

Family Health

When you become a parent, the health of your child is at the center of your heart! Your wellbeing and wellness are now intertwined with your child's. Conversely, your stress burdens have a huge, underappreciated impact on your child's physical and mental health. The best thing parents can do to optimize their entire family's health, is to fully address their stress burdens, traumas and negativity borne in their minds.

We are here to assist you in restoring and optimizing your family's health—the greatest asset for living a productive, joyful, and overall fulfilling life! We apply timeless wisdom in amplifying your innate capacity to dissolve stress. Through this dissolution process the negative destructive stress energy is transformed into positive, constructive, spiritual energy; which brings forth good psychological and physical health.

The constructive spiritual energy produced after dissolving stress facilitates health in infinite ways. I will give you a few examples: it promotes peace of mind essential for emotional and behavioral regulation. These attributes are crucial for abiding to a healthy lifestyle. The constructive spiritual energy is also essential for the proper physiological functions of the body. It promotes optimal function of the immune system, genome potential, metabolic processes, innate healing and so forth.

When at least one parent is adept at dissolving stress burdens thoroughly and producing constructive spiritual energy; the whole family's health will be positively impacted. This makes their home a conducive environment for the children's health and talents to flourish. It is a skill we teach and recommend for anyone in the quest to improve their family's health and overall wellness.