How to Heal Your Past and Energize Your Future Now with Gary Stuart

with Gary Stuart · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Gary Stuart is a constellation facilitator and founder of the Constellation Healing Institute who first experienced constellations in 1998 and says he has worked with about 17,000 clients.

- [ ] Write down what you know about your parents, grandparents and great-grandparents and where they came from.
- [ ] Ask what a hard time in your past gave you besides pain, such as tenacity, courage or drive.
- [ ] Think about what message your choices today will send to your family 100 years from now.
- [ ] List your past jobs and note the skill each one added to your toolbox.
- [ ] Download Gary's Bow & Release Card and try the four statements.
- [ ] When someone else's stress lands on you at work, use the bow and release steps: leave it with them and walk away.
- [ ] Keep your client list and email marketing in one CRM, such as Constant Contact.
- [ ] If you use NASA images in your marketing, give NASA credit.

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