



K.E.Y. NEWS

The KEY to Health through Energy Medicine: Kinetic Energy YINtigation

Upcoming Events!

January 2016

Touch for Health

Level 3
Class and Practice Session
Sunday, January 10th
2- 6 pm
Fine tuning the 42
muscle tests

Sound Massages

with Natascha Polomski in Mabou

Sunday, Jan 10
and Sunday, Feb 6

Call now to book your special hour
902-945-2967

Qi YINtegration Program

New classes beginning
in January.

Belle Cote, Port Hood,
Mabou, Inverness, Port
Hawkesbury

This Months Topic: *Are you rationalizing PAIN to find a cure?!*

A common phrase used by individuals trying to rationalize a pain or limitation is: "I think that when I (drove for 3 hours in the car)...I hurt my (foot with the position on the gas pedal)..." What if you could ask what created the challenge? Muscle testing allows for that. You can determine if the challenge is Structural, Chemical, Nutritional, Emotional, Mental or Spiritual. If you are trying to fix a pain in your foot with a structural correction (taping, icing, massaging etc), but the challenge is emotional, then you will only be putting a bandaid on the problem. You will need to use such techniques as ESR (Emotional Stress Release), EFT (Emotional Freedom Technique), IRT (Injury Recall Technique) or identifying the Emotion involved. By identifying the actual challenge, the correct tool can be identified and used. The shift of pain or discomfort can be long lasting and simple to achieve.

How often have you used the phrase: "I am not sure how this happened, but I think..." and then you have continued to find someone who can fix what you have defined as necessary. As you go about the week, listen to how you say things and what you say. Perhaps you have been limiting your healing by the conclusions you have drawn, by the tools that you have chosen to rationally fix the problem, or the pain you have continued to hold on to because you can't remember anything different.

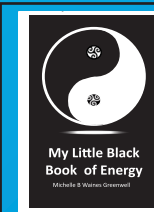
And, if you would like to learn more about identifying the causes of the challenges you are facing, and the tools that will be of greatest assistance for healing, drop in to a Qi YINtegration class. We have 5 locations in Cape Breton, as well as Skyping, and soon...on line courses. Drop me a line if you are ready to go on line, and we will make it happen. The Qi YINtegration assessment page is very inclusive and informative, identifying many details to a challenge that will assist in determining what is the course of action the body is looking for.

Social Media Connections

Like us on Facebook

- Michelle Greenwell
- Feet First System
- Dance Debut Inc.
- Qi Yintigation
- Tai Chi Cape Breton
- Intend2RaeD8
- The KEY to Health with Energy Medicine

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online shop!
*E-book and Video Footage
releasing this month*
www.dancedebut.com



Now Available!

In this book, Michelle covers
many helpful tools that will
help you energize your body
in very simple ways!

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