

6-Chart 6. Holistic Optimal Health Daily Guide Sheet Advanced



Holistic Health For All Guide for Optimal Health
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Advanced Steps to Holistic Optimal Health on 6 Levels

- 1) **Watch Introduction to Holistic Health For All On 6 Levels Self-Healing Program. Paste hh4a.net into web browser. Select Playlist A #1, and #2.**

- 2) **Spiritual Optimal Health**
 - A. **Watch *Embracing the Miraculous* (6 short videos). Paste hh4a.net into web browser. Select Playlist A #3,4,5,6,7 and #8 to experience sensing, feeling, seeing, hearing, and knowing the Universal Energy, God Presence.**
 - B. **Watch *Living God Videos* (3 short videos) to live meditation in the present moment. Paste hh4a.net into web browser. Select Playlist A #8,#9, #10.**
 - C. **Align with God, use prayer to ask for help.**
 - D. **Spend a minute 3x a day doing the **light clearing on your body, chakras, and aura** then send this healing to all as shown on the *Living God* videos. Often we pick up energy that is not ours and this creates imbalances on all levels and diseases. Or do a shower clearing by saying, "I release all energy that does not belong to me." Visualize the water taking this away.**
 - E. **Live in the present moment by listening to the silence** below talking and thoughts.
 - F. **Focus on giving thanks all day to focus on God.**
 - i) **Focus on repeating mantras and silence** Repeat mantras like love, light, divine, God, Christ, Buddha and listen to the silence between, below the mantra to quiet the mind and raise energy.
 - G. **When negative thoughts arise, send to the sun and create positive thoughts with the reality you want created instead. Ask God for help to live God.**
 - H. **Find a partner and connect to remind each other to live in the present moment. Check in daily, or weekly.**
 - Read *Embracing the Miraculous* book, go to store at Holistic Health for All website or
 - Listen to CD *Embracing the Miraculous*.
 - Read *Living The Miraculous Now*

3) **Mental, Emotional, Relationship, Prosperity Optimal Health, Transform Negative Thoughts and Emotions**

- A. **When you are angry, sad, or fearful, locate it** in your body and breath it out to God or **explode in the sun. Find the attitude** creating the emotion. Example, emotion, anger, attitude, life is hard. **Pick a new emotion, joy, love or peace and a new related attitude** (God is succeeding through me).
- B. Watch *Gestalt Therapy* videos for deeper transformation. Paste hh4a.net into web browser. Select Playlist B #1 to 20.
- C. After watching video, listen to short *MP3 audio affirmations* for deeper transformation. See on Holistic Health For All web store.
- D. Watch *Prosperity* video (3 possible, pick anger, sadness or fear related to prosperity and watch that video to release). Paste hh4a.net into internet browser. Select playlist A #12,#13, #14.

4) **Physical Optimal Health**

- A. **Wear crystal bracelet during the day.**
- B. **3 times a day repeat, "May there be Holistic Health for All. May we receive all we need in every way, every day. May we be cleared with light and grounded in every way, every day. Thank you 3 times. Whoosh"....** Imagine sending this blessing and light of the crystals to all existence.
- C. Drink water. **Eat a balanced diet** of non GMO food, organic food with lots of vegetables, fruits, and protein. Reduce acid forming processed food, sugar (use stevia), caffeine (use Pero or other coffee substitutes), alcohol, hydrogenated oil (use olive or coconut oils), and drugs.
- D. **Exercise** 20 minutes minimally daily, if possible by walking, dancing, or running to get your heart rate up. Love your body.
- E. Extra Supplements Suggested
 - i) Trace Concentrace Minerals in liquid or tablet form 1x per day.
 - ii) 8 Spirulina as pills, or one teaspoon of powder 1x a day. If you are overweight, take spirulina before 3 main. Substitute blue-green algae, chlorella, or wheat grass (fresh or pills).
 - iii) Enzyme supplement/probiotics if you have digestive problems, are overweight or underweight. Take 10 minutes prior to eating.