

Natural Healing Express Weekly

Column 240 Issue Resolution Seminar

I hope you had a wonderful Memorial Day Weekend! I hope you took a moment to recall fond memories of those you miss on the other side. Godspeed to everyone who has suffered a loss. It does suck to lose someone you love, but we live in peace knowing that God is good and they are called home to something so wonderful, we can't even conceive its splendor.

Also, I hope you had a chance to honor our United States Military for all their sacrifices.

Perhaps quite timely to Memorial Day, last week we chatted about some emotional issues. It was quite interesting to witness how many issues that were coming up for folks in the bone broth class as well as our other clients. A lot of energy was swirling and there were many who were walking through various upsets. During our class, we decided to review a condensed version of our proven method of Issue Resolution. Below you will find the seven steps in a condensed format --**Cut and Paste Alert**

Seven Steps to Issue Resolution:

1. Acknowledging/Recognizing the Upset --I am UPSET.
2. Establish a Clear Intention---I want to Resolve this.
3. Accept Self and Situation---I accept this is happening for a reason.
4. Take 100% Responsibility for Your Emotional REACTION to Situation—It's mine to solve.
5. Take Constructive Inner Action(s)---I forgive myself for the upset, work on mastery.
6. Look for Creative Solutions—I can choose not to react with outburst-I do not like Outcomes that suck. I choose to resolve my emotions as they arise by working my internal process.
7. Appreciate and Bring Gratitude for the Learning—Thank God/Higher Power for opportunity.

Drama Reaction = Drama Life. Stable Reaction = Stable Life = Healthy Life.

With that said, it is obviously much easier to utilize these steps if you have had a chance to practice in an actual session with a trained facilitator. In our recent class, I agreed to host a seminar in Issue Resolution. This seminar offers assistance in truly overcoming emotional upset – for good.

I will conduct this seminar twice in one week. The first will be held on Wednesday, June 15th at 6pm at Natural Healing Express. We will conclude at approximately 8pm. The second will be Saturday June 18th from 1-3pm. Cost of the seminar is \$20.00. Tea and Water will be provided. I will limit these classes to 12 folks each, so please contact me ASAP to reserve your spot.

If you need to work through an emotional issue, please consider attending. My goal is to teach everyone the protocol for self-healing and to help two to three people resolve their issues during the seminar.

Now for some updates. These kittens are growing like crazy. We have been co-parenting with Mike and Teresa Ransom and their daughters Madi and Jenna. They have been doing a fabulous job and as of this writing, these kittens are up and walking around at a fairly good pace. For the many of you that have

asked, I am happy to report that all four of them have loving homes when they are weaned. Thank you to everyone who checked it. I would encourage you to visit a local shelter as there are many pets in need of homes in our area. Save a life, they just may save yours.

The next matter of business is to discuss is this awesome event happening in Lena on June 4th. It is our annual Taste of Lena. I can't ever talk about this event without first paying tribute to my dear friend in heaven, Miss Rita Lobdell. As you may have guessed, Rita was an innovator and in a certain sense, a motivator. She made Taste of Lena what it is today and I miss her every darn day. Cheers to you Rita Margarita – I hope you would be proud of how many great people in Lena have stepped forward to carry on your vision.

Anyways, come on out to Taste of Lena and bring the family. Natural Healing Express will be open from 9 to 3 (or maybe 4, or maybe, well who knows) we will be giving out samples of our bone broth. If you come over, stop in, get some broth and say hello!

The Taste of Lena will have a Car Show, a petting zoo or two, many, many delicious food vendors and an awesome Rock and Roll Band called Southern Ride. And beer, plenty of beer. Hope to see you and have a great kick off to summer!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

