



Lucie's News - March 2019

Healthy Mind, Healthy Body, Wealthy Living!

VOL #10



Dear friends, clients, colleagues, and future readers.

My win last month...My left heel bone has recovered and healed at 100%.

Many of you have asked me what happened on December 31, 2018 in Mexico. I had a severe injury, I broke my heel bone on my left leg. Since then, I have stayed here in Mexico dealing with the recovery of the injury. It has been challenging, but a very positive experience as I had to focus on myself and be open to receiving help from others. On February 14, 2019 the doctor removed the cast on my left leg and told me that the heel bone has recovered 100% and no surgery would be needed. You can imagine that I was super excited. My focus is now on rehabilitation and getting back on my two feet. As many of you could expect, I searched for the spiritual meaning behind this accident, I dealt with the root cause of it while I was in my bed for 24 hours a day. It has been a very gratifying experience and I am very thankful for all the help that I got here in Mexico over the past two months.



and her pain reduced by 70%. We were able to highlight some of the emotional causes related to the pain and address them. We have more work to do, but the client was happy to say that it was much better after our session together.

Ignoring the body/mind connection can have serious consequences. Often work stress is not the only cause. Our body talks to us, when we pay attention to the messages, we can take the proper actions at the physical, emotional and energetic levels.

Ways to address shoulder pains before seeing a professional:

First ask yourself the following 2 questions:

- 1) What are you resisting lately?
- 2) What triggers you currently?

Do the following 4 steps on a daily basis:

- 1) Take 10 deep breath
- 2) Rotate your shoulders slowly and carefully 20-30 times few times a day
- 3) Pay attention to your inner talk
- 4) Shift your focus to something you like doing

Here you can find a great reference

<http://www.talkinghearts.net/store/messages-from-the-body> to help you understanding the meaning of the body pain or health issue:

Michael J. Lincoln, Ph.D.

MESSAGES FROM THE BODY

Their Psychological Meanings

The Body's Desk Reference

NEW PROGRAM AVAILABLE

Master the art to be in the moment and merge with your soul definitely.

What is the root cause of your physical pain?

One of my clients came to me last month with shoulder pain. When a client comes to me, I always ask what happened, when did pain begin, what was happening before and during



the beginning of the pain, did the client see a doctor or have they gone for natural ways of healing like acupuncture, chiropractic, deep tissues massages...and finally what is the current physical and emotional situation. We did over a 2 hour "Processing You" session



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MERGE BACK WITH YOUR SOUL

7 STEPS TRANSFORMATIONAL PROGRAM

1. SET YOUR MIND TO HIGHER FREQUENCIES
2. TAP INTO AN ULTIMATE STATE OF HARMONY & PEACE
3. CLEAN SLATE UNRESOLVED HIDDEN EMOTIONAL ISSUES
4. REACH TOTAL BALANCE BY FOCUSING ON YOUR SOUL
5. END RESISTANCE, ANXIETY, TOXICITY & RECOVER YOUR LIFE FORCE
6. ACCELERATE HEALING BY RESTORING WHO YOU REALLY ARE
7. FEEL FULLFILLED & WHOLE BY ACTIVATING YOUR INNER GIFTS

When You Merge Back With Your Soul You Will...

- ✓ **Discover** who you really are
- ✓ **Tap-into** your higher frequencies
- ✓ **Turn on** & Unleash your magnificent spiritual gifts
- ✓ **Rise** your awareness of synchronocities
- ✓ **Recover** your life force (energy) & unconditional love for yourself as without energy you can't make your dreams come true
- ✓ **Expand** your ability to be present (being in the moment)
- ✓ **Experience** guidance from the infinite intelligence, infinite consciousness
- ✓ **Meet** your spiritual guides & their presences

- ✓ **Align** to your energy body and regain your power
- ✓ **Be aware** of the unempowering thoughts that drain your life force
- ✓ **Release** heavy emotional weight that sabotage you & merge to your higher-self
- ✓ **Realize** your deepest desires by following your inner guidance
- ✓ **Connect** to the highest frequencies, the vibration of LOVE, feel yourself expand with a sense of FREEDOM
- ✓ **Learn** how your intentions shape your REALITY

For more information about this program please email at lucie@conscioushealthy.com

For the past 14 years my passion has been helping men and women recover their inner power, their life-force, remove the blocks that have held them back to reach freedom within, and achieve their wants & dreams. The connection "**Mind-Body Success Processing**" covers 4 basic cornerstones of "YOU" the physical, mental, emotional and spiritual well-being; When one is out of balance for example with stress, anxiety, negative emotions, body pain, health issues it affects the other ones. - "**Processing You**" is the fastest, short duration, high impact technology to help professional recover their full potential, regain abilities, improve productivity, and reach your wants for life and business.

If you know anybody that you feel this Newsletter could help or if you feel that my work could benefits anyone you know please share this with your contacts.

Previous Newsletters link:

<https://conscioushealthy.com/previous-newsletters/>

To Your Mind-Body Well-Being,
with Love,

Lucie Woods

www.conscioushealthy.com