



DAILY PLAN Begin Your Healing Journey

- Do you desire to be healthy and well?
- Do you desire great relationships?
- Do you desire financial freedom?

If you answered YES to any of these questions, then read on.

This daily plan will activate your body's own innate ability to heal and raise your vibration to one where you can begin to attract exactly what you are wanting to manifest; whether that is fantastic health, wealth or relationships or all of those. By following this plan on a daily basis you will witness tremendous change in all areas of your life.

What is meant by raising your vibration you may well ask?

Quantum physicists have discovered that everything is energy and energy is continually vibrating. When we have negative thoughts our vibration becomes more dense and when we have positive thoughts we are able to raise our vibration to become lighter. This is where healing on all levels begins. Quantum physicists have also discovered that what we think and how we vibrate is what we attract into our life. This is called The Law of Attraction and works just like The Law of Gravity. When you hold something up and let it drop it has to fall to the ground; the same applies with The Law of Attraction; what and how we think is what we attract into our lives – like a magnet our lives are the sum total of our thoughts.

Let's get started on raising your vibration, there is NO time to waste. Begin your Healing Journey NOW.

1. Upon waking become conscious of the sheets that you are lying in, the warmth of your bed and give thanks for the restorative sleep that you had the previous night. Spend a few moments giving thanks for all the good that you have in your life and connect with the feelings that are associated with what is already going well for you. You could

be grateful that you have a roof over your head, a family that you love, friends that support you, fresh food available to nurture your body, a medical team who has your best interests at heart etc. The more things you find to be grateful for the more your body is producing endorphins, oxytocin, dopamine; these are all chemicals that make you feel good and kick in the body's natural ability to heal. They are also pain killers which don't cost a thing and are totally natural. What you are also doing is allowing the Law of Attraction to be activated in order for wonderful things to begin to come into your life.

2. Once you have spent a few moments giving thanks, say a prayer so that you can ask for guidance to be in a place of LOVE throughout the day. This is very important as when you are coming from a place of LOVE only LOVE will come back to you. The prayer that I use is"I pledge and tithe my body to be a clear channel for GOD's work (GOD is not used in a religious sense, but as Dr Wayne Dyer once called it, an acronym for Grand Order of Design – how things are supposed to be) and may the highest and best take place today. Only good may come from me and only good may come to me. And so it is." You can make your prayer whatever feels right for you, however if you keep it short and sweet it is easier to memorize and you may need to repeat it during the day if you feel yourself having fallen out of alignment with being LOVE.
3. Now visualize exactly how you would like your day to be – flowing easily as you go from task to task. Be realistic of what you will accomplish and give thanks for the body that you now have to carry out those tasks (even if you are in pain give gratitude for your body being able to breathe, digest food, your heart beating etc). If there is something you are not looking forward to or that you don't like, still visualize it as being fun and easy to accomplish. Look for the good in that situation (as there is always something to be gained from that event) knowing that something better is on its way. For example, you may have to go to the dentist that day, and let's face it I don't know too many people who enjoy going to the dentist. However, you can give thanks that you can afford to go to the dentist, that dentistry is available in your country and that this is an act of self-love as you value the health of your teeth. As you give thanks and appreciation for what you have you raise your vibration and this and ONLY THIS is how you attract good things into your life.
4. As you shower and go about your morning ritual be mindful of what you are doing. Connect with all sensations; for example check in to

see what you are feeling, seeing, smelling, tasting and hearing. This helps your mind from wandering off and having fearful thoughts. When you are in the shower visualize any negative energy or dis-ease in your body being washed away down the plug hole and that the beautiful warm water that is pouring all over you is filled with light and healing energy. The moment you step out of your shower imagine your body being clear light and healthy.

5. Spend some time in meditation or contemplation – 15 minutes is great, but if it is only 3 minutes then that is better than nothing. There are plenty of wonderful meditations on the internet or you may choose to sit in silence.
6. Eat healthily and be mindful of everything that you are doing as you prepare or eat your meals. What is meant by being mindful is to totally focus on the task at hand. For example, if you are preparing fruits and vegetables for a smoothie observe yourself chopping up the vegetables, take notice of their various colors, observing whether they are hard, soft or somewhere in between, how do they smell? Watch yourself as you tidy up once you have finished rather than allowing your mind to wander all over the place. If you do find your mind drifting away just notice it and bring it back to focus on what you are presently doing.
7. Throughout the day bring your attention back to your breath. As you bring your attention back let go of your shoulders and any tension that you are holding in your body and focus on belly breathing.
8. Any time thoughts of fear, doubt or judgement arise, become aware of them and ask yourself how could I change that thought to one of LOVE. Each time you do this you are rewiring the brain to think differently, and also creating those feel-good chemicals.
9. If any challenge does come up during the day, as in someone pushes your buttons, learn to be non-reactive to it. Just simply say to yourself“isn’t that interesting!” – by doing this you will be able to pause, which allows you to connect to your higher wisdom and then respond from that place of LOVE.
10. I suggest whenever you are in the car or at home play uplifting music, light yourself candles, and pick fresh flowers to have around you. These are all things that will assist you to raise your vibration. Have

an Epsom salt bath, or better still swim in the ocean at least once a week.

11. Spend at least half an hour a day walking, exercising, dancing; any way that you love to move your body. Through moving the body we can allow stored up energy to be released. It HAS to be enjoyable and if your energy levels are low then move your body gently or simply listen to music and visualize yourself moving.
12. At the end of the day spend another 15 minutes in contemplation or meditation.
13. Just before you go to sleep visualize your day and take note of where you had challenges, went into negative thinking etc and play out in your mind how you could have done things differently. If there is anyone you need to forgive that you feel wronged you during the day then call them into your mind's eye and have a conversation with them about it, expressing to them how you felt. You may also need to forgive yourself for anything you feel you might have done during the day.
14. Lastly, find at least 10 things that happened during the day that you are thankful for and then ask for protection while you sleep so that you have a peaceful restorative night of rejuvenation and healing.

Oh, and make sure you SMILE as much as you can throughout the day. Even if you don't feel like it train yourself to find something to SMILE about. Every time you read this know that I am praying for you and sending you healing so that you can connect to your inner knowing to bring you to a place of great health, wealth and relationships.

If you would like to know more why not book a 15 minute complimentary session so that together we can find out what you need right now?

All my love and blessings

Jenny x