

LET THERE BE LIGHT

....when your heart is open

1..Get enough sleep
and rest

2. Eat healthy foods

3. Keep your body
moving

4. Turn off the TV

5. Love life

6. Be silly...laugh &
have fun

7. Meditate and have
alone time

8.Get out into nature

9. Play with your
animals

10. Diffuse essential
oils

11. Dance around the
house

12. Soak in a steamy tub



*You are... bright,
light & shining with
an open heart, keeping
you from the
COVID-19. To your
left is the how to...*