

Individual Health -

- Every organ in our body has an Emotional memory.
- We can eat the best foods, be amazingly fit and still get illnesses and ailments in our lives (Vibrations).
- Experiencing physical pain or weakness is an opportunity to become Aware of what the body wants to release from that area.
- Pain, weakness and illness are forms of miscommunication requesting for balance which would be in the Vibrational and Energetic system.

Understanding Experiences –

- To relate to someone's experiences one will have gone through similar situations creating an Understanding.
- Our experiences are for us to learn from. They will continue to come back, in some form, when NOT honored and shifted.
- Being taught new thought processes (reprogrammed) before first FEELING what hurts puts off healing and creates chaos.