

# Happy New Vitality

By Robbin Zrudlo, Consciousness Coach

Here we are, one month into a new year. For many, the last month or so has included some time of reflection, scanning back through the past and considering the future: what worked, what didn't work, and areas or qualities of life that should be changed to meet some sort of expectation. Expectations suggested by family, friends, culture, society, movie stars..., and of course your-self. As well, some may even be feeling disappointment and frustration because those expectations for new habits, or behaviours have already been dropped.

This year, why not try something new? Bring all of your attention and awareness to where you are right now. We are alive, at the beginning of a new world age, with new energies, awareness, attitudes, and scientific discoveries about the nature of our energetic and multi-dimensional universe. Forget about the past, the expectations, the drama, and the future and instead be here, now. What a fantastic and exciting time to be! Welcome!

And yet there it is, the challenge: "to be". Can you remember the last time you simply were? A time when you let go of all the anger, judgements, fear, despair, loneliness and just were you? Truly and wholly you? At a time when the setting of goals or resolutions was exciting and something to be passionate about? Something even life changing?

**So what is getting in the way?** We live in a world where we have so many events, situations and people demanding our time, attention and energy that anger, fear, judgement, and despair seem to take up the majority of our being. Those four emotions represent our unconscious reaction to a given stimulus. Those unconscious reactions are based on our conditioned perceptions that reside in the brain.

**What can be done?** Stop living in the brain and start breathing through the heart. Your heart is such a powerful organ. It has over 40,000 neurons in it, it has a large bundle of nerves going to the brain in a one way flow of information, and has an electromagnetic field that is 50-60 times stronger than that of the brain and which is measurable four to eight feet outside of our bodies. Wow! Who knew? It is the source of the emotions we value most: care, appreciation, gratitude, compassion, non-judgement, love.

The results of living from the heart are incredible: a boost to our physical and emotional health, flooded with natural DHEA; the ability to think clearly and creatively, especially during a crisis; the ability to perform at optimal levels to meet and exceed challenges; to be in the "Zone"; and the ability to manage our energy and live with vitality. A change of heart changes everything!

As a Consciousness Coach using easy to learn and use HeartMath techniques, I will help you discover what is getting in your way, how to make a change, and sustain that change over time. CEO's, entrepreneurs, hospitals, global and local businesses, as well as professional and Olympic athletes are using these techniques and are making significant changes in their lives.

Is this not what the reflections of a new year and a new world age are all about?

Robbin Zrudlo is a licensed 1:1 HeartMath Provider and Reconnection Practitioner. For more information please visit [www.healandevolve.ca](http://www.healandevolve.ca), or contact him for a complimentary 30 minute consultation at [healandevolve@gmail.com](mailto:healandevolve@gmail.com). Robbin can also be found at Vitallife Integrative Medicine in Westboro.