

All About Health, Inc.

Nurturing Spirit, Mind, Heart & Body

March, 2013



spring cleaning...

for the Spirit, Mind, Heart, & Body

Spring has sprung (yay!) and it's time for the remarkable revival of Mother Nature as trees awaken, flowers peek through the dirt, and grass gets greener. Spring is also a time that is known for cleaning out the old and making room for the new. We believe that spring cleaning of US is equally important. Here are some ways to 'spring clean' your Spirit, your Mind, your Heart & your Body:

Cleansing your Spirit:

Sit or stand outside, facing the sunshine (*you can also do this exercise if the sun is not out*)

Close your eyes and lift your head up towards the sky

Take a deep breath, expanding your belly and your chest at the same time

Exhale slowly

Repeat

As you continue to breathe deeply and exhale slowly, say out loud or in your mind:

***"I activate all Sources that infinitely allow and create me
to be aware of things to be grateful for."***

Think of things you are grateful for. Do not force your mind to 'create' things you are grateful for. If nothing comes to mind, just keep breathing. Eventually you will have an abundance of things that 'just come to mind.' ☺

When you are finished, begin with your arms straight at your sides. As you breathe deeply, fan them out, raising them to above your head (like you were doing a jumping-jack, although *much* slower and with no leg movement).

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Then bring your hands back down to your sides, exhaling slowly as you say out loud or in your mind:

*“Thank you, God for this glorious day.
My day flows in Unconditional Love & Unconditional Gratitude™.”*

Spend a few minutes per day on this and your Spirit will soar!

This activity can also be performed indoors although your Spirit loves the outdoors!

Cleansing your Mind:

You can do this activity inside or outside, although outside is usually more cleansing. The key is to make sure you are comfortable and that there are no distractions. Begin by stating in your mind or out loud:

*“I activate all Sources that infinitely allow and create me
to HONOR my thoughts.”*

Is there a situation that has been bothering you lately? This can be a current situation or a past experience. Let your mind ‘go there’ and pay attention to every thought that goes through your mind.

Thoughts trigger emotions, but in this activity we are focusing on your thoughts so just let your emotions be whatever they are. They will also be HEALED during this exercise.

If you think of a thought that is not nice, that you think you shouldn’t think, that you are ashamed of, or that you would just prefer to not have, DO NOT suppress or deny it. Let it flow! This is where we HEAL those less-than-desirable thoughts and you absolutely cannot HEAL if you suppress or deny your thoughts.

For each less-than-desirable thought that you have, say out loud or in your mind:

*“I transform all Sources of that thought to
Unconditional Love & Unconditional Gratitude™.”*

When you are finished, take a deep breath, expanding both your belly and your chest at the same time. Then exhale slowly as you say out loud or in your mind:

*“I am grateful for this HEALING.
My Mind infinitely flows in Unconditional Love & Unconditional Gratitude™.”*

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Spend approximately five minutes per day on this and you will be amazed at how you won't have to force positive thoughts anymore, they will just flow naturally.

Cleansing your Heart

You can also do this activity inside or outside. Again, the important thing is to make sure you are comfortable and that there are no distractions.

Begin by stating out loud or in your mind:

"I activate all Sources that infinitely allow and create me to HONOR everything I feel."

Think of a situation or experience that has happened TO you. This can be a current situation or a past experience. Let your mind 'go there' and pay attention to what you feel about that situation, person or experience. If you feel it, honor it.

Often times we are conditioned to suppress or ignore our emotions because we do not want to feel them or we 'should not' feel that way. If you are angry at someone, be angry; if you don't like someone, you cannot convince yourself that you like them when you really don't so don't like them; if you have a judgment about a person, allow that judgment; if something a person did to you hurt you, acknowledge that you are hurt. Let your emotions be what they are. This is where we HEAL the Sources of those less-than-desirable emotions and you absolutely cannot HEAL if you suppress or ignore them.

You may or may not feel the emotion. HEALING with this activity will occur either way.

For each less-than-desirable feeling that you have for the next five or so minutes, say out loud or in your mind:

"I transform all Sources of everything I'm feeling to Unconditional Love & Unconditional Gratitude™."

When you are finished, take a deep breath, expanding both your belly and your chest at the same time. Then exhale slowly as you say out loud or in your head:

"Thank you for this HEALING. My Heart infinitely flows in Unconditional Love & Unconditional Gratitude™."

Spend approximately five minutes a day on this activity - or even better, use it throughout the day as you experience less-than-desirable emotions - and your HEART will be filled with joy.

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Cleansing your **Body**

Like you regularly take the garbage out of your house, regularly cleansing your physical body is equally important. If you experience any of the following symptoms a body cleanse would be very beneficial for you:

- ☒ Fatigue or constantly tired
- ☒ Overweight or bloating
- ☒ Cravings or continually snacking
- ☒ Digestive problems
- ☒ Frequently sick or weak immune system
- ☒ Anxiety, depression or other mood disorders
- ☒ Allergies

There are very few products that I strongly recommend. Those that I do choose to share are always of the highest quality and are products that are used on a regular basis by me and my family.

With that said, I highly recommend the Purify premier 7-day cleanse. This exclusive cleanse and detox system is perfect for anyone who is interested in an all-natural jumpstart to a healthy body and a healthy mind and is a *great* way to 'spring clean' your insides.

- KICK-STARTS WEIGHT LOSS by ridding your body of excess toxic matter
- CLEANSSES both fatty and non-fatty tissues so that you feel leaner and lighter
- IMPROVES mental clarity

What makes Purify different than other cleanses on the market? The unique Purify system gives you deep, cellular-level cleansing without the use of harsh diuretics or fasting, in just 7 days 😊

NOTE: The Purify product is part of the line of Zrii, LLC products. Each Zrii product is the brainchild of Zrii's esteemed Scientific Advisory Board (made up of leaders in ancient and Western medical disciplines) and the world's foremost leader in mind-body health, Deepak Chopra.

Zrii is so confident in their revolutionary formulations that you can return your product within 30 days for a full refund if for any reason you are not satisfied. No questions asked.

What have you got to lose (other than toxicity and possibly a few inches)?

Zrii Purify

Click here to find out more: [The Total Cleanse / Weight Loss System](#)

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While you're there, download your FREE Z-Body Program Guide (bottom left-hand corner)!

Take time to cleanse your physical body every six months or so and you will be amazed at how much better your overall body systems will function.



May you take time to nourish all of YOU...Spirit, Mind, Heart & Body.

May you infinitely flow in Unconditional Love & Unconditional Gratitude™.

Dare to experience the power of...YOU!

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Infinite Healing™ 