



<https://wellcomeomcenter.com/>

Local Events Spring Hill - Call Us Today

- 352-600-4242

[Join Our Mailing List](#)
[Follow Us on Facebook](#)
[Find Us on Instagram](#)
[Login | Register](#)
[Store](#)

[Home](#)
[Classes & Programs](#)
[Articles](#)
[News](#)
[Message From Our Founder](#)
[Our Team](#)
[Contact Us](#)

THE CONSCIOUS MARKET AT OM IS NOW OPEN!



Awaken · Educate · Nurture · Heal

A collective effort of conscious energies to awaken, educate, nurture and heal. Herein lies a combination of exceptional talent, wisdom, and skill in order to make a positive difference – where the totality of health is the goal.

[JOIN OUR MAILING LIST AND STAY UPDATED!](#)



"Be Consciously Healthy" by Dr. Maria Now Available for Purchase Online in Our Online Store

Take a moment right now to look, listen, feel and breathe. What is your body telling you? Your environment? Are you tuned in to those messages or are you going along in blissful ignorance about your health? Did you know that every decision you make today has a result, if not now, then years down the road? Those decisions lead to strokes, heart attack, diabetes, and other health conditions that are both avoidable and preventable. **The power to change your health is in your hands!**

Authored by Dr. Maria Scunzio-Singh, or Dr. Maria, as she is known to her patients, co-founder of Access Health Care Physicians and founder of our newly opened WellCome Om Integral Healing and Education Center, the book explores her whole-health approach, combined with conventional and alternative methods, that are instrumental in helping her patients lead their healthiest lives.

Purchase Dr. Maria's newly released book, "Be Consciously Healthy," direct from us today and enjoy free shipping on your book!

[Buy the Book Today!](#)


[Like Page](#)
1.1K likes



MAY 14 **Breaking Out of Your Shell...**
May 14 - Be Empowered at Well...
Wellness

MAY 15 **Believing in Girls Friendra...**
May 15 - Spring Hill, FL, United S...
Wellness - 144 people

MAY 15 **Weight and Wellness...**
May 15 - Spring Hill, FL, U...
Fitness

MAY 17 **Breaking Out of Your Shell...**
May 17 - Be Empowered at Well...
Wellness

MAY 18 **Nature Coast Weddi...**
May 18 - Spring Hill, FL, U...
Shopping - 168 people

MAY 21 **Conscious Cooking ...**
May 21 - Spring Hill, FL, U...
Health

MAY 21 **Fun & Games for Middle a...**
May 21 - Be Empowered at Well...
Food

MAY 22 **Weight and Wellness...**
May 22 - Spring Hill, FL, U...
Fitness

MAY 24 **Tampa Bay Literary ...**
May 24 - Spring Hill, FL, U...
Art

MAY 25 **Conscious Cooking ...**
May 25 - Spring Hill, FL, U...
Food

MAY 25 **Art Class: Journey O...**
May 25 - Spring Hill, FL, U...
Art

Location

Physical Address:
4242 Lake In the Woods Drive
Spring Hill, FL 34607
Phone: 352-600-4242

Mailing Address:
5327 Commercial Way
Suite C113
Spring Hill, FL 34606

- Home
- Classes & Programs
 - Upcoming Events
 - Yoga Classes
 - Cooking & Nutrition Classes
 - Garden Education Classes
 - Mental Health Training
 - Be EMPOWERED – Teens & Youths
- Articles
- News
- Message From Our Founder
- Our Team
- Contact Us

Most Recent News & Articles

- The Everlasting M-OM-ENT March 27, 2019
- WellCome OM Center Announces Grand Opening of Yoga Exercise Studio February 4, 2019
- WellCome OM Center to Give a Glimpse of Spring Hill Campus in Celebration of Book Release January 6, 2019



<https://wellcomeomcenter.com/>

An understanding of the interaction between the basic parts of the brain and the separate, unique awareness of every is essential to promote change throughout the system. Simplifying the mind into two interdependent systems is sufficient for our purposes.

The mind consists of a triune, vertical, hierarchical system, known as the McLean/Papez triune mind, and a bi-lateral, horizontal system, known as the left/proper hemispheres.



Each of those parts has its own separate awareness, and must interact efficiently with the opposite subsystems in an effort to promote survival and growth, (individuation). Trauma and detrimental emotion intrude with client interaction.

The role of the hemispheres has been explored for years from the perspective of the Western, reductionist paradigm. This view holds that consciousness is a type of byproduct of the brain, and that when the brain shuts down, consciousness ceases like a blown out candle flame.

Therapies comparable to Thought Subject Remedy and Emotional Freedom Techniques, however, are based in a Vitalistic paradigm. Vitalism holds that there's a kind of central organizing precept or Very important Energy in the universe. This is a common perception in Eastern and indigenous religions, and was, prior to the 19th century, the basis for Western Science and many Western philosophies.

For example Henri Bergson, a French Vitalist thinker, [Local Events Spring Hill](#) proposed that the mind is definitely a receiver of consciousness, and actually screens out much of our awareness to make sure survival.

Carl Jung was additionally a proponent of a collective unconsciousness that contains archetypes, recollections and thoughts.

Nobel Laureate Karl Popper was also an advocate of a type of vitalism, known as interactionism. This view additionally holds that consciousness exists independently of the brain and interacts with bodily reality through the central nervous system.

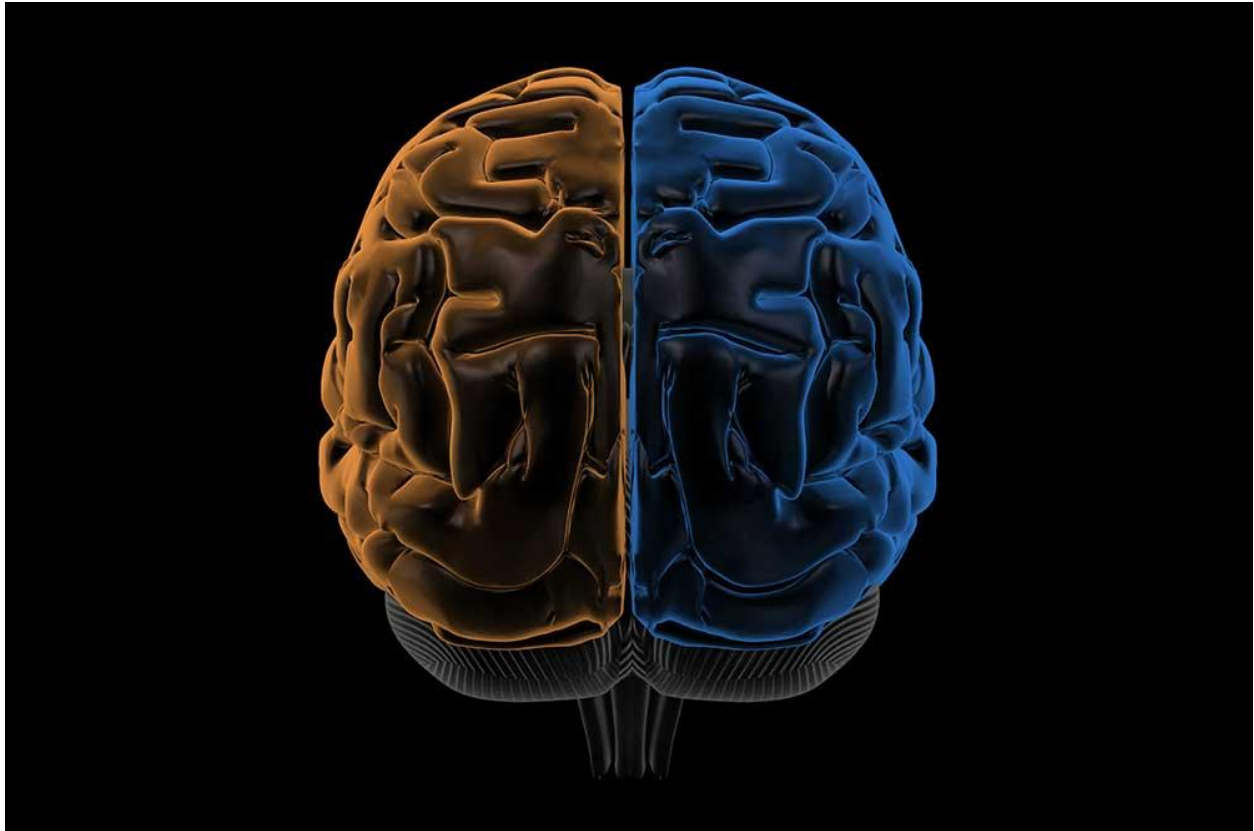
The time period "Thought Discipline" within the title Thought Subject Remedy refers to a field of thought, similar to a magnetic field however related to consciousness. Roger Callahan, PhD, originator of TFT, likened the brain to a radio receiver that tunes into a radio frequency. In accordance with this analogy, simply as a primitive particular person would possibly believe that the sound originates throughout the radio, we mistake the origin of consciousness as originating



<https://wellcomeomcenter.com/>

from inside the brain. When there's mud in the receiver, it creates static. Likewise, when there is trauma within the central nervous system, emotional disturbance results.

Proper brain consciousness is NOW oriented, blissful, without perception of boundaries, thinks in pictures, lacks a personal identification and is emotional in nature. This seems to be the same consciousness that is reported by advanced meditators and by Jill Bolte-Taylor in her ebook, "My Stroke of Insight." This book describes her experiences as she experienced a stroke in the left hemisphere of her brain - as her left hemisphere shut down, her right hemisphere started to predominate.



She can be featured in a Ted Talk entitled "My Stroke of Insight." Left brain consciousness is previous and future oriented, rational, thinks in words, and organizes our experiences and offers us a way of individuality, a personal identity based mostly on our historical past and experience. Whereas the right brain acts as a funnel for Universal Consciousness, the left brain filters and personalizes our experience.

As the individual experiences trauma and negative emotion, the left brain becomes wired in a manner that distorts our experience of reality. Elimination of these damaging influences permits extra entry to the underlying calm, blissful state of awareness that flows through the right hemisphere. Current research into the function of the two hemispheres demonstrates that



<https://wellcomeomcenter.com/>

dreaming processes and integrates experience. There are two types of dreaming, Rapid Eye Movement, (REM), dreaming and non-REM dreaming.

REM dreaming “stirs up” the day’s experience, while non-REM dreaming integrates it into the mind and personality. Analysis also suggests that individuals suffering from despair spend an excessive quantity of time in REM and not sufficient time in non-REM dreaming.

Classes & Programs

[Upcoming Events](#)

[Yoga Classes](#)

[Nutrition & Cooking Classes](#)

[Gardening Education Classes](#)

[Mental Health Training](#)

[Be EMPOWERED Program Mission](#)





<https://wellcomeomcenter.com/>

Contact Us

WellCome OM Integral Healing & Education Center

4242 Lake In the Woods Drive

Spring Hill, FL 34607

Phone: 352-600-4242

Email: info@wellcomeomcenter.com

Facebook: <https://www.facebook.com/WellComeOMCenter/>

Twitter: https://twitter.com/DrMarias_Center

Official Site: <https://wellcomeomcenter.com/>

Related Contents

[Yoga](#)

[Cooking Classes](#)

[Health And Wellness](#)

[Fun Events To Attend](#)

[Diet Books](#)

[Local Events](#)

[Eco Friendly](#)

[Macrobiotics](#)

[Macrobiotic Cooking Classes](#)

[Naturopathic](#)

[Macrobiotic](#)

[Naturopath](#)

[Yoga Spring Hill](#)

[Great Cheap Online Shopping Sites](#)

[Health And Wellness Tampa FL](#)

[Fun Events To Attend Orlando FL](#)

[Diet Books USA](#)

[Local Events Spring Hill](#)

[Best Cheap Online Shopping Sites](#)

[Macrobiotics Tampa FL](#)

[Macrobiotic Cooking Classes Orlando FL](#)

[Naturopathic USA](#)

[Macrobiotic Spring Hill](#)

[Best Online Shopping Site](#)

[Kundalini Yoga Tampa FL](#)

[Yoga Asanas Orlando FL](#)

[Hatha Yoga USA](#)

[Homeopathy Spring Hill](#)

[New Online Shopping Site](#)



<https://wellcomeomcenter.com/>

[Ashtanga Yoga Tampa FL](#)
[Naturopathic Medicine Orlando FL](#)
[Yoga Nidra USA](#)
[Benefits Of Yoga Spring Hill](#)
[Shopping Online Cheap Websites](#)
[Vinyasa Yoga Tampa FL](#)
[Pranayama Tampa FL](#)
[Power Yoga Tampa FL](#)
[Cooking Classes Near Me Orlando FL](#)
[Cooking Courses USA](#)
[Bikram Yoga Spring Hill](#)
[Cheap Sites](#)
[Restorative Yoga Tampa FL](#)
[Go Green Orlando FL](#)
[Culinary School USA](#)
[Green Spring Hill](#)
[Shoping Sites](#)
[Macrobiotic Diet Tampa FL](#)
[Yoga Studio Orlando FL](#)
[Events USA](#)
[Yoga Classes Spring Hill](#)
[Cheap Shopping Sites](#)
[Cooking Lessons Tampa FL](#)
[Events Near Me Orlando FL](#)
[Types Of Yoga USA](#)
[Yoga Meditation Spring Hill](#)
[Shopping Sites Cheap](#)
[Yoga Studios Near Me Tampa FL](#)
[Yoga Websites Orlando FL](#)
[Yoga Retreat USA](#)
[Things To Do Near Me Today Spring Hill](#)

Recommended Links

<http://bit.ly/2HmJM0P>
<http://bit.ly/2VBr1Q5>
<http://bit.ly/2HIIPqw>
<http://bit.ly/2VG6REA>
<http://bit.ly/2HIUdO>
<http://bit.ly/2VG0wJk>
<http://bit.ly/2Hlt4Ph>
<http://bit.ly/2HjY2aK>
<http://bit.ly/2HIQe4>



<https://wellcomeomcenter.com/>

<http://bit.ly/2Hk9S4x>
<http://bit.ly/2HjJl7w>
<http://bit.ly/2VG0v8e>
<http://bit.ly/2HlIT9K>
<http://bit.ly/2VEFLhb>
<http://bit.ly/2HlIVhS>
<http://bit.ly/2VGaeuu>
<http://bit.ly/2HlIS5G>
<http://bit.ly/2VG0vFg>
<http://bit.ly/2HlIRi8>
<http://bit.ly/2HmtSDH>
<http://bit.ly/2HlIWlW>
<http://bit.ly/2Hl1ce6>
<http://bit.ly/2VChc4m>
<http://bit.ly/2Hmnaxu>
<http://bit.ly/2VG0tx8>
<http://bit.ly/2HlIPXy>
<http://bit.ly/2HplF1l>
<http://bit.ly/2VG0xgm>
<http://bit.ly/2HlITGM>
<http://bit.ly/2HlISCI>
<http://bit.ly/2HnhXpk>
<http://bit.ly/2VG0xNo>
<http://bit.ly/2HlIR1C>
<http://bit.ly/2HlIZOY>
<http://bit.ly/2VG0ykq>
<http://bit.ly/2VGnEak>
<http://bit.ly/2HlIVOu>
<http://bit.ly/2HmdGSZ>
<http://bit.ly/2HlIWSY>
<http://bit.ly/2HmYncN>
<http://bit.ly/2HkSBYV>
<http://bit.ly/2VG0uBc>
<http://bit.ly/2VG0wci>
<http://bit.ly/2HlaFCf>
<http://bit.ly/2HlmMz6>
<http://bit.ly/2HmYpBr>
<http://bit.ly/2HlmMPC>
<http://bit.ly/2HltaX9>
<http://bit.ly/2HldSlp>
<http://bit.ly/2HmnfkM>
<http://bit.ly/2HlXJMD>
<http://bit.ly/2HlmOac>
<http://bit.ly/2HlIpQ4>
<http://bit.ly/2HleQy3>
<http://bit.ly/2HlcJdt>



<https://wellcomeomcenter.com/>

<http://bit.ly/2VG3iye>

<http://bit.ly/2Hlcl9p>

<http://bit.ly/2HlclGr>

<http://bit.ly/2HjQ416>

<http://bit.ly/2HmfSdb>