

Sally Tennant of Healing Through Your Mindset Returns to CUTV News Radio

ALLENWOOD, NEW JERSEY, USA, June 13, 2016 /EINPresswire.com/ -- In our fast-paced world, we are placed under constant demand. In time, this lifestyle can take its toll on our physical and emotional wellbeing. How can we slow down?

Sally Tennant is the founder of Healing Through Your Mindset, a holistic energy practice where she employs a revolutionary technique known as Mindset, developed by Dr. Michael Gallo.

“Mindset helps you to change your perception of reality,” explains Sally. “I help my clients understand that the events in the world and in our life are just events. It’s only our perception of the event that causes our problem.”

According to Sally, whenever we are fearful or feel overwhelmed it’s because our subconscious feels we’re unsafe, so changing our subconscious beliefs is the key to overcoming stress. Mindset identifies and reprograms the subconscious beliefs that cause stress reactions in our body so we can make new choices that serve us.



“Mindset reminds us of what’s real,” says Sally. “Obviously, the experience of being a person is about having emotions and feelings, but if those feelings are causing anxiety or fear or anger, we need to change our perception and develop a new response.

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Sally Tennant

Sally says she believes life is actually quite simple; we simply make it complicated. As a result, we don’t know what it feels like to be happy or joyful or successful or strong or at peace.

“The bottom line is once our perception is changed, our life changes,” says Sally. “The energy we project is improved. The response to our energy is improved. If we can recalibrate our perception of reality we can recalibrate reality itself.”

CUTV News Radio will feature Sally Tennant in an interview with Doug Llewelyn on June 15th at 2pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Healing Through Your Mindset, visit www.HealingThroughYourMindset.com

Medical Disclaimer: This method is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment, but is an energy healing modality used to release stressors from within the body/mind.

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