



Staying Connected – Mindfulness, Nutrition, Movement



**Michelle Greenwell**  
President of CanBeWell  
& Founder of Dance Debut Inc.

Michelle Greenwell is a **BioEnergetic Wellness Facilitator** who spends her days motivating and assisting others in their mindful activities.

A doctoral candidate in **Integrative Health**, she also has a MSc in Complementary and Alternative Medicine, as well as a BA in Psychology. Her specialty is in using **movement and intention** to assist the body to activate its **innate potential for healing**.

### Nutrition as BioEnergetic Wellness Support

Our relationship with food can be enhanced when we understand how our food choices support us energetically to achieve the goals we have for ourselves, our day and our lives. Foods can be “good” for us, they can be “emotionally supportive” for us, and they can be “nutritionally” important for us. But do we need that food at this moment to support us. How can we make choices for our higher good right now? Being present and engaged in our eating habits is very important to our overall behavior and when we add feedback to the mix, we can be an energy powerhouse to support our wellness needs.

This is where gaining BioEnergetic Feedback from the body to tell us energetically how we are doing and what we are needing is vital. A simple tool to assist with this feedback is the Body Pendulum.

## The Body Pendulum:

Choosing foods that support the energy of the body.

**Stand relaxed** and release the knees, breathe deeply.

**Think “yes”** and see where the body sways. **Think “no”** and see where the body sways. This can be forward and back, side to side or around in a circle. Just note which way is your “yes” and which way is your “no”.

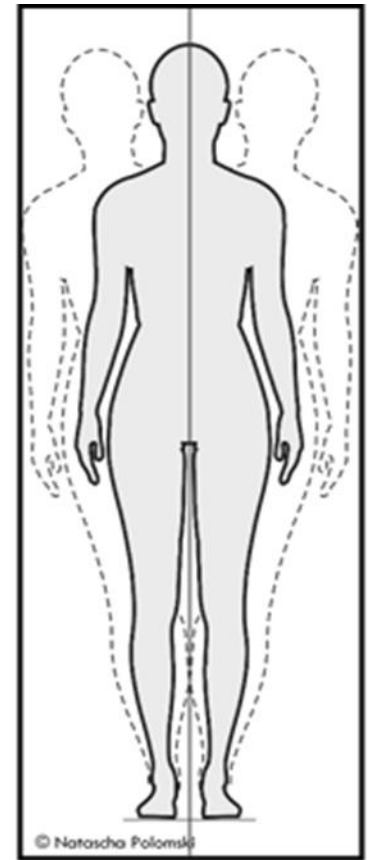
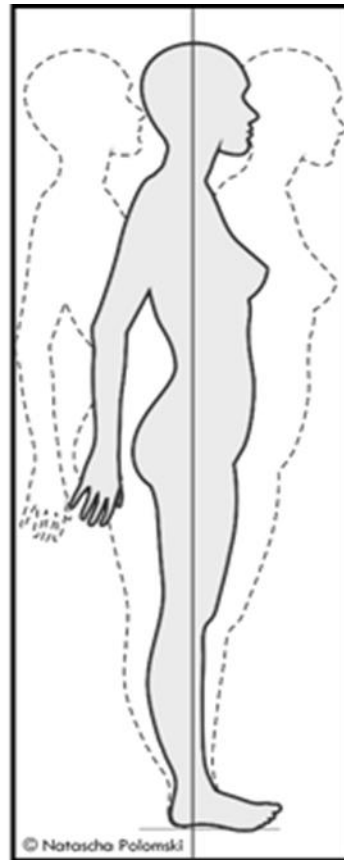
### **Check for hydration – hair tug:**

Give a tug of the hair and see if the body sways to a “yes” or a “no”. This will indicate if you have enough hydration. If not, take a drink of water. With the first sip, swish it around in the mouth and let the sensors in the roof of the mouth know that the water is there. Then swallow and finish the rest of the

water in a relaxed and easy manner. You don’t want to guzzle it back and the sensors are missed. This can be a great check throughout the day if there is a habit to not drink enough water and for energy to drop midday or afternoon. Very often the body is not supported to process during the afternoon organ system priorities. It can also be misled by the mind that hunger is the issue when in fact it is actually thirst.

**Finding BioEnergetic Food Choices.** Place a food in front of the belly button and see if the body sways to “yes” and is bioenergetically supporting, or “no” and will take more energy to process than to support. This does not mean that a food is “bad” for you, but rather, that at this time it is not going to energetically provide you with energy. It will take energy away as the body focus’ the time on processing the food choice. Choosing foods that are supporting can change our relationship with food.

Choosing foods that are energizing can change the way we look at food and the need that it assists with. It is no longer an emotional need to satisfy, but a way to feel energized and full of vitality for all things we wish to accomplish with our supported system. This includes thoughts, handling stress and moving. If we are supported nutritionally throughout the day we have the ability to handle stress more efficiently, and we have the opportunity to process emotions in quick resolution or with less reaction or over-reaction. Living in a purposeful way removes the



everyday angst that happens when the body is striving to support without the supporting mechanisms in place, and this includes nutrition.

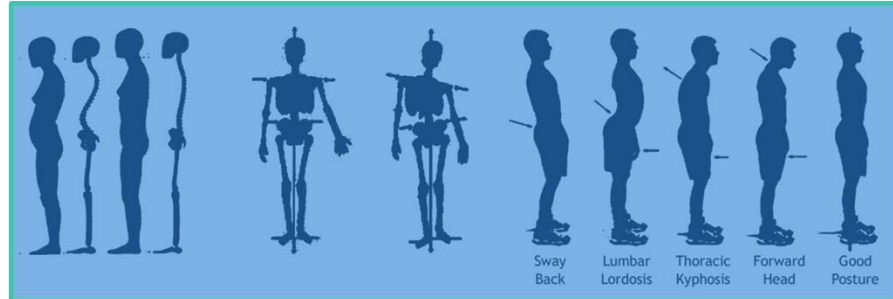
## Posture Awareness

### Sitting

Position on chair  
Back  
Neck  
Breathing

### Standing

Position of Torso  
Shoulder height  
Position of Neck  
Weight on the Feet



All these postures reflect your Energy Level and BioEnergetic Wellness state. If you are not energetically supported, you can slouch in your chair. If you have been sitting at the computer screen working intensely for hours, you can begin to lean into the screen, squint the eyes and tense in the shoulders. As the muscles can no longer support you in an energetic means they begin to find compensating positions to support each other and in no time, you have a posture that you think is just the result of your chair. If you take care of yourself with hydration, solid nutrition and breaks, you have the habits and power to remain energized in such a way as to easily accomplish the tasks you have on your desk for the day.

Your standing posture is similar. If you are not energetically supported, the neck, shoulders, hips, knees, ankles etc will show the stress they are feeling. With a break from activity, some water, a meal that was prepared with love and eaten with mindfulness can completely change how the body is feeling. If you haven't been doing this care it is not the time to continue the downwards spiral of judgement about this fact, but rather to just make choices towards your goal. You want the energy and vitality to fulfill your dreams and desires. Put your eye on the prize and the actions can follow.

**Emotional Release Techniques: (please see the handout from Mindfulness for full descriptions in this section).**

1. **ESR's:** Emotional Stress Release (fingertips on the forehead)
  - ❖ Picture result
  - ❖ Identify emotion and sit with it
  - ❖ Deep Breath until a release

2. **Psychological Reversal**, (karate chop at the end of the pinky fingers)  
“Despite feeling stressed, I deeply and profoundly love and accept myself.”

3. **Emotional Freedom Technique**

Tapping 8 points: Between the brows, Outside of brows, at the cheekbone, top of lip, bottom of lip, below collarbone, side of ribs, top of head.

“With each tap I release my guilt, anger, resentment, anxiety, disappointment.”

Continue to:

“I feel love, joy, gratitude, satisfaction, compassion, friendship, connection.”

4. **Cook’s Hookups including Complete and Robust**

Cross right leg over left and link right hand over left, tongue on the roof of the mouth and breathe.

Put feet side by side and touch fingertips together and hold in front of belly button, breathe.

**Complete and Robust** – Put the fingertips together and hold in front of the belly button. Using the Body Pendulum see if the body sways to “yes” you have done all that you need, or “no” it is looking for something more.

**References:**

Posture awareness diagram from MZ Therapy

Pendulum diagram: Natascha Polomski

The Touch for Health Complete Edition by Dr. John Thie and Matthew Thie

For more resources on EFT please check out

[www.thetappingsolution.com](http://www.thetappingsolution.com)

**Michelle offers:**

- **private sessions, online classes, workshops, mentoring and retreats**  
Email: [info@dancedebut.com](mailto:info@dancedebut.com) to book an appointment or sign up for a program

- **Events** are posted on Facebook: The KEY to Health with Energy Medicine, and the calendar on [www.dancedebut.com](http://www.dancedebut.com), or [www.invernesscountyhappenings.com](http://www.invernesscountyhappenings.com)
  - **Mini workshops:** Check out the H.U.G.S. Program on [www.dancedebut.com](http://www.dancedebut.com)
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- **Foundations of Therapeutic Touch®** (Level 1) online
  - **TT for Families** (a mini course for friends and family to assist each other with self-care). **May and June classes online**

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