



My Red Light Plan

Red

- Intense chakra clearing
- Guided Imagery/Meditation
- Walk immediately in the park
- Music
- Keep moving
- Pray
- "I let go"
- ER911 homeopathy
- Movie therapy/comedy
- Hot shower
- Listen to audiotape of Keith Jordan, Wayne Dyer, etc

Yellow

- Use feelings as barometer of stress
- Walk as soon as possible
- Take deep breaths
- Remember everything happens for a reason
- Guided imagery/meditation
- Lay on earth
- Instrumental, calm music
- Pray
- "I let go"
- Sing happy energetic songs
- Lavendar/calming essential oils
- Hot shower

Green/Daily Activities

- Prayer
- Release all that isn't mine
- Envelop self in cloak of light protection (multiple times during day if going into intense situation)
- All is a blessing; everything happens for a reason
- Will never get it all done
- Walk; have nature fill my cells
- Eat whole food