

The Practice of Holistic Self-Healing

Self-Paced CNE Activity

with Shirley Knapp

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3 Contact Hours

This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approved through 11/22/2019

PURPOSE:

The purpose of this activity is to enable the learner to apply healing techniques with a focus on maintaining practical self-care for holistic living.

Participants will benefit from this activity by reducing stress in both their professional and private lives resulting in a healthier lifestyle.

INSTRUCTOR BIO:

Shirley Knapp is the author of this self-paced activity. She is a Continuing Education Instructor, a holistic practitioner, and the author of *Sustaining Joy*. Having been involved in holistic healing for over 25 years, it has been her dream to pass these self-healing tools on to Nurses and Caregivers who touch so many lives.

Section One ~ Healing the Healer: Strategies for Self-Care

Objectives:

1. Discover food combinations that will strengthen your body.
2. Recognize food combinations and the effect on the digestive system.
3. Perform self-healing techniques to stay healthy while expending energy to others.

Content:

1. Introduction of knowledge of alkaline and acidic food balance.
2. Journal food combinations.
 - a. Assess which food combinations provide increased or decreased energy.
3. Grounding techniques to create physical and psychological balance.
 - a. Stress relief exercises to stimulate pituitary, adrenal and thymus glands.
 - b. Establish a daily routine that fits individual needs.

Let's start this activity by finding a comfortable, quiet place where you can relax. You will need to journal the exercises in each section while you take this opportunity to explore your inner journey. You may participate in each of these sections at different times, but you will have greater results when you do them close together. You may invite someone to join you for support while changing lifestyle patterns. Whether you are reading or listening to this activity, you will learn techniques that begin your journey to self-healing.

Healthy Living Strategies to strengthen your body-

“The immune system-is a complex network of interacting cells, cell products, and cell-forming tissues that protects the body from pathogens and other foreign substances, destroys infected and malignant cells, and removes cellular debris The system includes the thymus, spleen, lymph nodes and lymph tissue, stem cells, white blood cells, and antibodies”

Your immune system does an incredible job of defending you against disease-causing microorganisms. When it is weak, a germ invades successfully and makes you sick. It is possible to intervene in this process and make your immune system stronger.

Taking personal responsibility for your health can reduce pain and suffering caused by common ailments and chronic health challenges. Eating patterns passed on through family traditions and social conditioning play a role in food choices that undermine our health. It is important to choose eating patterns that support your health.

Identifying food allergies is critical as they produce chemical interactions which affect your main digestive organs. Addiction to sugar, salt and caffeine distresses your immune system and creates physical challenges to your body.

A proper balance of alkaline and acidic foods helps your body function more efficiently. Mixing alkaline and acidic foods is known as food combining. Alkaline-forming and acid-forming foods require different digestive fluids to adequately digest. When you eat alkaline and acidic foods in the same meal they interact in a way that affects your digestive system. High acidic foods need to be neutralized with alkaline foods. You should eat at least 70 percent alkaline foods to 30 percent of acidic forming foods for health maintenance. To achieve maximum healing is the balance of 80 percent alkaline foods to 20 percent of acid foods. Coffee, alcoholic drinks and many junk foods leave an alkaline ash but have an acidic effect on the body. These food lists are provided online and should be followed daily for optimum health. Once you know if a food is alkaline-forming or acid-forming, you can make better choices about what types of ingredients to include in your meals.

Essential information on food combinations is provided here:

<http://acidalkalinediet.com/listofalkalinefoods.pdf>

Exercise 1:

Create a seven day food journal (to be submitted with your exercises).

List your food combinations and how they affected your digestive system.

What reactions did you receive from the foods?

Identify your energy levels with certain foods.

What emotions did you feel when you were eating?

Pituitary Gland Balance-

Your pituitary gland balances all the hormones in your body which affects your immune system. The pituitary gland is the master gland of the body and it produces and secretes hormones that travel

throughout the body. It directs certain processes which stimulate other glands to produce different types of hormones. The pituitary gland controls biochemical processes important to our well-being.

Exercise 2:

To stimulate your pituitary gland, cup your hands over your brow lightly and hold for three minutes. You visualize a brilliant blue light which is the color of the pituitary in the third eye or your forehead. This opens your energy and stimulates your brain. Do this as often as you are intuitively guided to do.

What did you experience when you did this?

Adrenal Gland Balance-

The adrenal glands, two triangle-shaped glands that sit over the kidneys, are responsible for regulating the body's response to stress by controlling the hormones released during stress. When stress becomes chronic or is not well managed, the adrenal glands are unable to function optimally. Cortisol is the main adrenal hormone and it is used to manage stress. The adrenals secrete cortisol in response to low blood sugar, stress, exercise, and excitement.

Exercise 3:

To stimulate adrenals cup your hands on either side of the adrenals and hold the point for three to five minutes which stimulates the energy point or Chakra and brings energy to the physical organ.

Do this as often as you are intuitively guided to do.

What was your experience when you did this?

Thymus Balance-

The thymus produces T cells. Some T cells kill off certain tumor cells and they also kill parasites in the body. The thymus is located in the upper chest over the breastbone and it is a flattened organ. It increases in size until puberty, and then it gets smaller.

Exercise 4:

The thymus point is four fingers up from the breast bone. Spread your fingers up and you are there. Thump that area eighteen times and inhale sharply. Do this three times and do it every day for as long as your intuition guides you! You will generally need to do this for a week on, take off a few days, and then a week on. The thymus is in the area of the vibrational heart. You not only work with the physical body but also the spiritual heart body. Visualize a golden light, mixed with pink for a spiritual heart meditation.

How did you feel after thumping your thymus?

What was your experience with your heart meditation?

Grounding Techniques for Physical and Psychological Balance-

Keeping yourself grounded and balanced is critical for Nurses. When you are not grounded you will feel

stressed, fatigued and even light-headed. Grounding techniques are simple exercises which can be used to release stress and anxiety and help you feel rooted and steady in present moment awareness.

Exercise 5:

Visualize a steel rod coming up from the center of the earth, up to your right leg, to your right hip across the abdomen and down your left leg to the center of the earth. Then visualize a steel rod going down your whole spine to the center of the earth. If the steel rod is hollow, then imagine all the negative energy in your body, going down that hollow steel rod to center of the earth, to be burned. You can also visualize positive energy coming back up the rods too.

This technique helps you stay balanced and complete a project before going into another. When you multi-task, you are exhausted at the end of the day and not everything is accomplished.

Another Exercise:

Standing straight, cup your right hand at the V in your crotch, which is your root Chakra, and bring your right hand up the center of your body so that your hand comes up your sternum, over your nose, and over your crown. Your palm stops on your cervical spine, with the intent that you are opening your own chakras. Drop your hand to the side and then bring your hand again around to the front and do this technique three times. This is for the Id, Ego, and Super EGO and then your body knows you mean what you are doing and responds. All the meridians will come into alignment to keep them all positively balanced.

How did your body react to these exercises?

Exercise 6:

Prepare a daily self-care checklist.

A schedule that integrates self-care is most important for you to create and maintain so that you can monitor your life activities. This list of activities reinforces positive health and well-being and may be redesigned for your personal growth. It may include activities such as:

- Keep my life fresh and interesting
- Spending time with family, Spouse
- Exercising
- Meditating, Reading, Praying
- Resting
- Spiritual Practice, Massage, Yoga
- Participating in Sports
- Traveling, Vacationing

-Hobbies

-Networking

-Volunteer Work

-Continuing Education and Training

Check this list daily to see improvements in self-care.

This completes Section One of “The Practice of Holistic Self Healing”.

Section Two:

Intuitive Development: Strategy for Holistic Living

Objectives:

1. Discuss intuition to promote a healthy assessment of personal and professional life.
2. Apply the methods of intuitive healing.
3. Describe the experience of developing the connection between the body, mind and spirit.

Content:

1. Specific techniques to develop insight and release fears.
 - a. How quiet time and meditation encourage inner knowing.
 - b. Explore your "inner knowing".
 - c. Identify and name "fears".
2. How journal exercises uncover fears that adversely affect lives.
 - a. Intuition comes from your heart and not your mind.
 - b. Establish a quiet place for meditation.
 - c. Learn to clear the mind and allow insight to come through.
3. A visualizing meditation encourages inner strength with a new way of experiencing stressors.
 - a. Identifying and releasing fear patterns.
 - b. Experience trust in self.

What is Intuition?

Your intuition is the inner knowing; which everyone has the ability to understand the hidden meanings and messages given to you in life. We are all born intuitive and we need to develop and work on trusting the messages we receive.

When you receive intuition, it may feel strange, as it guides us to the unknown. When we hear or feel these feelings is the time to just relax and follow the guidance. There will be many times when you receive direction and be very confused with your guidance. For example, you may be driving down the road intending to turn right at the stop sign and when you get there, you get this "gut" feeling to turn left **without** knowing why. When you follow this feeling, you will find out why you were guided to turn the other way. Oftentimes this results in a circumstance that is life changing!

We have all heard stories of someone making a last minute change that would have resulted in something powerful had they not followed that intuitive feeling. When you begin to trust the messages, you will develop a flow which brings harmony and balance to your life.

Exercise 7:

Write an example of this happening in your life and explain your response.

How did it change your life?

Keep a journal of these circumstances and how you responded to them to increase trust in the process.

How does this process change your life?

When you first begin, you will receive thoughts in your quiet time or meditation. You will then be asked to carry out some rather unusual things to develop the trust you need. At times you will find yourself asking whether you heard the information correctly as it may seem very different than the way you have directed your life so far.

You may question the value of the insight and how it affects you. As you learn to follow your guidance, more trust will be built each time. When you stay out of your rational mind which fills you with questions and fear, you will begin to understand how living intuitively changes your life. You may feel a touch or movement would help a patient heal quicker and be drawn to follow through without knowing “why” and this is the time to do this. Healing yourself or others intuitively will begin to get easier with practice. The gift of caregiving is that you are accustomed to serving others, and this requires intuition.

Exercise 8:

Imagine how following your intuition would improve your patient relationships. When you practiced this skill, how did it effect your Nursing practice or professional life?

What improvements were made in your personal life?

Why is this skill important in your professional practice?

When your patients are fearful in a strange and uncomfortable setting, it is critical to be able to trust your intuition. In the confusion of pain or medication, people say or do things that are not their normal behavior. In emergencies, a person may feel out of their physical body and may not respond accurately to your questions. It is important that you need to be able to “feel” what they are going through in addition to your skills. As a Nurse or Caregiver, your intuitive actions will comfort them and help relieve their stress. You will be guided to touch them or tell them things to give them hope. You will also find relationships in your job that will improve when you follow your guidance. When healing on a holistic level, it is vitally important to understand the connection to the body, mind and spirit. Your increased intuitive skills and effective healing work will inspire both your patients and co-workers.

Exercise 9:

Write down a circumstance where your patient's recovery would be enhanced if you had followed your intuition.

How do you imagine this action benefiting you and your patients?

How do I begin developing intuition?

A good way to begin this process is to sit in quiet meditation each day to clear your mind. As you get better at clearing your mind you will allow insights to begin coming through. These insights don't come in as thoughts but as feelings. This is the key to understanding the difference as you begin to embrace feelings that don't seem rational. This is a good sign as intuition comes from your heart and not your mind. Your mind is filled with fearful or rational thoughts and this is not intuition and you need to know the difference. This skill takes practice and you will have fun with it in everyday life. You may use it with your friends, family and creative projects. You may notice others finding your behavior unusual at first but as they sense the flow of your life they will want to know how to do it!

Exercise 10:

Practice intuitively with your Spouse or Partner to ease an uncomfortable situation.

What changes were made?

How will intuitive development release my stress?

Through developing your intuition, you release fear patterns and develop trust. This trust relieves stress and brings wellness to your life. When you are experiencing stress, it is a good time to sit and clear your thoughts through quiet time or meditation. When your mind is clear, it's easier to relax and flow in balance with your life. When you are "pushing against the flow" it only leads to more uncomfortable situations. After attending emergency situations, it is critical to release fear and practice grounding techniques to let go of stress to maintain your health and well-being.

Exercise 11:

What circumstances in your life are you "pushing against" and how would it feel to allow the natural flow?

What is the importance of releasing fear patterns?

Tightness from fear generates shallow breathing which may lead to panic attacks. The stuck energy can create constant headaches and neck pain. You may not be sleeping well and more important, feel like you are missing your life. You may wake up one morning and realize that you are running yourself into the ground.

Living in fear, is the result of giving over our personal power to a limited belief system. Without fear, our intuition gives us the power to create a passionate life. No matter how difficult situations appear, you

will be shown ways to open and allow creativity to flow to the area you desire. This is the equivalent of “making lemonade from your lemons”. When you release these patterns to embrace your personal power, you will receive the gift of a peaceful balanced life.

Exercise 12:

Which fear would you like to release?

Describe how it has affected your life.

You may be surprised at your answer!

Identify your fear.

Once you have identified your fear, give it a name and ask for the source of the fear. It may take you many questions to figure this out, as one answer will lead to another question. You will know when you have arrived at the source by peeling back the layers, like those of an onion. It may be the fear of taking the next step in your practice; in relationship, or the fear of success! It may be fear of lack, love, or disapproval from others. Whatever your fear pattern is, it is important to release it and reclaim your personal power and freedom.

The answer will feel right, or your heart will open, or you will receive a sign. It may take a few questions, an hour, days or weeks, to get to the source. You will be guided with many small insights that feel right until you arrive at the root cause. Keep asking the questions until you get to the bottom of it and you will find the source.

Exercise 13:

Explore the root of the fear pattern and write what comes to you.

Embrace your fear.

Begin to feel how small the fear actually gets when you take it apart, how inconsequential. Yet it controlled your life. Once brought to your awareness, it may even seem irrelevant at this point in your life. It may look be a person, creature, or even seem humorous. The monster in the closet is usually a mouse!!

Ask your intuition for the best way to release your fear. Don't be surprised if it wants to stay, as it has been a part of you for a long time and has served you. A portion of it may be willing to go if not all at once. Trust your intuition to know how much of the pattern to keep and how much to let go. Your heart may start to feel tight as if someone you love is leaving. They are!

Exercise 14:

Imagine yourself wrapping your arms around your fear pattern.

Release and transform your fear.

To release the fear pattern you will need to lie down in a comfortable place and breathe in and out. Visualize your fear and bring it into your heart. Breathe into your heart and continue breathing until you experience the pattern transforming into self-unconditional love. The peace you feel replaces the tightness in your chest. This creates a feeling of empowerment as you have exchanged fear for trust – they can't be in the same place at the same time. Once you really let the fear go, it is gone and it won't come back as trust has taken its place. Do not be discouraged if you experience the fear now and again. It's not really there as it's the old tapes playing in your head. It will return in this manner occasionally like an old friend just waiting to see if you were really serious about releasing it. Do not give it any power and remember your thoughts create your reality. Bless it, because it served you in the past, and explain that it is not part of your present. It no longer serves a purpose for you and then let it go.

Do these exercises as often as you wish, each time taking more of the old pattern away. As you search for the source of the fear, your answers will lead to the next question. It is important to release patterns one at a time. Once you get to the ultimate source of the fear, and you will know this on a deep soul level.

Remember, anything that is built on fear is like being built on sand. Strengthen your foundation for a holistic balanced life!

Exercise 15:

Ceremoniously place your fear pattern in a box, wrap it up, seal it tightly, take it outside, and burn it and watch the ashes blow away. Bless and love the patterns that have been released.

Meditate to reduce stress for self-empowerment.

Sit quietly and connect to a situation in your life you are attempting to control. Notice how difficult it is to hold onto it. Now visualize yourself in a river and try to hold onto the rocks at the bottom, or even an overhanging tree. As you imagine the river flowing, the current makes your arms tired. Release the rocks, or the tree, and let yourself go. Feel the freedom in floating downstream, the water gently flowing around you, carrying you at just the right speed and time, and you land at just the perfect place. This is like the divine flow. Feel the lightness in the energy of floating. This is what your life should feel like.

When you feel you are in a situation where you are holding onto the rocks at the bottom of the river, let go, let the divine timing place you on the perfect beach.

On this beach you go within and commend yourself for the freedom you've found in loving yourself by releasing fear for self-empowerment.

Exercise 16:

What part of your life are you attempting to hold on to? What is the benefit of letting it go?

Exercise 17: Intuitive Practice

To help you recognize just how intuitive you are, take a deck of regular playing cards. Remove the jokers. Shuffle well.

Place deck face down in palm of left hand (Feminine side) place right palm on top of deck, and then ask yourself, under my hand is that a red card or is it a black card, you MUST go with what comes out of your mouth, as the EGO wants to sabotage your success and keep you in a lower vibration, although we need ego for self preservation, with this exercise we are going to our intuitions. Then say the first thought that comes to your mind, is that it is Red, and you are right, place it face up in front of you, place your hand back on the deck and your intuition tells you that it Red again, you are right, so it goes face up on top of the last one. All the ones you get right go in one pile, all the ones you get wrong go in another pile, when you have gone through 52 cards, then count ONLY the ones you got right, always staying positive. It is how many that you get right out of 52 tells you just how good your natural intuition really is when you are making decisions out in the world. Aim for as high a number out of 52 as you can, no cheating allowed.

Another Intuitive Practice

Hold deck face down in palm, then imagine you are looking for the needle in the hay stack, But you are now looking for an Ace, a Jack or a Five. By picking the deck straight up and stopping when you 'sense' that one of these 3 cards shows up. If you get it right the first time, get all excited, as it excites the cells in the body and creates natural healing, but also exercise your intuition.

Push the intuition further by looking for specifics, i.e. the 5 of clubs, or the Ace of Spades, or the Jack of Hearts or the jack of Diamonds, this really encourages you TRUST your intuition and your higher self, builds confidence in decisions, and also builds self esteem. This is good for following your first thought.

This completes Section Two of “The Practice of Holistic Self Healing”.

Section Three: Meditation for Health

Objectives:

1. Identify physical and psychological effects of stress.
2. Implement stress management techniques.
3. Create a personal stress management meditation practice.

Content:

1. Examples of how stress challenges health and personal and professional relationships.
 - a. Exercises in personal stress evaluation.
 - b. Become aware of physical effects of stress.
 - c. Address psychological effects of stress.
2. Explore the origins of meditation.
 - a. Apply the techniques of meditation.
 - b. Introduction to applications of meditation in healthcare.
 - c. Scientific data on the benefits of meditation and the impact on patient recovery.
3. Entire body meditation for individual self-healing practice.
 - a. Daily visualization supports the ability to feel relaxed for continued control.
 - b. Technique can be used anytime during the day to regain the feeling of control.

Identify the physical and emotional effects of stress:

Alternative Medicine has researched and brings awareness to the physical and emotional affects of stress.

Do you remember how badly you feel when you are “stressed-out” and have seen the effects on your patients? The physical damage it does to our bodies is very profound! Constant stress will destroy your relationships, keep you unfocused, and affect job performance. The ability to stay focused while caretaking is critical for Nurses or Caretakers. Providing care for others in a stressful environment is tiring and eventually gives you the feeling of “burn-out”. This exhaustion creates confusion for your colleagues and loved ones who depend upon you.

Clinical studies have proven that stress challenges your health and makes you age faster. Psychologists have indicated stress compromises your immune system to the point that it can speed up diseases such

as cancer and increase vulnerability to viral infections. It may make plaque formation worse, leading to hardening of the arteries which promotes heart attacks. Stress produces shallow breathing which triggers an asthma or even panic attacks. You have seen the affects of these attacks and how they can debilitate a person.

Stress can trigger gas, bloating, diarrhea, constipation or cramps resulting in colitis and inflammatory bowel disease. Stress damages your brain and creates memory loss.

Stress makes you sleepless and gives you headaches. It also thins your hair or even makes it fall out. Many people have experienced increased blood pressure to dangerous levels. Weight gain is often a side effect as you put on pounds after eating the “comfort” foods to make yourself feel better, resulting in additional physical challenges.

The following exercise will help you identify stress and how it is affecting *your* life.

Exercise 18:

Describe areas where stress is creating imbalance in your life.

Visualize and imagine yourself without stress. How do you feel?

Introduction to Meditation:

The National Center for Complimentary and Alternative Medicine states¹:

Meditation is a mind-body practice in complementary and alternative medicine. There are many types of meditation, most of which originated in ancient religious and spiritual traditions. In meditation, a person learns to focus attention. Some forms of meditation instruct the practitioner to become mindful of thoughts, feelings, and sensations and to observe them in a nonjudgmental way. This practice is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Practicing meditation can change how a person relates to the flow of emotions and thoughts.

Studies have shown that outcomes of Meditation include the potential for prevention of disease and modification of disease course. It also manages symptoms and promotes positive health and well-being.

Josephine P. Briggs, M.D. writes²:

¹ Citation available upon request

² Id.

Meditation can take a variety of forms: mantra meditation, relaxation response, mindfulness meditation, Transcendental Meditation, and Zen Buddhist meditation, among others. Yoga and Tai chi also incorporate meditative components. Meditation practices are often rooted in spiritual practices, but many people practice meditation outside of a religious context. The 2007 National Health Interview Survey revealed that some 20 million U.S. adults use meditation for health purposes.

Meditation has been used for centuries to increase calmness and physical relaxation, improve psychological balance, cope with illness, and enhance overall health and well-being. The literature on meditation suggests that it is a very powerful tool for learning control of attention, regulating emotion, and increasing self-awareness or cultivation of the state called mindfulness.

These insights are old. But what is new in the last 15 years or so is scientific data. These data show that during meditation there are a number of measurable biological changes—for example, in the autonomic nervous system—and the recognition that meditation has the potential to impact on mental and physical health.

Cardio patients are using meditation with great success for healing both before and after surgery.

Exercise 19:

What areas of your workplace now use meditation for pain relief?

If none, where can you implement this for patient and employee health?

Creating your Meditation Practice:

Create a comfortable place to sit in a quiet room with your feet on the floor and close your eyes. You may listen to relaxing music, such as ocean waves, or enjoy the stillness. It is important to feel comfortable so that you are not focusing on physical needs or discomforts. Dim the lights and burn a candle or incense. This is the most desirable atmosphere, but meditation can also be done at lunchtime or even on a break to release stress.

Focus on your breath. Breathe out the old breath and release old thoughts or stress. Now, breathe in new air and feel yourself being filled with new energy. Do this breathing technique three times.

Bring your attention to your breathing pattern gently going in and out. Be mindful of clearing away any thoughts.

Visualize a beautiful white healing light at the bottom of your *feet* and breathe it up to your *ankles*. Feel your ankles and release any tightness or pain. Breathe out your discomfort and relax.

Bring your attention to your *knees*. This area may feel fatigued and have some pain so continue to breathe in and out and visualize the discomfort being released. Take as long as you need to do this until your knees feel fully relaxed.

Feel the energy traveling up to the base of your *spine* and fill it with the white healing light. If it feels cool, breathe into it until it feels warm. Visualize the warm feeling going up each vertebra and massage yourself with this light until your entire spine begins to relax and feel lighter. Bring your awareness to your *neck* and *shoulders* and energetically massage them until they release any tightness.

Focus on your *abdomen*...does it feel cool or warm...tight or relaxed? Fill the area with the beautiful white healing light and create an infinity pattern. Visualize the pattern going back and forth as it releases any tightness or bloating. This is also your feminine (left) side and masculine (right) side and you are opening one to the other and balancing both.

Bring your awareness now to your solar plexus which is your creative center. This area may be warm and open or cool and tight. If it feels tight, visualize the warm healing white light into this area to begin opening your own creativity. When your solar plexus is blocked, your creative power is also blocked and you may feel “lonely” for this part of yourself. Often the energy here feels big or a bit scary. If it feels too big, imagine yourself flowing with self-love up into your heart.

When you feel the love opening into your *heart*, is it open or closed? Is there any tightness or pain? If so, continue to breathe the warm healing light into this area until you release the pain. This is an important place to release any stress from old wounds or patterns. Forgive any person or action that comes up for you as this will enhance the healing.

Breathe into your *Throat* and explore any tightness. This comes from not speaking your truth and “swallowing” back down any fear. Your throat will continue to be closed until you release this pattern. Imagine yourself speaking your truth to your family, co-workers or patients.

Bring your attention now to your *Forehead* and let your visions surface. You may see colors or visuals that randomly come to you. While your eyes are closed it is fun to “see” the images that come forward. This is where your visions are manifested and you may bring them and place them in a bubble. Fill the bubble with your dreams and release it so that your dreams are manifested. Keep your mind from “thinking” about this and just let it go.

Breathe your awareness into the top of your head or your crown. This is the place where you imagine all the energy coming to the top of your head and feel all the points in your body relaxing. You will notice lightness or maybe even a tingling in your body. You may also experience heaviness in your body. There is no right or wrong way to do this and each time you practice, you will feel yourself going deeper into relaxation. Stay in this peaceful place as long as you can. When you feel the need to return, slowly bring your awareness back down to the bottoms of your feet and see roots coming from them and going deep into the earth. It is vitally important that you ground each time after meditation and stay centered and focused. When you feel ready, you may open your eyes and return.

After meditation, drink glasses of spring water and eat healthy foods as you may feel thirsty and hungry.

Exercise 20:

Before you go to sleep, close your eyes and visualize a place to place your “thoughts”. It may be out the door or in a basket. When a thought comes to you just bless it and place it into you basket. These thoughts are part of your world so you are grateful for them. Continue to let your thoughts come through and release them until they are gone or that you fall asleep. This is a great way to fall asleep with your mind cleared. Practice this every night and you will not only sleep better, but you will be relaxed in the morning and prepared to start the day in a positive way.

This completes Section Three of “The Practice of Holistic Self Healing”.

Choose good health and experience an inspirational life journey!

Instructions for Your Online CE’s

1. Follow the prompts to do your evaluation and take the test.
2. When you pass the test (70%, 20 multiple choice questions) you will see a link to print your CE Certificate of Achievement.
3. The software program labels the course evaluation as a “test” but it is the evaluation form.
4. The name that you use on the TEST is the name that will appear on your CE Certificate of Achievement.
5. Upon completing the evaluation you will be directed to take the test.
6. [CLICK HERE TO START](https://www.classmarker.com/online-test/start/?quiz=3by57360b24defdb)
<https://www.classmarker.com/online-test/start/?quiz=3by57360b24defdb> (Evaluation Form)
7. Login here if you need to resume the test:
<https://www.classmarker.com/online-test/start/?quiz=kam57bcea354dbe0> (Test)

