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On You Tube search for

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LIFT™ Concert/ Workshop

LIFT is a Method of Moving through life with more ease. This method involves raising vibration (lifting your spirits) to release anxiety, frustration, depression and stress. Higher vibration means faster manifestation of your dreams to create *your* Heaven on Earth. Vibration means being at a higher frequency..... so if you want to energize things to you faster, raise your frequency!

LIFT Involves:

L-

I-

F-

T-

What is fun? Where do you lose time? What do you **love** about life? What turns you around on a bad day:

- Music
- Exercise/dancing
- Hugs
- Spending time with positive people
- Good food
- Being in nature like the beach or woods
- Pets
- Cooking/baking
- Fine arts/art, dance, theatre
- Movies/TV
- Video games
- Comedy
- Travel
- Work
- Computers
- Volunteering
- Helping others
- Watching sports
- Playing sports
- Gardening
- Decorating
- Spending time with your children
- Building/fixing something
- Organizing/cleaning

QI GONG



Qi is the *Life Force Energy* that powers your heartbeat and gives strength. **Qi Gong** is the practice of increasing that life force energy through *mindful breathing, movement and gentle stretching*. Qi Gong increases blood circulation like exercise without all the strenuous activity. It's easy. Just 15-30 min/day can make a huge impact and it's so easy **Anyone** can do it

What is LOVE? Meditation Notes:

Here are CLEARING & PROTECTION Techniques

1. **Smudging:** Using a Turkey feather, pass the smoke over your body saying “Let the sacred smoke cleanse my aura of any attachments and negativity leaving me feeling light and pure.”
2. **Clearing spray** with sage and citrus oils (JOY spray) or Archangel Michael Spray with lavender & rose
3. **Crystals:** Salt lamp, Selenite lamp, tourmaline over the door, citrine
4. **Attachment clearing:** Sit with your hands on your knees, take a deep breath and feel your feet firmly on the floor. Say these words aloud and with conviction: *“To my all encompassing Self, I ask that any attachments and their attachments that drain me be removed NOW. Let them be sent to the Source (God) for healing and learning. I ASK this be done NOW!”*

PROTECTION:

1. Call on Archangel Michael, leader of God’s army for protection anywhere, at any time by saying “Archangel Michael surround me with your protection (and cut through any attachments with your swift blue lightening sword). Can also use Archangel Michael Spray Or try the following.
2. Focus your attention on your abdomen and imagine a white light emanating from there and growing big enough to encircle you. Imagine this light as a clear rubber ball that you are inside of so that everything will bounce off. This is your Happy Bubble. Fill it with only pure positive energy and joy filled thoughts.

So you can experience pain relief and pampering, here are some pressure points and a hand massage

SELF-MASSAGE:

Jin Shin Do® AcuPoints/ Benefits

Worry/Grounding

“J” *Top of the head in the center.* Open receptivity to inspiration. Reunion of yang. Headache, dizziness, mental disorders- forgetfulness, extreme fright, frequent nervousness, weeping, speech difficult

Anxiety/calming (See chart)

“B” *In the center of the breastbone* Very important for chest and entire body energy. Meeting point of yin and respiratory system. Opens the chest- emotionally and physically

+ **“D”** *3 fingers below the navel press in and up* Builds and adjusts yang qi; menstrual, postpartum and abdominal issues; poor energy level, weakness of spirit- weariness, lethargy, emptiness, body weakness

Heart Source (H7) *on the pinky side of the wrist in the depression between the two lines in the wrist pressing under the tendon.* Stage fright, apprehension, anxiety, panic attack, insomnia, nervous excitement

#4 (ST 16) *fingers from collarbone next to sternum* Melancholy feeling in chest, nervousness, shortness of breath, lung problems, breast problems, heartburn

Headaches/Neck Pain

#22 (GB 20) *At the base of the skull behind the ear in the hollow between the muscles* Headache, migraine; influences all sense organs; benefits the ears, brightens the eyes, unties heat, moves wind- fever, colds and flus; dizziness; hypertension; insomnia; nosebleed

21 (GB extra point) *In the middle of the neck on the sides* Neck tension, headache, throat problems, nasal and sinus problems, hypertension

+ **35 (LI 4)** *In the webbing of the hand pressing into the index finger's metacarpal* Descends qi. Pain control. Moves the meridians. Main point for face

Notes: What is coming up for me: