



Nancy Hopps

Synergistic Systems, Publisher
PO Box 5224 Eugene, OR 97405
Ph: 541-683-9088 Fx: 541-302-2671
nancyhopps@RelaxIntoHealing.com
www.RelaxIntoHealing.com

Press/Media Room - Cover Letter/Introduction

Greetings...

We are living in times of great change, challenge and opportunity. I offer my work with the intent of helping bring about the healing that is so deeply needed on both personal and planetary levels. **Studies by the American Medical Association have shown that stress is a factor in more than 75 percent of all illness and disease today** . Can we really just " Relax into Healing "? Is that all it takes??

Yes....

Relaxation is the foundation of healing. When the bodymind system is relaxed, it is most able to function in the natural, balanced manner in which it was designed. What you think and feel can and does affect your body. And what's happening in your body certainly affects what you think and feel! (The study of this interconnectedness is known as psychoneuroimmunology, and more than 20,000 studies have been done in this ever-expanding field of leading-edge health care, some of which are cited in TIME magazine's special January 2003 issue on " HOW YOUR MIND CAN HEAL YOUR BODY ".)

...and no!

Relaxation is the foundation of healing. It alone makes tremendous positive differences in everything from headaches to heart disease.....Add to that the proven power of our imagination, our thoughts, our belief systems ("the placebo effect" is a perfect example!), along with a sensible approach to diet, exercise and social support (as is documented in Dr. Dean Ornish's heart-disease, among other, studies), throw in a generous helping of the spiritual practice of your choice, and statistics show your chances for optimal health and increased longevity increase dramatically!

In my media interviews and appearances, my intention is:

- **to inspire people to action** (Convincing them, with personal stories and scientific statistics regarding bodymind health and healing, that making time to relax is not a luxury, but a necessity!

- to **share simple, practical techniques for staying centered, happy and healthy** in the ever-increasing hectic pace of life.

- to **model and convey an infectious, healing sense of relaxation and calm** in my words and my presence.

As a stressed-out newspaper interviewer said to me the other day, "***I feel so much more relaxed just talking to you on the phone for a few minutes!!***"

I do my best, in my work (and in my life!), to experience and convey the sense of tranquility that comes with fully embracing the present moment, having the awareness of each moment of choice. We don't always have a choice of what happens in our outer world, but we do always have a choice of how we respond.

I truly believe we all deserve to be happy, and at peace. I also believe that peace on the planetary level can only be achieved as each of us finds the courage and dedication to create that peace within ourselves. As Gandhi said,

"You must become the change you seek".

The new paradigm is being created by the choices each of us make, in every moment.

Namaste.*

A handwritten signature in cursive script that reads "Nancy". The letters are fluid and connected, with a long, sweeping tail on the final 'y'.

* "**Namaste**", from Sanskrit, literally means "I bow to you" or "I salute your Divine Nature." In Christian terms, it might translate as, "I behold the Christ in you". To me, "Namaste" embraces and transcends personal and religious differences, and is a way of recognizing that we're all in this together, united in a Higher Love.