



Simple Tools to Create Harmony Within with Christine Marie Wallace

Our internal and external environments mirror each other. As you've been examining and clearing the clutter from your external environment, let's look at your inner environment and simple ways to organize, re-vitalize, harmonize and maintain it. Let's keep both our internal and external environments clear, vital and in sync with one another.

1. About Christine
 2. The Body Wisdom Tool and its applications
 3. Daily Energy Routine
 4. Getting to love in 30 seconds
 5. Reeling in your day
-
1. The Body wisdom tool
 - a. Utilize your body's wisdom in a way that can provide clarity, bring you back to a centered and grounded place, and assist in decision-making.
 2. Daily Energy Routine
 - a. Using Donna Eden's Energy Medicine material, in under 10 minutes, this simple energy routine helps bring balance, focus, calm, strengthens the immune system, boosts confidence, increases vitality and awareness, and clears and refreshes the mind.
 3. Getting to Love in 30 seconds
 - a. There is a school of thought that believes we have about 15 seconds in which to recognize a challenging thought or emotion before it potentially starts to cause harm to ourselves, or any living thing around us. As we cultivate being aware of our challenging thoughts and emotions, we can then transform them with Love. Just 30 seconds of love eliminates all potential harm! This exercise will get you to a place of feeling love and will have profound positive effects on you and all life you encounter.
 4. Reeling in your day
 - a. At the days end, we have an opportunity to briefly recap and examine our interactions from the day. Similar to recapitulation from the Toltec spiritual system, this method is one that assists us in being accountable for ourselves everyday and gives us a clean slate for the next day.

Self care assignment:

Utilize the tools offered in this seminar to help you organize, energize, re-vitalize and maintain your internal environment. I respectfully recommend keeping a journal to track the effects these tools have in your life. Consider sharing them with loved ones, friends, and co-workers and witness the extraordinary changes in your life!