

the physical Body

1. Ground and center yourself each morning.
2. Surround yourself with pink, gold, and brilliant white Light.
3. Surround yourself with the protective colors of swirling purple and black.
4. Bless your food, drink, medicine, and supplements:
"I ingest only that which is healthful, harmonious, and healing, and all else goes to the Light. It is so, and I am grateful."
5. Exercise frequently.
6. Drink plenty of water.
7. Keep your body in physical alignment.
8. Receive energy treatments.
9. Take time for rest and relaxation.

the emotional BODY

1. Surround yourself with a sapphire blue Light which represents self love.
2. Keep a journal.
3. Join a group of like-minded individuals.
4. Receive IET treatments.
5. Release anger and fear.
6. Take yourself lightly and "Feel the Joy!"
7. Give yourself frequent 5-Minute Empowerment treatments.

the mental BOdy

1. Live in the present moment.
2. Read uplifting and informative books.
3. Focus on the positive aspects of life.
4. Write affirmations.

the spirítual BOdy

1. Meditate.
2. Pray.
3. Practice forgiveness.
4. Be open to guidance.
5. Visualize the White Flame.
6. Clear your karma using the energy of the angels.