



## "Freeze Frame" and Recharge Your Energy (qi)!

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### In This Issue

[Freeze Frame Technique](#)

[Media Coverage](#)

[New Center of Integrative Health](#)

[Meditation Tip of the Month](#)

August/September 2010

Summer is winding down and fall is rapidly approaching. As Dr. Phil would say, "How's that working for you?" Are you feeling anxious, bummed about the end of summer, or excited about the cooler fall season? This is the perfect time to use the "freeze frame" technique created by **Doc Childre**, a leading authority on reducing stress, and increasing emotional balance. I found this technique on the **HeartMath** website recently and wanted to share it with you. Freeze frame is a term used in Hollywood to pause on a particular frame and take a closer look. You too can slow down the fast-paced motion picture of your life and ask, "How could I handle this situation in a better way?" Learn how to control your emotions and restabilize your reactions. Incorporate these steps into your practice and everyone in your life benefits!

*Debi*



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### Need a Speaker?

Debi is available to present at your next corporate conference, seminar or special event such as a health fair. A variety of topics are available and can be customized to your needs, [\*\*contact me\*\*](#) to discuss your next event!

Some recent examples of her speaking engagements:

"Celestial Bodies", Women's Wellness Event, hosted by Pottstown Memorial Medical Center

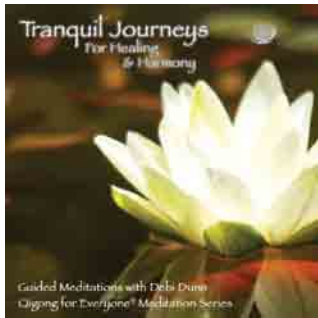
"Women Mean Business", hosted by Chester County

Six steps of Freeze Frame ®

Women's Commission, West Chester, PA. Panel of Women Entrepreneurs moderated by FOXTV

"Meditation Techniques for Stress Relief" 5 week (lunch time) seminar series: Pfizer, Collegeville, PA and Siemens AG, Chesterbrook, PA

## Wellness Products



**Tranquil Journeys Guided Meditations CD** - Enjoy blissful guided meditations with inspiring visualizations and melodic music designed to move you to a tranquil place.



**Qigong for Everyone- Designing Your Own Practice DVD** - Allows you to create your own complete qigong wellness workout that can be incorporated into your daily life. Take 10, 20, or 60 minutes it's completely up to you!

## Six steps of Freeze Frame ®

1. *Recognize* - Recognize you are feeling stress and take a time-out so you can put your thoughts and feelings on hold.
2. *Shift* - Shift your focus to the area of your heart. Now breathe as if your breath is flowing through the center of your chest and out through your stomach area.
3. *Activate* - Make a sincere effort to activate positive feelings.
4. *Ask* - Ask yourself what would be a better way to handle or defuse this situation, or what action would reduce your stress.
5. *Notice* - Notice any change in the way you think and feel about the situation.
6. *Respond* - Turn a quick knee-jerk negative reaction into a positive statement.

What a great technique to use when you feel stressed about all the things you have to accomplish in your often over-scheduled life. Remember to breathe, maybe even count to ten like my mom used to say.

## Media Coverage - In the News, Airwaves and Print!

Women's Journal (August/September 2010 issue) - Pick up a copy at your local Starbucks or doctor's office and read my half-page article **"Qi it Up...With an old exercise for a new you!"**

WCHE1520 - I was recently interviewed about integrative health solutions by **Cynthia Ericson** for her local West Chester radio show which aired on Thursday, August 5th. You can hear a clip on my website in a couple weeks, click on the **"News and Media"** page.

## Announcing a new Center of Integrative Health in Jenkintown, PA

**Dr. Mike Montanaro**, a prominent psychologist in Jenkintown, is opening a brand new holistic center next door to his practice in mid-September. I will be teaching qigong, t'ai chi, meditation and more at this location. Other services and classes will be offered at this location such as: massage, acupuncture, bio-feedback, yoga classes, support groups and seminars.

Check my website **events calendar** for new classes, **email** or call 484-431-1270!

## Meditation Tip of the Month - Walking Meditation!



### **Qigong for Everyone-Basic Movements DVD**

- If you are looking to improve your balance, flexibility, strength and reduce stress, this is the perfect exercise for you!

### **Stay Connected**

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One of my favorite things to do is to take a morning power walk and enjoy nature while attempting to empty my busy mind of endless thoughts.

The trick in helping you do this **walking meditation** is to count and **notice** all the colors of the birds that are flying around. Be **aware** of all the types of flowers and trees. Try to be **mindful** of every step you take and be in the moment. Not thinking of the past or planning for the future. Stay in the moment and just pause.

Enjoy the Indian summer and changing seasons! Pay attention to the changing colors of leaves and the cooler weather. Take time to "freeze frame" and simply smell the flowers!

### **Contact Me**

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## **Festive Fall Fun**

Treat yourself to a relaxing treatment combining Chinese acupressure, reflexology and Reiki energy healing on a far infrared heated amethyst-filled **biomat!**

\$15 off your next treatment (an \$85 value). Refer a friend and you both get \$15 off. Limit one coupon per client, cannot be combined with a treatment package offer.

**Offer Expires: September 30, 2010**