



# three

For lasting healing and change you must consider f\_\_\_\_\_ | \_\_\_\_\_:

**Physical:** The language of the physical realm is chemistry – atoms and molecules. This is the level of working with diet, exercise, rest, smoking, vitamins, medical doctors.

**Emotional:** The language of emotion is imagery. This is the level of working with visualization, imagination, meditation (seeing yourself as healed).

**Mental:** The language of the mental is words, thoughts, ideas and beliefs. This is the level of working with affirmations, therapists, counselors, forgiveness.

**Spiritual:** The language of the spirit is energy. This is the level of working with your identity beyond your ego, Reiki, and other alternative healing techniques.

## Lifestyles for each of the four levels



### PHYSICAL

- Yoga
- Fuel/Food
- Neutralizing EMFs
- Purified Water
- Clean Air
- Essential Oils
- Decreasing Chemical Exposure
- Eliminating Alcohol or Caffeine



### MENTAL

- Gratitude
- Yoga
- Meditation
- Pets
- Being in Nature
- Words + Thoughts
- Essential Oils



### EMOTIONAL

- Pets
- Being in Nature
- Sound Therapy
- Your Tribe
- Yoga
- Good Stress (Meaning)



### SPIRITUAL

- Reiki
- Yoga
- Meditation
- Being in Nature
- Church
- Your Tribe



## Why are you here

You are attracting everything: people, places, things, experiences, thoughts, jobs, partners \*everything\* - based on your c\_\_\_\_\_ v\_\_\_\_\_.

Words don't teach, e\_\_\_\_\_ do.

What are you willing to commit to, moving forward, to increasing your vibration?

Your life will change when you begin to incorporate new r\_\_\_\_\_ into your life – just understanding vibration is not enough – and the action plan will help you do that.

**Learn more:** Check out my book *Love, Reiki, Vibration*

Also, check out other offerings on our website at [www.SHINEohio.com](http://www.SHINEohio.com)