

God wants to give everything to us, but we must open our hearts and allow space for God's Love and Light to come in. We must be willing to let go of the negative to make room for the positive. ✨

Your spiritual healing has started. You have the opportunity to release blockages, hurt and pain. To let go of old patterns and negative behaviors, to move away from old beliefs. This is a perfect time to rediscover who you really are, to be your natural self. A beautiful time of positive change and transformation.

Here are a few things to expect in this 30 day healing process: 😊

1. Experiencing more joy and happiness, peace and serenity
2. Feeling of Empowerment and a desire to do things
3. Manifestation of what your heart desires
4. Positive virtues beginning to accentuate more in your life (more patient, trusting, kind, loving, happy, grateful, courageous, forgiving etc.)

And here are a few things that you might experience while you are in the HEALING PROCESS before things get better: 😞

1. Overly exhausted and tired, feeling a need to sleep more
2. Cold symptoms, feeling under the weather - physical detox
3. Feeling more negative or emotionally sensitive

Things will get better in due time. I highly recommend taking the time every day to PRAY PRAY PRAY. By praying, it will open your heart to receive more of God's light, love and all the blessings waiting and in store for you. I am here for your support during this time. Please contact me in two weeks to let me know how you are doing or earlier if you feel a need to reach out.

I can be reached by email at Lauramcoutcher@gmail.com. I'm also accessible by phone and by text at **(540)699-0984**.

If negative thoughts begin to occupy your mind, reject them using your own words or say these: "No, these thoughts no longer serve me, I reject these thoughts from my energy field." Replace the negative thoughts with: I love myself, I forgive myself, I accept myself, I am a child of God and I am deserving of good things, I love everyone, I forgive everyone, I love You God, I need You God, I adore You God, thank You God and God forgive me.

The following suggestions will help to bring about more healing for you during the 30 days after your initial spiritual healing. Do your best to follow them.

30 Day Spiritual Healing Plan

It is very important to remember that this is a collaborative effort between you and God. To receive as much healing as possible you must be willing to and do the necessary work. You must be willing to be healed - to let go of the hurt, pain, anger, fear etc. - willing to change and be well. It is very common for us to be comfortable with the familiar, even when the familiar is bad for us. Remember we must be willing to let go and be well.

1. Pray to God in your own way. Speak from your heart, be sincere. If you don't feel comfortable praying to God - have a conversation with God, be honest, open and speak with gratitude and appreciation for your healing and continued healing.
2. Do not stand in the way of your healing. Allowing yourself to heal is critical. Allow your feelings and emotions to flow, do not suppress them or push them down. As negative feelings and emotions come up it is an opportunity for healing and release. It is up to you to decide what to do. You can choose to either let the negative feelings and emotions go and be finally free of them or in effect grab ahold of them and pull them back into you. Forgiveness and unconditional love of yourself and others are key components to your healing. Forgiveness and unconditional love of yourself and others dissolves the negative ties that hold negative energies of past hurts and injustices to you. When the tie is dissolved this allows God to remove the negative energies of past hurts and injustices from you and thereby heal you from the hurt, pain, sadness and misery of negative life experiences.
3. Forgive yourself and forgive everyone who has ever hurt you. You can bless others in the name of God and say. "I choose to bless you and I choose to forgive you in the Holy name of Jesus Christ. You and this shared experience with you has no power over me. Thank you for the lessons you have taught me, I understand the lessons and no longer need to repeat the lessons. I have learned and I choose to be free. I choose to fly like an eagle and this is very good for me." Blessing another person breaks the negative ties between that person and ourselves.
4. Have love, understanding and compassion for yourself and others. Bring no judgement of right or wrong to yourself or others. Do your best to be in harmony with yourself and others. Have a good attitude, be positive and support your own happiness. See the Prayer PDF specifically "Like attracts Like" and "Mirror Work" prayers. The Prayer PDF is listed under the More Information tab in the "Forms and More" section.
5. Avoid negative television, negative radio, negative movies, loud music, negative computer games and offensive language. Do not listen to music with a negative message. Fredericksburg, VA has a Positive Hits radio station you may want to check out: WPER 89.9 & 90.5. It is possible to listen to their station via the web and also they have an app called Encouraging Radio.

Instructions for both can be found on their website yourper.com under "Listen".

6. Avoid red meats and pork for the first three days (organic is okay). Chicken and fish are good.
7. Avoid eating/drinking chilies, alcohol and caffeine (can stir up anger). A glass of wine with dinner is okay.
8. If you eat eggs choose free range. If you eat bananas choose organic.
9. Get plenty of rest/sleep and **drink plenty of water**. Also taking a mineral supplement can increase the efficiency of your body's electrical system. I do not recommend one company over another.

Epsom salt baths neutralize both positive and negative energies. I recommend taking one about 5 to 7 days after the initial healing, sooner if needed. Whenever you notice that you are more tired than usual, cranky or feeling low. Use two cups of epsom salt in a warm/hot water bath. In your own words ask God to bless the salt and water. Soak for 10-13 minutes. Allow your head to soak in the water for the first three minutes. After the bath shower off with cool/warm water. This will wash off all the toxins and neutralized energies and you will feel rejuvenated and relaxed. Take another epsom salt bath whenever you feel the symptoms of exhaustion, irritation and sadness etc. returning. You can repeat the Epsom salt bath as needed but not more often than once a week. More frequent epsom salt baths can cause you to feel tired because positive energies are also neutralized.

Also, you can benefit from washing your hands with epsom salt whenever you feel the need. This can be helpful in disconnecting from an interaction with a negative/toxic person or a negative conversation.

May God bless you always ✨💖✨