Only Five Minutes

Alpha Gam Teaches Women to Live with Their Hearts

> "You have nothing to give if you don't take care of yourself."

As Alpha Gamma Deltas, we are all talented, hardworking women. Whether we are an 18 year old collegian, an 80 year old alumna or something in between, we all have one common challenge: achieving life balance. Ann Cassada Quasman, Gamma Mu–James Madison University, has been in our shoes before. As a college freshman, Ann was in a terrible car accident, which led her to have chronic pain and take prescription painkillers for over 20 years. She was tired of working in the corporate financial world, she was frustrated with being in so much physical pain and she was letting her mind control her life. She started doing body techniques and focusing within herself; within one year, Ann was free of chronic pain.

Now, Ann lives each day with her heart as a guide.

Achieving Balance. Ann's experience of struggling to achieve life balance led her to reach out to other women like us. She is the founder of Living In Your Heart, LLC—a company that provides workshops to women in the Maryland and suburban D.C. area. Through a variety of self-care techniques and introspective exercises, Ann teaches women to live life with awareness and intention. "Regardless of the situation, all women have the same concerns," Ann says. "We all want to be loved, to feel safe, to feel comfortable." Ann encourages women to identify and release the emotional and energetic "stuff" that keeps them from living their desired life. When women are ready to make a significant, positive change in their lives, Ann is there to help them start living the life they want to live.

Throughout Ann's workshops, she uses a variety of techniques—Emotional Freedom Technique (EFT), Behavioral Kinesiology, Various Meditation Techniques and Creative Visualization, to name a few—to help others take charge of their lives. In a 4-week, women-only intensive workshop called *There's a Pony in Here Somewhere*, Ann helps each participant get acquainted with themselves using introspective techniques. In her *Intro to the Emotional Freedom Technique (EFT)* and her *R & R (Recharge and Renew)* classes, both women and men learn how to manage stress and become centered within themselves.

Talking About It. Along with her longtime friend, Ginny Robertson, Ann co-hosts a weekly talk radio show called WomanTalk Live. Airing on Talkradio 680 WCBM in Baltimore, Maryland, WomanTalk Live covers all aspects of a woman's life. From professional work challenges and excess weight to chronic health issues and relationship problems, no topic is left out of the picture. "Our topics…are interesting to women of all ages," Ann says. To showcase young women in Maryland who are making a significant impact in their communities, WomanTalk Live hosts an annual scholarship essay contest, called Girls Gone Great. The contest is open to Maryland high school juniors and seniors; the winner receives a $1,000 scholarship, a guest appearance on the radio show, an article in *On Purpose Woman Magazine*, an awards luncheon and a bag of goodies. In addition to Girls Gone Great, WomanTalk Live supports women serving in the military by collecting toiletries, food, and other items and sending them overseas.

Focusing Within. Regardless of our age or life situation, Ann encourages all of us to take time to focus on ourselves. "The hardest thing in the world is to tell people you have to make time for yourself, but you have to," Ann urges. "It's not an option." Even if it's five minutes, Ann assures that by getting grounded and centered, we will be on the road to a healthy physical and emotional life. In addition, if we are happy with our lives, then we will reach out to others in a positive way. "You have nothing to give if you don't take care of yourself," says Ann.

It only takes five minutes. Whether it's when you wake up in the morning, when your child is taking a nap or before you go to bed at night, only five minutes will take you to a heightened sense of self awareness and start you on the road to emotional and physical recovery. ■

Learn More Online:

Living In Your Heart, LLC www.LivingInYourHeart.com
WomanTalk Live Radio www.WomanTalkLive.com