

DR. LAUREN NAPPEN

ah-h-h-justing to life



INSPIRED THINKING

PACE Yourself

There's nothing like a new year to splash a little energetic freshener over old habits! Sprucing up your spiritual eyes and ears for better awareness and deeper inspiration is the gift we have given ourselves during this cultural ritual that reminds us that new beginnings are abundant. There's a buzz in the air as we gather our goals, test our limits, or tackle our desire to blast out of whatever defined us just 72 hours ago. It's an extraordinary time every time.

Everyone deserves the experience of health, wellth, abundance, vitality, joy, prosperity, and ease. It is our birthright. We claim it by saying YES, by combining right action with deep listening and honoring the timing of nature. It's a co-creative partnership with the spirit within, as well as that which surrounds us, infusing us with light, love, sound and OPPORUTNITY. It's important and imperative that you PACE yourself.

To **PACE** yourself is to...**P**romote, **A**llow and **C**reate **E**ase.

To **PACE** yourself is to...**P**ractise **A**wareness and **C**onsider **E**veryone (best and highest good for all concerned.)

To **PACE** Yourself is to offer **P**urposeful **A**ction that **C**reates **E**nthusiasm because enthusiasm knows no bounds. It simply knows and enjoys saying **YES** every single time.

If last year was a year where you identified with your problems and then your problems became your identity, you have an opportunity to take another look. And the look isn't about all of your accomplishments, decisions or judgments (some of us excelled mightily in the judgment arena, offering splinters of smallness disguised as opinions we think everyone needs to know.) The look is a kind and gentle one where you reconnect to your inner brilliance. It's in there. If you're having trouble locating that spark then consider hopping on a table to get ahhhjusted. It's the quickest way to make contact if you've forgotten what you truly look like. Beauty is in the eye of the beholder. So get enthusiastic and behold yourself! You might just squeal with delight!

If you have told the story, your story, over and over again, then you've already proven its power and your ability to affirm yourself. Allow for some new, juicy self fulfilling prophecies. And I mean 'self fulfilling' because you are the only one who can fill yourself up. I suggest joy and gratitude. It's a cleaner, greener, easier ride. Fasten your seatbelts! It's bound to be a grand and glorious ride!

always live in the direction of your joy,

ah-h-justing to life



a solution to every inquiry

You are the mystery which you are seeking to know

Joseph Campbell



Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 17 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher) and Nutrition. Whether you are in transition or merely wish for a smoother life experience, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit at her sanctuary in Mechanicsville, PA., minutes from Doylestown.

