



STAY CALM AND HEALTHY



Leslie Sann &
Bertrand Babinet



It has been a joy staying connected with you these past months as a resource for you through the early stages of the Corona Virus Experience. Since new discoveries in functional medicine are slowing down, we will be taking a break from the series.

We are in the planning stages of a workshop slated to begin early in the fall. Bertrand will continue to offer tools for balancing as well as spiritual insight. Leslie will be guiding you in claiming a vision and moving it into action. Details forthcoming.

As a bridge from Stay Calm and Healthy into early fall, Leslie will be facilitating a Living by Design Program: [Life Happens : Now What?](#)

RESOURCES: Previous documents which include the protocol of remedies is posted under my signature at this page: [Stay Calm & Healthy](#)

Please revisit Bertrand's blog entry titled "[COVID-19 Recommended Supplements](#)" for ongoing updates of recommendations.

Bertrand's Blog: <https://babinetics.com/blog/>

Living by Design Tips: <https://lesliesann.com/blog/>

MORE RESOURCES:

[Upcoming BreathWork](#) June 18, Thursday at 7:30 PM Central

Link to buy mp3 "[Living in Peaceful Harmony](#)" from Bertrand's website

Link to buy Leslie's guided [BreathWork CD or mp3/](#)

Calm Down Lift UP Online Program. Access [here](#) in order to receive the temporarily reduced cost \$49 price.

The Wall Street Journal published this article on [Breathing](#)

[Nonviolent Communication](#) — learning to express needs

Expanding from Here: [Life Happens — Now What?](#)

Over the past weeks I have heard many speak of qualities of experience and enhanced relationship that have developed as a result of the “Great Pause.” Some have also become aware of limiting patterns that they would like to move past.

What about you? What are some “doing things differently” you have discovered that you choose to integrate into your life? In these uncertain times, it serves to align your thoughts, feelings, and actions with your intentions.

I invite you to take time for yourself on an ongoing basis and envision a future you'd like to create for yourself, your life, this planet. Starting Saturday, June 6, I will be guiding an online program called "Life Happens : Now What." I have priced the program so it is easy to say YES.

For details go here:
[Life Happens : Now What?](#)

Take advantage of the community we have already built. This is an opportunity to clarify your intentions and move into purposeful action. Structure and support over time can make a difference.

Purpose — Clarity — Responsibility

Bertrand talked about purpose leading to clarity around boundaries. What we choose to participate in or not, relative to your purpose. This is how we take responsibility. We choose to respond, rather than react.

Choosing to be 100% responsible for yourself is a contribution to our health and well-being. Life skills are essential to navigate relationships.

Life IS relationship. We are in relationship with everything, ourselves, our loved ones, our job, our bodies, the Beloved within. Yet many of us are ignorant as to how to create healthy relationships and that is okay. Ignorance means you haven't yet learned it.

You don't have to be a victim to your ignorance. You don't have to suffer your mind. Learning is an option. You can learn anything including how to be in better relationship with yourself and with others.

If you want help taking greater personal responsibility so you can take better care of you and/or life, resulting in more joy, peace and well-being, please reach out leslie@living-bydesign.com

Dr. Zach Bush, in a discussion on why Coronavirus is here, what it is trying to tell us, and how we learn from what is occurring. At the end, he briefly sums up the birthing and dying process, what happens in between, and why we're here.

The quote I read on the call was taken from the end of the video. <https://www.youtube.com/watch?v=5RAAtFBvKrVw>

“We need to celebrate life and stop fearing death and we will act very differently towards each other. We don’t need a revolution, we need an evolution, we need to evolve past our fear and we need to find love. And love is not a thing. It is not something to be grabbed. It is an experience.

Love is not the fabric of everything. The fabric of everything is beauty. Our reaction to seeing the beauty is love.

If you feel unloved, if you feel you do not know what it means to love yourself or someone else, then stop trying to generate the human emotion of love and experience the beauty. And then you will experience the love.

We need to see the beauty.” ~ Zach Bush, MD

This complimentary meditation is part of the [Health from the Inside Out](#) packet. It outlines how to use the energy of the body to create better health and relaxation. It can be listened to before going to sleep to promote deeper rest.

<https://www.msia.org/media/videos/show/6152739763001-Body-Balance-Meditation/>

The packet also includes insights into and methods for overcoming the cycle of overeating, as well as a description of the power of your thoughts and how to use this power for better health; in addition, it provides information on how to connect with the Supreme Source to promote healing and vitality.

This whole world boils down to one word — energy — and it’s used either for you or against you. — John-Roger.

If you would like to purchase the entire packet, [click here](#).

And there is more ... next page:

By the Grace of God

What we've come to appreciate, the beauty in our lives, the blessings we are claiming.

Please consider sharing with those in your lives what they mean to you and how you appreciate them. Give them a hug from me.

- Moving slower and enjoying more
- Paying it forward to others more
- Leslie's Hair...
- Much more of a focus on Being, rather than my zipping here and there in Doing.
- Time home to connect with the Beloved. Time with my husband and the love keeps growing,
- Greater appreciation, cooperation, being present
- Making sure to smile and laugh
- Experiencing more loving all around me
- Physical Being...
- More patience with my husband
- Eating well
- I have optimism in less-than-optimum times...and send Light to the world....and I know this helps...
- The relationship with my son has improved 100%. He is much more supportive of me than he used to be. The beauty of the flowers in my little garden
- Slow pace allowing more self focus on intentions
- More aware of when I'm listening to my wife!
- Expansion - including everyone in my consciousness...
- More time to focus inwardly in a more peaceful environment
- The beauty of the trees after raining in Spain
- I am also focused on defining my intentions with creating art, and lots about the relationship with beauty and love

- These meetings are very nurturing and affirming'
- Completing projects - filing, more space to allow for the new
- I am just aware of how incredibly blessed is my life
- What's fascinating is that beauty can also refer to the sound of an engine a mechanic hears - it is a very powerful thing that everyone carries in their life even if they don't name it as such
- Putting a hummingbird feeder outside my office window and getting to see these sweet tiny birds enjoying it
- The beauty of watching my son grow.
- Grateful fo being alive and for the spiritual gifts
- I've been creating my vision for a better life and world, aware of my choices
- I'm grateful for community in its many forms
- Thank you for the gift of your presence , expertise and generosity of loving-
- It's been a joy knowing you through this gathering you both have offered. Thanks so very much. Light & Love.
- We just love you Leslie and Bertrand
- It has been very nice to be around your energy!!!
- Thank you so much, Leslie—hopefully to be continued. Signing off at this point. Much Love and Light, FTHG, to all!
- Thank you for that !!
- Thank you - what a blessing you two are!
- Thank you so much!!!!