

4th International Conference on

BRAIN DISORDERS AND DEMENTIA CARE

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Finding your inner space !

Wayne P Gillis

Author and Brain Injury Thriver, Canada

Inner space or willful enlightenment or being 'balanced' as I call it, attracts a greater sense of fulfillment and purpose then can ever be verbalized!

In a decade plus journey, relearning my physical movement was first and then Khundalini Yoga was added to my equation of development!

This discipline offered rigorous physical physical activity yet ended with a deep relaxation/meditation and a gong vibration.

The 'Mindfulness of Breath' also plays an important role in the rehabilitative power of one's recovery.

Daily rituals need to be ACTIVELY chosen and invested in to build a stronger body and healthier mind!

As quoted from the back of my book:

"Gratefully, I not only survived this intense injury but have recovered remarkably well and am now thriving against all odds. It has become my goal to share this story of recovery in order to assist others in keeping the one thing that changed my life, the choice of always moving forward. Choosing to adapt to the change instead of simply reacting is a very powerful tool."

Visit: www.always--adapt.com to recharge your Moving Forward drive.

'Inner Space' again is easily attained, the tough part is consciously choosing to follow the basic path! Don't I know it!! "As a belief is simply a thought we keep thinking" Esther

Hicks puts it very well. "When we change our Thoughts we change our FEELINGS. When we change our feelings we change our ATTITUDE. When we change our attitude we change our BEHAVIOUR and when we change our behaviour we change our PERFORMANCE. Then check it out, when we change our performance, we change OUR LIFE!! "Choose don't Excuse" my friends. Always Believe!

Noted Publications

The Brain that Changes Itself. Dr. Norman Doidge, Viking Penguin Group. USA, 2007.

Excuses be Gone, Dr. Wayne Dyer. Hay House, USA, 2009.


The Vortex, Esther and Jerry Hicks. Hay House, USA, 2009

The Mindful Way Through Depression, Mark Williams, John Teasdale, Zindel Segal and Jon Kombat Zinn. Guilford Press, USA, 2007

Speaker Biography

Wayne was a national bank trainer then went onto build a successful business in Ocala Florida. After the sale, Wayne returned to Canada to go to University, with plans to become a medical doctor. However the course, "The Psychology of Law" altered his path. Then in 2005 a car struck the motorcycle he was driving and atop his NUMEROUS injuries, was a closed head traumatic brain injury (TBI). It was that trauma that started his life all over again! From simple walking to talking, he has lived in Charlottetown PEI, Halifax Nova Scotia and most recently Celebration & Kissimmee Florida. He has developed his Keynote speech and coaching business while being a stay at home Dad, actively managing his two active sons in swimming and competitive gymnastics. Wayne has spoken to Dalhousie University school of physiotherapy, Sun Life Financial as well as CIBC. His passion is to pass his simple yet effective recovery choice to all other survivors and all people in general, dealing with life's inevitable change. Always remembering, GROWTH is an option!

e: wpgillis@gmail.com

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