

# Are You Really... *HEALTH WISE BOOKMARKS*

With Taron Puri

To print at home: Use at least 110lb (cardstock) paper, print on photo-quality grayscale or colour setting and trim inside green trim-lines. We also recommend lamination.

For printshop: Save this .PDF onto a CD or diskette and take in to printer.



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## The 4 Cornerstones of Successful Relationships

1. Accept relationships as Growth Opportunities (Awareness-Reframe)
2. Integrate Heart and Head by practicing 'Inter-Dependence'
3. Establish and Commit to a Communication Plan (The Meeting Process)
4. Practice Mindful Awareness (Observe yourself & Act, not React)

Energy in Motion Consultants - Creating Success through Awareness  
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## Sailing through Conflict - ( 4 Keys )

Conflict occurs when a need is not being met -" why?": we don't ask; we ask but block receiving; we are unclear about our needs; we expect others to provide a fix.

1. Law of Mirrors - it's more about YOU than others.
2. Be Solution Centered -go beyond 'right & wrong'.
3. Honestly identify what it is 'really' about (underlying need).
4. Center & learn to 'Act, not React'.

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## The Fountain of Youth - "Simple Secrets to Anti-Aging"

Negative Stress accelerates aging. Making positive changes physically, mentally, emotionally and spiritually restores youth & vitality!

**PHYSICAL** - drink clean water (1/2 body weight in ounces); Sleep (up to 9 hrs/night); Exercise (best Walking); make Intelligent Food choices. **MENTAL** - release negative thinking & calm over-active mind. **EMOTIONAL** - reframe & release harmful feelings like anger, resentment, envy, hate. **SPIRITUAL** - find passion(s), connect to purpose & give freely & fully of your gifts. Connect with the Source & practice Letting-go!

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## Relax and Renew through Meditation

MEDITATION IS: taking time-out, to take time-in...remaining centered in the eye of the storm...being present...experiencing yourself, through yourself!

1. Goal - Equilibrium through release of blockages caused by stress.
2. Forms - sounding, visualizing, moving, sitting, breathing.
3. Key Quality - Awareness.
4. Two essentials - Becoming an Observer & Conscious Breathing.

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