

Practice Points: Module 7 ~ Class 14 Dec 17, 2021

1. Zone Therapy

Continue to feel your vertebrae if you are planning to use the Zone technique. Let your partner or friend touch them from top to bottom and count, feel, and connect, internalize its place.

2. Astrological Healing & Mantra Medicine

- Find out what areas of your body have tendencies to have issues. What would be a good mantra to chant to correct this in you?
- Chant it twice daily, AM and PM, until next class to get a taste for the workings of the energy.

3. Healing with the Energetics & Spirits of Herbs & Homeopathies

- If you know a homeopathic, try to find its energy signature and transmit that energy to yourself (into your picture or your imaginary self)
- Find an online encyclopedia that you like. Put in the description of your issue. Find the corresponding homeopathic and write down its name on a piece of paper. As per instruction for the daily dosage: take your paper and speak out the name and how many pellets.
- Do the same with an herb: which one do you know would be good for you? Find its vibration. Send that vibration to you. Or write on paper and speak out the dosage and receiving of it.

4. Medicine Buddha Mantra Healing Practice

- Chant the mantra at least 5 times daily or better 108 times for 3 days or more
- OPTIONAL: Do the Healing Visualization Practice with the Medicine Buddha or replace with Sri Danvantre or the Divine Mother Archetype (Mother Mary, Magdalene, Sri Lakshmi, or other that your heart wants to merge, love, and work with)

5. Powerful Sanskrit Healing Mantras

- Try to read (listen along) each mantra at least once if this is new to you. If not chant it for a day.

Trayambakam:

Aum Tryambakam yajaamahe sugandhim pushtivardhanam |
Urvaarukamiva bandhanaan-mrityormuksheeya maamritaat

(And is believed to overcome death to nourish and nurture human beings from all illness and diseases.)

Apadamapa Rama Mantra:

Aapadamapa hartaram dataram sarvasampadam

lokah bhiramam shri ramam

bhuyo bhuyo namamayam!