

# Conscious Self-Care

Inspiring compassionate change to create harmonious environments



**C**onstant **H**appenings **A**ffecting **N**ew **G**rowth **E**xperiences

## Resonant Frequency or “Home” Frequency

The frequency at which an object most naturally vibrates

**Sympathetic Resonance** – The ability of a substance to vibrate to a frequency from another source with the same frequency

**Forced Resonance** - Altering or changing an object’s resonant frequency by tonal force to match an external tone

**Entrainment** - The ability of a more powerful rhythmic vibration of an object to change the less powerful rhythmic vibration of another object resulting in the synchronization of both rhythms to the first object. There are three body rhythms affected by entrainment - brainwaves, breathing and heart rate...these rhythms also entrain with each other.

**Familiar vs. Non-Familiar Music** - Familiar music has a tendency to keep beta waves active as we associate it with memories. Unfamiliar music has a tendency to increase alpha brainwaves that promote relaxation.

*Supportive Articles, Videos, & Meditations:*  
**www.ConsciousSelf-Care.Love**

*Inspired Harp Music for Relaxation, Comfort, & Peace:*  
**www.MusicThatSoothesTheSoul.com**

Contact me to bring “Conscious Self-Care” to your next event.  
Whether you’re scheduling a 45-60 min. staff meeting, 2 hour seminar, Keynote, or day long retreat, you’ll gain insights that expand perceptions, encourage personal responsibility, and inspire compassionate change.

# Conscious Self-Care

*...is any intentional choice that supports your sense of well-being.*

*Amy Camie, CCM*



- ~ Watch your breath - simply become aware of it
- ~ BE in the moment – stop and listen to what’s around you
- ~ Focus on your feet as you walk - really feel the ground
- ~ Choose foods from nature that are full of life and energy
- ~ Make the sound of “Mmmmmm” and focus on your heart
- ~ Close your eyes - it helps bring your energy back inside
- ~ Slow down throughout your day ~ change the pace of your tasks
- ~ Eat a meal with your eyes closed and really taste the food
- ~ Relax your tongue – it helps quiet your thoughts
- ~ Laugh out loud and move your body – it releases pent up energy
- ~ Ask for help when you need it - receive help when it's offered
- ~ Put beautiful photography or artwork on your desk and walls
- ~ Use high quality essential oils on your skin or diffuse in the air
- ~ Listen to music - play it on speakers to shift the energy in a room

*Amy Camie, CCM*

CERTIFIED CLINICAL MUSICIAN  
**SPIRITUAL HARPIST**  
CONSCIOUS SELF-CARE ADVOCATE

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**About our presenter:**

Amy Camie, CCM is a Certified Clinical Musician, professional harpist, inspirational speaker, recording artist, composer, author, and co-Initiator of The ORIGIN Methodology of Self-Discovery. She has presented hundreds of seminars and presentations for local, regional and national audiences on the power of music, resonance and conscious self-care. In December 2010, Amy was diagnosed with Stage 2 breast cancer and began her personal conscious self-care journey to love. In December 2012, she was diagnosed a second time and shortly afterwards published her book, "Loving Life...all of it – A Walk with Cancer, Compassion and Consciousness." Amy's inspired music relaxes the body, calms the mind, and gently touches the soul. As one woman said, "You touch others in such a deep place with your music because it comes from such a deep place inside of you."



**Mercy Conference and Retreat Center Mission:**

*Impelled by the Gospel, the Mercy Conference and Retreat Center, sponsored by the Sisters of Mercy of the Americas, provides a tranquil environment of hospitality and healing in the Mercy tradition, where groups and individuals of all faiths can engage in prayer, reflection and dialogue for personal, communal and global transformation.*

We are deeply grateful to Amy Camie and to all who've provided sponsorship and assistance, making it possible for us to offer this wonderful program for the community, free of charge.

We invite you to return often and explore all that is available to you here at Mercy Conference and Retreat Center! [www.mercycenterstl.org](http://www.mercycenterstl.org)



Please go to the following websites to learn more about these Presenting Sponsors:

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Mid-America Transplant: [www.midamericatransplant.org](http://www.midamericatransplant.org)

2 CEUs are provided free of charge for Social Workers thanks to Care Choice Care Management.

Greater Kansas City Chapter of the American Society for Pain Management Nursing is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 2.7 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number:LT0279-0412 GKCC304. There is no charge for these nursing contact hours.

# MERCY CONFERENCE AND RETREAT CENTER

*Welcomes you to*

## Conscious Self-Care

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*with Amy Camie, CCM*

*Special thanks to our*

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