

You are responsible for  
the energy you bring to  
this room

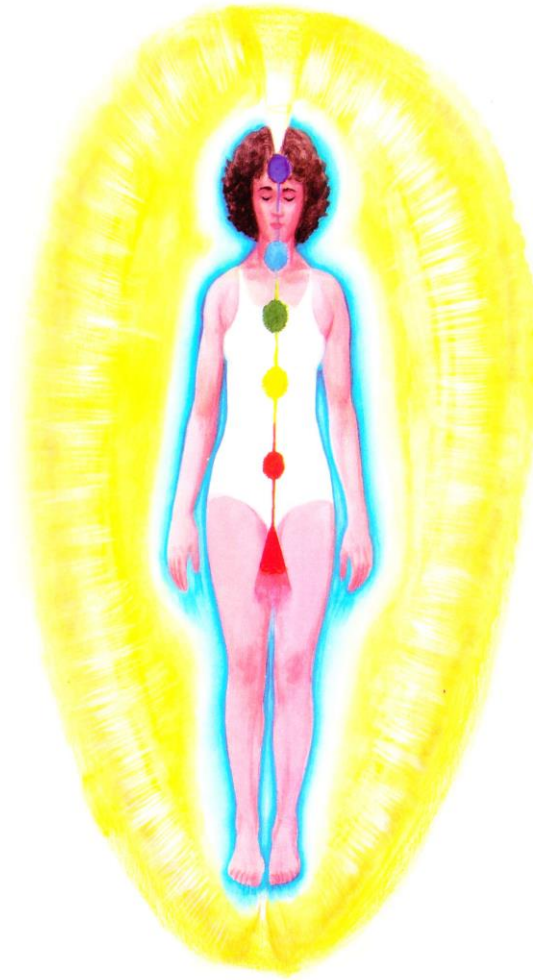


Figure 22-20: Patient's Aura After Healing

# Things we do to stay healthy

- Get enough sleep
- Proper Nutrition
- Exercise
- Time for fun and play
- Music
- Walking in nature
- Meditation

# Power of Words

Live a life of  
Gratitude

Be Present

Follow your  
passion

Choose words wisely

Live a life of gratitude

Be present

Follow your passion



You have the  
power