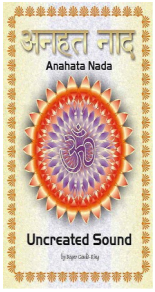


**Prayer** is the use of spoken words. ([Invocation](#))  
**Journaling** is the use of written words. (Your Experience)

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



**HEALING SOUNDS**

**OM/AUM**

Unstruck Sound [Anahata Nada](#) primal energy when we chant Om, we create within ourselves a vibration that attunes sympathy with the cosmic vibration and we start thinking universally

Music You Love

Hum A E I O U

**MEDITATION**

BETA ALPHA THEATA DELTA

[BINURAL BEATS](#)

[Kelly Howell Guided Healing](#)

[Rasa Lukosiute Healing Meditation](#)



OR



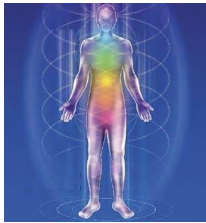
**LIVING FROM THE HEART**

[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 (definitions on page 42) :

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

[ART](#)

[PILATES](#)

[MASSAGE](#)

[REIKI](#)

EFT FORGIVENESS

<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**

**STRESS**



FIGHT  
OR  
FLIGHT



Your Buddy

**BREATHE**

LAW OF ATTRACTION  
 FORM FOLLOWS  
 THOUGHT  
 PROCESS OF CREATION



**EXERCISE:**

20 Minute 3 Times a week = Minimum Cardio Walk  
 Lift Some Weight Move Your Body Use it or Lose it!

*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](#)*