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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.

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"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!

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- 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



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The Energy of Change: Self-Transformation and Main a Extra Fullling Life in an Uncomplicated Means

What's Change?

When we typically think of change, we usually think of altering one thing tangible and comparatively straightforward to do. We rush to alter the color or style of our hair, our clothes, the automotive we drive, the place we reside, the job now we have, or the food we usually eat. Nonetheless, what about REAL change - the kind of change that has a profound impact not solely in your life, but on this planet around you? A genuine change is something we name Self-Transformation. True self-transformation is attained by long-time period interpersonal, societal, and international peace as properly as preparation for a religious life. To begin the act of self-transformation, you'll need to:

1. Review your personal map of reality - Notice that childhood conditioning can lead to a distorted or disillusioned view of life that needs to be re-evaluated.
2. Clarication of your values - Think about all facets of your worth system, whether universal, social/cultural, or personal values. These values should all harmonize to move on towards self-transformation.
3. Self-Mastery - Develop into self-aware to achieve freedom from unwholesome conditioning. This includes facing and purging anger, concern, hatred, resentment, depression, loneliness, neediness and self-centeredness.
4. Transcendence - Develop inner consciousness and the flexibility to efficiently resolve conicts - to truly rise above it all. At this level, you will attain non secular awakening and unconditional love for all life in all its forms.



How Can You Really Change?

Beginning the method of change begins with understanding some primary principles. For example, your soul is a mixture of ve life elements with its own subtle energy. These components are air, earth, house, water and re. Once you preserve the essential life elements in mind and in stability, you probably can totally respect what life is and the why it must be revered. The soul is something all of us have and it must be nurtured. When you really feel unwell, that may be a sign of soul imbalance. To retrieve and stability your soul, it could be time to change.

Change entails taking some key steps:

1. Notice that you could change - ask yourself, "What can I do?"



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2. Drop your ego - that sense of "I" have to be released.
3. Let go of de-fragmentation - your entire being is like an orchestra performing a concert.
4. Combine actuality - put all of life in perspective.
5. Attain transcendence - reach beyond yourself.



The place Do You Start?

Start with this straightforward exercise:

Cease

Breathe

Listen Carefully

Let Go

Begin

It is very simple - when all of your senses are open, you'll be able to receive and release! Know that there aren't any boundaries. Peace and Calm are all the time with you; merely go to it. Understand that the self is only a tool.

Actually, here are three "S-Pills" to take daily:

Stillness

Silence

Spaciousness

When you feel anxious, upset or disturbed in any method, just cease the place you're and attain for these "S-Pills". Immediately, you will feel your life change right then and there!

Close your eyes

Take a slow, deep, nasal breath

Exhale slowly via the mouth

Go right to your internal self and relaxation there - quietly and unshaken by anyone or anything.

Repeat these breaths for so lengthy as you like.

See your internal peace and keep there with it.

Feel the power of the change, and as you do, chant the sounds of:

Om, Am, Lam, Vam, Ram, Yum, Hum, Om, Am, Lam, etc.

Repeat slowly and exhale for so lengthy as you can. Empty the body absolutely of all breath.

Once you open your eyes, you will physically discover the change!

Daily Selections Make the Distinction



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To proceed the journey of self-transformation, change in all elements of your life is important. Listed right here are some additional steps to take:

Clean Your Outer Surface

Therapeutic massage your skin from head to toes.

Brush your physique with a pure bristle brush to invigorate the skin.

Use solely pure soap or shampoo.

Alternate heat and funky water for a extra invigorating experience in the bathe or bath.

Add a delicate moisturizer with natural oil to your pores and skin earlier than dressing.

Use pure bers on your clothes like cotton, linen, and silk.

Any adornments should be simple, elegant, non-obstructive to yourself or the world round you.

Clean Your Internal Floor

Take in the Food of Life

Food is vitality and never a toy to be performed with or disrespected.

Develop a backyard and revel in its oerings, if possible.

Take your meals in small quantities 3 to 4 instances a day.

Avoid junk meals - it sickens the body.

Use solely excessive-quality meals for the perfect energy.

Do not eat after 8pm.

Eat complete meals from nature like leaves, roots, seeds, nuts, beans, grains, sh, sea vegetables, and a few fruit.

Keep away from animal meats and secretions, if possible.

Drink clear water.

Breathe clean air.

Exercise

Yoga - a synthesis of mind, physique and spirit using the breath-chi-prana as the force to take you wherever you select to go.

Expertise strikes that open up your middle inside your self - your vitality and your consciousness.

Do you know that it was a baby that created yoga? Be that little one - free yourself!

Running - attempt working on difficult terrain, going uphill, running over sand dunes.

If you occur to can't depart your property, march, jog, energy stroll round your house or lawn. It all works!

Trekking or Climbing

Climbing - Whether or not timber, rocks, mountains - why not?

Kayaking or Rowing

Wading through water with strolling sticks

Sleep in Peace



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A cheerful day of residing results in a tranquil slumber! Laugh, smile and repeat with good enjoyable and humor that's uplifting. Prepare to relaxation for the evening with none tv or computer time. Do yoga and/or train after your last meal for as long as you wish. Meditate, meditate, meditate. Let nothing hassle your body, mind, or spirit.

Sleep!

In case you get up in the evening, go back to meditating to quiet your mind once more - repeat this so long as that you must for a restful sleep. Self-transformation has a twin objective; not solely does it involve the transformation and purification of your outer character, it creates an awakening and strengthening of your interior self. With the facility of change, you possibly can rework now for a extra fullling and enriching life for you, your family, your group and the world!

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