

# Self-Care Tips

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Two similar tools to make space for YOUR truth, by clearing out what doesn't belong to you. Any (sudden) emotion or reaction that is holding you back is probably not yours. We're all sponges, and some of us absorb emotions, judgments, limitations, from other people, more than others.

Best part is you are NOT required to know who it came from. You aren't required to know or remember any details.

Just offer your body the space to realize, it's not yours! most of what isn't ours is heavy. The preference is to experience lightness with choices and emotions.

## Who Does This Belong To?

Ask yourself 'Who does this belong to? Is it mine? Someone else's? or Something else?

Option of saying the Access Consciousness® clearing statement.

<https://voyageofhope.ca/who-does-this-belong-to%3F>

## Truth, Who Does This Belong To?

Keep **repeating** the below phrase until you either sense a shift, or say it until you literally forget to say it, and you realize later that you stopped saying it.

*Truth, who does this belong to?  
Truth, who did it belong to before that?  
Truth, who did it belong to before that?*

At this point, say:

*And take all your magnetic & electric imprints with you, never to return again.*

Option of saying the Access Consciousness® clearing statement.

*In my experience, we can't 'heal' what isn't ours.  
Clear all this out first.. then self-healing has more  
of a playground for infinite possibilities.*

## "Body, I'm listening"

**Can't Sleep? Can't fall back to sleep?  
Overwhelmed for any reason?**

One night I just started chanting 'Body I'm listening', when I woke up and couldn't fall back to sleep. I wasn't completely awake, so tapping into the energy of 'paying attention' was easy to do. Within seconds I could feel a swirl of energy within me. It was like I was looking down into it, like vortex may look like from the top. And the connection I felt connecting me to deep within me, was incredible. I realized I also fell asleep with ease! So I continued to chant this every time I woke up in the middle of the night, and or couldn't fall asleep right away. Between this and crocheting (most nights) just before bed has been a great contribution to my sleep. (as shared on Tuesday Talk youtube video, <https://voyageofhope.ca/youtube-with-dee>)



Keep in mind other long-time suggestions before bed. Cut back on cell phone, computer, tv, at least an hour before bed. Don't get caught up in anything head-reeling (accounting, certain books, arguments, etc.)

*Just keep repeating, until you stop repeating it:*

*Body, I'm listening  
Body, I'm listening  
Body, I'm listening*

## Special Referral Offer



You will receive a 1/2 price energy session, matching the timeframe your referral attends, (does not include past life regression), after your referral attends an energy session at regular price.

***Be open to receive!***



## Transforming all Energies into Beneficial Energies

*A phrase to say as often as it pops in your awareness, to be more comfortable around EMF, and other funky energies.*

*With God by my side, and the Universe at my back, I now transform all energies around me with ease into beneficial energies, for my whole being, physically, emotionally, mentally, spiritually, and energetically.*

End it with a "Thank you", or if you are familiar with Access Consciousness phrase, "Everything that doesn't allow this, I now uncreate and destroy x Godzillion. Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys, & Beyonds". Or whatever way resonates with you.



Keep in mind, repeating this often during the day may be required to 'saturate' into the space you are 'blessing'. Eventually, for example, if you say it within your home, you may find you aren't reminded or guided to say it often. At this point, the intention may be saturated enough in your home to 'stick' around longer.

*Ensure you stay **visible** for your possibilities to see you*

## Is Now A Good Time To...?

Our bodies always desire the best for us. Our ego.. not so much ;)

When you're finding yourself in grumpy mood, or confused on what to do next, or inactive (and so on), try this simple exercise.

Ask your body, "Is now a good time to be in a good mood?" "Is now a good time to be productive?" "Is now a good time to spend time on the computer/laptop?" "Is now a good time to meditate?" "Is now a good time to eat (chocolate, a meal, salt, ice cream...)?" "Is now a good time to co-create with \_\_\_\_\_?" "Is now a good time to go for a walk/bike ride/jog...?" "Is now a good time to be kind (to my spouse, kid, etc)" And so on!

*Have fun with it!*

*Keep experimenting with self-care choices.. even create your own!*

## How Invested Are You in Living your Life vs, Coasting Through your Life?

*The more interested we are in becoming in tune with the needs of our body, both the world around us, and with nature, the more inner help we will receive.*

*What is meant by this is that there is a universal law, a healing power of nature, operating inherently within each one of us, and known to us in our hearts. As we seek and find this inner dynamic and come into harmony with it, the information we need for good health will unfold for us. **What it takes to access it is to desire it in the depths of our heart.** The extent of our yearning will determine our success. Strategies based on this principle will enable us to consciously and knowingly improve our health, strengthen our immunity, and in most cases increase our life span".*

*Excerpted, from Deep Immunity, written by Dr. Anthony Godfrey (page 33)*

<https://voyageofhope.ca/youtube-with-dee>

Tap into your heart to have an understanding of what percentage you are invested in your life, in your living. If it's not 100%, ask what you can offer to your body to achieve 100%.

## Our Dearly Departed Loved Ones

Most of us are comfortable asking God; Spirit Guides, Angels, and other Heavenly Helpers, loved ones in heaven, for help with life stressors. And this should never change.

There's also a possibility that if any of them stand too close to us (or too many of them), they could interfere with our natural harmonious wellness, our inner vibration.

Perhaps it's something you can experiment with next time you are feeling overwhelmed, stressed, not feeling well, and so on. Ask all your loved ones, and all your Helpers to stand back (for example) 50 feet. Setting the intention they are still welcome to help you any way you are able to receive their help.

See if this offers you less anxiety, feeling better, and feel like there is more space around you.

<https://voyageofhope.ca/contract-clearing>

