

The Meta Institute

September 2008

Volume 9, Issue 3

The Olympics. I, like so many Americans, am watching the world's finest athletes this month in Beijing, China. I am in awe as they run, jump, swim, and compete with passion and focus with millions of people watching. The focus of their minds and the performance of their bodies is an amazing example of a "Mind-Body Connection."



Mind-Body Connection

empowering stand point. Connect that to behaviors that support those feelings and decisions, and you will BE in your own power!

To continue Jill's training to better health, we began exercise in the form of walking on a treadmill. Utilizing Heart Rate Training Techniques, Jill quickly understood how her body felt to burn fat. With a conscious knowledge of how her body burns fat and a kinesthetic feeling during exercise, she clearly developed a deeper connection with herself. She began to listen to her body, and allowed that voice to dictate her exercise program.

continued on page 7

What is "Mind-Body Connection" and why is it important?

Whether you are the Olympic athlete or watching at home – the connection of the mind with the body holds the key to true empowerment. That's why

when we watch, we can feel and appreciate that connection.

So, what if understanding the "Mind-Body Connection" meant you could have what you want in your life? If a strong "Mind-Body Connection" was the key to a full twisting double back for the Olympian, how empowering would it be in healing a back problem; or losing weight; or quitting smoking; or anything else you want?

The title of this article, "Mind-Body Connection" creates different thoughts and images for everyone. There are many modalities that focus on mind-body connections. I am going to use the modalities of Physical Fitness and Therapeutic Coaching ®.

I have a client and her name is Jill. The first time I saw Jill she was in pain. She was overweight and hopeless with her situation. She felt like she needed help, but was unaware of where to begin, so I simply asked her, "Jill, what do YOU want?" She looked puzzled, as if no one has ever asked her that before, then took a deep breath and responded, "I just want to be healthy." I asked her if she knew what that looked like? She said she didn't know and I wasn't surprised.

We live in a culture that tells us what we should want, and what we should look like. When I asked Jill, I gave her permission to be okay with anything that came to her mind.

Right now I want you to stop, take a deep breath and ask yourself... "What do I want?"

What did you come up with? Whatever the answer, you came up with an empowering thought... a response from a sacred place, a place where you connected your mind with your body (your conscious and unconscious mind). Whatever the answer, even if it sounds silly, is the right response. Don't judge it! When the answer comes from the seed of this connection there is no wrong answer, only the beginning of empowering choice and a process of new behaviors as a result.

By continuing to flex this muscle, you are creating your life from an

Adding behaviors to support what you want, will keep your energy moving toward a more aligned life.

What's Inside!

Pg 1 - Mind-Body Connection

Pg 2 - Master the Art of Visualization

Pg 3 - Therapeutic Coaching Updates

Pg 4 - Updated Class Schedule

Pg 5 - More Classes

Pg 6 - Intuition and Tarot Classes By Mary Beth Tracy

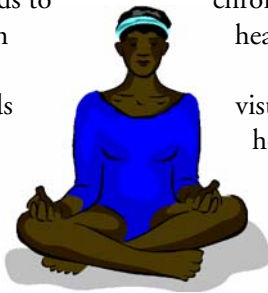
Pg 7 - Mind-Body Connection (continued)

Pg 8 - Master the Art of Visualization (continued)

The Meta Institute Newsletter is a quarterly publication. It is published & edited by Mirtha Solis, Director of The Meta Institute.

Master the Art of Visualization

Learning to visualize is similar to growing a garden, regardless of whether you decided to plant flowers or fruits or vegetables. Do you have to pay much attention to the weeds? Do you water and fertilize those weeds to make sure they are well taken care of? Absolutely not, just the opposite. However, weeds still continue to grow don't they? In fact weeds are so stubborn, you can put concrete over them and they will find a crack and grow right through. This visualization program will encourage



...visualize in great detail what you want until you feel in your mind and body that you already possess it.

you to not give any energy to the weeds. What you focus on is the vegetables, fruits or the flowers that you are growing. Do you get the metaphor? Our world is full of weeds (negativity)-all the reasons why we can't achieve and accomplish, but you're going to completely ignore those reasons. They have no value in your mind. You're going to focus on your beautiful garden and new crop.

Visualizing your results is the key to realizing your results. Visualizing is one of the most important techniques you will ever learn. It is your key to success for two reasons: The mind thinks in pictures and images; the unconscious mind drives your behavior. Your unconscious mind doesn't know the difference between something that is real and something vividly imagined. Whatever you picture (goal) you consistently think about, will drive your actions to create that exact picture. When you continually see yourself healthy or in possession of your goal, your unconscious mind will move you into actions that align with the vision you hold.

Visualization is a well-researched form of mind/body medicine that has

been shown to improve athletic abilities, relieve stress, anxiety, and pain. Visualization has also been proven to reduce adverse effects of medical and surgical treatments, help people cope with chronic illness, and even stimulate healing responses in the body.

Because of this research, visualization is moving into, our hospitals, wellness centers, massage rooms, and day spas.

Today when you go in for surgery you will most likely be asked if you would like to listen to a ten minute guided imagery session that will help you to relax

during your surgery and awaken feeling refreshed and hungry for your favorite food. Cancer and chronic pain patients are being taught to use visualization to promote positive expectations, meet their inner healer, and reduce pain. Visualization is also an alternative to pain and anxiety medications, and has been proven to help people stop smoking.

Visualization is a natural way your brain stores and processes information. You already use visualization whenever you remember, plan, daydream or worry. There is no limit as to what you can use visualization for because it uses your imagination to create the desired result, and your imagination can go anywhere. For example, Your Ideal Body Image CD suggests you to picture your body looking just how you would like it to look, notice the clothes your wearing and feel how good it feels to have your friends and family congratulating you for achieving your goals. You can use the same visualization techniques to manifest better relationships, cure addictions, reduce stress and make more money. The key is to visualize in great detail what you want until you feel in your mind and body that you already possess it. The best part about developing this skill is once you have mastered the art of visualization you will no longer need a CD to guide you or a coach, because the techniques become embodied resources that you have with you at all times, and they are free!

continued on page 8

Ilga Cimbulis
Intuitive



Animal Communication & Intuitive Consultations
Classes • Forums • Events

952-906-9305

ilga@ilgacimbulis.com • www.ilgacimbulis.com

Therapeutic Coaching Updates

September is here ushering in the Fall season and the October graduation of our 12th Therapeutic Coaching class. We are still taking applications and interviewing students for our November 2008 class which begins November 13th. This class is approaching capacity level so if you have an interest in joining the November class please contact us as soon as possible. We also will be having some new financial aid options by the end of September so if you are interested in applying to our program and utilizing financial aid, please contact us.



Open House Schedule



Sept 30, Tues.
Oct 22, Wed.

6:30-8:30pm
Please call to reserve your spot!

To Apply

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at our free Open House.



To receive an application, information packet and schedule, please call us at (952) 831-6382, e-mail us at meta@metainstitute.com or visit www.metainstitute.com.

Application deadline is Nov 1st.

Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

- Learning Styles
- Motivational Counseling
- Systems Theory
- Business Management and Consulting
- Quantum Physics
- Developmental Stages
- Life Cycle Changes
- Neuro Linguistic Programming
- Hypnosis
- Structural Therapy
- Emotional Intelligence
- Couples Communication Coaching
- Past Life Therapy
- Experiential Learning
- Gestalt Therapy
- Professional Development
- Team Building and Leadership

This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

Meta Institute newsletter designed by



Marketing Material Designers
uvision@comcast.net

Where your vision is within sight!

- Newsletters
- Stationary
- Brochures
- Logos
- Manuals
- Graphic Development

Call for a free consultation: 651-714-8669



The Meta Institute

September-December 2008 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75
 Sept 20 Sat 10am-6pm
 Nov 1 Sat

Reiki Level 2 One Day Training \$150
 Sept 21 Sun 10am-6pm
 Nov 2 Sun

Reiki Master Two Part Evening Training \$300
 Dec 9 Tues & 10 Wed 6:30-10pm

Reiki Master Two Part Evening Training \$300 Teacher
 Dates to be announced

Reiki Sessions 60 minutes \$60
90 minutes \$90
 By Appointment Only

Reiki Shares

Oct 7 Tues, Nov 4 Tues,
 Dec 2 Tues

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

Reiki Shares are from
 6:30-9:30pm

Therapeutic Coaching

Intro to Therapeutic Coaching
 To be announced

Trainer's Training
 Two year class Begins April 7-11, 2009
 10:00am-6:30pm

The Meta Institute accepts Visa, MasterCard, Discover Card, American Express, Checks or Cash. Payment plans are reviewed on an individual basis.



The Meta Institute is licensed by the
 Minnesota Higher Education Services Office
 1450 Energy Park Drive, Suite 350
 St. Paul, MN 55108-5227
 651-642-0533



The Meta Institute (952) 831-6382 Website: www.metainstitute.com

PERSONAL AND PROFESSIONAL COACHING

The Meta Institute has a highly skilled team of Life Coaches available to assist you with issues in any area of your life. We combine our years of experience and diverse training to assist you in achieving optimal performance both personally and professionally.

If you are interested in learning more about personal or professional coaching, call us at (952) 831-6382.

“Cause you just never know how far a change will go!!!”



More Classes

Visualization, Imagination & Creativity Training

\$45

Teach Your Clients How to Activate Their Energy of Choice. Learn five-10 minute Visualization sessions. Class will be held on September 9 (Tuesday) from 6 – 10 PM and October 4 (Saturday) from 10 – 2 PM. The fee is \$45.00. Please contact Kari at inspiredtouch@qwest.net or at 612-722-0875



Psychic Pathway Class

\$180

Nine-week study group based on internationally renowned author/teacher Sonia Choquette's book: *The Psychic Pathway: A workbook for Reawakening the Voice of Your Soul*. Each week we will have a chapter review and discussion followed by meditation and psychic exercises. This class meets Wednesdays, September 24 – November 19 from 7:00 PM – 9:00 PM. Class size is limited, please contact Ilga to register: 952-906-9305 or ilga@ilgacimbulis.com or www.ilgacimublis.com



Advanced Aromatherapy

\$20

Learn how to access body systems with essential oils and which oils to correct dysfunction within the body. Class will be held on October 14. Each participant will need to purchase essential oils for the technique. Please register with Cheryl Gebhart at 952-758-2404 or gebhart@myibocs.com



Bridging Words & Body Experience

\$235

In Hakomi, we have seen how bringing mindfulness to deep body sensations increases the ability to heal emotionally and psychologically. This is an introductory workshop to Hakomi on October 3 (Saturday) and October 4 (Sunday) from 9:30 AM – 5:00 PM. Please contact Susan Broadwell at 952-922-1848 for information and registration. The fee for this workshop is \$235 if paid by September 9, 2008.



Gamma

\$400

Gamma Brain Wave Activation & Transformation is a safe, non-invasive energy balancing modality that is based on the sciences of the brain wave modulations, quantum physics and electromagnetic frequencies. A journey in mastering Optimal Health and Wellness will be held on October 25 (Saturday) & October 26 (Sunday) from 9:00 AM – 5:00 PM. The refresher course is \$275.00. Contact Dr. Corey Sondrup, D.C. at 801-476-1752 or email dr.corey.ohd@hotmail.com. Check out the website at: www.optimalhealthdynamics.com.



Healing With Vibration

\$250

Learn a new technique that combines all of your coaching skills with sound and vibration through the use of tuning forks. This powerful and flexible technique can be used to assist your client to heal almost any issue and it is especially beneficial for those issues which have the deepest of roots. This is a very gentle process due to the balancing and equalizing benefits of the specific tuning forks being used. Prerequisite: Therapeutic Coaching®. This is a two-part evening class that will be held November 3 (Monday) & November 6 (Thursday) from 6:00 PM – 10:00PM. The fee includes a set of 4 tuning forks. Please contact Gwen Solberg at 651-470-2997 or at gwensolberg@comcast.net to register for this class. Call early to register, class size is limited to 12.



Mind & Body Connection

\$75

Do you want to learn to transform your body by reducing fat, decreasing tension, stress and making your body stronger? Connect with your Mind & Body through cardiovascular fitness, self-myofascial foam and core strength training. Empower yourself with the knowledge to transform your body on September 20 (Saturday) from 9:00 AM – 1:00 PM. Please contact Stacey at 763-670-1857 or at staceyostendorf7@msn.com to register.



Classes by Mary Beth Tracy

Intuition



What do we mean when we say "I had a gut feeling about that?" How is it that we can look at or talk to a loved one and get a "sense" of how they are feeling or "know" what they are thinking about? Perhaps it is a guess or maybe it is *intuition*.

Intuition can be useful in our lives to:

- Explore all aspects of making a decision to change or enhance your career or any other area of your life
- Experience the fullness of your relationships
- Resolve business and personal conflicts
- Experience and learn how the process of aligning the chakras through color and the logical levels can bring clarity and resources to your everyday life.

Intuition Class \$95
 Oct 26 (Sun)
 10am-6pm

Intuition Development Groups \$25/group
 Sept 30 (Tues), Nov 20 (Thur),
 Dec 16 (Tues)

6:30-9:30pm

"Intuition is a natural and spontaneous capacity everyone has to perceive the slightest emotional fluctuation in themselves and others." Carl Jung



Tarot

Demystifying the Tarot
(3 day class) \$250

Winter of 2009
 Call now to sign up!

The Tarot is one way to channel intuition. This method provides an external filter to channel information that will expand your awareness. It's history and symbolism originates in myth, philosophy, culture and ancient teachings. Learning how to receive insights from the Tarot will prove to enhance your understanding of yourself and others, allowing yourself to experience the world at it's fullest expression.

Mind-Body Connection (continued)

When you choose activities from the stand point of the body...you want to do them. It feels different than having to do something.

The ability to stay connected, creates behaviors that allow the body to get results; sometimes without awareness. This is the true beauty in living this way. For example, Jill had been working with me for a year and we never focused on her weight. Remember she just wanted to "feel healthy." After a year I said to her, "Jill, have you lost a lot of weight over the last year?" She said, "I think I've lost about 60 lbs." Now, this is not to say that she wasn't aware of the weight she had lost...we all know better than that. BUT...what I found so interesting is that because she was living in a present state she never thought about the consequences of a decision.

When the decision you are making is connected to who you are... the consequence is a part of the process not something disconnected.

Therefore the results are always appropriate. They are no longer good or bad or someone else's "should." It is a part of your life!

The process is no longer a diet...it's how you live!

So how do you listen to your body...or your "self?" Stop and think of how you connect your mind and body. When you are doing that, become aware

of behaviors that are supporting THAT. You can take advice from anyone or anything but try to take in things that feel congruent to YOU. If someone tells you that McDonalds isn't good for you, that's fine. But remember that what you believe...is true. I believe that if I need to stop at McDonalds for lunch, I am grateful that my body knows how to burn off the calories. I don't believe that I will gain weight because of it...ever.

Adding behaviors to support what you want, will keep your energy moving toward a more aligned life. Remember awareness directs energy. Where do you want to put your energy? Stay present in the moment and watch how your life transforms. You can have it all, as long as you are willing to define it. What do you want... now?

Recently Jill was in the hospital with kidney stones. She had many

complications concerning removing them. At one point, she was in a state where the pain was consuming her. There wasn't enough pain medication to change her state of panic, or to give her any peace of mind.

What she did was utilize her skill of relying on her body (unconscious mind). She decided to trust her body. Instead of thinking what to do, she became present in the moment and allowed the body to dictate her process. She connected to that seed she had planted long ago that is now a beautiful flower.

What happened was remarkable. She became calm and empowered. She was also in her power. Her heart rate dropped to a stable rate and her mind became at ease. She experienced true empowerment.

She is connected!

Stacey Ostendorf

So Connected, Inc.

Connecting people with themselves.



Stacey Ostendorf is a Personal & Group Fitness Instructor & Therapeutic Coach®

Workshop at the Meta-Institute!!!

When: September 20th
From 9:00 a.m. to 1:00 p.m.

Topics: *Setting Healthy Intentions*
Cardiovascular Exercise
Foam Tension Release
Core Strength

For more information:
contact Stacey Ostendorf at:
763-670-1857 staceyostendorf7@msn.com

Mastering Alchemy

FREE Tele-Classes beginning July 31

Alchemy is accomplished by changing the frequency of thought, altering the harmonics of matter and applying the elements of Love to create the desired result.

Jim Self returns to Twin Cities Oct. 6-12.

Free class @ Meta Inst. - Oct. 6 7- 9:30pm

www.MasteringAlchemy.com FREE DVD

Local Contact Carol: 763-843-0043 or 530-271-0724



Stacey Ostendorf is the owner of So Connected. She has a bachelor's degree in Physical Education from the University of Wisconsin - LaCrosse. She is certified by NASM in Personal Training and Senior Training and by ACE in Group Fitness. She is a certified Therapeutic Coach® through The Meta Institute. She has a passion for helping people get results by empowering them with skills and tools to create a more powerful life.

Master the Art of Visualization (continued)

Here are three simple exercises that will help you master the art of visualization. First pick three items of different sizes, shapes and colors...sit down and put them in front of you...pick up each item one at a time and hold it in your hand, switch hands, feel the weight and texture, smell it, see what kind of sound you can make with it by tapping it with your finger(s) or against something else and if appropriate even touch your tongue to it and taste it...do this with each item several times...afterwards, close your eyes and without touching the items recall each one individually as clearly as you can, using each of your senses again - touch, smell, sight, sound and taste...don't strain at all...remain as relaxed yet alert as you can while doing this...add one more thing to this visualization exercise...really appreciate the item you are holding...really sense your connection to it and its inherent Universal Life Force Qualities...give thanks to the item and move on to the next one...

For this exercise become very aware, almost hyper-aware, with each of your senses fully engaged, now go outside and walk up to your front door, turn the doorknob, walk inside and stand and look around...stop and look at your hands often...and listen...and smell the air...feel the air with your hands and face...slowly walk through your home and really take in e-v-e-r-y-t-h-i-n-g...take your time...do

this several times and see if each time you can notice or sense something different...after a few times sit down, take a few deep breaths and become relaxed but alert...now, using only your imagination, go outside and walk into your house and walk through it recalling as much as you can, really taking your time...again, stay relaxed...breathe...

The more you do exercises like this the more you will realize just how good you really are at visualizing. And as you become more relaxed and confident about visualizing you will more easily be able to Imagine/Visualize things outside of your "experience", using only your Imagination, utilizing each of your senses each time...

One of the most important aspects of using visualization is as you Imagine yourself Doing or Being or Having what ever it is you are Imagining always add the power of Emotional Charge...Praise, Gratitude and Appreciation being the three Power-Houses for Amplifying Energy... and finally... The Power of Breathing... Have you noticed that in Yoga, Martial Arts, Tai-Chi in particular. Qi-Gong (aka Chi-Gong) close cousin to Tai-Chi, as well as several other disciplines the breath is always important?...that there is a Yoga practice entirely devoted just to breathing techniques?...that in Meditation the breath is vitally important? Our breath is our intimate connection to the Move-

ment of Life Force... when breathing let it Flow ~ Through ~ You...let it come down through the top of your head (the Crown) and pass out through your Seat of Power ~ The Abdominal area...this creates a conscious flow of energy, of Life Force...this is our connection to all things...as it comes down through you it passes through your Crown, (Christ Consciousness/Buddha Nature), through your throat Chakra/Center (seat of expression), through your Heart Chakra/Center (seat of Universal Life Force/God/All-That-Is) down through your seat of Emotions/Subconscious (just below the ribcage) and out through the Belly/Abdominal area which in turn naturally draws up the energy in the sacral/sexual center simultaneously. This exercise puts one in Flow...this connects one to All-That-Is...ones Buddha Nature...ones Christ Consciousness... and as an extra added bonus?...more often then not, a nice little buzz...flow this energy to all things and everyone, particularly in Praise, Gratitude and Appreciation...

Who Can Benefit from Mastering the Art of Visualization? Visualization is great for athletes, children, and can assist people in crisis as well as those who have been seeking to enrich their lives. Individuals living with ADD, ADHD and Post-Traumatic Stress Disorder can improve their focus, as well as obtain a sense of calm they didn't know they could feel. Musicians, writers and artists have found that it enhanced their creative expression and guided them in their vision quest.

Kari Haugen

Learn how to visualize, and why it is important to combine visualization with massage.



Saturday September 5th from 10:00 to 1:00 or
Tuesday September 9th from 6:00 to 9:00

3 hour class costs \$45.00.

This includes *How to Visualize CD#1*

How to Visualize CD#1 Contents:

Track One: Introduction and Instructions
Track Two: Learning to Visualize
Track Three: Progressive Body Relaxation
Track Four: Pure Energy

Track Five: Healing Happens
Track Six: Your Ideal Body Image
Track Seven: Body Affirmations



For more info call 612-722-0875

Take a Class!

Kari Haugen is a Massage Therapist, Sacred Contracts Counselor, Guided Imagery Specialist and Visualization Coach.

For more information you can visit her web page

www.LifeChangingImagery.com

E-mail

LifeChangingImagery@gmail.com

Or call 612-722-0875