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CB CONSULTING

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WORKBOOK

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Introduction and Session 1

My Flower of Hope

**Oxygenation, Frequencies and
Emotions**

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by Carole Boudreau, NHP

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**Your body will follow your mind
into your new destiny.**

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Flower of Hope
Oxygenation, Frequencies and Emotions
Your official Course Workbook

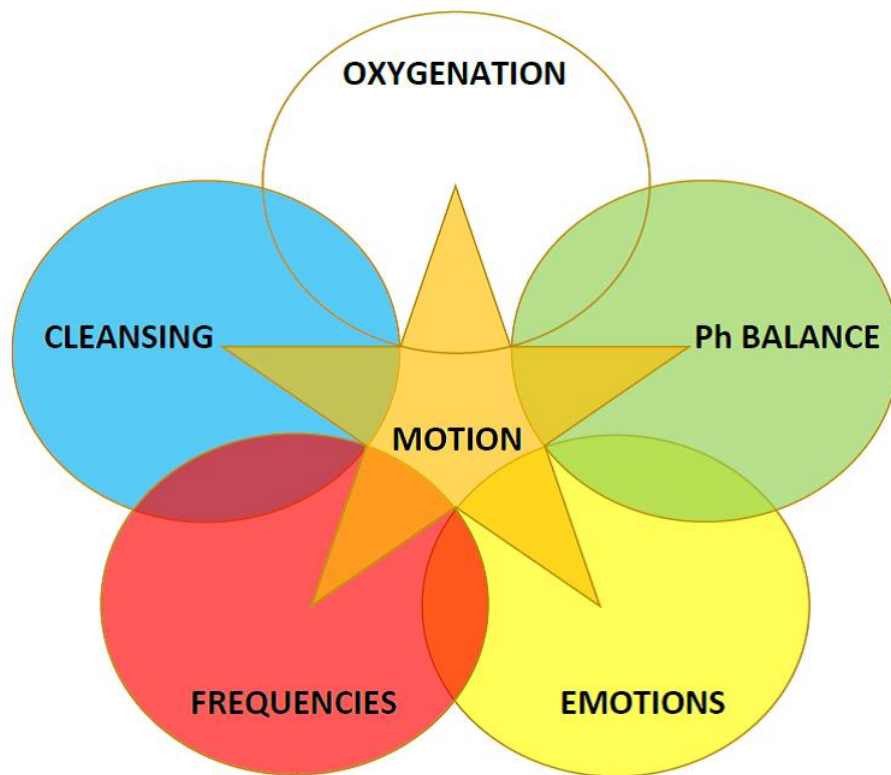
5 simple tips to get the most out of this class:

- 1. Print this workbook out before starting to listen to the recording so you can write down your notes.**
- 2. Review the topics outlined so you know what to listen for. Make sure you've set aside private time for this session (minimum 45 minutes) so you'll be able to focus and fully receive the benefits of the session.**
- 3. Make sure you are in a quiet place where nothing can distract you. Be in a comfortable place so you can fully take part in any of the exercises.**
- 4. Write down all the interesting and new ideas and inspirations you get while listening – that way you won't lose the information most relevant to you.**
- 5. Think of how you can quickly implement the teachings, which are shared in this session, in your life.**

Hope you'll enjoy it!

Flower of Hope

Oxygenation, Frequencies and Emotions



For the sake of keeping this sessions as short as possible, we are only going to talk about oxygenation, frequencies and emotions. However, each petal of my Flower of Hope is very important to a well-balanced healthy body.

Oxygenation:

Frequencies:

Emotions:

Flower of Hope

Oxygenation, Frequencies and Emotions

- **My Vision:** “Help your body to regenerate itself”.
- **My Mission:** To put the individual’s well-being in harmony with life’s circumstances.

I consider myself as a “Hope Dealer”.

Breathing exercise:

Frequencies (energy) demonstration:

Readings from my book – Key word from reading: *Energy*

Emotions: (1) *a natural instinctive **state of mind** deriving from one’s circumstances, mood, or relationships with others.* (2) *Instinctive or intuitive **feeling** as distinguished from reasoning or knowledge.*

Readings from my book – Key words and statements from reading:

- *Who’s in the driver’s seat when we control our emotions?*
- *... every time we interrupt a thought process that produces the chemical response in the body...*
- *... observing the effect that takes place...*
- *...there’s chemicals for anger, and chemicals for sadness, and there’s chemicals for lust.*
- *A cell that has a peptide sitting in it, changes the cell in many ways.*
- *...the cell is the smallest unit of consciousness in the body.*

Flower of Hope

Oxygenation, Frequencies and Emotions

- *A definition of an addiction is really simple: something that you can't stop.*
- *...if you can't control your emotional state, you must be addicted to it.*

This has completely changed my whole perspective about emotions.

What are you dominant negative emotions right now?

Can you become an observer of those negative emotions?

By becoming the observer, and also being aware and acknowledging, it is now easier to stop those negative emotions and change them to a more positive one.

Homework for this week:

- **If you have Netflix, please watch the movie “The Secret”. If you do not have Netflix, there are many versions on YouTube that can help you with understanding some things that you have been questioning.**
- **Revise your notes. Practice and be aware of your breathing and emotions.**

Meditation exercise...

See you next week!