



How to Use the Parts of This Program

The Power Within This Program

For decades I've been working with energy and the power of intentions. I've seen and experienced how seemingly impossible situations change miraculously. Precise steps need to be taken to manifest desired outcomes.

The first time I was taught these steps was under circumstances I neither understood nor felt comfortable doing. It was in the first class I took on Feng Shui in 1985. It was taught as a Buddhist chant, which went totally against my Christian upbringing.

Since that time I've learned why the chant and structured steps were so powerful. It involves the combination of doing things to ignite your inner powers and align them physically, mentally, emotionally and spiritually. It is a 3-step process where you physically do something, mentally picture the desired outcome, and use your voice to affirm this desired outcome.

Value The Secret Formula

When I was first taught this powerful tool I didn't understand any parts of it. The **physical** activity was a mudra – a symbol made with the hands. The **mental** aspect was picturing Buddha inside me – a concept to which I could not relate. The **vocal part** was a “chant” from a different language. I was totally uncomfortable with this part because I had learned how powerful the voice is. Speaking something out loud had changed my life in numerous ways – and not all of them in nice or positive ways.

None of this sat well with me. I was extremely uncomfortable with even trying it. The added bittersweet icing on the cake, so to speak, was what we had to do to learn this THREE SECRET RE-ENFORCEMENT. We had to put \$20 in 27 Red Envelopes and give it to the master!

This was early in 1986. Do you have any idea how much money that would equate to in today's currency? It's about \$1300! PLUS every time we would be taught it, or used it in our class, we had to do this same ritual of giving 27 Red Envelopes with \$20 in them to the master. I PAID THOUSANDS OF DOLLARS FOR THIS INFORMATION!





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Why This Program Works

When you do the following steps, you will be utilizing the intrinsic energy of the 3-step process, or the Three Secret Re-enforcement I just shared. It involves: 1) You printing and placing the cures (which is the physical part), 2) you will be reading the printed pages about each direction (which involves your brain, the mental part), and 3) You will be speaking **out loud** your desired outcome (these are the emotional and spiritual parts). In the process of placing the cures while visualizing the desired outcome and making a vocal statement or affirmation, you are integrating the physical, mental, emotional, and spiritual bodies.

This is the **MOST POWERFUL ACTION** you can take, and not just while doing this process; **THIS** is a **TOOL** to use **throughout your life!** Used for the **HIGHEST GOOD**, it is the mind, body, and spirit integration! It can help you manifest everything you want in life – as long as you are doing it for the **highest and best common good for everyone!**

The Steps to Take Using This Program

Here is a suggested order in which to do the items included in this program. Yet, if you are short on time, go straight to #3 and start the process there. It will take you about 15 minutes to do just #3. Go ahead and start with #3, then do the rest of the steps as soon as you can. When you have finished all the steps, no matter what order you have done them, you will have cleared negative energy and reset the home for optimal Rat Year energy.

More specifically, you will have cleared negative energy anchored in your environment due to this year's events and change in elements and any leftover negative energies from previous years. You will have balanced your environment with the correct element for optimal support for the area, set your intentions through affirmations, and brought the building into harmony through the Singing Bowl recording.

If you have time, listen to all recordings and implement all the steps. In this way you will have learned what & why you are doing each step. You will have





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a more complete shift in energy from the very beginning rather than a piecemeal approach. I think it will take you about 3 hours total to: a) listen to the recordings, b) shake up and clear the previous energies, c) find the directions, print the cures, and set the items out in the correct locations as well as stating an intention or affirmation in each area, and d) play the Singing Bowl recording throughout your home to set the same harmonious frequency throughout the building.

That finishing process of playing the Singing Bowl recording in each room is a powerful addition to this program. Play the Singing Bowl for the duration of the recording (about 5 minutes) in each room.

The total time will depend upon how many places you feel need to have the “bell” rung to shake up and clear stuck energy. For example, if you have clutter or feel uncomfortable in 4 places, you will ring the bell recording 4 complete times for approximately 6 minutes each, which will take you approximately 24 minutes. Obviously, the more places that need clearing the longer the time you will need.

Plus how many rooms you have where you need to play the Singing Bowl recording will impact the time required. For example a 4-room home will be 4 rooms x 5 minutes = 20 minutes. Verses a larger home that will take more time. For example a 9-room home will be 9 rooms x 5 minutes = 45 minutes.

Here is the order I would recommend, but if you can't start with #3:

1. Listen to the *Overview Recording*. It is a little under 19 minutes long. It will give you general information and a positive approach for this year.
2. Listen to the recording about the *Magic Nine Square + Five Elements*. This will help you understand how the Yearly Animal with their elements affect our homes and why we want to utilize their help in balancing our environments.

3. Gather the tools

- You'll need a compass. Download an app for your smart phone, purchase a compass, have a friend show you where each direction is located or figure it out by where the sun rises (east), sets (west), the North Star in the evening sky (north).
- Print the “Directions, Challenges & Solutions” download pages





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- Print the Cures – unless you have the object itself, then you can use that object instead of the printed cure. You can use either the Traditional Cures, the Modern Cures or a combination of both – whatever feels best and most comfortable to you.
- Take the “Direction” page with you to the corresponding direction area and place one of the recommended cures in that location. If you don’t want the printed “cure” seen, place it in a drawer, tape it behind a piece of wall art, tape it to the inside of a closet or set it on a bookshelf or anything else that will work for you. (If you use the printed “cures” this process will probably take about 15 minutes to complete.)
- Be sure to state OUT LOUD an intention, or affirmation, as you place the “cure” in the directional room. For instance in direction #1, the Northeast, it is the Star of Prosperity. An affirmation you say out loud while placing the cure might be, “I am open and receptive to all the wealth life offers me.” Or, “I deserve prosperity.” I found these through the Internet in case you need help coming up with something to say.

Side notes:

1. **You may want to make a list of where you placed each item so you can retrieve it more easily at the end of this Chinese New Year.**
 2. **If you can, follow the numbering by doing the #1 direction (Northeast) as the first area, then #2 direction (South) and so on through to #9. In doing it this way, you are acknowledging the flow of the Flying Star pattern and setting intention to move the energies accordingly.** (If you can’t for any reason, try to picture in your mind’s eye how the pattern goes. It’s just one more layer of awareness you are creating within yourself.)
4. Notice where you have clutter or the energy of your home feels off. Maybe you have picked up a bad habit like eating at the refrigerator, or you seem to be arguing with a family member in roughly the same location. Those are signs some negative energy has started to “anchor” itself that location. We need to use the “Ringing Bell” to shake up that energy and move it out of the area. Play the recording of the bell for at least 3 minutes and longer if you feel it is necessary. Play the recording several times in the same location if needed. A nice touch is to have a window or door open to allow the negative energy particles to “flow out of the room” on the wind that blows through the house





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when the windows and doors are open.

Warning: Sometimes Animals really get upset hearing the sound of this bell. If your pet shows signs of distress, please put them outside or in a room further from the sound to make them more comfortable.

5. When you have finished placing the cures and have “shaken up” and moved the stuck energy out, play the Singing Bowl recording to bring Harmony into the home or building. Play the complete recording in each room, then move to the next room and repeat.

Warning: Sometimes animals love this sound and the harmonizing affect it has on a room. They will go to and stay close to the sound. There is no problem if this occurs. It is more for you to become aware that the animal sensed the energetic change for the better in this location.

MORE ON SETTING INTENTIONS

No negative thoughts are permitted – No fear, No anger, No sadness, or loss of hope. THINK ONLY GOOD THOUGHTS!!!

While doing this whole process, please be as mindful as you can be. Think positive thoughts, think about how grateful you are to be alive, to have family and friends. Know how very smart you are to have realized your home’s energy needs to shift. It needed to shift from the fear-based energy prevalent in this world that has infiltrated your home. You are in control of this part of your life! You are shifting from harmful energies to the energies of love, light, hope and gratitude.

Congratulations! You’ve empowered yourself to take charge of your life by making changes to the energy of your environment that are going to support you. They are going to help you achieve a better, THRIVING LIFE!

Congratulations again! You’ve done it!!!

