



Lucie's News - April 2019

Healthy Mind, Healthy Body, Wealthy Living!

VOL #11



Dear friends, clients, colleagues, and future readers.

Have you ever realized how sometimes we minimize our wins or successes?

My main goal last month was to walk without crutches, without a cane and being grateful to have two feet to walk on despite needing to limp. Sharing the win about it seemed irrelevant to me at first, but then it had me realize how often I minimize my wins and take life or my health for granted. How about you?

What Are Your Wins From Last Month?

Please share your wins with me or with a dear friend that understands you and can empower you. If you wish to share with me please send them at lucie@conscioushealthylives.com

I am eager to read your wins and congratulate you. Feel free to share them on my email.

Are You a Master of Recovering Your Full Potential?

The reason I ask this question is because ever since the accident of my broken heel bone, I had to really pay attention on how I was living my life, noticing when I was in the moment, and when I was not. The only moment we have is "this moment". Even though I have been practicing and teaching my clients how to live presently, it has been a challenge for me to move my awareness and ability to another level. Let me explain.

My teacher (Alan C. Walter) says: "If you want to be a master at recovering your full potential, there is no other words more important or subject more important than **PRESENCE**."

Everything in your universe, your level of existences, truth, love, success, prosperity, and your levels of honesty, integrity, operation of your Codes, Virtues and Principles – past – present – future – depends on its power of your level of PRESENCE.

The word PRESENCE describes YOU NOW."

*Where is your attention now?
Where are you physically now?
What do you do with this moment?*

I love this teaching as it reminds me that the only time that really matters is "this moment" how do we use the present moment, the hereness, the nowness.

Is this moment used to operate at our full potential or are we using this moment to worry about the past or create anxiety about the future?

This accident really helped me slow down; it has helped me pay attention to my life, to be more present and follow the inner guidance about my life and the healing process. It has been a great learning curve and an amazing experience to accept without judgement or regret. The fact of choosing to live in the moment and pay attention has provided me the insight to heal faster and share my experience with those who are ready to learn about how to use their full potential to heal or to achieve their wants and dreams.

If you are interested to learn more about how I was able to heal and improve my condition faster than the doctor's diagnostic; please feel free to send me comments or questions at lucie@conscioushealthylives.com

I sincerely believe that this accident has been a gift to me so I can help others do the same. I have been specializing in helping clients release body pain by working on their past programming's, patterns, traumas in their life and having amazing results for the clients in return.



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Vacation in Mexico - State of Yucatan

The view from this picture is from the balcony of one of my great friends in Chelem, Yucatan, Mexico. Did you know that the state of Yucatan is the safest state in Mexico? I have been here for few months and I am always amazed on how high the security is here. It feels safe and people seem to be very happy.



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

15 Awesome Things To Do In Mexico's Yucatan Peninsula

<https://expertvagabond.com/yucatan-peninsula/>

For those of you who are interested in getting a temporary or permanent residency check this link below:

<https://www.mexperience.com/lifestyle/living-in-mexico/visas-and-immigration/>

NEW PROGRAM AVAILABLE

Master the art to be in the moment & clear the path to freedom within you.



CLEAR THE PATH TO FREEDOM MERGE BACK WITH YOUR SOUL 7 STEPS TRANSFORMATIONAL PROGRAM

1. SET YOUR MIND TO HIGHER FREQUENCIES

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

For the past 15 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 benefit anyone you know please share this with your contacts.

Previous Newsletters link:

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

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

Lucie Woods

www.conscioushealthyvives.com