

Mission

The Mission of Your Wellness Consultant is to educate and train my clients in methods to develop and maintain a healthy and rewarding quality of life. No corporation, organization, group or individual can truly realize its full strength and productivity unless it unlocks the untapped potential that emerges from living a wellness lifestyle. Utilizing ancient wisdom and modern science, We endeavor to give every client keys to accessing the powers that emanate from a balanced relationship between mind, body, and spirit, and from an understanding of the Principles of Inter-relatedness, Inter-connectedness, and Inter-dependence.

Our Goal is to provoke and facilitate an enhanced vision in each of our clients, enabling them to achieve their unique form of self-actualization.

**Got Stress?
Is stress affecting your peace of mind, performance, or health. Are employee stress-related health and absenteeism issues eating up your company profits?**

**Call us!
We can help!**

Sharif Enterprizes, Inc./ “We Transform Information Into Insight!”



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**Complementary Health Care Consultant
Stress Management Consultant
Personal Security & Self-Defense Trainer**

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Odic Impressions: Bad for Business?

The human being is an absolutely fascinating creature. The constant manifestation and disintegration of cells, the production and utilization of perfectly bio-engineered hormones and chemicals, the mysterious ability to adjust and align bio-rhythms with celestial bodies, and the amazing capacity of cells to communicate with each other, all speak to the untapped potential of our species. Yet, in ignorance, we unwittingly allow these wonderful capacities to create that which we really do not want in our lives. Remember we said that stress is defined as the body and mind’s non-specific respond to any demand placed upon it. Consider that our

thoughts also place demands upon the body. An **Odic Impression** is the impulse of energy, emanating in the brain in response to a thought, that carries messages, suggestions, and commands to any and all of the cells of the body. Corporations have begun spending thousands of dollars having Feng Shui experts come in and rearrange their furniture and workspaces, but have paid little attention to the flow of energies between the individuals who inhabit those spaces. Human chemistry is much more dynamic than what happens in the chemical labs. Remember that the brain thrives on associative links, the mind needs to complete pictures, and the imagination loves stories.

Odic Impressions: Bio-electrical Tsunami

When we think, those thought impulses move out from the brain like a bioelectrical tsunami flowing over every cell. Each thought impulse carries a particular signature, like a vibratory fingerprint causing the cells to dance in a specific rhythm. And that rhythm can be functional or dysfunctional. Lets take a couple of examples. Frank and Juan are

put together to work on an important long-range project for the company. Frank and Juan work well together but Frank is having difficulties dealing with their supervisor. After several months of trying to cope with his dissatisfaction and concerns, Frank begins generating negative Odic Impressions about his relationship with their supervisor.

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Odic Impressions: Stream of Consciousness

Frank hears a recording of his voice in his head repeating a mantra, Edwards makes me sick! I get a headache just thinking about him! At this point, Frank is neither sick nor does he have headaches. But he is unleashing a neuro-chemical tsunami that will soon elicit a respond from his cells. Juan soon notices that his hours and days with Frank have changed. One day Frank intensifies the power of the Odic Impressions by saying them out loud to Juan. The cells eventually become convinced that the impressions are true, and Frank begins

showing symptoms of illness, including headaches. The human being is an absolutely fascinating creature. Stress Management training isn't just about exercise and fitness. Managing the Stream of Consciousness takes discipline and training, knowledge and insight. Just as negative Odic Impressions can bring about negative consequences (intended and latent), positive Odic Impressions can help the body and mind to create associative links and stories that open the doors to personal and corporate empowerment.

Odic Impressions: Not Limited to Space or Time

Odic Impressions stimulate every cell of the body but will also target specific cells or systems depending on the nature of the thoughts creating the impulse. Negative Odic Impressions will seek out weaknesses in the body and manifest

their latent effects somewhere on the path of least resistance. Being aware of how our thoughts affect ourselves and the people and environments around us is a critical component of comprehensive stress management training.

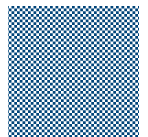
About Our Organization

Sharif Enterprizes, Inc. is an Arizona based, owner-operated corporation that has provided education, consulting and training services since 1988.

Our excellent administrative support and extensive background enables us to provide you and your organization with the very best in

Education Consulting, and training services across a wide range of topics.

SEI gives you access to techniques that improve decision-making, enhance brainstorming and planning sessions, stimulate creativity and intuition, and improve worker satisfaction and performance.



To: