

Prayer is the use of spoken words. (Invocation)
Journaling is the use of written words. (Your Experience)

HEALING SOUNDS [Anahata Nada](#) [Tuning Forks](#)

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

[Pythagoras](#) [Binaural Beats](#) [Brain Waves](#)

Ho'oponopono

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

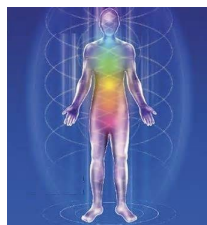
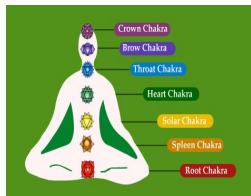
“ho’o” means “cause” in Hawaiian, while “ponopono” means “perfection”.
 Make It Right

9 Step Gamut p 26
 Close Open
 Right Left
 360 360
 Hum Count Hum

[EMDR](#)

LIVING FROM THE HEART
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/>

CHAKRAS



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

EFT

SetUp Side of Hand
 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



BREATHE

LAW OF ATTRACTION
 FORM FOLLOWS
 THOUGHT
 PROCESS OF CREATION

UNCONDITIONAL
POSITIVE REGARD

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.



YOUR
 BUDDY

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

<http://mlazarchick.com/2022ASERVICWellness2.pdf>