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**January 24th 2014: Special Encore Presentation: Energy and Consciousness: What are they really and what can they do for me?**

The word "energy" carries many connotations and "consciousness" is just beginning to be used, while in other cultures they are seen as the keys to health, vitality and well-being. They're considered the foundation to a life full of abundance, love, joy and well-being; a life well lived and lived with wellness. Once you understand what each are, learning how they work is next. After understanding the basic laws they operate within, next is being guided to see how your thoughts, beliefs, reactions, behaviors and choices effect your energy and circulate consciousness - or shut it down - through

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