YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**Additional Tools & Techniques**

***YOGA***, which means ‘finding your source’, is a Hindu practice of breath control, simple meditation and bodily postures for wellbeing. In addition to being meditative, it provides your body with flexibility and toning. There are varying styles of Yoga. Hatha, being the foundation, involves a sequence of Asanas (postures), designed to align your skin, muscles, and bones.

***ACUPUNCTRURE*** *(Chinese origin) and* ***ACUPRESSURE*** *(Japanese origin)* are the stimulation of specific points along the skin involving various methods such as penetration by thin needles, pressure, heat or laser light. Several hundred points are located along meridians, connected throughout the anatomy, which affect specific organs and areas of the body.

***MASSAGE*** provides many health benefits beyond soothing aches and pains. Studies show that massage reduces stress, helps manage anxiety and depression, curbs headaches and migraines, eases the adverse effects of cancer treatments and boosts immunity.

***REFLEXOLOGY*** involves applying pressure to certain areas on the feet, hands and ears with finger and hand techniques. The theory being that these areas correspond to particular organs and systems of the body. Many chiropractors, physical and massage therapists include these techniques in their practice. The general medical community rejects this methodology, citing a lack of scientific evidence. However, studies show that reflexology improves circulation, reduces stress, pain, anxiety and depression, enhancing relaxation and sleep.

***EARTHING*** provides an antidote to a hypothesis posed by Richard Louv called *Nature Deficit Disorder*. In his book, *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder,* he claims thatparental fears, restricted access to natural areas and ‘the lure of the screen’ are causing us to spend less time outdoors, resulting in a wide range of behavioral problems.

Earthing, often called grounding, is simply connecting to the Earth’s natural, negative surface charge by stepping barefoot outside or having bare skin contact with conductive systems indoors. Connection with the Earth restores a lost electrical signal to the body and stabilizes the complicated circuitry of our essentially electrical body, making our built-in self-regulating and self-healing mechanisms become more effective. Walking and bike riding outdoors also provide opportunities to connect with nature. A simple concept, yes, but one with profound impact on the physiology.

***KINEISIOLOGY*** is the scientific study of human movement correlating to physiological, mechanical, and psychological mechanisms. *Applied* Kinesiology (*Muscle Testing*), however, is an alternative medicine technique. Although current evidence does not support the use of muscle testing for diagnosing illness, it can be useful when seeking information of any kind. Brent Phillips provides a comprehensive *YouTube®* demonstration of this technique which involves utilizing your body as a pendulum.

Brent is a successful MIT-trained engineer so transformed by an energy healing of his own that he gave up his career in technology and dedicated himself to personal holistic transformation and master healing. You may also employ your Mind/Body by asking *What feels lighter?*

***BRAIN ENTRAINMENT*** is not to be confused with brain washing. Prior to acquiring negative connotations, the energetic representation of the term brain washing originated from the Taoist custom of cleansing the heart and mind prior to entering holy places or conducting sacred ceremonies. *Brain or Brainwave Entrainment* (*BE*) is the process of bringing brainwave frequencies in line with stimulus having a frequency corresponding to an intended brain state. This is usually accomplished with specialized software utilizing the brain’s *frequency following response*. EEG (Electroencephalography) demonstrates that brain waves change their frequency to that of dominant external stimuli. Hemispheric synchronization is a state where the brainwave patterns of the left and right hemispheres become alike or balanced. Increased levels of synchronization are found naturally in those who meditate regularly and are generally content with their lives.

BE is about training your brain waves and influencing your neurochemistry. Neurons (nerve cells) in your brain fire when a dominant pattern is present, releasing chemicals in your body which make you feel or be a certain way. For example, Cortisol relates to stress and Dopamine relates to pleasure. Meditation and entrainment assist in reprogramming your mind, guiding brainwave frequency to work for you in positive waysby tilling the soil and planting high quality seeds, aligning your energy and your vibration with your true nature and desires.

***AUTOMATIC WRITING***is a process of setting your conscious mind aside and writing without being concerned about *what* you’re writing. With pen in hand, you simply write whatever comes to you. You could begin by asking a particular question and just see what comes through your fingers. In essence, you’re getting out of your own way so that your higher self can communicate with you. This is a great practice to incorporate with the exercises in *Source Code* as well as diary writing.

***HOUR OF PEACE & POWER*** *- Intention, Reflection and Meditation:*

* In the morning, get up a bit earlier, and gift yourself some time for meditation. Review your desires and intentions, having gratitude for their creation. Ask yourself: *What energy, space and consciousness can I be that will bring me everything that I desire?*
* In the evening, reflect on the manner in which you lived that day. Did you act out of fear, pressure or undesirable programming or did you practice mindfulness, making choices and taking actions which felt light and optimal. With the former, have gratitude for the wisdom gained in reflecting upon them, considering what may be adjusted favorably going forward. Perhaps include some diary/automatic writing as well.

***THREE BLESSINGS / THREE GOOD THINGS***

Martin Seligman and many others have developed a technique called *The Three Blessings* or *Three Good Things* exercise. Each night, write down three things that went really well or good things that happened that day. Then, think about why they went well or why this good thing happened. Visualize one of them as you drift off to sleep, intending to dream about it. Upon waking, reflect on the details of any dreams. With this exercise, you’ll notice a more positive mood upon waking.