



Philosophy

You are the central player in the creation of your own well-being.
Only you can offer your thoughts (information + feeling) for you.
Everything you call life experience has been called upon to you by the opinions, beliefs, attitudes, moods and actions (**OBAMA**) that you had prior to a particular experience on that sort of topic.

You have the power of choice and your point of power lies only in your present moment.
Your physical body is a daily print-out of your thoughts.

We encourage feeling-based choices to improve personal energy.

Einstein said

"The most important decision one will make in their life time
is about whether they live in a friendly or a hostile universe"

The PAW Method is pivoted around this universe being a friendly universe.

P.A.W. Principles

(Physical Human, Extended Human, Focused Human)

1 Posture- Physical Body works as a unit. A droopy shoulder can give you knee issues.
(Principle #1 Physical Human, **Align for Ease** book, page 10)

2 Access- Health is a present moment thing. Your stories don't matter that much.
(Principle #3 Focused Human, **Align for Ease** book, page 13)

3 Well-Being- Astral, Etheric and Physical bodies work as a unit too.
(Principle #2 Extended Human, **Align for Ease** book, page 13)

Physical body is a focused extension of Source energy through astral and etheric bodies. The total well-being flows freely from pure connection with Source energy

Posture Access to Well-being™

is about helping you access
the DESIGN posture via well-being that you allow by
tapping into (the strongest) frequencies of your astral/emotional body,
balancing out (the comparatively lower) frequencies of your etheric body and
stretching the muscles to actually reposition your joints
(at the slower frequencies) of your physical body.

The Functional DESIGN posture is indicative of a total balance and a pain free life.