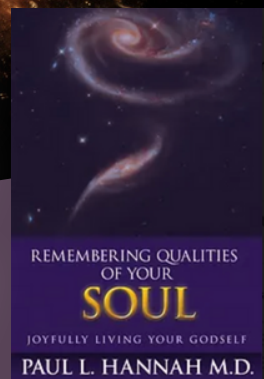




SHINE
GLOW
FLOW



Paul L. Hannah M.D.

INTRODUCTION

Shine, Glow, Flow is a Rhyme, Rhythm. It is a verbal vibration sound frequency that is associated with Spiritual Laws.

We are spiritual beings having a human experience. The human experience is associated with a delusion of separation, which is associated with the toxic energy of greed, fear, racism, sexism, hateism. There are religious wars in which lives are lost because of belief differences.

The intention of Shine, Glow, Flow is to raise the awareness and frequency of individual receptivity. To raise the vibration frequency of the planet to **One Love, One Energy and One Breath**. Despite what is commonly believed, there are ample resources globally to eradicate world hunger, shelter and save the lives of millions of with medical attention and treatment.

Shine--Represents the Oneness of the Sun Energy.

The Sun represents the quality of Oneness, Universal Energy. It shines on all of humanity regardless of political, religious, gender, or nationality. It transcends all the isms, racism, sexism, ageism, or financial status.

The sunshine is a universal law of inclusivity and consistency, which enhances our Spiritual Being having a Human experience.

Glow—Represents Balanced Energy



Balance is when one's emotional, mental, intellectual and spiritual bodies are aligned. Optimal energy circulates throughout the human body. This enhances the immune biological system maximum functions.

Maximum energy is associated with vitality, creativity, endurance, strength, stronger immunity, enhanced intimacy and radiant skin. Unbalanced energies are associated with stagnation, decreased energy flow to one's bodies.

An example: focusing more energy on one's physical body and ignoring one's other energetic bodies (intellectual body, emotional body, mental body, spiritual body). thus creating a decrease in maximum function.

Balance is essential for maximum glowing.

Flow--Represents the Power of Water

Water represents dynamic movement, growth and expansion. Growth is encoded on one's Spiritual and Physical DNA. Water is needed to create and expand life. Humans as well as other life forms and physical earth are 70% water. This plays an essential role in one's physical and spiritual awareness and expansion.

The qualities of water are flexibility, constant movement forward, going around, under and through substances. An example of this dynamic moving forward is flowing downward in a small stream, seeking to unite with larger bodies of water. Streams to rivers, rivers to the sea, sea to the ocean.



THE PROCESS

HOW TO RELEASE THE ENERGY OF SHINE, GLOW FLOW

As with all goals, we begin with the first step. Like climbing Mt Everest, you take ONE step at time.

Shine like the Sun

First step--Courage

It takes courage to look in the mirror, see whether you have any toxic thoughts, beliefs, feelings of exclusivity, negative beliefs of certain religions, political, racial, poverty, or sense of entitlement. Write these down on a piece of paper.

Ask yourself, "Am I shining like the Sun with global inclusivity and consistency?"

Glow like the Moon

First step--Awareness

There is a tendency to be more attached to one of the bodies -- mental, intellectual, emotional, spiritual, or physical. This can lead to an imbalance of energy. This imbalance causes stagnation, limitation, and decreased optimal functioning.

Ask yourself, "Which one of my bodies am I more attached to or comfortable with?"



Flow like Water

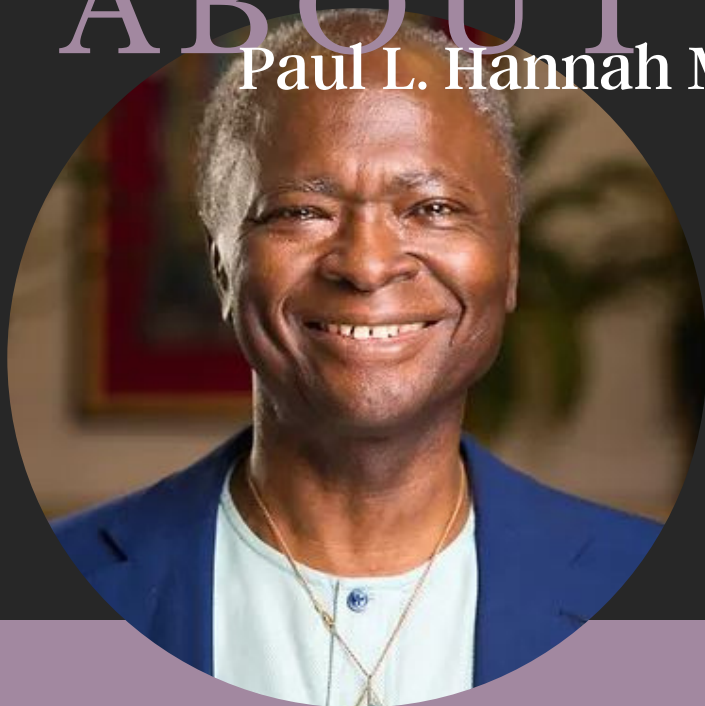
First step--Forgiveness

Forgiveness is the initial step in flowing. When one gets stuck or attached to their beliefs, emotional pain hinders moving forward. The decrease in flowing causes stagnation, and toxic energy, which impedes inner joy, and decreases maximum functioning. You must Let Go to Flow and Grow. Otherwise, you become a hamster going around and around in a circle, impeding your energy to expand, flow and grow.

Ask yourself, who can I forgive (including myself) and where in my life can I let go and just flow.

ABOUT

Paul L. Hannah M.D.



Master Teacher, Healer, Speaker, Author

At the age of 12, while walking in the woods, Paul Hannah had his first mystical experience, four words were that were spoken to him from a voice beyond his own—ASPIRE, DETACH, WISDOM, LOVE. And they became his credo—always aspire to be better; detachfully observe rather than become entangled or invested in an outcome, and from material things; seek wisdom always and live with unconditional love for oneself and for all. Paul Hannah has committed his life to helping, healing, educating and inspiring people to wholeness and self-love. And while he's followed many paths to get there, he has always stayed the course.

ABOUT

Paul L. Hannah M.D.

Raised by his grandparents in the South, he ultimately made his way to Chicago to live with his mother and stepfather at 15. Working while going to high school, he committed to going to college, the first in his family to do so. And it was the first time that he experienced the underestimation of people who discouraged and disregarded him because of his race (the first of many such experiences)—his guidance counselor tried to lower his sites rather than raise them upwards. Nevertheless, he began his relentless pursuit toward his goals – working all the while to put himself through first Chicago State University, Illinois Institute of Technology, where he attained a Masters, and the prestigious Rush University Medical College, where he became a doctor six months ahead of his classmates.

Dr. Hannah did his rotation, starting initially in the ICU, the toughest place to start and where he thrived because of his compassion, but he ultimately wanted to “work with people’s minds.” He settled on psychiatry, where he received a fellowship and began work as a child psychiatrist in a clinic where he quickly rose to medical director. Eventually, he began his own medical practice, serving people of all ages, races, creeds and income levels.

Wanting to delve more deeply into this energetic side of healing, he went on to graduate from the UCLA Berkeley Medical Acupuncture Program for Physicians and then trained at in Nanjing University in China.

Traditional allopathic medicine was far too restrictive and limiting in Dr. Hannah’s eyes, and so he has made the full transition from **DO NO HARM to HEAL WITH LOVE...** moving beyond the creed of allopathic medicine to the medicine of the quantum era to help folks heal, overcome, grow and connect with their essence.

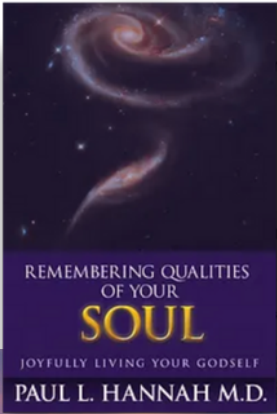
ABOUT

Paul L. Hannah M.D.

Dr. Hannah offers workshops, events and Qigong energy-clearing programs with individuals and companies. His new book, **Remembering Qualities of Your Soul: Joyfully Living Your Godself** gives people the tools to transform their lives—on all energetic levels. Here Dr. Hannah reveals his formula for transcendence: **Shine Like the Sun, Glow Like the Moon and Flow Like Water™** and we'll learn today more about how to do that.

And most recently, he has launched a bi-weekly **Re-Alignment Masterclass** where people can drop in to experience first-hand his spiritual, emotional, mental and physical healing skills and his insightful wisdom. Dr. Paul Hannah has a passion is to heal the world, and he's starting with one person at a time.

You can visit <http://paullhannah.com/> to learn more.



Remembering Qualities of Your Soul: Joyfully Living Your Godself

By Paul L. Hannah M.D.

In our modern world, most people struggle to have a joyful life because they are disconnected from their true essence, their Soul. In this rare collection of success principles, Paul L. Hannah, MD shows you the path to reconnecting to your Godself through brilliant realizations and practices. Imagine how joyful it is to fulfill your Soul Mission and allow continuous blissful connection throughout the day, to your Godself? Inside this book, you will learn how to take brilliant actions while shifting your attitudes and raising your vibrational frequency to live an inspired life.

You will discover:

- How to wake up to new perspectives
- How to get up and engage life fully
- How to keep up with determination
- Time tested energetic techniques that you can apply right now
- How to awaken and live your truth

Integrate your mind, body and Godself you are ready to consciously participate in the evolution of your Soul, this book is for you!

What others are saying about REMEMBERING QUALITIES OF YOUR SOUL:

"For those people seeking guidance on the spiritual path, Dr. Hannah's book is both a metaphorical map and compass to help you return home again. Keen sights, wonderful affirmations and ageless wisdom come together in an alchemy of inspiration that makes this a timeless resource for spiritual growth."

--**Brian Luke Seaward, Ph.D., Author of the bestselling book, Stand Like Mountain, Flow Like Water and Stressed Is Desserts Spelled Backward**

"As a Radical Mindfulness expert, I can easily identify when other Masters share life's Truth. Dr. Paul Hannah's new book, Remembering Qualities of your Soul: Joyfully Living Your Godself provides so many verities that can quickly transform people to a remarkable life through spiritual transformation."

--**Daniel Gutierrez, author of Radical Mindfulness**

"Paul has written an amazing guide to higher frequency living with his book Remembering Qualities of Your Soul. I will recommend this book to all my clients to help them better understand how to maintain higher frequencies to have a more powerful, fulfilling life. This is book is packed with important truths for successfully living your soul purpose and utilizing your Divine gifts as God in human form."

--**Cindy Bentley, International Energy Practitioner**
www.DNAreconnection.com

Dr, Hannah's Remembering Qualities of Your Soul: Joyfully Living Your Godself is available from [Amazon.com](https://www.amazon.com) for \$22.35 and on Kindle for \$12.99.

JOIN DR. PAUL HANNAH'S RE-ALIGNMENT MASTERMIND!

Twice each month, Dr. Paul Hannah uses his incredible gifts of inner sight to help you resolve some sticking point in your life and your energetic framework, along with the other attendees. You'll also grow just by watching how he helps the others, too! Personally experience Dr. Hannah's amazing re-alignment skills one-hour at a time for a life-changing new awareness. Explore here: <https://www.hannahsholistichealing.com/classes>

