

# How to See the Gifts of Feelings by using Balancing

**By Ms. Michelle Ling, Licensed Brain Gym® Instructor**

Michelle's career in learning was officially launched back in 1996 when she started The Art of Learning Centre in Hong Kong. She believed that each child is unique in his own ways, and it is her passion to develop potentials of each of them, and to get them to believe in themselves. She became a Licensed Brain Gym® Instructor in Hong Kong in 1999 and started to conduct "Brain Gym® Camps for children" with two other instructors.

In 2001, after she birthed her second child, Michelle became a full-time mother and settled in Sydney, Australia. For the last few years, she kept on practicing Brain Gym® in her daily life, on herself, and her children. She has trained some teachers and parents in the preschool where her two children are going to.

Today, being a single mother, she is now with her two children living in a cottage close to the northern beaches in Sydney. Through the breakup of her marriage, she has put out her life into the lessons of relationships, family of origin, work, addictions, and co-dependency, etc. She will be going back to study in the next two years, in psychotherapy and counselling. It is her vision to come back to Hong Kong and share this kind of work with people locally in the near future, as she is witnessing a lot of people here are struggling with life, and are constantly having conflicts within themselves, and are desperately searching for freedom.

## **MY OUTCOME FOR THE AUDIENCE :**

- To inspire the audience to get in touch with their feelings
- To feel safe to feel
- To free from judging or being judged of their feelings.
- To think that it is possible to have freedom from getting in touch with their feelings.
- To explore and experience physical reactions to different feelings.
- To use BG balancing to get into their bodies.