

# THE HEALING PROCESS 2018 –2019

You are Part of the Web of Life on Planet Earth

## STABILIZATION DETOXIFICATION FORTIFICATION (TRANSFORMATION) MAINTENANCE

- Universe Filled with [Interconnected Forms of Energy](#)
- Brains are Continually Forming and Reconfiguring [Pathways of Communication](#)
- Body Continually [Attempts to Heal Itself](#) EASY PATH/SHORTCUTS

**Endorphins** = [Endogenous Morphine](#) Triggers: Sunshine Exercise Meditation  
Massage Laughter and Smiling

[Neuroplasticity](#)

[MEDITATION](#) Alzheimer's Dementia

Mindfulness = Theta (readiness to process) Transcendental = Alpha (relaxation)

What if you had the ability to Heal Yourself just by Changing the Way You Think

[Healthy at 100](#)

[THE GUT](#) Yogurt, Kefir, Sauerkraut, Dark Chocolate, Microalgae, Miso, Pickles, Tempeh, Kimchi, Kombucha



[Greenwashing](#)

Read Labels



<http://orthomolecular.org/>



Breathe  
Unconditional  
Love  
Bathe

cold pressed  
COCONUT OIL

Olive Oil

FAT - Butter

[Vit C](#)



[CHOLESTEROL](#)



Integrative Medicine <http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>

New Age Doctors & Healers Association

<http://www.nadanet.org/>

<http://www.wellbeingjournal.com/>

[Price Pottinger Journal of Healing](#)

Millennials = the **generation** of people born between the early 1980s and 1990s

[3rd Industrial Revolution](#) A Radical New [Sharing Economy](#) - Jeremy Rifkin

online, digital, open source, peer to peer, sharing of goods and services

[Lateral Power](#) [100% Renewal Energy](#) [Digital Communications](#)

Access to Technology [Smart Phones](#) [3D Printing](#)



Peace  
Knowledge  
[Success](#)  
Prosperity  
Long Life



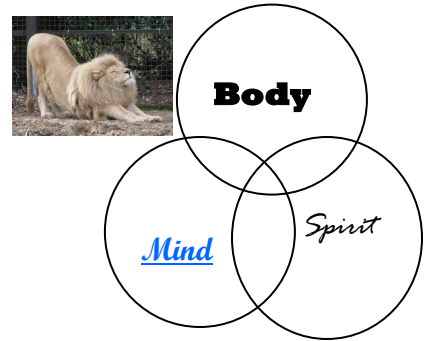
FASTING

POWER OF SOUND

Music You Love [AUM](#) Hum A E I O U

Ho'oponopono

I'm Sorry, Please Forgive Me,  
Thank You, I Love You



**Holistic Integrity :**  
**Being in Tune with Your Values**

[Vagus Nerve](#)

[4-7-8 Breathing](#)



[EFT](#) (forgiveness)

Reminder Phrase

Wrist

Top Head

Eye Brow

Side Eye

Under Eye

Under Chin

Collar Bone

Under Arm

Your Buddy