



October 2012

We hope you will come and see our exhibition at the **BODY SOUL & SPIRIT EXPO**



October 19 – 21, 2012

Stampede Park
Big Four Building

www.bodysoulspiritexpo.com

If you are seeking options to improve your life, physically, emotionally, and spiritually, expand your consciousness, or improve your health, then this is an event you don't want to miss!

WELCOME!

We would like to welcome you to the first official newsletter of Living Your Essence! Living Your Essence was first established in 2006, and has been steadily growing in all ways since then. After many years of development and inspiring healing experiences, it finally came time to expand our community, and we offered our first practitioner training in January of this year. We now have 6 certified practitioners offering our very own Essence Alignment Healing Sessions (and several others not far behind), and have also expanded to include practitioners of other energy modalities such as BodyTalk, Reiki and Quantum Touch.

We moved into a beautiful new healing space at the end of last year, and are central once again, just off of Kensington Road, on 19th street NW. Our new space is both warm and inviting, and home to many beautiful healing sessions for the body, mind and spirit! Our work continues to be extremely rewarding, and addition to sharing it with all of you, our practitioners continue to be committed to our individual growth and development each and every day.

As many of you are aware, it is an exciting time to be alive! There is much change transpiring – both within and around us. Many of us have been given challenges this past year that have at times, seemed almost insurmountable. I am awestruck every day by the resilience of the human spirit, as I watch clients rise up and out of difficulty with tremendous courage, faith and love.

It is a time where love continues to prevail and to push through some of our more challenging moments. It is not that we are being punished by these learning experiences, but that we are being encouraged to grow **like we never have before**. Increasing our awareness and understanding is no longer optional...it has become crucial for each of us to put old, unresolved energies to rest, so we are finally able to be free from inner obstacles and move into the light of who we are becoming.

Many of us can sense the deep change that is at work beneath the surface. It is profoundly exciting, yet can also feel daunting in some moments. It is a good time to be connecting with others of like-mind, so we can be supported as we continue to move through each of our transitions, and back into the beauty of wholeness.

Healing sessions open our channels so we can connect with Source energy, while facilitating our natural states of calm, peace and health to rise to the surface. If we can be of any help to you on your journey at this time, please do not hesitate to be in touch! We wish you well and look forward to seeing you soon!

Lesley Cameron, and the Living Your Essence Team

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Breath of Life

Proper breathing brings about healing and revitalization on all levels of being. Breath therapy is one of the most effective health maintenance and restorative techniques available today. Full conscious breathing is one of the best neutralizers of stress that anyone can use. Lack of air leads to a build up of toxic by-products which leads to pain and inflammation and a downward spiral.

Cells require oxygen to transform nutrients into fresh energy. The body also uses oxygen to burn off or oxidize metabolic waste products and other toxins in the body in a combustion process leading to their elimination through the lungs in the form of various gases. 70% of all elimination from the body occurs through the lungs in the form of gases and particles.

Deep breathing stimulates and massages all the internal organs of the body, leading to better functioning. Deep breathing encourages the circulation of blood throughout the body, dilating the blood vessels and strengthening the expansion and contraction of the capillaries. Deep breathing cleanses the blood, promotes the functions of red and white corpuscles, and acts as a pump for the movement of lymph. Deep breathing stimulates the entire nervous system, both peripheral and central, and facilitates the actions of the nervous system.

Conscious, full breathing raises the metabolic and vibratory rates of our bodies. Some consider breathing to be the most important of all the bodily functions because all other functions depend upon it. Life is dependent upon breathing. Breath IS life.

Ann Sibbet, <http://www.itlcofsac.com>

*Life is a mystery to be lived,
not a problem to be solved.*



Befriending Our Feelings A Journey Into Authenticity

For many, feeling our emotions is very scary. Feelings may be denied, frozen, disallowed, forbidden or seen as “negative” in the slavery of our past. However in our journey through life, feelings are invaluable gifts of life.

We always have a choice in how we deal with our feelings. Our emotions are visitors that stay forever unless we talk them out or work them through. Otherwise, we may act them out in unconscious ways that do not support our healing. When we suppress our feelings, they may show up in the form of phobias, compulsions, addictions or physical ailments. Our feelings can be experienced both positively and negatively. If we deny grief or pain, we may just as easily deny our inherent joy and happiness as well. When we are not consciously expressing our repressed emotions, we can become out of touch with our own lives, and experience depression. “De-press-ion” arises when we “depress” or “suppress” our feelings and emotions.

Throughout the day, pay attention to how your body responds to your feelings. A heavy chest may reflect sadness. A tight throat may indicate anger. Our bodies can give us so much information if we don’t disconnect from our physiological responses. If you have alienated yourself from your emotions, make this the day that you begin to welcome them once again. It drains incredible amounts of physical and mental energy to suppress our emotions. Through allowing and accepting, we can more easily move through our lives, while enjoying the journey along the way.

Feelings also provide us with their inherent gifts if we are willing to name them, embrace them and love them. Only love has the power to transform our feelings into these gifts, for love is the power of transformation. - Sharon Blackwell



Spiritual Practice Returning Home – The Present Moment

Your true home is in the here and the now. It is not limited by time, space, nationality, or race. Your true home is not an abstract idea. It is something you can touch and live in every moment. With mindful breathing, you can find your home in the full relaxation of your mind and body in the present moment.

When you are able to stop speaking and thinking, you can learn to deeply connect with your in- and out-breath. Here you can experience your true home. When you are at home, you can touch the wonders of life. When you breathe in, you bring your whole self together, body and mind; you become one. Equipped with that energy, you take a step towards reclaiming your power, which is always in the present moment.

By taking a mindful breath, you can bring your mind back to your body. In your daily life, your body and mind often go in two different directions – mind in one place, body in another. While your body lives in the present moment, your mind is often caught in the past or future. Between your mind and your body there is something to bridge the two together - your breath. While breathing in, you don’t need to think of anything; simply focus your attention on your inhalation. While breathing in and out with awareness, your body and mind come together as one. Suddenly, you find yourself fully present and radiantly alive! You’ve returned home. - Sharon Blackwell

Meet Our Practitioners



Lesley Cameron

Founder Essence Alignments



Elisa Garcia

BodyTalk / Ideal Protein Diet



Jan Hansen

BodyTalk / Quantum Touch



Meaghan McQuade

Essence Alignments



Mary Miller

Essence Alignments



Laurene Palmiere

Essence Alignments



Cheri Romanow

Essence Alignments



Andrea Bartolotti

Essence Alignments

ESSENCE ALIGNMENTS

Essence Alignments are intuitive energy healing sessions that help us to function more health-fully inside, and also within our physical environments. They help us to feel clearer, to be free of fear, and more confident and certain about how we are living our lives. Using a gentle and non-invasive approach, our specialized practitioners work intuitively through layers of belief systems, conditioning, attitudes and perceptions, gently dissolving away blockages, while helping your body and mind to recover their natural healing capacities. While many modalities look to 'fix' what is wrong or out of balance, Essence Alignments aim to enhance what is already healthy, content and pure in our systems. As this profound natural energy is brought forth, unnecessary complexities and energetic obstructions are easily cleared away, with lasting effects. Activating our bodies' natural healing abilities allows our physical, mental, and emotional symptoms to dissipate, leaving us more able to live with clear minds and open hearts, as we were intended to be.

BODYTALK

BodyTalk is a simple and effective holistic therapy that allows the body's energy systems to be re-synchronized so they can operate as nature intended. Each system, cell, and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life these lines of communication can become compromised which can lead to a decline in physical, emotional and/or mental well-being. Reconnecting these lines of communication enables the body's internal mechanisms to function at optimal levels, thus repairing and preventing disease while rapidly accelerating the healing process. In this way, BodyTalk stimulates the body's innate ability to balance and heal itself on all levels. BodyTalk can also help you to create balance in your life as well. By helping you to release any beliefs or stored memories and emotions that may be causing suffering on conscious or subconscious levels, you can begin to clearly see what is and is not working in your life and make positive change.

ESSENCE BRACELETS



Gemstones

White Jade: restores health, inspires abundance, and brings clarity and balance

Smoky Quartz: promotes grounding, dissolves negativity, and amplifies intuition

Rose Quartz: nurtures forgiveness, expands self love and acceptance

Message of Healing

I am moved by the invisible essence of healing. A natural spark that lives within the very core of my being, healing energy moves effortlessly through my body, mind and spirit, continuously replenishing and aligning me to my highest potential and wellness. As I lovingly allow myself to be healed, my heart opens and my purpose becomes clear. I willingly surrender myself to the exquisite wonderment of healing.

Win a **FREE BRACELET!** Sign up to receive monthly specials and to be automatically entered into our regular free bracelet giveaways - drawn every 3 months - <http://www.essencebracelets.com/free-draw>



free draw!