



PROJECT ALCHEMY

Our bodies and mind are built to take directions. If we are not mindful and giving it good directions, it takes default directions from our subconscious. Healing the mind and body is an active and doable process

1. First give your body **gratitude** and **complements**
2. **Acknowledge** any **physical pain** or **emotional suffering** that you are currently experiencing as a **signal** and a message to gain your **attention**. Honor your body and tell it is not your fault! You are just **following instructions** and doing your best
3. Give it a **new set of instructions**. This is what B.E.S.T. sessions do - they remove the interferences that are keeping you from health, healing, and vitality. Ask your **body and mind** to return to its **original blueprint** of health
4. **Gratitude** – Thank your body for following this new set of instructions in advance. Thank you for being my vessel and support system. Believing in advance that your body has the innate ability to heal and to do as your direct it to do.