coffers of resource, that takes us right up to the edge of our comfort zone. Or put another way, this is our moment of truth!

Can you actually experience this discomfort and instability of the change in gears, the shift in energy and momentum? Most of us are so conditioned to push away what feels "bad" and be obsessed with what feels "good," that we can get caught in a polarity that distracts us from being present with what IS. Here's a video that gives us a lighthearted display of just how much energy there is in being with what is, in the moment: "What If Adults Had Tantrums Like Toddlers?"

https://www.youtube.com/watch?v=mZl_rCJtTsg&feature=youtu.be

Of course, we won't all be throwing ourselves to the ground at the coffee shop! But we can take the opportunity of contrast in our lives to truly Discover and allow ourselves the richness of experiencing what is true. It's what mindfulness is really all about. Rather than trying to achieve some elusive form of "balance," or constantly avoiding extremes, we look instead to develop our capacity for embodied presence. We cultivate a dynamic center of gravity or knowing, where not just negative feedback but also positive feedback does not take us on a roller coaster ride. Lucky for us, these are the strategies we're cultivating in your spine and your being with Network Care!

With encouragement and enthusiasm,

Dr. Teresa



Research Corner:

A new study conducted at the University of Toronto shows that people who have a practice of mindfulness are less affected by positive feedback, and more at peace with their own thoughts and emotions.

Article: <http://www.sciencedaily.com/releases/2013/11/131101172404.htm>

Upcoming Events

March

Level I Class

Wednesday 3/5 @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

Thursday 3/13 @7-8:30pm

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.

Living Energy Rich Seminar

Thursday 3/20 6:30-8pm

A NEW seminar offering about what energy REALLY is, and how to recognize and amplify the way you are using yours. Discover what resources are most available to you, transform the way you handle pressure and stress, and awaken the power to truly contribute to those around you.

\$50 investment. All welcome!

April

Level I Class

Thursday 4/3 @7pm

Triad of Change Workshop

Monday 4/21 7:30-9pm

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!

Copyright © 2014 Vibrant Body Wellness, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp