

Serenity Prayer Series

This series focuses on words such as *Serenity*, *Courage* and *Wisdom*. If we look closely at the sign gesture of each of these words, we find great insight into the deeper meaning of the words.

Serenity...When we sign the word *Serenity*, we see that it is one continuous movement. The muscles are relaxed but not limp. It shows that when we are serene, it looks and feels like a calm body of water. The environment within our body settles down. It is very important to realize that in order to feel the fullness of serenity it must be felt in contrast to the opposite condition which is turmoil. After all, if everything were perfect there would be no need to settle down because there would be nothing to settle down from. This prayer teaches us to use turmoil or suffering as the exact thing that brings us to serenity!

Courage...When we sign the word *Courage*, we pull from the essence of our being to show what the word looks and feels like. It is depicted by a strong posture or attitude emanating from the heart. The outward appearance looks like the words *healthy*, *healing*, *powerful*, *mighty* and *strong*. It is important to recognize that your personal intention attached to the movement is what connects the mind and body. The SIGNCHIDO™ program instructs us on how to accomplish this by using music with movement and breathing.

Wisdom...When we sign the word *Wisdom*, it reflects the fact that wisdom is something that is instilled from above. In the *Serenity Prayer* we are asking for wisdom to be given to us in order to know and recognize different situations.

In times of uncertainty and turmoil, this DVD series gives you the tools to help people reconnect in a way that brings health and healing to the mind, body and spirit. Commit to living one day at a time and begin managing stress from the inside-out!