



25 Clients IN 25 DAYS

5 Weeks of Mindset Magic – Fill Your Client List (and Your Programs) Easily!



A *Divinely Intuitive*™ BUSINESS PROGRAM

How to Support Your Body after Tapping Handout

Here are some easy ways to help your body adapt to the new energies you'll be integrating as we go through this program. If you practice them regularly, you'll soon discover some powerful shifts in your beliefs about yourself and your ability to attract your Divine peeps.

Getting grounded = getting *present*, getting back into your body.

Here's how to do that:

- Drink lots of water
- Take deep breaths
- Put your feet on the ground
- See yourself connected to the earth
- Massage your feet
- Go for a walk
- MOVE your body – exercise in some way
- Eat something
- Take a shower or bath
- Play with your furbabies or children
- Take a nap
- Invoke the angels to help you
- Pull out your crystals
- Use the Jin Shin Jyutsu techniques (see resource handout)
- Use Donna Eden's energy techniques (see resource handout)
- Use the Mudras (see resource handout)