

Energetic Life after Emotional Death

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Welcome to Bear Mountain Farmacy LLC!

Energetic Life after Emotional Death

*Dedicated to my life's inspiration's; my sons Daniel and Matthew
I love you forever, Mom!*

Hello, I'm Paula Branton,

Thank you for taking your valuable time to read my E-book! I'm humbly sharing my life traumas, with condensed highlights, to let you know it is possible to manage your stress to live an "energetic Life" after experiencing "emotional death". I introduce you to the tools that I have practiced and cultivated within myself, that help me manage stress and increase my energy. These tools bring me back to a calm state of being, happiness, and peace every day! These tools help me turn on my internal healing elixir to support my immune system to feel and function well daily, and live fully in the present moment!

I hope this information will be received as an example that you can find hope, manage stress, rejuvenate and increase your energy, and activate your internal healing elixir to simply feel and function better in your life!

I believe there is light, even during the dark night of the soul experiences. My passion is to introduce you to the concept that part of you is energy, to experience your light, feel the warmth of it, and turn it up to shine as bright and brilliant as you truly are!

Love and Peaceful Qi,
Paula Branton, MQP, CLC, INHC, IIQTC-L2T
Medical Qigong Circle of Life Holistic Wellness Coach



Paula's Pre-view Story

My life began in Georgia in February, 1956, where I still live today. I grew up in a middle class family eating southern comfort food, playing softball for Park and Recreation, and cheerleading in middle and high school. In high school I was elected the Freshman Class President and was on the yearbook staff. In December, 1973, I married at age 17; our first child Matthew was born in 1980, our second child Daniel was born in 1983. Being a Mom is my greatest accomplishment; those were some of the best years of my Life. I was an extremely busy, working Mom trying to do it all; at times I felt stressed out and tired, as if I was running on empty. I turned 47 the end of February 2003; my age had never bothered me before. I always said my birthday was just another day to celebrate, but this year changed everything.

On May 18, 2003, I experienced "emotional death" from the loss of my oldest son in a truck accident. Shortly after, my 30-year marriage ended, and I left my career in western medicine after 20+ years. I also moved from the home where we raised our sons that our family had built together. As a single Mom, I moved to a new county where I knew no one to start over. I was 47 and was now thinking that I was so young, and I wondered how I was going to be able to live all the years ahead of me. In one year my entire life changed; the life that I knew was gone, I would never be the same. I lost my identity and didn't know what I believed in.

I was experiencing the "dark night of the soul"; I felt every gut wrenching emotion possible. It was like being dead while breathing, I call this state my zombie years where I walked around in my pain body feeling like I had a knife in my heart and an elephant sitting on my chest. I existed with my only focus and feeling left, which was my love and concern for my son Daniel, and our dogs. I'm sharing this in memory of my son Matthew and in honor of my son Daniel. Having two sons I truly experienced the yin and yang of life when Matthew got his angel wings. The dark emotional death when I lost Matthew at age 22; and the light as unending love and pride for my son Daniel who was 19 then. I felt extreme grief and extreme love at the same time.

Well live goes on; I took a new management position for a construction company where I could wear blue jeans and T-shirts. This job was less stressful, much more laid back, and I wasn't around as many people as I was in my previous job. This job was what I needed at this time in my life.

Bear Mountain Qigong Farmacy LLC



I found a log cabin bank in Matthew's room after his accident; he was saving money to eventually build one. Daniel was half way through his Appalachian Trail hike when his brother passed. I drew a cabin floor plan on a piece of notebook paper with the idea to build one in memory of Matthew, and in honor of my son Daniel's strength and courage.

Daniel helped find a piece of property in the first mountain community of Jasper which is nestled in the pristine foothills of the North Georgia Mountains. When we were at the top of the property, Daniel said it reminded him of the Appalachian Trail so we purchased it. I took my piece of paper to Sisson Log Homes in Blue Ridge, GA. Caroline Carter Sisson helped redesign my drawing to ensure our cabin would be structurally sound. Our builder built our log home here using her plans.

As our log home was being built I placed my hands on each wall as it went up and prayed that this would be a place for healing-- for myself, my family and all who enter. Our home was completed in 2005. We are starting a family farm with a garden. We now have chickens and hope to eventually have Nigerian Dwarf goats so we can live a healthier more sustainable life, and support our community with healthy food. In 2008 my ex-husband had an ATV accident that crushed his chest and upper spine; he is paralyzed from the shoulders down and is now quadriplegic. I eventually moved him to our home in 2009 to care for him; we remarried in 2016. We love the wildlife, mountains and healing environment we live in; the Qi (Energy) is very strong here in this masterfully designed landscape of the Divine Creator of all things.

Healing Journey

In 2003 I became a self help student reading many books and taking workshops to learn how to manage my trauma. I learned different techniques and I'm truly grateful for all the help that I received from them. I'm now excited to be connecting with everyone that is doing something to better themselves and the world. When we help ourselves we are helping the world.

I've come a long way in my life transformation, and I've learned how to allow things to flow through me rather than getting stuck within me. One of my goals is to support others to release their blockages and allow stuck energy to flow out. I received many certifications in; Breathing Techniques, Qigong, Traditional Chinese Medicine, Reiki, Priestess, Coaching, Tai Chi Easy, and other holistic, alternative programs. I will forever be a lifetime student of energy work and life.

I learned valuable information and techniques that helped me to return from "the dark night of the soul". I had to learn how to breathe correctly, feel and heal my mind, body, inner child and spirit to live again. The most important thing I learned is that; "**I heal faster, when I help others**"! No matter where you are in life, you can move through past experiences that keep you stuck and experience a better day. Forgiveness is for your heart and mind. When everything seems to shatter, the love of those who are no longer with you remains.

As an **Energy Evolution Life Specialist**, I introduce women to the concept that they can:

- Re-discover their natural healing instincts passed down through our Ancestors.
- Experiment with nutrient dense food and their energy to support their well-being.
- Experiment with external nourishment and their environment as a form of natural medicine.
- Understand their energy to manage stress, re-charge, and re-connect to their healthy, happy wholeness.
- Have fun on this self-discovery journey to become a specialist of their own person energy and life.

As a **High Priestess**, I hold sacred space for each woman to evolve in their own unique ways; in their own divine timing, as they choose. A facilitator is:

- A strong foundation of support (Earth)
- Inspiration when you need idea pointers (Air)
- A motivator for exploration and self-discovery when you need more movement (Fire)
- A compassionate listener when you need emotional balance (Water).
- A sacred space holder with all earth elements, universal energies, and the Divine (Spirit)

Self-discovery is not looking for an end or a destination; it is an expansion of your ever-evolving Mind, Body, and Spirit energy to be and live with love and peace!

Qigong Healing Story

In reading about Qigong from several books, the relaxation, stress release, better health and healing through the practice of Qigong and Tai Chi caught my attention. Reading about Qigong doesn't prepare you for the beautiful flow of energy you feel inside and out when you physically and mentally practice the easy and unique techniques. Qigong is relaxing and a true release of stress. Some say Qigong is a moving meditation with slow deep breathing and slow graceful movements. Whatever your personal beliefs, everyone breathes and moves to survive, everyone can gain the health benefits from a simple daily practice.

In March, 2008 I attended a four day Qigong event in Chattanooga, TN. At this event I experienced the energy that flows around us and through us. In 2001, I injured both my feet in at the same time. My left foot had not healed properly; my left big toe became fused and hurt if moved even after therapy and my right foot still hurt often. When I started practicing Qigong at this event I felt heat in my feet as if they were burning. After returning home I practiced every day for two weeks. My toe became more flexible and I could feel my feet begin to heal. This was exciting to have happen so quickly, within four weeks both feet were healed. I now have a daily Qigong / Tai Chi Easy practice that replenishes my energy levels to get things done. I use Natures' Energy tools to manage stress when needed, to experience happiness and joy, and practice preventative self-care!

Food-based Healing Story

In June 2009, I started caring for my ex-husband who was in poor health. He had a urinary tract infection and had not had a bowel movement in four days. After drinking smoothies every morning for three days, his bowels began to move. The next week he ran a fever and had to go to the hospital for the U.T.I., he was there for four days.

When he came home he was swollen from the strong medications he was given and he had a horrible rash all over his lower body. His skin broke down from his hospital visit and a sore developed into a grade three ulcer quickly. His home healthcare nurse said he would probably need to return to the hospital to pack and graft the ulcer. Rather than returning to the hospital we told the nurse we were going to try alternative treatments. I had been slathering his lower body with a charcoal poultice that was causing the rash to go away. I packed the charcoal poultice inside the ulcer, alternating the charcoal poultice and medical grade Manuka Honey that I ordered from New Zealand. He was also receiving Medical Qigong sessions. His nurse checked him weekly to confirm the sore was healing; within six months his ulcer was completely healed; I was told by his nurse the ulcer could have taken years to heal. He is doing well today drinking his smoothies; his body knows what it needs. I do not recommend anyone doing these techniques on their own, I was under the supervision of medical professionals that checked him weekly; had there not been documented, continuous healing, he would have received immediate medical care.

My goal is to support woman who desire this knowledge by introducing them to alternative methods to manage stress, experiment with their energy, and practice self-care. Qigong, Tai Chi Easy, Breathing techniques, Holistic Coaching, and Food-based Healing made wonderful changes in our Lives!

Ancient Ancestors

Another part of my healing journey was learning how our ancient ancestors lived connected to the earth, the stars, and the Divine. They took care of themselves, their loved ones and the earth. They watched the moon cycles, lunar eclipses, shooting stars, and comets. They lived by the natural cycles of the year and seasons. They were hunters and gatherers using all their senses, living off the land and taking only what they needed. They knew when to plant their gardens and harvest them by the natural cycles and seasons. They had respect and honor for the animals they hunted by using all their parts and wasting nothing. They celebrated their lives with food, music, chanting, drumming and dancing. They held sacred ceremonies for each stage of life through rites of passage celebrations. They held spiritual ceremonies honoring something greater than them-selves. They felt a connection to the earth, stars and life force energy, called (Qi) in Traditional Chinese Medicine, (Ki) in Japan, and (Prana) in India. I can only imagine what the sky looked like to them without all the lights on earth today.

Our ancestors naturally lived in harmony with nature; they instinctively knew what to do, what to eat, and how to heal themselves when needed, and they gathered in circles to pass down their knowledge. Their knowledge has also passed down through DNA to all of us. Is it possible we already have the natural tools to keep ourselves well? Do we only need to remember and awaken them?

Training

My guiding wisdom has a Medical Qigong Circle of Life Wellness Coach and an Energy Evolution Life Specialist, has developed from my training (see credentials listed at the bottom of my About website page). And also from the wisdom learned from my personal life challenges, and experiences cultivated from my own energy practice since 2008. Also my experience and skills as an Office Manager in western medicine for 20+ years supports you to cultivate skills as a better Energy Life Manager of your time and personal energy.

You may be asking yourself what are Traditional Chinese Medicine perspectives? This has nothing to do with communism; these tried and true practices go back thousands of years and are still practiced today; the written words only began 5,000 years ago. In China, their health system guides you to learn how to heal and maintain your optimal health and available energy, which they call Qi, to prevent dis-ease from occurring in the first place. I really resonate with these perspectives. Can you just imagine how much money our healthcare system, as well as yourself, could save if we simply took better care of ourselves?

Are you STRESSED OUT?

How would you feel and what would you do if you relieved your stress and managed it well? Have you experienced emotional storms? How would you feel, and what would you do if you could find a calm inner place to find peace?

Our world is experiencing more separation consciousness due to race, religion, politics and violence. Many feel sadness, hopelessness, fear, anxiety, confusion and frustration. At times we can feel like we are in a pressure cooker ready to explode, something has to give. The earth is becoming more polluted with more animals becoming extinct. Have we lost our connection to our inner knowing, mother earth's cycles and seasons, the stars, the Divine and to each other? I believe we have.

Science says we are partly made of energy. I believe our energy is conscious, experiencing life in a human body as biologically unique human soul-aligned beings. We eat, breathe and move; we are here in our human body to experience our lives with all of our unique innate gifts and senses, and to learn from our experiences to pass down to others to continue the evolution of our species. To me this is a basic purpose for our existence.

Many women live in toxic, chaotic, unsafe, environments where they breathe too quickly and often use up all of their energy reserves. Many busy women are trying to do it all and are running on empty. They don't understand about personal energy, and how it can support them. Women most often function in a sympathetic, nervous, activated (Stressed out) state on a daily basis, which increases the stress hormone cortisol known as the silent killer.

I searched Stress on the internet and found information. Per WebMD; 75 to 90 percent of all doctor's office visits are for stress-related ailments and complaints. Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. That was posted Dec. 10, 2017.

The second post was; According to the American Psychological Association, chronic stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And they also noted; that more than 75 percent of all physician office visits are for stress-related ailments and complaints. This was posted Mar. 21, 2014. Our current stress levels have amplified big time and are so much worse today!

I believe that relieving and managing stress, reconnecting to our inner knowing, natural environment, and community around us is essential to live well!

Pause for a moment and ask yourself the following questions.

How do I De-Stress and get things done?
How do I relax my mind to sleep sounder?
How do I energize myself to be less tired?
Who am I and what is my individual life purpose?

How do I improve my Whole Body Health (Mind, Body & Spirit), to Feel and Function Better?

If you didn't get clear answers; we have a self-discovery path that supports you to experiment with Natural Energy Tools which include: - Whole-Self-Discovery Awareness.

- Qigong and Tai Chi Easy practices.
- Breathing and Traditional Chinese Medicine techniques.
- Living and Eating with the Cycles and Seasons of Nature.
- Holistic Coaching.
- Food-based Healing.
- The Sedona Method Releasing techniques.

Discover and re-awaken your True Nature and Inner Energy Healing Tools, so you can answer these questions. You can feel better and live a less-stressed life!



Custom Services

Our Custom Services introduce you to stress management tools to support you to function in your parasympathetic (De-Stressed) state, which is calm and peaceful. These tools can have a soothing, comforting, affect. They can help you to connect and rejuvenate your mind, body and spirit to return to inner balance when needed, which is your Natural, calm state of being. In this state our bodies have the best opportunity to heal per Traditional Chinese Medicine.

Our Services are offered in a Safe, Nonjudgmental, and Sacred environment. Due to Covid, services are offered online from the comfort of your home. Special events and sessions will be offered physically when possible. The online services are interactive; we can visually see each other and interact via computer. These tools can support you for your lifetime through a simple daily practice! Self-care practices are easy to learn and fun to do. We can certainly use more ease and fun in our lives!

Services

Science is saying everything is energy. Is it possible we are energy vibrating as our earthly body, and that everything is connected? Many believe we eventually return to spirit, go to heaven, or the spark of energy we were before we were born into this world. The earth is a living planet, the cosmos is a living system, both moving and changing. There seems to be a life force energy that connects us all. I identify this as the Divine Creator or Source of all things. **I honor the right of each person to name their sacred belief that's right for them.**

As I was growing up I attended many different church experiences, Baptist, Methodist, Church of God, Jehovah Witness, Unity, Catholic, and Episcopal. I witnessed members interpreting scripture in different ways and then engaging in discussions about what the true meaning was. Some people disagreed about the meanings and would leave the church and embark on their own to create a new church that believed as they did. Throughout time many different religions and belief systems have been created.

I briefly studied different religions and found the stories had similarities; the main similarity was the belief in something or someone greater than themselves and to care for others. I believe that miracles are possible and some things can't be explained or proven. I have always felt something Divine was watching over me and that I am loved and cared for. If you would like more information read my blog "For me, Qigong is not a Religion".

You're Invitation

I welcome all who want to gain this knowledge and discover your energy possibilities to: Manage Stress and Release what doesn't serve you well, turn on your Self-Healing, and Re-store your energy reserves to feel Energized. I honor all who are ready to move forward, one step at a time! The tools I learned can help you take that step to move forward as you choose.

Women have carried the weight of the family and have worn many different hats to survive. If you are on a self-discovery path and my story resonates with you, I offer you support on your self-discovery journey to experiment with these alternative methods to feel, function, and live life with more energy. I support you to do better, what you have to do to survive, with more calm and ease!

You are invited to Subscribe to our monthly Stress Relief tips and interesting Seasonal Updates by clicking the link below:

<https://www.bearmountainqigong.com/subscribe/>

Location

We are located in the foothills of the pristine North Georgia Mountains. Due to Covid our services are offered online. Special events and sessions will be offered in a physically location as soon as possible.

I invite you to practice the below Breathing Technique you can use to Manage-Stress now.

This is a simple, yet powerful, breathing technique that I use daily; I call this technique Body Balloon Breathing, practice this sitting, standing or lying down in bed at night. It can help you release the stress of your day to rest well; so let's get started!

Find a place you can sit and relax, allow all thoughts to leave your mind, and notice any tension in your body; relax all areas the best you can. Notice your breathing at your own pace, and feel your body moving in and out with each breath. Begin to gently Breath in deeper and slower, expanding your chest, then exhale as slow as you can; on the next in breath expand your abdomen; then exhale as slow as you can; on your next in breath expand your chest and abdomen at the same time; then exhale as slow as you can. Continue this breathing, rotating expanding your chest and abdomen; then both at the same time until you feel calm and relaxed. On every exhale imagine you are breathing out Stress and everything that you don't need. You can express sound when you do this. Maintain this calm state of being as long as possible.

Quote

“When we live in a calm, balanced state, everything begins to fall into place!

By Paula Branton



I look forward to connecting with you soon!

Paula Branton, MQP, CLC, INHC, IIQTC-L2T
Medical Qigong Circle of Life Holistic Wellness Coach