

## **How we work at Creative Life Institute. 12 Steps to Improve Health, Happiness and one's sense of Well-Being;**

### **1. We focus on creating wellness solutions:**

The operational principle here being what you focus on increases. Our wellness paradigm is based on western and eastern, time tested medical principles that are effective in addressing chronic conditions prevalent in society today.

**2. Education and information:** We are dedicated to helping people understand that the nature of Health, Happiness and one's sense of Well-being emanates from positive belief systems, emotional balance and healthy relationships among the organs of the body and between the human organism and its external environment.

**3. The Body as a Garden:** We invite patients and family members to acknowledge the human body as a sacred and wondrously complex garden, rather than a machine. This step is the realm that asks you to look at "what is" and what supports and nurtures your body, mind and spirit.

**4. A Current Wellness Assessment:** This is a critical step providing knowledge, genetic profiles and historical information about an individual's present condition and the impact on one's life. Clear recognition of contributing conditions allows for a focused plan for treatment to be developed.

**5. Current treatment options:** To be clear and confident about your treatment plan helps to put the mind at ease, facilitating one's ability to enter the deeper dimensions of healing. We explore acupuncture, herbs, diet, nutritional support, exercise, Qigong, yoga, massage, and meditation to support and rebalance your natural energies. This empowers you to actively participate in and obtain the greatest possible benefits from your treatment.

**6. Emotional Balancing:** Here the focus is toward the realm of the human heart, exploring the internal world of feelings and personal experiences. We utilize the transformative power of Consciousness Mapping to dissolve emotions that are detrimental to health and move toward positive emotions that nurture and support the joy of life.

**7. The Nature of the Mind:** Your entire experience of life – including life with your present circumstances- is profoundly influenced

by your thoughts, beliefs and the meanings you give to events and circumstances. Moving forward on your wellness path you can learn how to escape the tyranny of the mind.

**8. Connection with others:** The simple act of sharing with others is a very ancient, profound and deeply nourishing. A growing body of evidence clearly supports that the connection with others can greatly improve one's quality of life.

**9. Nature of Consciousness/Spirit:** The source of love, joy, fulfillment and vitality that one seeks lies in the non-physical aspects of your being that exists beyond time and space. Recognizing and experiencing the nature of spirit relieves, stress, anxiety, calms the turbulent waves of human existence, and deepens the potential for healing.

**10. Life Assessment:** It is very empowering to discover the real purpose of your life. Aligning yourself with a higher purpose liberates enormous energy and resources for healing. Creative Life Institute provides support and tools to explore your life goals and purpose.

**11. Clearing Program:** The accumulated debris of life creates what is called in Traditional Chinese Medicine "stagnation". Stagnation restricts the flow of the energy of life. Clearing all energetic pathways of the body, the mind, and the spirit is essential to enhance ones health and vitality.

**12. Creativity, Humor and Play:** Learning to not get so caught up in the daily flurry of work and responsibilities and taking time out to laugh and relax may seem frivolous. However, research shows that creativity, play and humor empowers the imagination, reduces stress hormones, lowers blood pressure, boost the immune system, and reduces pain. Laughter is one of the easiest ways to free yourself from the minds constricting thought processes and find inner peace. Yes- we will remind you to laugh and play and create – everyday!

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