

☑ **MIND/BODY/SPIRIT COMMUNICATION:**
ENHANCING LIFE BY USING YOUR WHOLE BRAIN --
EMPOWERING YOUR RIGHT ONE

In our western world almost all of us are taught and nurtured how to live and survive by using our left brain, and in the process we allow our right brain to remain largely unused. One brain expert has affirmed that "Our brain is a super bio-computer and its use is unlimited." He has further stated, "If you create a new idea every second of your life, you will use only 1/100 of your brain's capacity."

This presentation will focus upon **(a)** understanding how the left and right brain within us differs, **(b)** how powerful our whole brain is according to experts in the new field of cyberphysiology, **(c)** what kinds of things we might be able to accomplish with greater use of our right brain.

In seminar and workshop presentations, the impact of the research on prayer and non-local communication will be explored. Also, opportunities will be provided for a demonstration with participants to experience an enhanced relaxation exercise with guided imagery and meditative affirmations and its possible relationship to an enhanced spiritual life and richer prayer life.

Time flexibility: 20 minutes to 3 hours.
Request: Overhead projector, where available.
Handouts will be provided.

Interested persons should contact Chaplain Roy B. Nash by any of the following options:

Ministry Data: **Belief-focused Care & Healing** Off Phone: 217-415-2978
5004 Eagle Ridge Cell Phone: 217-415-2978
Springfield, IL 62711-7830 Off FAX: 217-787-4973
roynash@springnet1.com Res Phone: 217-787-6975
www.roynash.com

* This seminar/workshop is available from **Roy B. Nash, M. Div., LMFT, LCPC**, a Marriage and Family Therapist and certified Pastoral Psychotherapist, serving in a United Methodist endorsed Chaplaincy and Counseling Ministry called **Belief-focused Care & Healing**.