



WHAT DO YOU DO ON A DAILY BASIS TO FOCUS ON YOUR “MIND AND BODY?”

I walk, meditate and practice EFT daily. I also do yoga, dance and sing often while staying mindful of what I am thinking and why I am thinking it.

RULES TO LIVE BY IN LIFE TO BE HAPPY, HEALTHY AND WELL BALANCED:

My rules are simple:

- Be present in what you are feeling each moment, without judgment.
- Choose to be full spectrum. Every color, every feeling has its place and time.
- Get outside every day to enjoy the simple beauty of nature. This is home.
- Be honest with yourself and others at all times.
- Live today as if you don't know when your last day is going to be.
- Give love right off the bat.
- Decide to download and fulfill your Divine purpose now.
- Forgive yourself and others as quickly as possible every day.
- Eliminate negative self-talk, and replace it with compassionate self-respect.
- Facilitate the flow of love everywhere you go. Choose to be a living blessing.

USE THE WORDS “MIND AND BODY” IN A SENTENCE TO DESCRIBE HOW YOUR EXPERTISE FITS IN THIS CATEGORY.

My work clears up the connection the mind has to the body by removing the short circuits from the emotional body, thus enabling the true essence of a person to shine.

WHAT IS EFT HEALING?

EFT stands for Emotional Freedom Techniques. EFT is a quantum self-healing tool in the field of epigenetic medicine. This tool uses percussive tapping on the meridians (like acupuncturists use) to release excess emotional charge or traumas that have jammed up the body's natural ability to rapidly heal and re-balance.

HOW HAS THE ART OF ALTERNATIVE HEALING CHANGED YOUR LIFE AND HOW WILL IT AFFECT THE LIVES OF OTHERS?

Knowing how to heal myself and others has brought me a deep sense of peace and confidence. I get to watch miracles for a living, which brings me great joy. I can see the ripples of freedom, peace, clarity and understanding rippling out from this work. I am honored to share this knowledge and to increase the amount of people experiencing spontaneous and natural relief from most any ailment. I love to see people empowered to change the way they experience their lives, bodies and each other. I love to see my people tapping into love together.



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