Bring to light…

* 1. Group A:
		1. Spiritual energies: – **combine**
		2. Emotional energies: – **combine**
		3. Love and strength of Spirit Animals: – **invite**
		4. Oils: – **combine**
		5. Precious stones: – **combine**
		6. Nutritional Supplements: – **invite**
		7. Bacteria: – **combine**
		8. Herbs: – **combine**
		9. Foods: – **invite**
		10. White powder gold + Chlorophyll + O17 + Mumio – **combine**
		11. Ionized Water + Kombucha – **combine**
		12. 8 hrs of restful sleep daily (NREM stage 3)
	2. Group B:
		1. Elements: – **merge**
		2. Light energy wave: - positive/negative F & V – **combine**
		3. Light energy wave: - positive/negative F & V – **combine**
		4. Sound wave: - positive/negative F & V – **combine**
		5. Chemicals/Hormones: – **invite**
	3. Note – Remember to **concentrate** **the energies** listed: “d” through “k”
	4. Note – Ask to see if any of the above energies need to be positive or negative
	5. Note – Ask if anything else needs to be added
	6. **Synergistically combine all of the above**
	7. Group A Time: ## Days
	8. Group B Time: ## hour(s) / ## times a day / ## days
	9. For the times: Invite the group of energy into the meridian (or the appropriate location) for the space of ## and ask for the energy to combine and merge based upon its needs
	10. Ask for the group of energy to be distributed to the proper locations within the spirit, mind and body
	11. Set the intention for it to be Neutralized / Defused / Released / Removed after the space of time specified for each treatment
	12. Lovingly thank these energies for their service and assistance