

LEVELS OF PHYSICAL & MENTAL FREEDOM

These are your three steps to being pain free and happy... Remove the interferences and get healthy. Period. You have to know that your body can and wants to heal itself and be happy... even with autoimmune disease and genetic issues. You have to believe and know that your spirit can overcome these restrictions. So first and foremost, I need you to practice visualizing and feeling EXCITEDLY in your body that you are able to and already are overcoming these issues. Then act diligently in the right directions to be free from mental and/or physical pain or suffering.

LEVEL 3: THE FREE SPIRIT

- Discovering and fulfilling your true purpose in life
- Freedom of expression though all tissues of the body-mind
- Freedom from fear throughout all tissues of the body-mind

LEVEL 2: ENERGETIC PATENCY

- Achieving Open, Flexible, Clean Meridians (nerves, fascial lines, vessels, organs, and exit portals)
- Achieving Strong & Free Chakras (areas of electrical & emotional “high charge”)
- Achieving Freely Moving Cranial Rhythms (releasing all tension from the central nervous system)

LEVEL 1: THE FUNDAMENTALS

- Removing/Overcoming the following health interferences...

<u>BIOMECHANICS</u>	<u>PSYCHE</u>	<u>BIOCHEMISTRY</u>
Inflexibility	Somatic Insensitivity	Poor Diet/Nutrition, & Dehydration
Poor Posture	Autonomic NS Imbalance	Stagnant Blood/Interstitial Fluid
Chronically Tense Muscles	Emotional Tension	Deficient Blood
Weak Muscles	Psychological Trauma or Abuse	Substance Abuse/Sugar
Misaligned Joints	Pessimism/Poor Outlook	Environmental, Mold, & EMF Toxicity
Crooked Teeth	Self-Doubt	Medication & Personal Hygiene Toxicity
Misaligned Bite	Image Issues	Acidosis/Systemic Inflammation
Scar Tissue	Stress/Fear	Cysts, Tumors, other Growths
Fibrosis	Anxiety	Brain Chemistry & Hormone Imbalance
Fascial Adhesions	Heartbreak	Poor Digestion or Nutrient Absorption
Injuries	Shock	Infrequent or Poor Elimination
Accidents	Worry/Pensiveness	Low-Grade Pathogenic Infections
Surgeries	Anger/Frustration	Infected Teeth & Metal Fillings
Plastic Surgery	Sadness/Grief	Weak or Diseased Organ Systems
Head Trauma	Judgment/Jealousy	Birth Control Drugs/Devices
C-Sections	No Spiritual Resource	Vaccine Toxicity or Injury
Birth Trauma	Lack of Self Discipline	
	Lack of Purpose in Life	

- Achieving the basic necessities...

Clean Air, Water, & Food
Quality Sleep
Sufficiently Open Breath
Fun Exercise
Sunlight, Nature, & Grounding
Joy, Sensuality, & Relationship Chemistry