

## Express Yourself



### Visualization:

Spend time dreaming and visualizing the life you want. Many of the famous athletes around the world use visualization as a main component of their training. They first see themselves winning in their mind. When I used to compete at horse shows, I would visualize the perfect trip around the jumps. I use visualization everyday in my practice and as I dream for the future. If you spend as little as 20 minutes a day, you can make a dramatic impact in your life.

### Verbalization:

Words shape the way you feel. What are the words you choose to use on a daily basis? Do you speak clearly? Do you have a strong vocabulary? Do you use words that lift you and others around you up or are you choosing words that bring you and others down? You can inspire and lift yourself and those around you up in one sentence. Making a list of positive affirmations and repeating them daily will train your subconscious mind for success, health and happiness.

### Materialization:

Have you ever met someone who is a big dreamer, who sees it all and maybe even has it all written on paper, who talks about what they want, but never accomplishes what they set out to do? Materialization is taking your ideas, visions, and words and putting them into action. Start small and begin feeling the victories of accomplishing goals. Everyone has to start somewhere, why not start taking action now?

### Action steps:

1. Define the life of your dreams - Take time to dream. One of my favorite quotes is from Einstein, "once a day, allow yourself the freedom to dream...." We don't take the time to create the life we want. As I stated above, a beautiful and fulfilling life is first created in your mind. Give yourself the gift of time. We are all given the same 24 hours each

day; it is up to us about how we choose to use them.

2. What are the Big 5 Goals that would make 2009 the best year of your life? This year I started a monthly coaching program with Robin Sharma. The first action step we had to do was write down the Big 5 goals we wished to accomplish that would make this year the best year of your life. The simplicity of picking 5 and focusing on them made it much easier to believe I could accomplish them. He then broke that down further to doing the 5 simple goals that would move you closer towards your big five.

3. The Hour of Power: Each morning wake up 45-60 minutes earlier than you currently do and spend this time working on you. The biggest excuse I hear, and have used myself, is that you don't have enough time. However, the best time to work on you is early in the morning. Meditation is one the single best things you can do to reduce stress and reconnect with your purpose in life. When I first started to meditate I was terrible. I couldn't sit still, my eyes were open and afterwards I was more stressed out than when I started! But, slowly over time with practice and patience I can sit still for longer periods of time. I actually look forward to spending this quiet time and embrace what it has to offer me. Journaling is another great way to record your life. Robin Sharma says, "Writing creates an exact mind." It is beneficial to put your thoughts, struggles, and ideas on paper. Another powerful tool is to begin a gratitude journal. This is one of the single most powerful tools to create the life of your dreams.

4. Take a Media Fast - I invite you to turn off the TV for at least 21 days! Wow, that sounds pretty difficult, but you would be surprised at how great you feel by decreasing the exposure to negative stories you hear on the news, the struggling economy and the hundreds of drug commercials. If you're really brave, eliminate reading the newspapers and magazines too! I chose last

year to remove media from my home and I can't even begin to tell you how invigorating it is.

We are all meant to live a beautiful and fulfilling life. The universe is already magnificent, successful, healthy and happy. Humanity was also born to be successful, healthy and happy.

Take charge of your time and have fun creating the life you want to live. I prefer to take as much responsibility in my daily life and leave as little to chance as possible. Life will always throw you a curve ball that will send you off course a little. Enjoy dreaming big dreams!

Dr. Leah Garlan and The Pennridge Wellness Center wish to celebrate their 1<sup>st</sup> year anniversary in Blooming Glen. Formally Dr. Garlan opened the Silverdale Wellness Center but quickly grew out of the unique home office after four years. The new location offers a state-of-the-art spa like atmosphere offering the highest quality service available. With the expansion of the practice we also increased the staff and services we offered. Dr. Garlan moved to Bucks County because of her love for horses, the landscapes and the people. Formally from Northeast Pennsylvania, she used to compete in the Hunters/Jumpers and trained in Bucks County. Dr. Garlan earned her Doctorate in Chiropractic in 2002 and obtained certification in Chiropractic for Animals through the American Veterinary Chiropractic Association in 2004. Dr. Garlan always had a desire for learning alternative medicine. In 2006 she chose to obtain a Master's Degree in Acupuncture and Oriental Medicine from the Won Institute of Graduate Studies in Glenside. She will be graduating this summer and will begin practicing acupuncture in conjunction with Chiropractic.

By: Dr. J. Leah Garlan

This weekend I had the pleasure of traveling to Orlando, Florida for an invigorating weekend surrounded by some of the leaders in the chiropractic profession. The name of the seminar was called Expressions. The weekend not only reconnected me with the unbelievable powers of chiropractic, but also the ingredients to live a life of purpose.

A beautiful and fulfilling life is first created in the mind. A favorite author and speaker of mine is Robin Sharma. He recently discussed the four power tools for success; ideation, visualization, verbalization and materialization. It takes much more than positive thinking and wishing for the life of your dreams.

### Ideation:

"Ideation without execution is delusion." To create the life of your dreams, you must first have an idea of what that life looks like. What do you want in life, where do you want to go, what do you want to do, and who do you want to meet. All these must first be sorted out in your mind before they can begin to unfold in your life. Create a dream book using pictures and words so you can see exactly what you want.



Pennridge Wellness Center

Dr. J. Leah Garlan  
Dr. Heidi Bencsik

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