

# Susanna Bair



Keynote Presenter   Retreat Facilitator   Leadership Coach



International leadership speaker and renowned retreat facilitator Susanna Bair is co-founder of The Institute for Applied Meditation, the President and co-founder of iamHeart, and a three-time author at the forefront of the emerging cultural shift to a heart-based society. A true pioneer in the field of heart rhythm meditation, she teaches leaders, employees and organizations insights into stress reduction, goal setting, personal and professional success, abundance and cutting edge techniques for mindfulness, healing grief and depression.

She is the co-author of *Follow Your Heart*, *Living from the Heart*, and *Energize Your Heart in Four Dimensions*. Her ground-breaking paper, *The Use of Self-Generated Sound in Modulating Consciousness* delivered at the first World Council on Psychotherapy in 1996 has become a classic text defining a western view of the energy chakras and the use of vocalized sound to stimulate them.

Susanna specializes in transformational keynotes, workshops and retreats and serves as the Lead Retreat Guide for the iam University of the Heart. Susanna is also the lead supervisor for the iam Mentoring Program, where she supervises the mentoring of 100 students. She has developed a series of popular CDs on meditation and created Heart Rhythm Movement, based on her study of yoga and movement arts. Susanna has worked with leading researchers to measure the effects of meditation on heart rhythm, brain waves, light emission, and electromagnetism, demonstrating mastery of both transcendent and heart-centered meditation techniques.

Susanna has been honored to receive the Alyce and Elmer Green Award for Innovation from the International Society for Subtle Energy and Energy Medicine (ISSSEEM), whose past recipients include Dr. Delores Krieger, Dr. Norman Shealy, and Joseph Chilton Pierce. Susanna was given the Founder's award from The International Society for the Study of Subtle Energies and Energy Medicine, in 2008, "for pioneering advances in the science of subtle energies manifesting spirit in matter and investigating states of the heart in its many dimensions."

Susanna was the director of the Kleinen Buehne of the Basler Stadttheater (Women's Experimental Theater of The State Theatre in Switzerland). She is a former actress who performed in television films in Vienna and studied in New York with Lee Strasberg and Stella Adler at the Stella Adler Conservatory. Her consistent effectiveness across a broad range of activities, from the most public to the most personalized styles of transmission, demonstrates the depth of her background and the authenticity of her transformational programs.

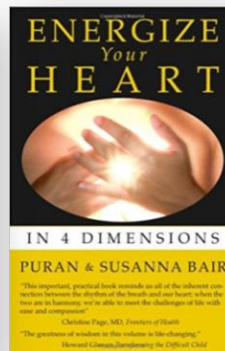
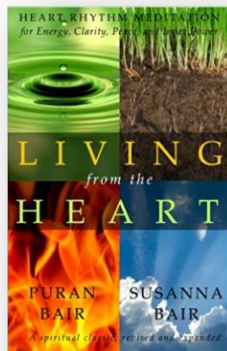
Susanna is from Austria, educated in Vienna. She earned a Master of Arts in Counseling Psychology at Antioch University in New Hampshire and studied in the PhD program in Psychology at the University of Vienna.



# Programs & Books

Programs are available in 90 minute, half-day or full-day formats

- The Other Side of the Heart: Overcome Stress & Anxiety with Heart Rhythm Meditation
- The Heart & Intention: Achieving New Levels of Success
- Healing the Heart of Relationships
- Open Your Heart to Abundance: Experience Mental Clarity, Provision & Success
- The Four Elements: Creativity, Courage, Compassion & Perseverance
- The Heart & Four Types of Depression



For retreat options, please reach out to the agent who provided you this package.

*“Over the years, Living from the Heart is the one book I have recommended more than any other. This book is a treasure of practical wisdom they have gleaned from years of teaching and exploration into the endless mystery of the heart. You will find science, poetry and inspiration, and much more.” -*  
**-Dr. James L. Oschman, Author of Energy Medicine: The Scientific Basis**

*“Energize Your Heart takes breathing meditation to a new level. For centuries, meditators have understood the importance of using the breath to enhance meditation techniques, and now Puran Bair and Susanna Bair have shown scientifically how this works, using a computerized calculator of heart-rate variability. Energize Your Heart provides new understanding and methods for long-time meditators and the scientific proof that will encourage beginning meditators.” -*  
**Susan LosCalzo, Lofty Notions**



# Testimonials

*"This was Life-Changing." - Margaret O'Connor, Psychotherapist*

*"Beautiful handouts and concise, precise lectures and practices bring a plethora of information into focus in a very wonderful weekend." - Shaffia Laue, M.D.*

*"An amazing experience of love and healing. Truly transforming." - Diane B., Registered Nurse*

*"In my work as an Alzheimer's educator and dementia care consultant, I regularly counsel family members who feel they are in crisis as they try to determine a course of action to respond to a loved one's incapacity and the consequent need for care. Since beginning regular Heart Rhythm Practice, I have had a major turnaround in the way I experience my work life. I admire and appreciate so much how you are constantly fine tuning the process... - John Bassett*

*"The IAM training has been invaluable in my business life. Heart-centered leadership is a extremely effective for building and harmonizing and motivating groups and is appreciated as a breath of fresh air by group members." - John Kroeker*

*"The way the information was presented, followed by meditation and how it relates to me personally, is priceless. Susanna's magnetism and her ability to capture her audience is a true gift. At times, I felt like she was answering and guiding me personally...I had a new direction for how I was going to make the changes to better my life. I felt heard and understood - also healed at a deeper level. I even noticed the next morning when I looked in the mirror, my face was more relaxed, I seemed to have more light. The gratitude that I have for Susanna and Puran and this organization is beyond words." - Irene F. Ortiz, LMT*

*"I came to the retreat feeling very confused. I had a burning in my throat, heart palpitations, and an overwhelming sense of anxiety about the state of my life. The meditations were moving, deep, and effective... I feel more grounded, have a greater clarity of my direction, and a better sense of who I am, what I want, and the greatness that I can give. And a bonus...my heart palpitations are gone!" - Amy Bassett-Wells, Teacher*

*"Living from the Heart is both a down-to-earth guide to using meditation as the valuable tool in everyday life and an inspiring expression of profound mystical truths. Puran and Susanna Bair has long experience in helping people bring his unique meditative techniques into their lives, and the details of their experiences give this book a solid ground underneath its brilliant analysis of the ways of spiritual development. This is a rare and important book." - Luke Rhinehart, author of "The Dice Man", "Long Voyage Back" and "The Book of EST*



# Stress Reduction

## THE OTHER SIDE OF THE HEART: Overcome Stress & Anxiety with Heart Rhythm Meditation

Anxiety and stress-related disorders are conditions of the emotional-energetic heart, which often lead to the addiction of chemical substances, relationship problems and stress-related illnesses. Treating symptoms without addressing the root cause of the imbalance is ineffective. Heart Rhythm Meditation energizes your heart to create the confidence and optimism needed to live your life free of anxiety, chronic stress and psychotropic drugs and alcohol.

### **The Power of the Heart to Manage Stress**

Stress is inescapable — your stress factors are built-in to your life and aren't going to change any time soon. It is possible to increase the amount of stress you can handle physically and emotionally without suffering negative effects while simultaneously boosting your capacity to sustain it. You can also learn to transmute the negative effects of stress into a healthy stimulant instead of a lethal risk.

This program will teach attendees to understand:

- The body's physiological response to stress
- The advantages of these responses in the short-term
- The dangers of these stress responses in the long-term
- How to test yourself against the easily-observed symptoms of stress overload
- Techniques for increasing your emotional capacity to remain loving throughout conflict.
- Resistance to internal and external triggers
- How to calm down quickly in a state of heightened anxiety and overwhelm
- How to sleep soundly and decrease the physical symptoms of stress

Heart Rhythm Meditation provides important health benefits, strengthening your immune system and physical heart. By breathing with your heart, you will greatly increase your physical and emotional capacity to handle stress.

Join Susanna for this insightful program and see if you can increase the joy in the life you have, without changing your work, where you live, or who you live with.



# Goal Setting & Success

## The Heart & Intention: Achieving New Levels of Success

Author Susanna Bair leads this exciting workshop to help organizations incorporate fresh company initiatives with clarity and focus. This is an exceptional program for goal setting and defining practical resolutions both personally and professionally.

This program will help attendees discover:

- The surprising power of intention, and a little-known but more powerful tool for accomplishment
- How to activate and use mind-mastery to achieve success in your job, relationship, and goals
- How to achieve an even greater level of success by connecting your heart's idealism to the power of your mind
- Three simple tools of inner power that you can harness to retain focus through distractions
- How to call upon your intuition and divine guidance reliably
- How to make decisions that you can stand behind with confidence
- When to use the power of saying "Yes," and the even greater power of saying "No."
- How to interpret the signals of unexpected difficulties at the beginning of a chosen path
- How to gain self-confidence from challenging situations and overcome obstacles in the coming year

Heart Rhythm Meditation techniques cause a shift in attention and breath rhythm to create a physiological connection between the nervous, endocrine, respiratory and circulatory systems, literally uniting the heart, mind, and body for unified success.





# Healing Relationships

## Healing the Heart of Relationships

Who should I date? How do I find my soul-mate? How can I heal my closest relationships...and make them stronger than ever?

These questions and others will be the focus of this educational workshop. This program will address your primary human relationships and how to strengthen them, including friendships, family members, and your significant other.

This program will cover the key points to understanding and healing relationships:

- In order to make a relationship of two people stable, a third force must be added -- a child, a cause, a passionate activity -- something beyond convenience.
- Each person is progressing through the nine steps of inner growth; when one gets more than three steps ahead of the other, communication as equals becomes impossible.
- Those who identify with their minds are attracted to others who can complete the dimensions of their heart; those who identify with their hearts are attracted to others with a similar heart dimension.
- There are three kinds of wounds in the heart that cause suffering: leaks, numb-spots and hot-spots.
- You can't understand another person until you can feel in your heart what they feel in their heart. In Heart Rhythm Meditation we can experientially share the heart of another.
- People generally have no idea how wonderful they are, and they act-out their narrow self-concept in an attempt to validate their mistaken identity.
- Every person has a purpose of their life, whether they know what it is or not, and their happiness comes from any small step they make toward that purpose.
- We make relationships more difficult by confusing the relationship we have with one person with the relationship we have with another.
- Everyone seeks for an ideal partner, but such a person cannot be found. The wise try to make themselves the ideal partner, and focus more on what they contribute to, rather than on what they expect from, another.
- The ultimate purpose of a relationship is to practice your relationship with the divinity within yourself.



# Feeling Joy & Abundance

## OPEN YOUR HEART TO ABUNDANCE

Experience Mental Clarity, Joy & Success

Your joy, creativity, and courage are among the extraordinary products of your heart. Each of these incredible assets are utilized as the building blocks for reaching your highest intentions and goals. But in order to preserve your treasure, you may have encased it in a vault that is hard to access in order to apply its wisdom and clarity to your physical world.

Once guided, your heart will respond to your efforts to access it and become increasingly vocal and understandable, exchanging crucial information to your cognitive mind for cohesion and success. As your heart receives this attention, all of the wisdom the heart contains will be available to apply to your physical, emotional and material needs.

Your heart will open doors of opportunity in front of you, as every heart opens in response to an open heart. It is the qualities of your heart that make you most attractive to others, and most useful to the world. It is your heart that reveals to you your deepest desires, and gives you the power to successfully achieve your highest aims.

This program is for those who would like to connect their inner world to the outward display of abundance and success.

This program will help participants to:

- Recognize the abundance of the Inner World and manifest it outwardly into your life
- Transform pain into a resource of energy that powers new growth and potentials
- Find new inspiration for your personal ideals, goals, and understanding
- Use your heart as an anchor to resolve your greatest success challenges without fear
- Safely reflect on your relationships to find balance within and without





# Heightened Performance

## THE FOUR ELEMENTS:

### Creativity, Courage, Compassion & Perseverance

If your business world is stuck, your family dynamic dysfunctional, or your artistic expression blocked, you can create change by accessing and strengthening one of four basic energetic elements available to everyone. Most people are naturally adept at using one or two Elements, but inevitably our lives encounter a problem that can't be solved with those intrinsic energies. This is how life stimulates growth: in order to meet our pressing need, we will have to learn how to access and use new forms of the subtle energy flowing through us for balance and success.

There are four kinds of workers, four kinds of parents, four kinds of artists, and four kinds of everything. Not only can these four types be categorized and recognized, they can be developed by drawing upon the type of subtle energy they each express.

At any given time, people and their emotions and situations are characterized by one of the Elements. Understanding the nature of that Element provides a great insight for you to see yourself and others clearly. The ability to fully utilize an Element in yourself gives you a deep well of inner resources such as creativity, courage, compassion and perseverance. You can rise to the challenge of any situation when you know which Element is called for at that time and working with each for greater success and heightened performance.

The Four Elements: Air, Fire, Water and Earth are fundamental energies, states and building blocks of reality. They are the forces that operate within your heart to expand it within the four dimensions of growth.

Attendees will learn how to:

- Experience Air, Fire, Water and Earth using simple breath patterns
- Purify your body, mind and heart with the Element breaths
- Tap into the inner resources associated with the Elements
- Develop the heart qualities that you need to accomplish your wish
- Gain a better understanding of people and situations by discerning the predominant Element
- Find your predominant Element and gain clarity about many hidden aspects of yourself



# Dealing with Depression

## The Heart & Four Types of Depression

Depression can help us if we recognize it as a signal. Teachers and practitioners of meditation learn to trust in the unconscious which is continually trying to speak messages to us through the heart. Depression is the result of a signal from the unconscious mind that has not been heard or heeded. This educational seminar will help attendees understand the effects of grief and depression and offer best practices for each unique state of emotional overwhelm.

**Attendees will learn about the four types of common depression:**

- **The Darkness:** the inability to understand what's happening to you or why it's happening, the breakdown of meaning
- **The Pessimism:** powerless to effect change or accomplish your desires, helpless against exploitation by others
- **The Loneliness:** being disappointed or betrayed in love, isolated or separated from others, and
- **The Dreads:** having to do something against your will, principles, or health in order to fulfill your duty or to survive.

**These depressions can occur at four different levels**, and a depression at one level can spread to a neighboring sector:

- **Physical level:** chemical imbalances, weak immune system, fragility in the heart, stomach, intestines or nerves, or other physical symptoms that can sometimes be cured by chemicals, nutrients, or exercise
- **Mental and emotional level:** a numbness that inhibits creativity and enjoyment of life and represses concern and caring for others, that fades briefly during distractions or complete changes in environment
- **The energy level:** a tiredness that seems to have no end, aches that move around your body, detachment from all that should be your interest and concern, and often the inability to sleep normally, that can only be somewhat ameliorated by bed rest and withdrawal from all the stresses of life
- **The soul level:** a profound cynicism and generalized disgust that cannot be treated or relieved by anything in life, except the discovery of sacredness.

By learning & practicing Heart Rhythm Meditation, coordinating your heartbeat and breath, you will develop and sustain the power to concentrate, resolve the wounds of your emotional heart, and discover your greatest qualities to move out of withdrawal to purpose in your life.