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SECRETS^{TO} SERENITY

eBook by Michele Howe Clarke, MBA

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Introduction

Welcome to **Secrets of Serenity** ("SOS"), you are where you need to be. First, I want to acknowledge you for taking action on your own behalf. Good on you, 80% of success is showing up. Please take a moment and congratulate yourself for being an intentional creator.

You can stop the needless suffering and enter wellness. Change is necessary and you know it. You have the power to flip the script, and you are about to have a blueprint of what to do next.

Please let me introduce myself, I am Michele Howe Clarke; aggressive facial cancer shattered my perfect investment banker life, a new mom, a wife, I was broken like Humpty Dumpty.

I am a woman who danced with aggressive cancer. I had to sacrifice my “normal face” for a chance at a new extraordinary life. I am transformed like a phoenix rising from the ashes. I am reborn with purpose and passion. My transformational journey is detailed in my award winning book **Face Forward: Meeting Challenges Head On in Times of Trouble** (2012).

An inherent drive propels me to be the cause of my intended effect. Innovating out of troubles became my expertise. Over 10,000 hours of study, use and teaching helped me to flourish disfigured and created the means to engage innate thrive resources. It's all about *Y.O.U.*! *Y.O.U.* came programmed like an acorn destined to be a great oak. My job is reminding you that it's Time to Thrive!

This amazing technology is all about *Y.O.U.* You, cultivating a positive approach in the face of anything life throws at you. You will learn to thrive along your natural lines of growth to be where you want to be. Along the way you will just begin to feel better and better.

If you permit me, I will share with you a path to your power, a door to cultivating a positive approach to become a flexible and adaptable wellness navigator.

SOS provides you with a shortcut to wellness. You get to leverage my transformational experience to get back into optimal flow, at both an energetic level and a physical level. Get ready to **ROCK this LIFE** with your all access pass to Secrets of Serenity. The key here is that you recognize that you can say YES, to “*Y.O.U.*”. All you need do is begin.

HABIT'S PONZI

Paths to Serenity by Michele Howe Clarke

We are all victims of habit

We are all victims of habit. Habit grows out of environment and the habits of early childhood cling to us all throughout our life. Habit is created by repeatedly directing one or more of your five senses in a given direction.

It is through this repetition principle:

- Out of doing the same thing
- Thinking the same thoughts
- Repeating the same words

Over and over again, that a negative or positive habit is formed. Once a habit is formed it can be likened to a groove in a record and your mind like the needle that seeks out that groove because it so easily fits in.

From this familiarity a false sense of safety develops. Our subconscious is programmed to seek safety, so it is drawn to repeat this behavior again and again, even if it in reality it has a negative impact. When a habit is well formed the mind has a tendency to attach itself to and follow the course of that habit closely seeking safety in the ease and comfort of a path well followed.



Nothing can bring you peace or success but yourself. If you want more then be sure to demand more of yourself. It is our choice whether we want to hold positive or negative habits.

Any habit may be discontinued by building in its place a more desirable habit. Nature hates a void and will fall back into the last habit just to keep the void filled. So please always remember to create a new positive habit to fill the void left from breaking a bad habit.

What will stop us reaching the success we seek?

It has become evident that many times it is the little concerns that get in the way of great big leaps of progress. Isn't it fascinating that many people are only one tiny, little excuse away from making major progress in life?

So, let's agree to knock the top 3 soul sucking suffering story scoundrels out right off the bat. big leaps of progress. So, let's agree to knock these scoundrels out right off the bat, okay?

Time and **Money**, are two things we spin lack stories around that keeps us spinning in circles. These two soul sucking suffering story scoundrels have everything to do with the Scarcity Story we tell ourselves.

Wouldn't you rather get into the flow than stay stuck? Really, how much is it costing you to stay spinning in circles, just getting by? Hang with me and you will learn how easy it can be to get into optimal flow and begin to feel better and better.

Now, wouldn't that be nice?

Wanna meet the third which is a real *soul sucker?*

Well, say hello to our little friend Fear.

F . E . A . R .

(False Evidence Appearing Real)

F.E.A.R., robs us of our life energy. Truth is, we are all going to make mistakes and we are all going to feel pain. The key is to agree not to suffer. Much of our suffering comes from the story we tell ourselves around the facts of our lives. So here you to make your WHY bigger than your long suffering worry.

Now I am going to do my best to help you minimize the risk you F.E.A.R. by stacking advantages to your favor every step of the way. But I want you to declare to me right now that fear is not going to keep you back from your best life.



Come on, declare it out loud:

***"I release my fear and face forward
faith in my best life."***

Chapter 02

QUADRUPLE-D CRISIS

Distraction is leading us to Diabetes, Depression and Dependence

If you are feeling tired, run down and frustrated, know you are not alone. We are living under **Quadruple D Threat**.

We are in a crisis studies show the Quadruple D threat is on the rise, particularly for women in the United States.

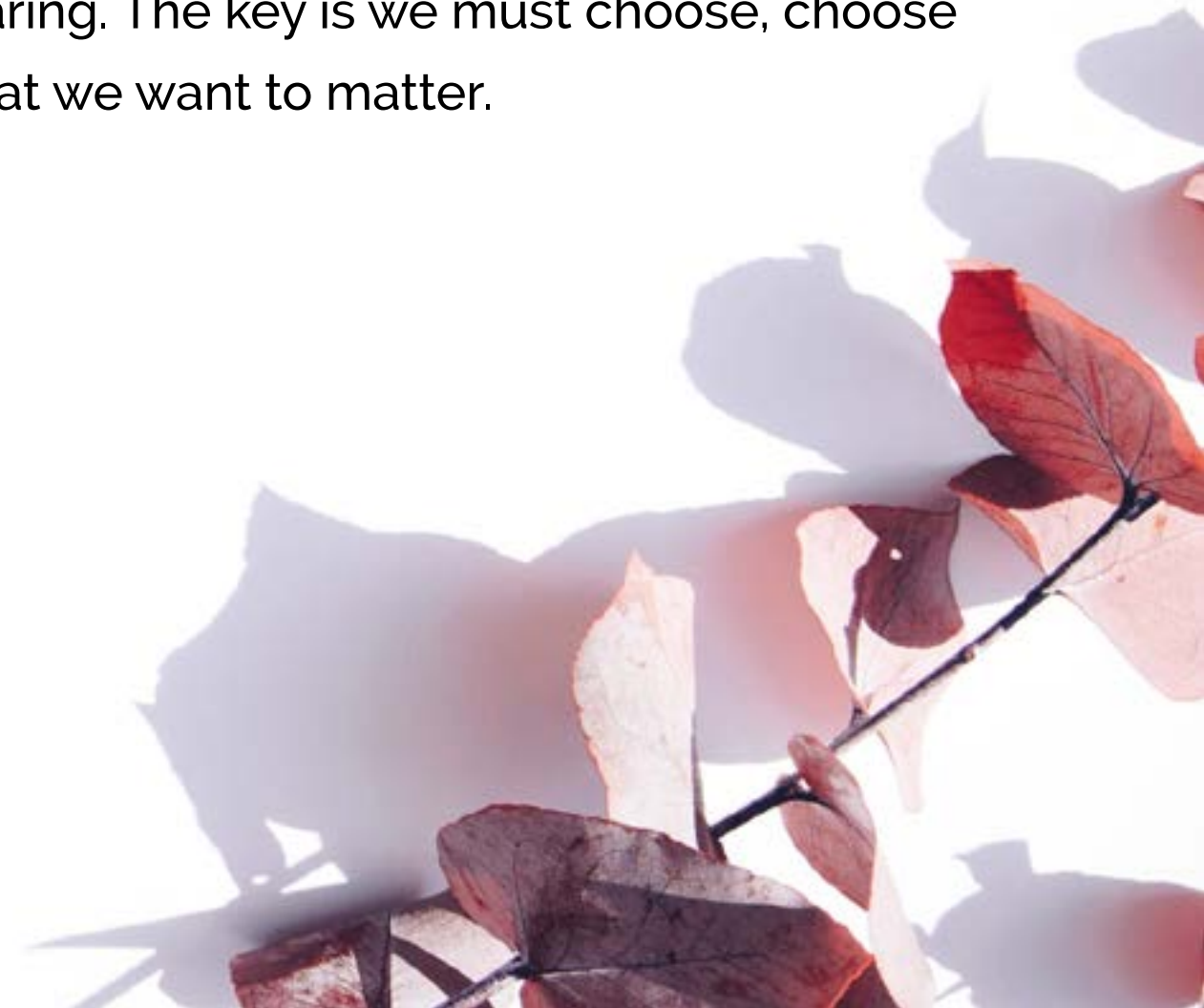
We live in a sea of constant change and data overload, it is no wonder we are so distracted. Time seems to go faster and faster and there is always more and more to do.

We are just about full up "*handling*" all that comes at us every day. In the distraction of our harried modern day existence the light of our Divine Design is easily forgotten and can lie dormant for a life time.

If we do not decide the cause we intend to effect then we dissipate our precious energy. We drift aimlessly, directionless, at the whim of the waves and the wind. When difficult situations arise, our flow is interrupted, we get agitated, stressed and we simply react.

Yet all the while the small voice of our Navigator of Divine Design is encouraging us, guiding us, giving us permission and praise. Your Divine Design shows up as your talents, gifts, abilities.

Your Divine Design lives in your desires longing for expression, your ideas worth sharing. The key is we must choose, choose what we want to matter.



So please,

CHOOSE A DESIRE you want to MATTER.

This is your cause to *BE*. This desire is the cause you intend to effect.

Listen, it's all about "*Y.O.U.*"

Your Own Uniqueness, the seed of excellence you came programmed with. Like a tiny acorn destined to be a great oak.

You have a Divine Design an amazing light of Your Own Uniqueness to shine. There is magic in *Y.O.U.* - *Your Own Uniqueness*.

You know that the time has come for you to get back into the driver's seat of your life. No more just coasting along feel subpar but used to it and settling for safety.



Chapter 03

EVOLUTIONARY STABLE SYSTEMS

Homeostatis

We are highly evolved and thus we have at our access Evolutional Stable Systems (“ESS”) that we can leverage to propel us into our best life, full of vital wellness.

One Evolutionary Stable System, we will discuss in this book, is physical.

The homeostasis of your body, your harmonic set point at your most basic level. The main operator of your homeostasis is your Endocannabinoid (“EC”) System.

To thrive the EC System needs an optimal food that attaches perfectly to this its thousands of hungry receptors and the food is soon to be revealed to you.

Another ESS is energetic.

Your Chakra System is akin to your EC System in that the Chakra System helps maintain your energetic homeostasis.

There are many ways to work with this system to maximize its performance. Here is a system that when you follow this natural path you will find yourself engaging Thrive Drive and getting into serious Thrive Momentum.

For kicks, let's say I had a time machine and I take you for a spin. You hopped in and I brought you to the exact point where you have mastered all the Secrets of Serenity.

Can you see yourself easily and naturally:

- Feeling more joy and enthusiasm?
- Creating with passion and excitement?
- Attracting positive energy?
- Experiencing unlimited freedom?

You'll have the ability to really be more than you ever imagined! Consider all your worries and annoying nuisances resolved, your life is humming along in optimal energy. You are brimming with passion and excitement for life. Your journey to get there...

well, **CONGRATULATIONS**, it starts **NOW!**

Chapter 04

BEFRIEND CBD



Cannabidiol

“CBD”, is a key therapeutic ingredient in cannabis. CBD is a naturally occurring cannabinoid.

Cannabinoids are a group of active compounds found in cannabis. They are responsible for the plant's effects on the body. CBD is extracted from the hemp plant.

The National Cancer Institute has published studies which show cannabidiol may have a protective effect against cancer by reducing the spread of some types of cancer cells.

According to a 2013 review published in the British Journal of Clinical Pharmacology, CBD:

- Soothes nausea and vomiting.
- Acts as an antioxidant to reduce free radicals that cause neurodegenerative disorders.
- Works as an anti-inflammatory to reduce swelling and pain.

CBD has also been used to benefit the mind with psychological issues, including reducing chronic anxiety and depression disorders.

Many users report better sleep and reduced feelings of stress almost immediately after beginning a CBD regimen.

Many users choose cannabis to manage their long-term health or pain issues. Others use CBD as a daily supplement for general well-being, mood and stress levels. CBD has no known toxicity level, is non-habit forming, and may be taken daily.

Cannabidiol safely and naturally promotes:

- Healthy state of mind and general stress reduction without negative side effects.
- good health and wellness by supporting your internal recovery and healing processes.
- balance to the endocannabinoid (EC) system to support better whole-body function.
- CBD contains naturally occurring cannabidiol (CBD) found in hemp.

How does CBD Work?

- CBD binds to the cannabinoid receptor sites found in the human body that make up the endocannabinoid (EC) system.
- The EC system is an integral part of natural human physiology and responsible for multiple physiological and mental processes.
- It is non habit-forming, and can be taken daily. It has no psychoactive properties, and will not impair users in any way.
- CBD Pure comes in liquid form, complete with full spectrum hemp oil to work synergistically with the concentrated CBD.

CBD
DOES NOT GET
YOU HIGH

CBD Does Not Get You High

Though, you will not get high from CBD, many users actually report a relaxing or calming effect from CBD usage, especially at higher dosages. Unlike THC, its chemical cousin, CBD is non-psychoactive.

Tetrahydrocannabinol (THC) is the compound in marijuana that produces a euphoric effect because it binds to special CB1 and CB2 nerve receptors in the brain. CBD does not bind to the same receptors. CBD oil contains extremely low levels of THC, and does not cause any impairment.

Industrial hemp from which CBD oil is extracted, is raised to be high in CBD and very low in THC. Hemp is allowed to be sold and consumed in the United States as long as it contains less than 0.3% THC. CBD from hemp is not the same as the oil that is extracted from marijuana.

The main difference is that CBD oil from marijuana can contain varying amounts of THC. The hemp oil produced from industrial hemp is naturally high in CBD and contains only traces of THC, which makes it safe and legal extract of hemp that can be used as a natural health supplement.

The EC system consists of a series of receptors in the human body that are configured specifically to accept cannabinoids, especially CBD and THC. The two primary types of receptors that bind to cannabinoids are CB1 and CB2.

Because CB1 and CB2 receptors are present throughout the body, the effects of CBD are systemic. The EC system is a natural part of the human body, and is responsible for the therapeutic effects of CBD across multiple bodily systems.

Most CBD products are consumed orally, applied topically or vaporized. Oral consumption is most commonly preferred because the effects are less potent with smoking/vaping, or topical use. By taking CBD oil orally, the oil is absorbed directly into the blood vessels and lymphatics of the mouth for more rapid absorption.

If you are not sure how much actual CBD is in a hemp oil product, be sure to ask to make sure you are getting the dosage you want. CBD Products do not all contain the same quantity of CBD, and they are typically measured in two quantities: CBD quantity and hemp oil quantity.

Chapter 06

USE ONLY THE BEST

Use only the Best

CBD can be extracted from the natural hemp plant in various ways. The least expensive and the least recommended is to use harsh chemical solvents that separate the CBD from the plant leaf and stalk matter. The purest, safest and most recommended way to do it is by CO₂ Extraction which results in users consuming no harsh chemicals with the intake of CBD.

This is a chemical-free extraction process that uses only pressurized carbon dioxide to pull the desired phytonutrients (in this case CBD) from a plant. CO₂ extraction is environmentally friendly and non-toxic.

Quick summary or key CBD Benefits:

- **Mental Health:** Cannabidiol promotes a healthy state of mind and general stress reduction. Relax and de-stress naturally with CBD.
- **General Health:** Cannabidiol safely promotes natural relief and good health, helping improve wellness by supporting your internal recovery and healing processes.
- **Restores Balance:** Cannabidiol helps promote and restore balance to the endocannabinoid system. CBD, a powerful phytocannabinoid, interacts synergistically with the body's own EC receptors.

Quality CBD products should always be third-party tested. It's even better if the company does terpene analysis and cannabinoid profiling to make sure you're receiving the highest quality concentration at an accurate dosage.

It is best that you only consume CBD oil sourced from producer who use organic standards industrial hemp that is 100% free of any pesticides, bacteria, fungi, harmful solvents, impurities and synthetic or artificial ingredients. Some low-cost sellers of CBD products use hemp sourced from Asia that can be high in heavy metals and solvent residue.

Chapter 07

YOUR VIBE

Looking at the Theory of Mind.

The mind is made up of two parts, the conscious and the subconscious. The conscious mind is where our will power, our analytical skills, and our reasoning is only about 15%. The subconscious mind that controls the mechanics of your body and is where imagination and all your beliefs are stored, is 85%.

From birth to eight years old is when you gather your beliefs that form your own unique belief system. The critical area of the mind protects these beliefs by referring to the belief system again and again in the face of current circumstances.

Our beliefs are just our beliefs but we hold them as the truth.

Your emotional state is where you vibrate therefore it is your point of attraction. Like attracts like. By the thoughts you think and feeling you feel you are:

- Taking yourself to the heights of achievement
- Condemning yourself to despair and failure.

Really, the choice is **ALL YOURS**.

Think about what it is that you want and you will get it OR think about what you don't want and get that. What you do not like is only degrees away from what you do, transmute your thought. Pivot on the pole of contrast, start thinking about what you want more than what you do not want.

We are going to work on reprogramming all those old messages that do not serve you anymore and building new successful messages in their place. You already learned how nature hates a void.

Chapter 08

WORKING WITH THE SUBCONSCIOUS MIND

Your subconscious beats your heart, breaths you, circulates your blood, houses your belief system and nurtures your imagination.

Subconscious Parameters:

- What you put in, will be returned.
- Fear of the unknown,
- Answers any question.
- Is always being programmed through 1 of 5 senses.
- Can control it with focus.
- Soothe fear of unknown – imaging wrapping up like a baby and soothing it as you would an infant.

If you are defensively living you wake up every morning and go about life with beliefs that you happened to pick up along the way.

You can now start to live offensively and ask does this belief actually still work for me? If it does not we can shift that to something that serves you. Beliefs are just ideas help over a period of time.

Beliefs are made in this order:

- Focus
- Feeling
- Idea
- Point of attraction
- Thought
- Belief

Beliefs are operating programs, most input early on when we were reacting to our environment, receiving only within its parameters.

Chapter 09

THE MAGIC OF Y.O.U.

The Magic of *Y.O.U.*

The key to accessing the Magic of *Y.O.U.* is weighting the scales of your mindset to the good. This way you move toward a resiliency where you rebound effortlessly toward the positive because you have retrained your brain to perceive differently.

The Magic of *Y.O.U.* comes in to play as you begin to sprinkle fairy-dust on your life daily. Are you ready to get magical?

Once you meet the power of *Y.O.U.* you can no longer stand on the side lines of your life waiting “for the right time” to make your life matter. Is matters right now, doesn't it?

There is such liberation when you consistently weight your consciousness 64% (or more) to the good. The good begins to literally rise up in your life and things you have struggled with for a lifetime lose their heaviness. It feels nice to finally reach for relief and actually receive it.

Are you tired of your life falling into a lull, an autopilot haze, days passing as you “handle” all that is zinging at you?

Isn't frustrating to operate in such a defensive manner simply reacting to what the day brings?

Here are some key Evolutionary Stable Systems that we can leverage the automation of:

- The Word,
- The Body
- The Chakra
- Alpha State
- Nature
- Anti-Inflammation

There so many great ways to reprogram the subconscious programs that are running your life.

Some subtle energy therapies include:

- Scent Secret Weapon
- Symbology – Unleash Amulet Power
- Color Therapy
- Crystal Power,
- Align with Moon Cycle
- Access Elemental Power,
- Develop Alpha Imaging Faculties

Defer to Heart Wisdom,

This list of subtle energy therapies goes on Mastering Mind Science modalities and synthesizing best practices is what I spent over 10,000 hours developing.

Why?

Because I still have to face the world disfigured every day thus I must actively work face forward faith systems daily. I am with you facing forward faith every day. I walk the thriver path with you, my friend, into a bright future.

Chapter 10

REPROGRAM IN ALPHA STATE

Your outer world is a reflection of the inner scripts you are running.

Mostly these scripts are running on autopilot and they get ahead of you as they filter your experience through your preprogrammed perception.

I ask you:

Do you like what you see/experience in your outer world?

And the good news is that you can shift this programming, rewrite it to serve you. You can invite more good into your life actively by building your imaging faculty and learning to attune to your Navigator.

Your Navigator is awaiting you to find your flow so it can take you all the way up to the heights of your greatness. We are talking about good oozing out of the pores of your life overflowing to every person you care about. You becoming the tide of good that lifts all around you.

Let's make it easier for you to move forward, to make progress in achieving your goals. Isn't it time for problems to have less of a hold on you. Wouldn't it be great to find your inner light clearing away the dark heaviness of worry and stress?

A new flow awaits you. Greater focus will be yours. Your good awaits your willingness to receive. Let's clear away all the gunk blocking your energy flow up.

This is what has literally saved my life and this is what my clients have shared of their experience with Faster Meditation.

Alpha State Reprogramming through Faster Meditation is one of the best ways to create the harmony you crave and connect with your to the magnificence of *YOU*.

And it is a great way to get beyond self-limited programming that is running your life that you had little to do in creating. It is time to reach for relief and step into the life you choose.

Alpha (7.5-19Hz) (Accessed in Basic Faster Meditation)

- Alpha brain waves are present in deep relaxation with the eyes usually closed and while daydreaming. The relaxed detached awareness achieved during light meditation is characteristic of Alpha and is optimal for programming your mind for success.

Alpha heightens your imagination, visualization, memory, learning and concentration. It lies at the base of.

- Your conscious awareness and is the gateway to your subconscious mind. The voice of Alpha is your intuition, which becomes clearer and more profound the closer you get to 7.5Hz.

Chapter 11

LEVERAGE YOUR CHAKRA SYSTEM

Leverage Your Chakra System

Like using to CBD in the physical world to optimize homeostasis, you can Leverage your Chakra System to entrain and enhance your Energetic Homeostatis.

Chakras must be balanced or life is unbalanced. Each Chakra has truths to understand, lessons to learn and expressions to share.

When the Chakras are not expressed the energy does not flow correctly throughout your body, or in and out from the universe. The energy highway gets congested and blocks its natural flow.

The chakras are excellent indicators of well-being. When a chakra is blocked or closed you can no longer access the corresponding energies.

In order to change the blockages and imbalances in the chakras, it is necessary to recognize the bad messages we may be sending ourselves and to change the inner programming.

By working with the subtle energy of the chakras and incorporating their life lessons we can erase the destructive inner tapes which contain messages of inadequacy, fear and guilt and rerecord new messages of security, self-confidence and self-value.



Chapter 12

CHAKRA SCENTS UNLEASH YOUR SUPER POWERS

Chakra Scents Can Unleash Your Super Powers

Did you know that you could talk to your unconscious programming directly through scent? The smell travels directly to your nervous system and does not get stopped by your perception. Smell is one of the cleanest ways to reset and reprogram old ways of being and doing that no longer serve your highest good.

Therapeutic use of aromatic herbs and oils goes back to the beginning of time. Scent Therapy uses the natural botanical concentrated energies in essential oils to enhance, improve and maintain well-being.

Application techniques include reflexology, friction, massage, baths, inhalations and compresses.

The life force of the plant is extracted primarily through distillation. Essential oils are derived from the section of plant that contains the most potent aromatic properties.

This process makes essential oils 75-100 times more concentrated than dried herbs. They are very sensitive to heat and light and because of a tiny molecular structure, they evaporate readily.

Essential oils, neither greasy nor fatty, absorb readily into the blood stream through topical application.

Individual essential oils contain hundreds of chemical components, which bind in an organic harmony that is impossible to reproduce synthetically. Essential oils work on all levels. For example, in the bath they absorb into the bloodstream to heal our physical body, at the same time aromas activate a deep part of the brain, which can help to reduce anxiety and emotional tension.

Since essential oils are highly concentrated, a small bottle goes a long way:

- For bath or compress add three to **10** drops of the oil to basin or tub.
- For massage add ten to fifteen drops to **1** ounce of carrier oil.
- For inhalation apply two to five drops to a tissue.
- For facial steam or chest congestion add **1-3** drops of essential oil per two cups of freshly heated water in a basin.

Essential Oils are absorbed through the skin, into the system help to balance our systems. The aroma of the oils is absorbed through the nose to the olfactory system.

Through the olfactory system it moves directly to the emotional center of the brain by-passing the reticular activating system.

This help the essence improve that areas of the brain where thoughts, feelings, emotions, and memories are evoked. Chakra Scent Therapy creates balance and harmony to the mind, body and spirit.

Chapter 13

KICK START WITH SOME KEY ESSENTIAL OILS

Kick Start with Some Key Essential Oils

Sandalwood



Sandalwood oil aids in meditative exploration, seeking to expand your spiritual awareness and understanding. It is a tremendous aid in deeper understanding it helps provide can lead to greater wisdom and awareness.

Sandalwood has been traditionally regarded as one of the purest substances and is valued for its cooling properties. It is believed to promote tranquility as an aid to meditation. Sandalwood enhances deeper into spiritual awareness.

Sandalwood is also potent in protection, drawing upon its close relationship with the element of Earth.

Ylang Ylang



Ylang Ylang oil aids in love and harmony, helping to allow you to create a more harmonious existence for yourself and

enhances love. It helps you create a state of bliss, or euphoria.

Rose



Rose oil aids in love and fertility. Roses are one of the most enduring symbols of love,

and using rose oil is a powerful way to open the road for more love to enter your life.

Roses are magically versatile -- it is said they can substitute for any other flower in rituals -- but love is where they really shine. They are useful for all forms of love, from platonic to passionate, and are a gentle, easy-to-use herb that even beginners can successfully employ to bring love into their lives.

Honeysuckle



Honeysuckle Oil is a potent mood stabilizer and stress reliever.

The sweet, invigorating scent of honeysuckle is known to

boost mood and prevent depressive symptoms. Lore also states that Honeysuckle is a money magnet.

Amber



Amber is often used for healing, happiness, and for aiding in a speedy recovery. It helps absorb negative energies that can cause or aggravate ailments.

It takes away thoughts and emotions that can burden you, and make you feel trapped or helpless. When the stone absorbs these energies, its quality visibly changes, in that the stone becomes cloudier than normal.

This is why it is very important to cleanse it immediately after use.

Amber transforms negative energies into positive energies, showering you with positive emotions. As it lifts off burdensome thoughts and emotions, it allows happiness and healing to come into you. Anything that is preventing positive energies from flowing into you is removed by amber. This is why you feel lighter after working with its powers.

In addition to removing energies that cause you to feel bad or slow down your recovery, it also helps you to maintain a positive mental state. When you are in a positive state of mind, your healing process takes less time. Amber does not only heal you, it also unlocks your own healing energies.

Lemon



Lemon essential oil has the wonderful ability to increase mental clarity and elevate the mood. This yummy citric fruit not only increases our mood and concentration but can also be used to help with tiredness. Lemon oil is stimulating while it is calming.

Lemon oil works in many areas of your life, from household cleaning to supporting brain energy and freshening the air. Lemon oil helps in increasing concentration and alertness. Use it to lift your mood, and chase away the blues. Lemon oil is calming in nature and, therefore, helps in eliminating mental fatigue, exhaustion, dizziness, anxiety, nervousness and nervous tension. It can refresh the mind by creating a positive mindset and removing negative emotions.

Lavender



Lavender relaxes your mind and body. It helps you reach a deeper spiritual connection through your meditative work. Your third-eye chakra connects well to the pleasing aroma of lavender. Your intuition and spiritual understanding can become heightened from incorporating lavender into your meditation.

Lavender essential oil is often used to promote rest, bring on sleep and a feeling of happiness. It also helps reduce the symptoms of migraine headaches. The relaxing scent of lavender helps people suffering from depression. The cleansing traits in lavender oil allow you to purify your body on a spiritual level.

Here are some simple ways to incorporate lavender into your daily routine:

- Use a few drops in your bath to relax and calm your body mind and spirit.
- Add a drop of lavender to your band aid when you cut yourself. It has amazing healing properties.
- Put a drop of lavender on a bug bite, cut, burn, or scratch.
- Sprinkle a few drops of lavender oil on your pillow before you go to sleep.
- Use a drop of lavender on any skin blemish.
- Place a few drops of lavender oil on your temples to help combat jet lag.
- Use a drop of lavender in some carrier oil for a headache.
- Add a few drops of lavender to some witch hazel and cleanse your face with it. Add a few drops to some white vinegar and baking soda and clean with it.
- Diffuse some in the air by placing a few drops in boiling water.
- Add a few drops on a cotton cloth in your dryer.

Lavender oil provides spiritual healing. The gentleness of lavender encourages compassion while helping to soothe deep sadness. Lavender conjures feelings of balance and emotional wellbeing.

The many healing traits that lavender oil provides can also have a healing effect on your spirit. Lavender oil encourages feelings of tranquility and peace. It allows for you to remain calm during times of stress.

Lavender oil releases energy blockades. According to a belief system called "Chakra," our bodies are made up of seven energy chakras called Chakras in which our energy flows.

If one of the seven Chakras becomes blocked by negative energy, an emotional imbalance exists. It is used as a way to relieve body tension and stress.

Lavender resonates with the crown chakra as well, relating to universal consciousness. Anoint the top of the forehead using a downward motion. This motion is symbolic of bringing the spirit into the body.

Whether you are using it to calm your spirit. Lavender can provide tranquility and release any energy blockades that are impeding your life.

Chapter 14

WORKING WITH SUBTLE ENERGY

Working with Subtle Energy

You can work directly to move stagnant old stuffed emotions that are blocking your brilliant shine. This subtle energy work is powerfully attractive in amplifying your best life to you now. Keep an open mind and try growing your imaging faculty as you wait on the grocery line.

- Jewelry is a wonderful talisman to serve as reminders of your intention to open your chakras.
- Chakra scents are fragrant and soothing tools to assist in your path to balance.

- Anoint a candle with chakra scent and affirm. As your candle burns, breathe out deeply, removing any negative thoughts from your mind. Breathe in and imagine positive energy flowing throughout your body
- Make a commitment to yourself to take the steps necessary to open your mind and allow for the uninterrupted flow of energy throughout your body.
- Bathing with chakra scent is another powerful way to draw what you want and to open your chakras. After your bath, dab some chakra scent on your wrists and behind your ears.
- The best time to create talismans is during the waxing or full moon, particularly on Fridays. You can anoint jewelry with a Chakra Scent. Periodically recharge your talisman by allowing it to sit under the light of a full moon, praying over it, or holding it in your hands while visualizing it filling with love.
- Chakra Scent Bath Ritual baths and perfumes are an excellent foundation for opening chakras. They help suffuse you and your aura with loving energy that you can carry with you throughout the day. Using them is simple, too.

- Take a bath or shower to get yourself physically clean. Then, draw a fresh bath and add some Chakra Scent to the water. Mix it well with your dominant hand, envisioning the water filling with glowing, loving energy.
- Step into the bath, soak, and relax. As you do, picture yourself surrounded by the kind of love or energy you desire. When you exit the bath, allow yourself to air-dry, and dispose of the water carefully. Dab on some chakra scent and go about your day full of loving energy.
- Adding 4-5 drops of chakra scent essential oil to your bath can fill the room with a pleasant aroma, while also easing sore and tense muscles, eliminating any bacteria present on the skin, and providing a relaxing atmosphere to clear your mind and release stress.
- There are a number of ways that you can use amber oil to help your mental wellbeing. If you add a few drops to your bathtub, you are guaranteed to feel its calming benefits, just relax and let it do its work.
- Dilute Chakra Scent with a suitable carrier oil to make a luxurious massage oil that will help ease your anxiety.
- Clear your energetic field by rubbing a few drops of Charka Scent oil into the arches of your feet.

- Balance energetic field by gently massaging a few drops of Chakra Scent on the outer ear. Use Chakra Scents to bring harmony to your home.
- Anoint the heart chakra to receive love. Apply anointing oil using a clockwise motion to bring love in.
- Place eight to ten drops of Chakra Scent into a soapstone oil diffuser. Light a tealight candle and place under the oil. Allow the aroma to fill the room. Exhale any negative thoughts. Breathe in the fragrant scent, clearing your mind of any distractions.
- Sit quietly with the stone and giving it an intention. Follow your breath, inhaling peace and clarity while exhaling confusion and chaos. Let your breathing slow to a natural pace and inhale the peaceful vibes of the universe, exhaling turmoil and letting it all go with each breathe. Rinse and repeat until you feel a deep relaxation that helps clear the fog of your mind. With a clear head, fully experience all the intricate details of our beautiful world.

Chapter 15

PRESCRIPTIONS TO A THRIVING LIFE

Prescriptions to a Thriving Life

My recommendation through the fastest doors into leveraging automation are:

Alpha Meditation

Get into alpha state and reprogram your subconscious machine. A great way to get there faster is by building your imaging faculty also known as motor imaging, which is something I specialize in.

- I mean really, take a look around can you see that everything man made you see surrounding you comes from a blueprint in someone's mind?

Are you ready to begin to design blueprints of what you want to manifest?



Only Use The BEST CBD

[CBDPure](#) contains naturally occurring cannabidiol (CBD), which is the main therapeutic cannabinoid found in hemp. CBD, along with other specific cannabinoids binds to the cannabinoid receptor sites found in the human body that make up the endocannabinoid (EC) system.

The EC system is an integral part of natural human physiology and is responsible for multiple physiological and mental processes.

Unlike synthetic pharmaceutical drugs, cannabis oil and related cannabinoids have no known toxicity level, and their health benefits come without negative side effects.

The positive effects of CBD continue to be studied by scientists. They have already discovered the connection of CBD boosting the function of the cannabinoid receptors to produce soothing, relaxing effects without producing a “high.”

In some countries, CBD is already classified as a medication due to its proven effectiveness, but it is still currently available in the United States without a prescription through the CBDPure website.

Many users choose cannabis to manage their long-term health or pain issues, while others supplement daily with healthy CBD to maintain and promote their general well-being, mood and stress levels.

CBD is non habit-forming, and can be taken daily. It has no psychoactive properties, and will not impair users in any way.

[CBD Pure](#) comes in liquid form, complete with full spectrum hemp oil to work synergistically with the concentrated CBD.

Organic & Pure

CBDPure oils are made with non-GMO hemp, grown in Colorado by local farmers. Our hemp oil is minimally processed by following the highest organic standards at every step of our growing, harvesting, and bottling process.

When you buy a CBDPure product, you are buying the purest CBD oil from natural sources, that is 100% free of any synthetic or artificial ingredients. We test every batch of oil that we process to ensure that it meets the purity standards that we demand.

100% Satisfaction Guarantee

We pride ourselves in making the highest quality CBD products on the market and confidently stand behind them.

Your satisfaction is our top priority. If you are not experiencing the benefits you want or simply are not happy with your results, just send your order back within 90 days of purchase and we will refund your purchase price.

Order today and start thriving physically.

Unlock the power of your Chakras

STOP running on the hamster wheel. Not getting the satisfaction that you want. Do you ask yourself – where is my life going? Have you lost yourself inside a busy life?

Let the power of universal energy get you giddy with excitement BECAUSE you have access to it. You can rally it to aid you in your endeavors.

You have access to tremendous resources. Really you have **SUPER POWERS**.

There are many ways to tap into this universal subtle energy.

Using the tools outlined herein you can begin going in a new direction. You are the one who could make all the difference.

You can implement this knowledge and gain **THRIVE MOMENTUM!**

Chakra Power can be developed by various types of subtle energy practices. The lessons of the chakras are among the most critical that we must learn in our lifetime.

Discover the power of your focus when you are working with your Chakras. Your thoughts hold energy.

You have a choice,

You can begin to move blocked energy and get into optimal flow.



THANK YOU

For More info visit



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