



Children, Families & Communities



*'Window to a New World' **

Preparing Ourselves for Personal Change

Biohacking is a term that describes changing your chemistry and biology through science and self-experimentation. There are many “do it yourself” biohacks, some of which are centuries old. Typical daily practice involving diet, exercise, and mindfulness are at the foundation of these hacks. Some examples of these hacks include eating more leafy vegetables, counting steps taken in a day, and keeping a daily gratitude list.



Presence in Healing promotes guided personal change. Clients and students come to us for a variety of reasons which at the root is generally about creating a life that is easeful, meaningful, and joyful.

We would describe this as best done by living a life that is congruent with who you truly are, doing what you truly desire as measured internally by you,

Some of the DIY Biohacking techniques we teach for greater internal guidance are:

- * felt sense of safety
- * parts work
- * childhood trauma recognition
- * identification of issues passed on by those who came before
- * beliefs and choice of words
- * energetic hygiene
- * movement sense
- * emotions that underlie the pain

Each of these hacks, with practice, become very useful tools in personal discovery.

If you have any questions or wish guidance in better understanding these hacks, contact your local Presence In Healing teacher or CFC for a referral.

Mini Grants Available

Is there a project that you've always wanted to do that would benefit children and families? CFC has mini-grants available through the Karen Sjostrom Hedger Fund. The intent of this fund is to support children and families to "get through the rough spots". Grant awards are \$250.00, and last year's awards were for equipment for a classroom, and financial support for a practitioner to attend advanced training. If you have an idea please [visit our website](#) for more information and to complete a simple, online application.



Winter Grace Event

Each December since 2002 we have offered a workshop around the theme of Grace. This year the event will be from December 7-11 and will include virtual and in-person



classes, multi-hands sessions, and a two-day workshop. Mark your calendars and look for more information coming soon on our website.

Donate to our Scholarship Fund

If you would like to support others to receive *Presence in Healing* sessions at a reduced cost please donate to our scholarship fund using the link below.

Thank you so much!



Sure, I'd love to donate!

*'Window to a New World' is a painting by Greer Jonas ©2022

www.GreerJonas.com

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All photos are by Christina Heiniger



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4A State Street,  
Ellsworth, Maine  
United States

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