

Alumni Newsletter - Winter 2016

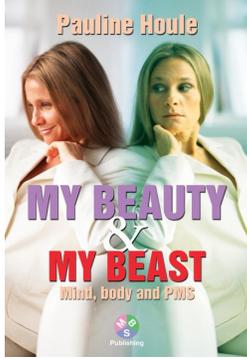


**From all of us at Atlantic University,
we would like to wish you health, happiness,
and prosperity in the New Year!**

Graduate News

My Beauty & My Beast

Pauline Houle, Class of 2006, recently had the



pleasure of being invited to France to present a workshop to women regarding their PMS and the link it has with the subconscious mind.



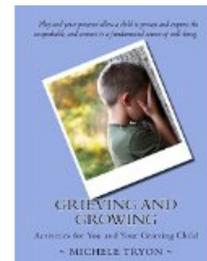
After struggling with her own PMS, Pauline decided to become her own "therapist" to learn more about her body, mind, and spirit connection. In this journey of self-discovery, it became apparent that the physiological issues were stemming from a mind-body *disconnection*. Using her own experiences, Pauline helps women crack their own PMS Code.

Using her findings, Pauline wrote a book and workbook called *My Beauty & My Beast: Mind, Body & PMS*. To learn more about Pauline and her research, visit: www.pmscramprelief.com

Grieving and Growing: A Guide to Helping Grieving Children



Michele Tryon, Class of 2008, is pleased to announce the publication of her new activities manual for grieving children. [Grieving and Growing](#) is a guide to helping children grieve well after the death of a loved one. Michele's background as



a certified child life specialist provides the back drop for these tried and true activities, and she helps parents and guardians understand the experience of grief from a developmental perspective. When children have the opportunity to play, and the supportive presence of a caring adult, they can navigate the healing journey and grieve well. The book is available from Amazon or by visiting micheletryon.com

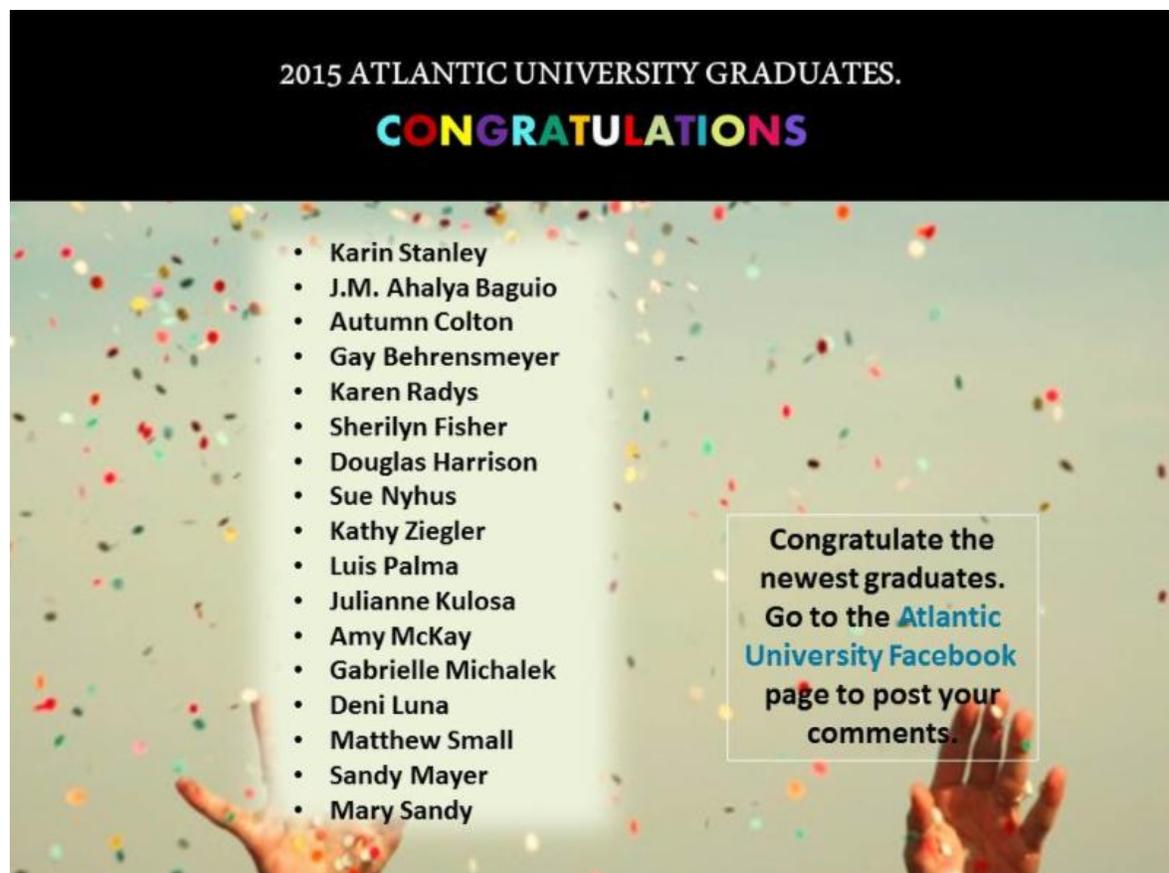
Graduate works with PTSD, Stress, Anxiety, and Depression

Too many good people are experiencing the negative and debilitating effects of chronic stress. With their minds and emotions in constant turmoil the long term, lasting effects chronic stress can lead to early aging, unwanted weight gain, declining relationships, and abysmal health. Chronic stress prevents people from achieving their full potential, their life's purpose, and living a life of health and wellness.



The first online product launched through [Palma Wellness Therapies](#), founded by Luis Palma, Class of 2015, is [The Healing Relaxation Program](#). This new program is based on Hypnosis, Neuro-Linguistic Programming with audiovisuals, and brain entrainment music, all of which are used to heal chronic stress, anxiety, depression, anger, and PTSD. The Healing Relaxation Program includes a book with full instructions, practical exercises, case studies, and a recommended reading list. An introductory video and three audiovisual sessions with brain entrainment sounds and relaxing visual aids are also available.

Luis experienced a powerful transformation while attending Atlantic University. His life mission was subconsciously presented during a hypnosis session during one of the Integrated Imagery:Regression Hypnosis courses. In helping humanity ascend to the next level of spiritual evolution, Luis is living his life's mission. Also, in supporting A.R.E.'s mission and Edgar Cayce's vision, Luis endeavors to assist others in enhancing their spiritual life.



NEW!
Master's in
Leadership Studies

Have you heard about the new degree program at Atlantic University? In keeping with the traditions and philosophy of the school, this program was designed to reach a wider audience and fulfill the legacy of Edgar Cayce.



Read more about the foundations of Atlantic University and the Master of Arts in Leadership Studies in this blog post written by James Van Auken, Vice President of Academic Affairs: [Rediscovering the Roots of Atlantic University: From Our Founding Vision to the Present](#)

Learn more about the [Master of Arts in Leadership Studies](#).

Alumni Giving Club

Become a monthly donor today! Join the Atlantic University Alumni Giving Club. Giving a little each month makes a big difference to Atlantic University.

Your donation will help sustain and grow Atlantic University's mission - to provide a high quality graduate-level distance education learning environment for adult learners that integrates body, mind, and spirit to help people achieve higher human potential and transform their lives, better understand their relationship to all life, and be of profound service to others.



Learn more about how you can contribute by visiting [Alumni Support](#) today.

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