



Heart Notes

A newsletter from
Heart Song Counseling
& Healing

Are you struggling with the lose of a significant love relationship?

Relationship Recovery Seminar

Emotional, psychological, social and spiritual adjustment to this loss is possible. You will be able to make this crisis into a creative experience. Through guidance and support, discover the 19-step recovery process to aid you in your transition. This 10-week seminar is recommended for those who are divorcing, divorced, or ending a long-term relationship.

Beginning on **Thursday, May 14**, 7:00 – 9:00 pm.
The Center For Body Wellness
Seminar fee is \$250 and includes the text book.

TOPICS COVERED:

*pre-post Fisher Divorce Adjustment Scale *the rebuilding blocks *adaptation
*grief *anger *self-worth *transition
*openness *love *relatedness *sexuality

Pre-registration is required. To learn more and to register call me Marian Bauman-O'Dell at
(585)748-1209 or e-mail mbo@heart-song-counseling.com

Eden Energy Medicine Study Group Starting!!

Recently, I had the absolute pleasure of attending a 4 day intensive Energy Medicine conference/training with Donna Eden and her husband David Feinstein, authors of Energy Medicine and The Promise of Energy Psychology.

I will be holding a weekly Eden Energy Medicine Study Group throughout the summer beginning Tuesday, May 26 my office at 1355 Titus Avenue from 6:30 to 8:30 pm. This will be a fun opportunity to learn Energy Medicine or brush up on your skills. **OPEN TO EVERYONE!!** To register or for more information contact me at the above phone or e-mail.

Cost is a Donation of \$5.00 – \$10.00/week

We will be using Donna's book Energy Medicine. If you do not have the book, I suggest you purchase it used from Amazon.com.

May is National Mental Health Awareness Month. Caring for your mental health is as important as caring for your physical health.

10 tools to live your life well include:

- Connect with others
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Create joy and satisfaction
- Eat well
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it.

For more information about taking care of your mental health go to www.liveyourlifewell.org, www.foh.dhhs.gov, or www.nmha.org

Spring Community Education Classes

Emotional Freedom Technique (EFT)

An emotional version of acupuncture/acupressure, It involves tapping with only your fingertips along well established energy meridians while focused on an issue, problem, addiction, etc. The tapping stimulates the body's energy meridian points to restore balance. The method decreases anxiety and promotes relaxation. The results are 80-90% permanent and very effective for trauma recovery, smoking cessation, weight loss and other emotionally-laden issues or habits. Learn about EFT in one night and use it for the rest of your life!

5/13/09, Wednesday, 7-9 pm through West Irondequoit Community Education

(<http://www.westirondequoit.org/community-education.htm>)

5/19/08, Tuesday, 7-9 pm through Greece Community Education

(<http://www.greece.k12.ny.us/commed>)

Dreams 101

Ever wonder what your dreams are trying to tell you? According to Fritz Pearls, the founder of Gestalt Therapy, our dreams never lie. Dreams make you aware of your growth agenda. Learn more about how you can interpret your personal dream code. Ever wonder why you can't remember your dreams? Learn strategies to help you remember your dreams. Come with a dream journal or without. This will be a fun, informative, and insight oriented evening!!

5/20/09, Wednesday, 7-9pm through West Irondequoit Community Education

(<http://www.westirondequoit.org/community-education.htm>)

Relationship Choices

Relationship decisions are influenced by out life experiences. Learn about personality traits, adaptation strategies and behavior patterns that may have influenced your relationship decisions. Become empowered to make positive choices that allow you to be yourself in any relationship with romantic partners, co-workers and friends.

5/27/09, Wednesday, 7-9 pm through Greece Community Education

(<http://www.greece.k12.ny.us/commed>)

Thank you for allowing me into your healing journeys. I wish you all a healthy, peaceful, spring!!

In Health and Peace,
Marian