

31st Asia Pacific Nursing Care Congress

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Conscious heart connection a tool for self-care and wellbeing in the 21st century

The key to experiencing true happiness, success, overall wellbeing and inner peace in your professional and personal life begins and ends with a conscious connection to your heart ... period! During these challenging times, self-care is a necessity in order to maintain overall health and wellbeing. Conscious Heart Connection is a simple and portable tool that assists us in releasing stress and promoting balance in all areas of our lives, from the holistic perspective. Join Ilene as she shares the benefits of Conscious Heart Connection as the key to your success in powerfully being present with yourself, for your patients, your colleagues and manifesting your heart's desires.

What will audience learn from your presentation?

- The participant will learn the benefits of conscious heart connection from the holistic perspective.
- The participant will understand the energy of emotions and their role in either promoting dis-ease or health and wellbeing from the energetic perspective.
- The participant will learn how conscious heart connection benefits their relationship with themselves, their patients and colleagues, and their families.
- The participant will understand how conscious heart connection enhances their ability to be present thereby increasing their efficiency and accuracy in the clinical setting.
- The participant will experience conscious connection to their heart energy center through the process of guided meditation.



Ilene Gottlieb

Vibrational Healing From The
Heart, Inc., USA

Biography

Ilene Gottlieb, The Heart Healer, combines over 50 years in Nursing and 27 years in Vibrational Healing to create a holistic approach to clearing energy blocks and promoting healing. She helps an International clientele of heart-centered individuals and entrepreneurs who struggle with fear, self-sabotaging, negative thoughts or behaviors and self-worth issues, to experience inner peace, self-confidence, empowerment and clarity about their soul's purpose. She received her Diploma in 1975 from the Hospital of the University of Pennsylvania School of Nursing, has several certifications in the field of vibrational healing and has published numerous articles on vibrational healing, spirituality and aromatherapy.

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