





AUTOIMMUNE HEALING SECRETS FOR SENSITIVE SOULS

Feel Fantastic Formula™ ~ RESTORE
MODULE 6


Feel Fantastic Formula™



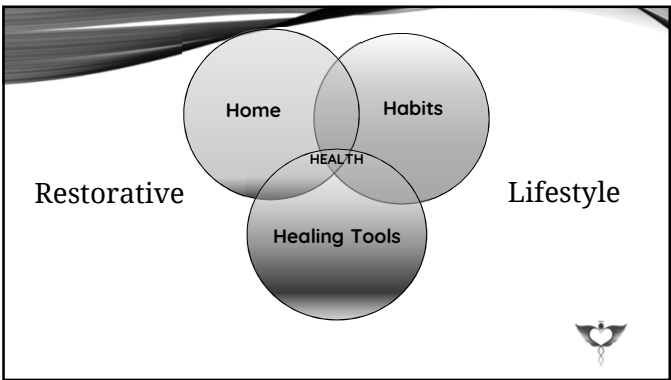
RECOGNIZE RELEASE
RESTORE RECALIBRATE

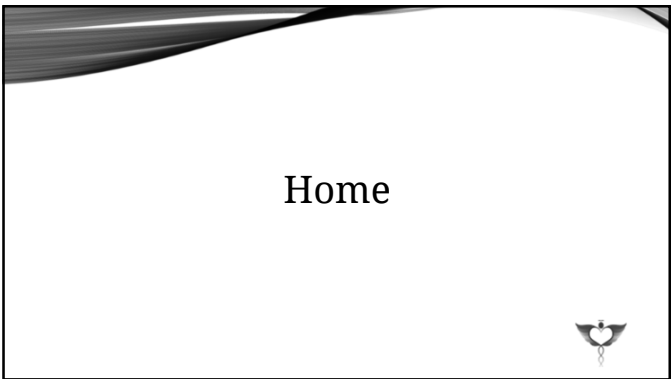


The wound is the place where light enters you
~RUMI









- Clear-ify
 - Physical clearing
 - Energetic clearing
 - Fresh air
- Detoxify
 - Skin and hair care
 - Household cleaners and detergents
 - Bedding, clothing
 - Mold
- Beautify
 - Nature elements – water, stone, wood, crystal, earth, fire, metal
 - Color, space, sacred space
 - Silence, music

HOME

Beautify

Detoxify

Clear-ify

Habits

Sleep and Rest

Pure Water

BioFuel

Sunlight

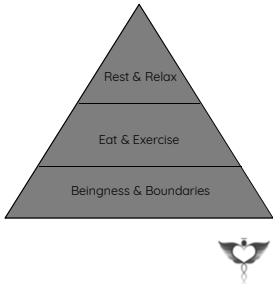
Breath

Minerals

Nature Grounding

HABITS


- Beingness and Boundaries
 - Beingness – Stillness - STOIM
 - Restore Boundaries daily
- Eat & Exercise
 - Whole foods - AIP diet
 - Hydration and Minerals
 - Qigong, yoga, Tai Chi, isometrics, walking, nature swimming
- Rest & Relax
 - Sleep hygiene
 - STOIM – “Yin while you Yang”

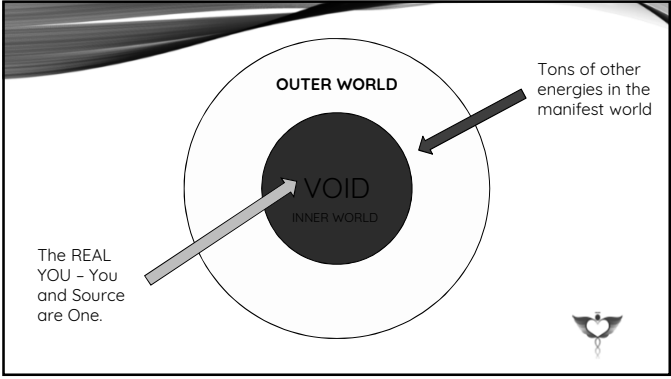


Beingness & Boundaries



Dr. Brene Brown
Researcher on Vulnerability and Boundaries
<https://brenebrown.com/videos/>







Beingness


"Being truly YOU, without energies of other people's stuff attached to you or affecting you."

Daily Habit: Clear your energy field/aura at least once a day before bed and any time you start to feel low.



**CLEARING ENERGY FIELD
TKH DIRECTIVE**

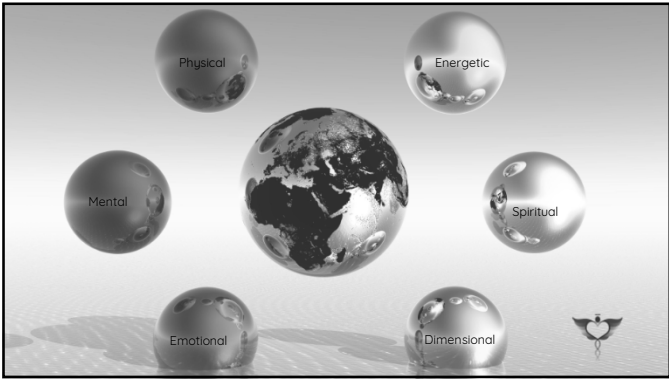
"I now command that all parts of me, including my energy field, be clean, cleared and balanced, and be infused with the highest vibration of love and light. Thank you."



**CLEARING ENERGY FIELD
OTHER FUN OPTIONS**

1. Spray yourself using the Clearing and Protection spray formula or Ascension 1/2 charged water
2. Charge water with Ascension 1 and drink throughout the day
3. Ask your God/spirit team to clear your energy field
4. Take a shower and imagine your field clearing
5. Take a Himalayan Crystal Salt bath





BOUNDARY RESTORATION

"I now command that my boundaries to everything and everyone be restored to 100% health, balance and sovereignty in the highest and best way, all directions of time, in all timelines where I exist, in the highest and best way."





FOOD & NUTRITION - AIP

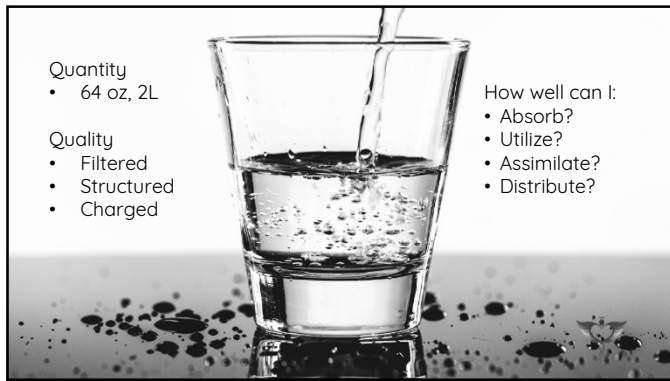
<p>DO EAT</p> <ul style="list-style-type: none"> • Bone Broth • Vegetables (no nightshades) • Fruits (limited) • Coconut products • Fermented foods (go slow) • Grass fed meats, poultry, seafood 	<p>DON'T EAT</p> <ul style="list-style-type: none"> • Processed food, dried fruits • Sugar, artificial sweeteners • Grains/gluten • Dairy/eggs • Nightshade vegetables • Beans, nuts, seeds • Alcohol, chocolate, caffeine
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<https://aiplifestyle.com/what-is-autoimmune-protocol-diet/>

THE LOVING DIET
Going Beyond Paleo into the Heart of What Ails You
JESSICA FLANIGAN

AIP ONE DISH
Meals Prepped in 15 minutes or less
BY JESSICA FLANIGAN

AIPLifestyle.com
Jessica Flanigan







VITAL QI STATS

- Qi storage
 - Dan Tien
- Qi production
- Qi Evolution



- Qi Processing
 - Qi receiving
 - Qi distribution
 - Qi conversion
 - Qi concentration
 - Qi distribution
 - Qi flow



RESEARCH ON BENEFITS OF QIGONG



- Bone health
- Cardiopulmonary fitness
- Quality of Life
- Self-efficacy
- Fall prevention
- Fibromyalgia




WHAT IS QIGONG?

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

The word Qigong is made up of two Chinese words. Qi is usually translated to mean the life force or vital-energy that flows through all things in the universe.

The second word, Gong, means accomplishment, or skill that is cultivated through steady practice.

Together, Qigong means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.



PRACTICE OF QIGONG

- Designed to cultivate the integrity and the enhancement of the life essence Qi.
- Incorporates a wide range of physical movements including slow, meditative, flowing, dance-like motions
- Can include sitting or standing meditation postures as well
- Involves the regulation of both breath and mind coordinated with the controlling of the movements of the body



Qigong Exercise



Rest & Relaxation



SLEEP HYGIENE

- Gentle quiet bedtime routine
- NO WATCHING THE NEWS!
- Avoid electronics
- No Caffeine
- Fully darkened room
- Sunlight during the day
- Avoid eating late at night

<https://www.sleepfoundation.org/articles/sleep-hygiene>





“YIN” WHILE YOU “YANG” S.T.O.I.M

Stillness through Observing Internal Movement





ENERGETIC HEALING TOOLS

- LifeWave Phototherapy Patches
www.lifewave.com/drkaren
 - X39 stem cell enhancement
 - IceWave pain relief
 - Aeon anti-inflammatory
 - Energy Enhancer
- PEMF – pulsed electromagnetic frequency machines (example: Photon Genie)
- Energy Tools International
 - EMF Transformer
 - Energy Infused Pendants
 - Vital 360 300 HEMP (CBD oil)
- Dr. D's Tinctures Nutrilink Energy
info@nutrilinkenergy.com

Peter Schenk's:
www.modernmagmystic.com

- Aquaware 5 www.karenkan.com/aa5
- HFA Mini necklace
- Terra Resonator

• VibesUp www.karenkan.com/vibesup

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• Earthing.com
• www.karenkan.com/earthcalm
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VibesUp Flip Flops





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www.enviromedica.com

www.himalayancrystalsalt.com



- Dr. Willard Water www.drwillard.com
- Probiotics
 - *saccharomyces* boulardii (beneficial yeast)
 - Soil bacteria (Organix)
 - Bifidobacterium
 - Lactobacillus



MODULE 6 CHECKLIST

☐ Daily Priorities for Rapid Transformation

1. STOIM
2. Clear your energy field

☐ Choose one new positive thing to start each week – what resonates?

- ☐ Home
- ☐ Habit
- ☐ Healing Tool

☐ Celebrate your successes!

☐ Do little things consistently

☐ Appreciate yourself

☐ Forgive yourself

☐ Let go of perfection

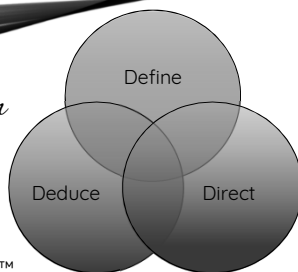
☐ Stay connected

☐ Find an accountability partner

☐ Keep learning! Read, watch documentaries, videos etc.



Align



Activate

The TOLPAKAN™
Healing Method

Ask



