



Lucie's News - July 2018

Healthy Mind, Healthy Body, Wealthy Living!

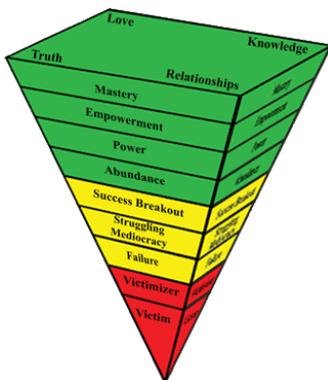
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Dear friends, clients, colleagues, and future readers. Over the last 30 days I went to 2 different retreat centers. One was part of my level 4 certification and the second one was purely a spiritual experience. The 2 experiences were phenomenal and I still have a challenge to find the words to express the transformation that I went through. It all started 5 years ago when I set the intention and made the decision to become a master at mastering my life. I knew then that I had to do something with my life, the way that I was feeling, the way I was doing things and the results that I was getting were a direct reflection of how the way I felt. Well I can tell you today that the Universe has worked his magic with me over the last 5 years and the results as mentioned earlier are just phenomenal. As an example, I had lots of pain in my body 30 days ago and I had tried everything that you can think of over the last 3 years like chiropractic, naturopath, shiatsu massage, physiotherapy you name it. After the last 2 retreats I have now reduced the pain in my body by 70% meaning that only 30% is still there but in the process of natural healing. Let me share with you the 2 organizations where I had the most transformational experiences recently.

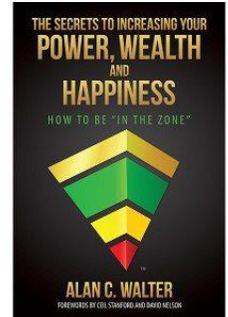
ADVANCED COACHING AND LEADERSHIP CENTER

One of the big changes that had happened to me is that I became conscious of what I had created in my life and the resistance that I was experiencing in my life daily. My teacher Alan C. Walter says: "We spent our entire life in the 3 following zones of life, the red, yellow and green zones." Alan has written an excellent book "a must read" about the zones and



how to manifest the life that we want. "The Secrets to Increasing Your Power, Wealth and Happiness, How to Be in the Zone"

From my experience, I spent more time in the yellow and red zones blaming everything around me than focusing on what was really important to me. The teaching, the knowledge and the processes that I have received from ACLC have definitely changed the way I perceive life today. I choose to live from the green zone and create a green zone life for myself and for my family. My daily question: "What zone do I want to live in this moment?"



I am honored to announced that I am now certified level 1-4 processor to help people getting what they want for their life, career or business and live from green zone phenomena as I do.

ALL PIECES OF ME BACK TOGETHER

Oprah and Deepak Chopra talk about that the world that we live in, is a world where people are separated from who they really are. Lots of people know that we have an inner being that we call "intuition or gut feeling" what Oprah and Deepak say that over the centuries we have disconnected, separated from that part of us. At Rythmia, Life Advancement Center I was able to put back together the last few pieces of me that were still missing.



ACLC www.aclc.us and Rythmia www.rythmia.com have helped me recover my life force, feeling complete, harmonious whole, a state of unbroken.

I hope the shares this month about part of my story can bring you a certain awareness or help someone you love have the awareness that there is always a way in life to find truly happiness and to function from our highest potential in life, in our career and in business.

Feel free to share, email me your comments or feel free to ask questions at info@conscioushealthylives.com

To Your Mind-Body Well-Being,
Lucie Woods