

Be

Love



I Am Blessed

I Am One with the Beauty of Creation
Pure Source Love
Is Ever Present

Reminder from God

I Love You!

You Are Magnificent!

Faith Can Move Mountains!



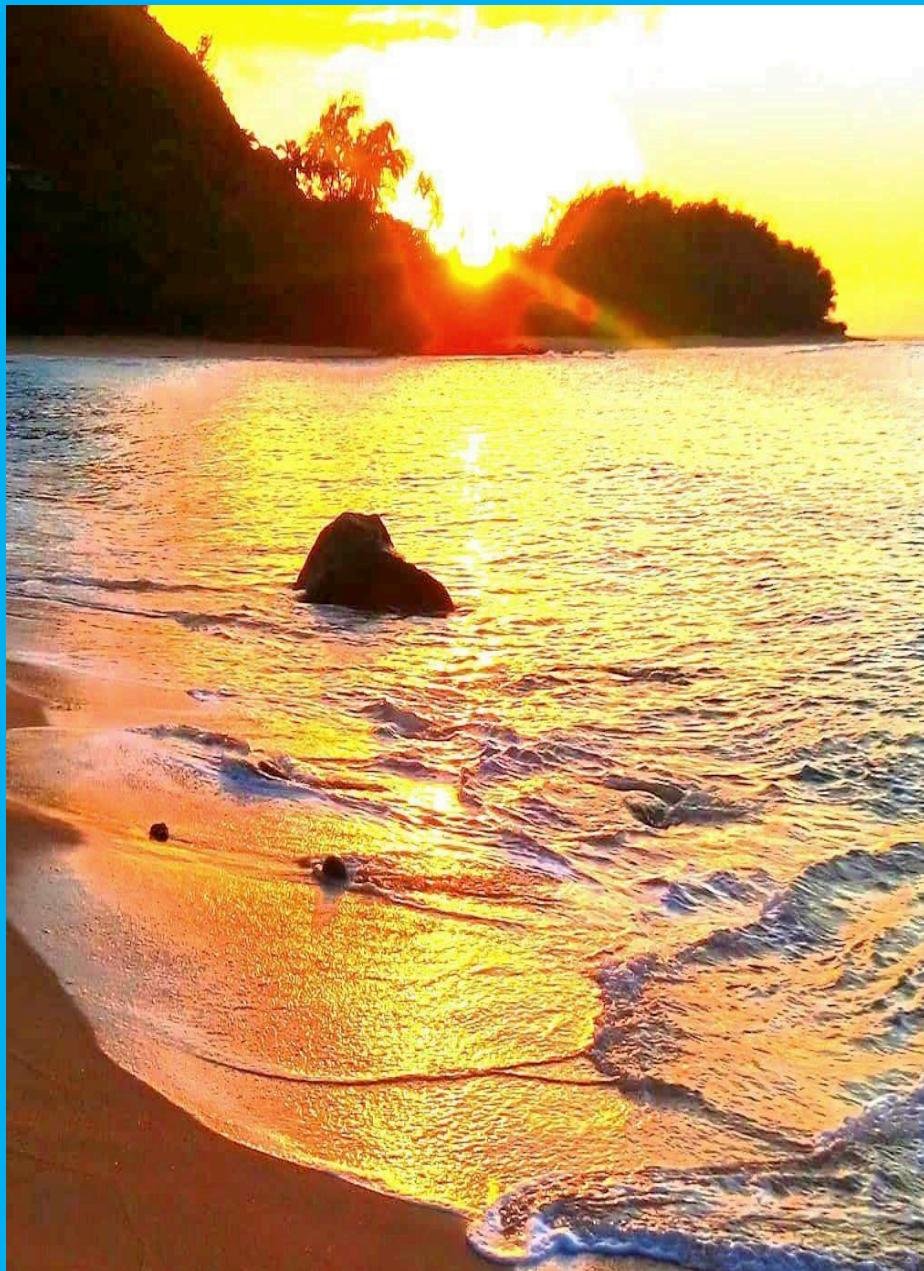
Co-Create Miracles ...

FEEL into Beingness.

Know What You Are Asking For is ALREADY Provided.

Open Your HEART to receive... the Blessing.

Trust in God



**Faith Can Heal... Love, Laughter, Gratitude.
I Am a Living Miracle
All Life Is!**

The Power of Love & Light

During Lemuria We Were Telepathic (*)
We Could Heal Ourselves & Help Others Thrive
Enjoy This Lemurian Blessing ...

Say a Countdown, such as 5-4-3-2-1
One with Prime Creator Source Love
From the God/Goddess of Our Being
I Now Receive Perfect Health, Perfect
Immunity, All My Cells, Tissues, Organs,
Muscles and Glands Are Whole, Vibrant
And Alive. I Am That I Am, I Am That I
Am, I Am That I Am, I Am One with Pure
Source Love and I Know It.

(*) Include in your invocations whatever is most appropriate for your life in the present now moment and whatever sparks your Highest Joys, Nobility, Dreams, Wellbeing, etc.

Telepathy Techniques

During The Golden Age of Lemuria, We Were Telepathic with one another, nature and creatures that shared the Earth ... Whales, dolphins, the elementals, birds and animals.

Telepathy is the Language of The Heart, Unity & Oneness.
Telepathy is natural between new parents and their infants.
Babies are still in their pristine state of Pure Love.



- 1. Stand on the Earth or ground barefoot**
- 2. Enjoy Peaceful, Fun Nature Walks**
- 3. Tree Time, Sunrises & Sunsets**
- 4. Fresh Water & Salt Water Swims**
- 5. Touch Your Heart & Say "I Receive Pure Source Love & My Innate Spiritual Gifts Activated." Thank You! Mahalo!**

Golden Rule
High Vibe Nutrition Guides
“Live & Let Live Free from Harm”

The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!

 **Lycopene** reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

 **Beta-carotene** fights cancer; reduces inflammation, supports immune system, and boosts vision.

 **Vitamin C and flavonoids** inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

 **Folate** builds healthy cells and genetic material and boosts heart health. **Calcium** strengthens bones, muscles, and heart health.

 **Indoles and lutein** eliminate excess estrogen and carcinogens and support eye health.

Allyl sulfides destroy cancer cells and reduce cell division.

 **Anthocyanins** destroy free radicals, reduce inflammation, and boost brain health.

 **Resveratrol** may decrease estrogen production, boosts heart and brain health.

 **Fiber** boosts digestion and weight loss, removes carcinogens.

Physicians Committee
for Responsible Medicine

Benefits of Plant Meals

1. Wake Up Feeling Happy
2. Enhance Your Energy & Enthusiasm
3. Eat Well * Sleep Well * Prevent Depression
4. Increase Laughter, Joy & Natural Bliss
5. Enjoy Restful Sleep
6. Prevent Numerous Ailments from A-Z
7. Prevent High Blood Pressure
8. Prevent High Cholesterol Levels
9. Prevent Diabetes & Heart Related Ailments
10. Prevent Varicose Veins & Premature Aging
11. Support Heart Health
12. Balance Hormones, Digestion & Healthy Bloodstream
13. Prevent Obesity
14. Prevent Osteoporosis
15. Prevent Alzheimer's
16. Support Healthier Bones, Gums & Teeth
17. Support Healthier Eyes, Ears & Throat
18. Support Healthier Thyroid, Lymph & Glands
19. Prevent Cramps & Bloating
20. Prevent Allergies, Zits & Pimples
21. Promote Healthier Skin
22. Promote Shinier Hair
23. Enjoy Radiant Beauty Get the Glow from the Inside Out
24. Cancer Survivors Can Thrive in Joy, Beauty & Abundance
25. Help Create a Healthy Heart Society





**Eat Well, Sleep Well.
Have Fun, Rest When Tired.
Monk Seal Wisdom**

Physically connecting with Mother Earth “Grounding or Earthing” has many positive effects such as reducing or curing chronic ailments, lessening stress and anxiety, enhancing joy, love, gratitude and an overall sense of wellbeing and belonging.

In Japan medical doctors recommend Tree Therapy. Spending time with or near trees can enhance our joy naturally and rejuvenate our spirits. Earthing is a medically proven antidote for healing PTSD, grief, loss, pain and sorrow.

Researchers identified Universal Healing Frequencies emanating from the Earth. These positive, loving EMFs are measured at 528 Hz and termed “Miracle Love Tones.” 963 Hz brings Unity, Harmony and Peace.

Mother Nature is filled with infinite abundance. Spending time in nature is freely, equally and lovingly available to all of us. Another way to connect with Pure Source Love is through Universal Peace Meditations, Humming, Singing, Gregorian Chants, Chimes, Didgeridoos, Crystal Bowls, Classical Flutes, Piano and other uplifting musical instruments. Solfeggio Tones are wonderful healing aids.

Hawaiian Monk Seals Are Protected Wildlife



Water researcher, Dr. Masaru Emoto from Tokyo, Japan discovered that the power of Love and Gratitude can remove toxins and heal polluted waters.

Dr. Emoto photographed close-up pictures of water and proved uplifting phrases such as “I Love You” “Thank You” “Please Forgive Me” and “I Am Sorry” healed water exposed to radiation and pollution.

Prayer For the Healing of the Worlds Water

Water, We Love You

Water, We Thank You

Water, We Are Sorry

Water, Please Forgive Us



**SET POSITIVE LOVING
INTENTIONS**



**I Now Live An Enchanted Life
From Miracle to Miracle
Wonders Never Cease.**



**BELOVED I AM
BELOVED WE ARE
INDEED!**



**BREATH IN PURE LOVE
I Know I Am Loved
I AM LOVE**



**I Am One with Miraculousness
All Life Is Precious**