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Popular Programs for Employee Wellness

Healthy Energy is Contagious (1 hr)

More today than ever before, understanding what drains and builds your energy can be the difference between surviving and thriving. Wouldn't you rather thrive? Everything is energy - emotions, thoughts, surroundings, beliefs and people too. You have the power to build your energy supply while also shielding yourself from energy drain. Come away with some practical, participative and very effective ways to naturally boost your vitality, mood and energy level.

Program will include:

- How's Your Energy? - A short self-assessment
- Easy energy balancing exercises for self care, including how to shield from "energy vampires".
- Building positive emotions through expression, gratitude & humor
- Emotional Freedom Techniques Demonstration - a simple and effective self-care solution for managing daily stress that involves gentle tapping on acupressure points.

Introduction to EFT for Positive Stress-free Living (1 hr)

EFT (Emotional Freedom Technique) is based on ancient principles of acupuncture and is becoming one of the most popular methods for high energy, stress management and personal improvement. EFT involves tapping on acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate disruptions in the energy system caused by emotional experiences and stressful memories. When integrating EFT into daily life, people experience greater confidence, resilience to stress and a significantly improved state of well-being. This is a valuable tool for every human being to learn, know and share. Experience EFT for yourself! Note: Instructor recommends bringing a water bottle to class.

EFT Applications - Focus on Weight, Cravings and Wellness Support*

EFT (Emotional Freedom Technique) is an innovative self-help technique developed by Gary Craig, a Stanford engineer. Based on the ancient principles of acupuncture, EFT is being successfully used by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body's energy system, without the discomfort of needles. EFT helps eliminate energy disruptions caused by emotional experiences, difficult situations and stressful memories. In this class we will enhance our understanding of EFT by focusing on the core issues underlying weight management. Together we will practice ways to use EFT to address anxiety about weight loss, self-image, our thoughts about food, healthier food choices, chocolate and sugar cravings, calming our stress eating patterns and providing support for regular exercise. Bring your challenges and questions.

Prerequisite: Intro to EFT for Positive Stress-free Living Note: Instructor recommends bringing a water bottle to class.

Confidence in the Midst of Transition (1.5 hrs)

Big changes like job loss, divorce, retirement and death of a loved one can move even the strongest people into a state of sudden, unhealthy imbalance. Such changes can bring financial challenges, fear and unpleasant physical symptoms too. Is there a way to more easily accept the loss and transition into a better, healthier and more satisfying life? The answer is YES! This seminar will share and demonstrate a variety of self-care resources for natural, drug-free ways to lift anxiety, promote positive relationships, adopt new habits, attract more of what you want and move forward with confidence including:

- Heart Coherence and Biofeedback using HeartMath EM Wave Technology
- Positive affirmations and the power of your voice
- Energy tools for a more youthful, healthy appearance
- How the human energy field and law of attraction are related
- "Tapping" self-care treatments (acupressure for emotions, without needles) to boost confidence and manage stress before interviews, speaking and dating situations.
- Deliberately connecting to your life and soul purpose

Waist Management with EFT - Series of 3 classes

Clinical studies affirm that an expanding waist size brings significant health risks. Women with waist-hip ratio of 0.7 have optimal levels of estrogen and are less susceptible to major diseases such as diabetes, cardiovascular disorders and ovarian cancers. Men with waist hip ratios around 0.9, similarly, have been shown to be more healthy and fertile with less prostate and testicular cancer. Furthermore, the waist hip ratio is a better measure of assessing a person's risk of heart attack than Body mass index. Pay attention to what matters most as we incorporate EFT into a "waist-loss" strategy for success. **Waist measurement will be taken**, then we'll focus on practical ways to use EFT to address anxiety about weight loss, self-image, our thoughts about food, healthier food choices, chocolate and sugar cravings, calming our stress eating patterns and providing support for regular exercise. Each class will include demonstration sessions on individual challenges brought by participants. **Become extremely proficient at EFT while gaining support and losing inches** - a winning combination for success without the struggle!

Living Your Purpose

We're not just here to make a livingwe're here to make a difference! The search for purpose and meaning in life is something that never ends. This program will explore ways in which we can find integrity by aligning our natural abilities, gifts and passions on a daily basis. Living a life guided by purpose allows our emotional as well as physical energy to build. It's one of the greatest stress-busters too! Energy coaching exercises will be integrated to open our hearts and minds to the exciting possibilities of purpose.

The Integrity of Consistent Persistence

Success requires consistent and persistent action. Getting people to like you, respect you and trust you demands honesty, follow through on commitments, and a reliable track record. It's "walking the talk" or better known as the "integrity factor". Today's program will explore integrity and feature stories from people who demonstrate integrity, persistence and consistency in their business and personal lives. Come away with a bundle of practical ideas to help you practice integrity in your life.

The Power of Knowing What You Want

Did you know that writing down what you want can lead to miraculous results? This fun-filled program will inspire you to think big about your dreams. You will be inspired to write a long wish list that includes money, real estate, travel, relationships, career, health, education and life's simple pleasures. Instead of just moping about things that seem beyond your reach, join Betsy for a session that can change your life. As part of the program, Betsy will teach energy coaching techniques that help participants incorporate added clarity and creativity into daily life.

Graceful Aging with Ancient Secrets

As the years pass, do you find yourself searching desperately for the secret to graceful aging before it's too late? It's time to stop worrying and explore some positive and uplifting options. Apply some new "Secrets" for your body, your mind and that youthful spirit you need never lose touch with. There is hope.

This program features an assortment of **practical solutions** you can begin to **apply immediately**:

- ❖ **The Ancient Secrets of the Fountain of Youth - The 5 Tibetan Rites.** Exercises you can enjoy daily for amazing health, flexibility and energy.
- ❖ **Coaching with Emotional Freedom Techniques (EFT)** - a gateway to positive and rapid change. A form of acupuncture without needles.
- ❖ **How to Move, Look and Feel like a youthful soul** - 2 minute daily routine for boosting energy

Clearing Fears and Doubts with Positive Energy

Is there something holding you back? Fears and doubts are normal for everyone, **BUT** when negative thoughts take over your mind, you lose touch with the joyful life experiences you deserve. In fact, you may even be attracting more negative experiences! Fortunately there are 6 specific actions that you can begin using today to harness the energy of **deliberate positive thinking**, *no matter what your emotional state*. Learn affirmations to wipe out negative thoughts forever. Participate in a powerful group meditation to attract prosperity (and money) to your life. This seminar will send you into the real world with a positive sense of peace that is powerful and lasting.