

ABC's for your Spirit

Angels are ready to help us, call on them.

Bless all the good you have.

Chakras need to be kept clear and balanced.

Honor the **Divine** within you.

We are **Energy** in a body.

Feelings are an inner guide. Embrace them.

Ground yourself with working with your hands and body.

Hugging keeps you happy, loved up and healthy.

The more you use your **Intuition**, the stronger it gets.

Joy is a state of mind, not what happens to you.

Kairos is Greek for timeless moments full of possibility

Love is a force that can accomplish anything.

Make your **Mind** your ally not your enemy.

Nature is healing.

Optimism can steer you to the light when things appear bleak.



Protect yourself from things and people that drain you.

Quiet time can help you tune within.

Retreating gives you time to rest and renew.

Sunshine gives you vitamins, energy and relaxation.

Time is here to use to what you love to do.

The **Universe** is rooting for you to succeed.

Visualize the best for yourself daily.

Water clears our minds and body. Drink and Bathe in it.

X is whatever you wish the best for in life. Mark it and make it so.

Youthfulness exists in your outlook on life not your age.

Zest for life can cure many things.

