

Sally Tennant of Healing Through Your Mindset Returns to CUTV News Radio

ALLENWOOD, NEW JERSEY, USA, May 16, 2016 /EINPresswire.com/ -- We can experience new things without stress. When we make the decision to change what is and do something different, we are growing and learning and becoming more conscious. That's what life is all about.

Sally Tennant is the founder of Healing Through Your Mindset, a holistic energy practice. Sally specializes in identifying and reprogramming the subconscious beliefs that cause stress responses in our body so we can make new choices that serve us.

"I'm interested in people who are 'fed up' with some aspect of their life: their health, poor relationships, their job," says Sally. "It doesn't matter which aspect of their life you have an issue with, it just matters that you are ready to change and are having difficulty moving into that change."

Neuroscience has concluded that 95 percent of what we do in life is controlled by our subconscious programs. As we look to do change, our brains are programmed to

keep us safe. Because our brains only know what has been, not what will be, the very idea of change can elicit a stress response in the body and the mind.

"The uncomfortable emotions attach to our subconscious programming and that programming governs our decisions when challenged," explains Sally. "They keep us safe at the expense of our Self. We think we are protecting our Self from outside influences, when in fact we are blocking our Self from our Self. In order to heal, the body, mind and spirit must be connected. If some aspect of your life is not working for you, there is a disconnect somewhere. It doesn't go away until you do some work."

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How do we bring the subconscious into the conscious? Sally employs a technique known as Mindset. First developed by Dr. Michael Gallo, the Mindset Technique combines energy psychology, clinical kinesiology and quantum physics to bypass the limitations of traditional energy healing methods and identify the subconscious beliefs that cause chaos in the brain. Once a belief is identified, new information is offered to the subconscious, thereby eliminating the stress response it created in the body.



“As you start to reset and change those subconscious beliefs you really become aware of yourself very fast,” says Sally. “Once this is done, the body can begin its natural healing processes. My clients know this work helps them overcome challenges in their lives and that it’s going to help them stay well.”

CUTV News Radio will feature Sally Tennant in five-part interview with Jim Masters on May 18th, May 25th and June 8th at 1pm EDT and with Doug Llewelyn on June 1st at 1pm EDT and June 15th at 2pm EDT.

Listen to the show on [BlogTalkRadio](#)

If you have a question for our guest, call (347) 996-3389.

For more information on Healing Through Your Mindset, visit www.HealingThroughYourMindset.com

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