

Homework is at least 5 minutes and up to 15 minutes daily for 14 days. Do both practices start with the breaking apart and end with rewiring.

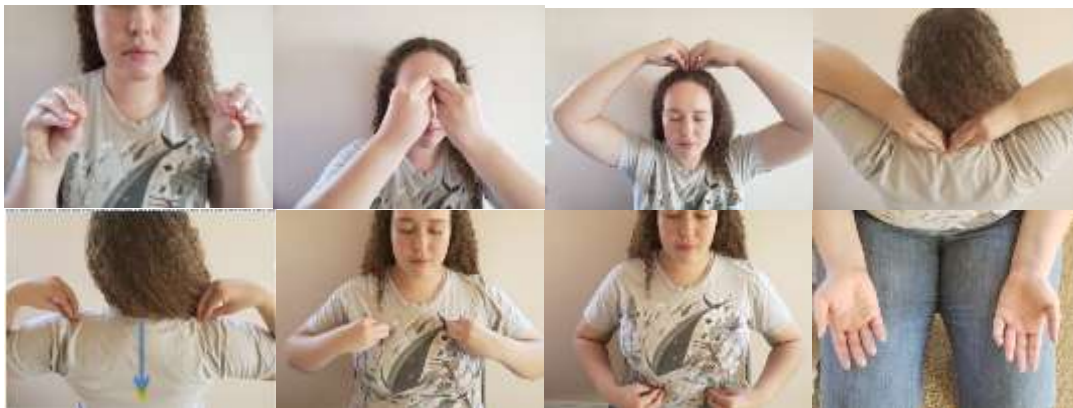
Active Energetic and Physical Autophagy: Breaking Apart Pathways

Your old pattern/habit/belief that is breaking apart is: _____

When breaking apart the energy and physical matter of your old patterns, habits and/or beliefs... **1.** Focus. **2.** Say your autophagy statement – exactly as written below – out loud. **3.** Take a deep breath in & bring your focused laser fingers up to your 3rd eye. **4.** Do each movement pictured below fluidly in one exhale while imagining brilliant clear/sparkling laser light moving from your fingers to the center of your body. As you move your hands down the front of your body also imagine the energy moving simultaneously down the back of your spine from the base of your neck to the bottom of your tailbone. **5.** Repeat 3x, or 7x if breaking apart generational patterns.

Statement: “I am breaking apart the pattern/habit/belief of _____ in all levels of my body right now!”

Movement:



Invoke Active Energetic Neuroplasticity: Rewiring Pathways

Your two neural pathways being created/strengthened for rapid growth and hard wired dominance are:

1. _____ 2. _____



When strengthening these two positive, empowered pathways... **1.** Place your hands on the front and back of your head. Use either hand in either position, as feels best to you. **2.** Breathe and focus on both new neural pathways. With full gratitude, love and excitement see light pouring into the front of your brain where your hand is. Move both focused energies through your brain to your hand at the back of your head. Then bring these energies back to the hand at your forehead. (You can also state the two energies being strengthened out loud.) **3.** Repeat step #2 rapidly for 5-15 minutes. If your hands get tired move them to your lap with palms up while staying focused, as if they were still on your head.