



Conscious Counseling

Companion Workbook

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To Heal means to make Whole again

Conscious Counseling

- . utilizes Sollite Integrative Medicine as its approach to address all parts of your whole being on the physical, energetic, mental, emotional and spiritual realms.
- . is an Integrative Medical Model combining Holistic Psychotherapy with Therapeutic Applications of Consciousness.
- . it incorporates various modalities highlighted & reviewed in this program.

General Importance:

- All people have innate healing powers.
- The patient is a person, not a disease.
- Healing is a cooperative effort involving the patient and their healthcare practitioner addressing all aspects of a person's life using a variety of practices.
- conscious consumers seek out natural and alternative solutions to their health issues

Program Overview:

Comparison of Medical Medicine Approaches and Practices.

Differences between Wellness vs. Treating Illness.

Integrative Medicine - a Holistic Approach to Conventional, Complementary and Alternative healthcare.

Introduction to various modalities of Sollite Integrative Medicine and Conscious Counseling.

Comparison of Medical Medicine Approaches and Practices:

Mind-Body Medicine

What is Mind-Body Medicine

.According to the National Institutes of Health (NIH), it is the “Integration into conventional medicine of health psychology and complementary and alternative treatments based on bodily interactions with the brain, mind and behavior”

. In other words, the ways in which mental, emotional, social, spiritual and experiential factors directly affect a person’s physical health.

.From ancient times there existed a universally accepted mind-body approach to health and wellness. Fundamental concept - the mind plays an essential role in creating balanced healing.

.Hippocrates (father of medicine) recognized the “mental and spiritual” aspects of healing, believing that treatment consider:

- 1) emotional outlook
- 2) environmental influences
- 3) natural remedies

. The separation of Western medical views from traditional approaches began under the influence of philosophers like Rene Descartes around the 17th century.

and thus

.The separation of mind and body led to a mechanistic line of thinking that elevate a drug/surgery based model of medicine.

Modern conventional medicine

- 1) disease-based models
- 2) pathological changes
- 3) external cures

CAM

Complementary and Alternative Medicine

came to the forefront in the 1990's with consumers taking a more active role in their own health care beginning with improvements in patient education driven by the internet.

Complementary Medicine

non-mainstream practices used in conjunction with conventional

Alternative Medicine

non- mainstream practices used in place of conventional

Holistic medicine

1) a wellness concert that encompasses the whole person including the body, mind and spirit.

2) not a system but a philosophy of personalized treatment that includes emotional support and an individualized treatment plan.

3) the approach to treatment in these systems is an interplay of mind-body-spirit, diet and bioenergetics.

the methodologies take in a broad array of health practices

- 1) manual therapies
- 2) exercise or postural methods
- 3) brain behavior
- 4) energetic reactions

Wellness

wellness is a conscious, self-directed and evolving process of achieving full potential.” ...The National Wellness Institute...

.wellness is more than being free from illness; wellness is a dynamic process of change in becoming aware of and making healthy choices for a satisfying life.

.wellness matters because everything we do and every emotion we feel relates to our well-being, and our well-being directly affects our actions and emotions in an ongoing circle.

The Six Dimensions of Wellness:

- 1) **Emotional** - understanding your feelings, coping well with stress, resources of resilience
- 2) **Physical** - maintaining a healthy body = seeking care when needed, exercise, diet, sleep
- 3) **Intellectual** - open mind, expanding knowledge & understanding of the world
- 4) **Social** - perform social roles effectively, support network, peer & intimate relationships

- 5) **Spiritual** - seek meaning & purpose at a higher level, coping through challenging times
- 6) **Occupational** - a balance between work and leisure time, a calling in life & finding your fit

Four Pillars of Health:

- 1) Diet
- 2) Exercise
- 3) Emotional Well-Being
- 4) Social/Spiritual Connectivity

Integrative Medicine

.Integrative medicine seeks to restore and maintain health and wellness across lifespan.

.The Academic Consortium of Integrative Medicine & Health defines it as:

- 1) reaffirms the relationship between practitioner and patient
- 2) focuses on the whole person
- 3) is informed by evidence
- 4) makes use of all appropriate therapeutic and lifestyle approaches to achieve optimal health and healing = (<https://imconsortium.org>)

.Integrative Medicine brings all three approaches together creating a patient-centered holistic approach to healing;

Conventional - diagnosis & treatment mechanisms of western medical schools

Complimentary - non-mainstream practices used in conjunction with conventional

Alternative - non- mainstream practices used in place of conventional

.Combination of these 3 Integrative Medicine approaches offer highly effective evidence-based, patient-centered care utilizing far-ranging methodologies gathered from various healing cultures around the world to address overall patient wellness.

.Ten types of Integrative care: self care and wellness trends.

- 1) Natural products
- 2) Deep breathing
- 3) Yoga, Tai Chi, or Qigong
- 4) Chiropractic or Osteopathic manipulation
- 5) Meditation
- 6) Massage
- 7) Special diets
- 8) Homeopathy
- 9) Progressive relaxation
- 10) Guided imagery

Wellness vs. Treating Disease

Beliefs of Western Medicine:

.something is done rather than waiting on the body's natural processes to resolve a problem

.disease is approached directly with medication or surgery rather than building up body's resistance and innate abilities

- .therapies from the outside - illness/disease view
- .focuses on individuals who are seen as being sick or at risk for illness
- .reductionist - focuses on the cellular, organ, or system levels of the body
- .medical interventions consist of chemotherapeutic agents (medications), surgery or other externally imposed treatments

Beliefs of Integrative Medicine:

- .an internal self-healing process exists within each person
- .people are responsible for making their own decisions in health care
- .nature, time and patience are great healers
- .therapies from the inside not out - (body has inner wisdom to heal itself - craniosacral theory)

Integrative Wellness View:

- .individuals are in harmony or balance with their internal and external worlds
- .spirituality is an essential part of holistic treatment
- .wellness is achieved and maintained by individuals through the process of self-care

MBSR

Mindfulness-Based Stress Reduction

- .mindfulness depends on being aware -

.awareness is a state of mind that requires training and cultivation

.moment to moment awareness of your environment, bodily sensations, and your mind state = i.e., is optimally a nonjudgmental awareness of the present moment.

.Consciousness is a unified field that must express itself. It is the truth of who you are. Awareness takes you there. Clarity keeps and sustains you there. The Present moment is its access.

.You are Awareness itself, prior to the mind.

.A Conscious Awakening happens in silent awareness when mind is still. Mind must be still and in composure to recognize who you are before the mind. / body

.Becoming mentally clear and holding higher states of consciousness is essential.

.By evading self analysis, people go on being robots conditioned by their environment.

.True self analysis is the greatest art of progress.

.The degree to which the human energy field is clear, energized, and in balance is the degree a person's life is healthy and fulfilling.

Our current system does not fully understand or acknowledge that mental, emotional, social, spiritual AND experiential factors directly affect a person's physical health.

As noted above in this program, it wasn't always that way which is a worthwhile reason for implementing Conscious Counseling approach Sollite Integrative Medicine.

Conscious Counseling Sollite Integrative Medicine

Traditional Cognitive/Behavioral mainstream psychotherapy is combined with Heart and Soul Energetics and Positive Psychology referred to as Neuroplasticity the scientific form of Rewiring The Brain.

This Holistic Medical Approach offers highly effective, evidence-based care that utilizes methodologies gathered from various healing cultures around the world. It seeks to restore and maintain health and wellness by creating a patient-centered holistic approach to healing

=One That=

- .Reaffirms the relationship between practitioner and patient
- .Focuses on the whole person
- .Is informed by evidence
- .Makes use of all appropriate therapeutic and lifestyle approaches to achieve optimal health, well-being, and in particular cases healing.
- .Recognizes the root causes of symptoms and disease.

It is a complete system which combines the best of both Medicine and Spirituality. It involves treating the person as a whole (*not as segmented symptomatic parts*) on the Physical, Mental, Emotional, Energetic and Spiritual Levels.

Utilizes Therapeutic Applications of Consciousness (TAC):

- .The importance of Consciousness needing to be part of the equation for healing.
- .This model is grounded in medical scientific research incorporating medical modalities with spiritual and metaphysical concepts that work effectively on core issues causing pain and suffering.

.Sollite Integrative Medicine explains how to learn and use proven, holistic modalities to begin a healing process that includes your biological genetics, DNA, ancestral lineage, culture, conditional habits, traumas and deeply held beliefs.

.These Root Core issues create a Disconnection from your Spirit
As We lose compassion for ourselves and others because we have lost connection to the Truth of Who We Really Are and the ability to Self Love.

However, there is Wisdom found within this.

Color & Light Therapy

The foundation of what we are made up is Light with a spectrum of Hu's/Color. Our cells speak to each other through Photons – Light particles; our bodies communication network.

Everything is Energy comprised of a various spectrum of frequencies and vibrational rates. Color and Light is utilized in all the integrative modalities in a variety of ways to remove toxins, then rejuvenate and restore back to health. Presently, there is a medical encyclopedia of 400 different diseases researched and documented within the physical, psychological, energetic and spiritual areas and how to treat them.

True healing and transformation is an inside out process. Color and Light Therapy is known to be a homeopathic remedy that guides you to your own body's inner wisdom to heal itself from the inner core of your being. Therefore, to have the knowledge and experience of this therapy leads you to truly know and heal thyself.

Awareness in the Brain:

The physical mechanisms in our brain that store our emotions, beliefs, trauma, conditioned habits. Re-wiring the brain with Energy Psychology clears the underlying core issues in your unconscious and subconscious mind.

To become aware and know the eight different brain states and three main brain centers that instinctually operate and can keep us from healing and conscious awakening is an extremely valuable healing and self regulating tool.

Detailed information is given about the two physical mechanisms in our brain, the Amygdala and Hippocampus. These structures in the brain store our emotions, beliefs, traumatic memories, and create inner conflict, separation, and feelings of being stuck or trapped. Knowledge given on how to clear unresolved issues and patterns through rewiring the brain with positive energy psychology is priceless no matter what your presenting problem might be.

I personally developed the ‘Stop Method’ as a self care technique coping skill to help with stress management that brings us back to a neutral place of calm and focus enabling ourselves to recenter in any situation or relational event.

CranioSacral Therapy

Your craniosacral system holds your two most important communication networks of your body, the Nervous and Endocrine systems. Connect with your own body’s Inner Wisdom to heal itself.

CranioSacral Therapy is an Osteopathic Medical Technique that affects all levels of your being. physical, psychological, emotional, energetic

and spiritual. Its' foundation is built on the premise that the body has all the pharmacopoeia it needs to heal itself and that the rhythm created by the flow of the cerebrospinal fluid has a consciousness directs and guides you back to balance and well being.

Learn to connect and experience your own body's inner physician by tapping into the consciousness found in the cerebrospinal fluid. The rhythmic movement created by the flow of this fluid has an innate wisdom that guides tissue restrictions to release and self correct.

The removal of restrictions in the tissue relieves stress, decreases chronic or acute pain, relieves undue pressure on the brain and spinal cord and improves overall health.

Also brought in with Craniosacral Therapy & Awareness in the Brain:

.significance focus of the Vagus Nerve Tonality in Stress Response
Resilience

and

PTEM:

Perception, Thinking, Emotions, and Memory

P - Perception: occurs in posterior cortex

T - Thinking: occurs in frontal cortex

E - Emotions: produced in limbic system

M - Memories: stored as facts in posterior cortex and procedures in frontal cortex

Then we move forward to cover the Energetics with the Energy modules with the remaining modalities which includes Medical QiGong and the Spirituality segments of Heart and Soul Healing and Spiritual Medicine.

Medical QiGong:

The energetic form of Traditional Chinese Medicine works on your internal organs to clear toxicity and then restore and rejuvenate through Qigong prescribed exercises.

Medical QiGong is an ancient form of Chinese energetic medicine (TCM). It involves treating patients through the use of Energetic Point Therapy, Distance Healing, Self-Care Regulation prescribed exercises and Vibrational Medicine through Sound, Color and Light therapy.

By balancing the electromagnetic energy field, it corrects bio-energetic imbalances and blockages and stimulates energy flow. This enables the body to strengthen and regulate the internal organs, central nervous and immune systems; relieve pain, regulate hormones and release deep-seated emotions and stress.

It is an effective way to rid toxic pathogens and years of painful emotions. Aids to restore all Visceral-Organ Related Diseases of Liver, Kidneys, Heart, Lungs, Stomach; etc., and all Energy Imbalances on Physical, Mental, Emotional and Spiritual Levels. It also nourishes the person's destiny to reach their highest potential and awaken consciousness.

Heart & Soul Healing

It is through the heart we enter the realm of the soul. In this soul focused healing method we tap into multidimensional worlds for complete healing in ancestral, cultural and the mass collective realms.

Disease and illness occur from two major areas; the physical and spiritual realms. Drawn from the wisdom of Ancient Mystery School secrets through a combination of Mystic Christianity, Kabbalah and Sufism this modality utilizes the heart and soul to tap into multidimensional worlds for guidance and complete healing.

It clears Ancestral, Lineage, Cultural and Mass Collective Consciousness issues found in the Soul level. It brings fragmented lost parts of yourself back into wholeness through the use of Soul Retrieval, Re-patterning Cellular Genetic structures and Forgiveness Therapy.

Healing deep core generational mental emotional physical and spiritual issues within these realms through the use of energetic clearing techniques, along with color, light, sound and movement. In addition, this modality also helps Orient Access to and Embody your Soul into your daily life.

Spiritual Medicine

Utilizes sacred qualities and frequencies through Divine Light and Sound Codes that help you heal, manifest and awaken to the Truth of Who You Are while strengthening your connection with Source.

Spiritual healing addresses the inner dimension of illness. Healing can occur when one identifies and transforms both the inner and outer dimensions of illness together to bring about complete balanced integrated health.

Life-changing Divine Light and Sound Codes help you reclaim your True Authentic Self, realize your soul purpose divine destiny through using sacred qualities that assist you heal and awaken to the Truth of Who You Are. Light and Sound is a non-invasive safe effective treatment option. Every human is made up of many different elements; each element has its own signature vibration rate and frequency of light and sound.

This specific information originates from the God Source brought through the Angelic and Prophetic realms for Awakening and Healing based on a Path of No Path.

How it Works

Sollite IM main focal point is that healing and awakening is an inside/out process.

This is an Inner Journey only for those who are willing to honestly look inside their inner world of reality and how it affects and transforms their outer world. Services offered do not fix or heal as that is there sole responsibility of your own self (as stated - “Inner Physician heal thyself.”)

It is about reminding you to remember and guiding you to the place where optimally life becomes self-healing. The ‘Inner Physician’ theory believes that when one’s energy field is in balance, the body’s latent healing ability can heal itself.

We collaborate together to incorporate mainstream established health care and complementary integrative modalities that bridge the gap between Medicine, Science and Spirituality. First, we identify your core underlying issues then a personalized plan is created using specific modalities to address your healing that fits you best.

Some Indications for use:

- Stress and Relational Issues
- Anxiety and Panic Attacks
- Post-Traumatic Stress Disorder
- Emotional Problems
Fear, Worry, Anger, Shame, Guilt, Sadness, etc.
- Obsessive Negative Thinking & Phobias
- Inflammatory Disorders
- Acute and Chronic Pain
- Health and Healing Concerns
- Autoimmune and Chronic Disorders

Benefits:

- Stress and Pain Reduction
- Reframe Traumatic Events
- Change Habitual Patterns
- Enhance Depth in Psychotherapy
- Balance Endocrine and Nervous Systems
- Brain and Spinal Cord Support
- Strengthen Immune System
- Recovery and Self Improvement
- Spiritual Development

For more detailed information on private sessions, programs, mentorships and resources log onto www.sollite.com