

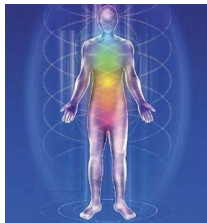
**Prayer** is the use of spoken words. ([Invocation](#))  
**Journaling** is the use of written words. (Your Experience)

Ho‘oponopono  
I’m Sorry  
Please Forgive Me  
Thank You  
I Love You

### HEALING SOUNDS

Music You Love    AUM    Hum A E I O U

LIVING FROM THE HEART  
[http://www.eventtemples.com/downloads/pdf/Living\\_from\\_the\\_Heart\\_%28e%29.pdf](http://www.eventtemples.com/downloads/pdf/Living_from_the_Heart_%28e%29.pdf)  
6 Heart Virtues:  
Appreciation    Compassion    Understanding    Forgiveness    Humility    Valor  
HEART MATH    <https://www.heartmath.org/>



- The **Physical/Etheric** Level
- The **Emotional** Level
- The **Lower Mental** Level
- The **Astral** Level
- The **Higher Mental** Level
- The **Buddhic** Level
- The Spiritual Level

### STRESS



FIGHT  
OR  
FLIGHT



### BREATHE

LAW OF ATTRACTION  
FORM FOLLOWS  
THOUGHT  
PROCESS OF CREATION

EFT  
<http://eft.mercola.com/>  
Phrase—Reminder  
**TH = Top of Head**  
**EB = Eye Brow**  
**SE = Side of the Eye**  
**UE = Under the Eye**  
**UN = Under the Nose**  
**Ch = Chin**  
**CB = Collar Bone**  
**UA = Under the Arm**  
**WR = Wrists**

### Ancestor Prayer

*I honor my ancestors for the hardships they endured,  
For the challenges they faced,  
For the Gifts they handed down.  
I forgive my ancestors for the mistakes they made.  
I am the One.  
I am the one who makes the changes.  
I am the One who forges a healthier heritage for the future.*

*If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it.  
This is the most basic kind of peace work. ~ Thich [Nhat Hanh](#)*