

Living  Consciously



## HOW TO RAISE BIOENERGETIC AWARENESS IN YOUR EVERYDAY LIFE

- \*Center
- \*Ground
- \*Breathe
- \*Set Intentions
- \*Tune into your ways of knowing
  - \*Listen to your intuition
  - \*Choose your words with care
  - \*Trust
- \*Connect with others to enhance the  
Innate Healing Potential
  - \*Open with Confidence
- \*Share compassion with others for their wellness
  - \*Fill yourself with Gratitude
  - \*Express Love with Ease
  - \*Smile and Pass it on

» love »

*In Gratitude*

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