

EXPANDED REMEDY DESCRIPTIONS

Abandonment -- This is a pattern that almost everyone has--from parental neglect, to being lost in a store as a child, to being left in an unfamiliar place without the emotional resources to settle the energy. Abandoning ourselves and feeling abandoned by God or the Universe is at the bottom of this pattern and it becomes a recurring theme in relationships, career, family, etc.

Abundance/Money -- **Abundance** is the feeling of having all you need right now, and more. It's the feeling that you can rely on your future, on your world or "the Universe," to provide for you. It activates the part of your brain that houses safety, stability, and nurturing. Scarcity, on the other hand, is the sense of uncertainty, that what you need may not be available. It activates the parts of your brain that deal with competition, urgency, and despair. The circumstances may not be the slightest bit different--but your experience is because of your opinion. What if changing your opinion could change your reality?

Is **Money** the first Remedy you came looking for? Is it the first chapter you turn to in self-help books? Do you share every "money" meme on Facebook? Carry a green piece of paper in your wallet or write a "New Moon Check" every month?

Let's face it--this is the main focus of most people's lives right now. It's in our politics and religion--it's everywhere. The morphic field of money is huge--and primarily negative. It's not just *your* pattern you're dealing with, it's the pattern of every person who feels that they don't have enough—*planet wide*.

Money isn't just a single issue--it's all kinds of things wrapped up in that neat little package. What are your opinions about money? What about the people who have it? Do you disdain "the 1%" or do you just dislike the way they use their resources? Is money--or the love of it--really the root of all evil, or have you been sold a bill-of-goods? We know in energy work that the way to have more of what you want is to love it, so.....

As you're using this Remedy, watch what comes up for you about money and all it represents in your life. Virtually everything around you has required money at some point, to come into existence; maybe money is even better (and more "Godly") than you thought!

How will you use it differently? How will you be charitable, while maintaining the sovereignty and dignity of those you hope to help?

If you feel you're being called to shift the paradigm of money on the planet, we thank you. This is the place to start!

Acceptance – We need to accept things as they are in order to move forward. Dynamic tension needs to be put into play in order to sling-shot us into our new reality. If we ignore where we are, that tension is missing and transformation becomes much more difficult. "Acceptance" doesn't mean agreement and it doesn't mean we like it. It does mean we're ready to move on.

Addiction -- ****STOP**** -- When you read the word, did you immediately think "That's not me!" and move along? You don't smoke or drink to excess, or take drugs. No out-of-hand gambling or shopping or sex. We get it.

But what about your drama? Proving you are tough enough to make it through just about anything? Repeating and repeating old behaviors that no longer serve the story you want to tell? You could be

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addicted; most of us are or have been. It's a big reason why things never change. Deep down, you might not know what you'd do without things being the way they are.

You deserve the wonderful things you want—maybe you need to release an addiction to the crap.

Aging/Rejuvenation -- We live in a time when it seems that everyone is obsessed with aging and youth. There are even programs to help you "Youthen." The problem is that, when you're focused on aging--or worse, ANTI-aging--that's the morphic field you're in. The only way we know of to not age is to die. We'd much rather see aging as something to be celebrated--revering the wisdom that comes with experience while thoroughly enjoying a strong, healthy body.

This Remedy helps slow, and often reverse, the decline many people expect to happen as they accumulate years. It will not stop the aging process (YAY), but it's designed to help eliminate the visible signs of aging that we dislike as well as adjust your attitude toward the process.

A great way to use this Tile is to charge your skin creams and lotions as well as the usual water.

Allergies -- Physical allergies are nothing to sneeze at (sorry -- couldn't pass that one up) but they all have their origin in non-Physical energy. Some even say depression is an allergy to life's energy.

Usually, a non-verbal decision is made that the allergen is to be avoided to eliminate the threat of being hurt or hurting another. This remedy is designed to clear that decision and return the pattern to balance.

****Do NOT use this remedy in place of doctor-prescribed medication. It can be used in conjunction with anything your healthcare professional has authorized.*

Altschmerz -- Weariness with the same old issues that you've always had--the same boring flaws and anxieties that you've been gnawing on for years.

This isn't the same as complaining that you're "tired" of a situation or a habit; we all do that constantly, but nothing seems to be different. This is a true weariness. It doesn't involve anger or tears or heavy emotion. There's no blame, no gnashing of teeth. It's honestly being bored beyond words with your own daily "story."

Is your "stuff" finally boring to you? Good! That means you can finally change it!

Anger -- Used appropriately, anger is a powerful creative force. It can be used to motivate you and to anchor your manifestations. It becomes a problem when it clouds your thinking and consumes your life.

This Remedy helps you to channel your anger into beneficial actions—or, if you're overwhelmed with emotion and rage, it will aid in dialing it down a notch or 10.

Anxiety – How many times have you been told “It’s all in your head; just calm down”? Us too. Anxiety comes at us from many directions. And things that aren’t anxiety sure as heck feel like it!

Sometimes anxiety comes from a lack of control. Sometimes it’s actually you releasing old patterns and habits and ideas and identities and the space hasn’t been filled again yet with something new. And

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sometimes, it isn't even you--you're picking up on others in your surroundings. Whatever it is—it sucks. This Remedy is designed to tackle the patterns that appear as anxiety, regardless of their origin.

Apathy – It's easy to get into this pattern now—there's too much to care about and not enough energy to devote to it all, so we shut down. It's not that we don't care—it's that we care too much. (If you really didn't care, you wouldn't be reading this....)

Authenticity -- In the era of social media, the pressure to present ourselves in a certain way is nearly irresistible. The energies of this time, however, require us to be authentically who we came here to be in order to create the world as we want it--deep and satisfying and holy.

You can fool Facebook®, but you can't fool the Universe.

Bad Cycles -- This can be one of the most frustrating things in our lives--situations unfold the same way every single time, no matter what our intention is or how we do things. After a while, we just expect things to happen that way. That's a good thing if the pattern is positive--not so much if it appears to be failure every time. You're stuck in a twirly with no way out.

Use this Remedy with any issue that seems to be same-old/same-old for you.

Balance -- "Positive thinking" isn't all it's cracked up to be. Balanced thinking is where it's at. From a point of Balance, you have the entire spectrum of information, emotions, actions, etc. at your disposal. Sometimes it's appropriate to be angry--if it is in small doses and spurs you on. Other times, forgiveness and peace are what's called for. Use this remedy to move into a place where you can respond accordingly.

This Remedy can also be used to help with physical balance issues. Imbalance is imbalance, however it manifests.

Be Extraordinary – aka the "Crabs in a Bucket" Remedy. What's that? It's the general idea that crabs seek out crabs attempting to escape and pull them back into the pot, making it nearly impossible for one of them to break free.

You didn't come here to be mediocre--you came to be a bad-ass. But the world somehow seems to support mediocrity and the mundane more than it supports excellence. What to do? You know the answer.

Body Appreciation – What a glorious and amazing body you have! Look at all of the phenomenal things it can do! Even in its worst shape, it's still a complete wonder. Why? Your body is your ticket to experience the Physical Plane. Period. Without one, you aren't here. Isn't that cause enough to appreciate it? Anything else is just a reason to have something you're not happy about. Look at a photo of yourself from when you were younger. What did you dislike about your body then? How much do you wish you looked like that now? If you answered "Nothing" and "Not at all" to those questions, you don't need this Remedy.

Boost -- Hang onto your hat--this Tile is designed to do just what it says...boost the effectiveness of any other Remedy you decide to pair it with.

Be judicious, please.

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Business – You have a great idea for a business—you just need a little confidence to launch yourself into the big time. Or, you’ve decided to go for it—you’re going after your dream. Or, you’re ramping up something you’ve already started. It doesn’t matter—you’re in it! We salute you and are cheerleading from the sidelines!

Calm -- When you feel like you could use a good deep breath. (And who couldn't right about now??)

Childhood Trauma -- You can only change a cycle if you are in the cycle. When we clear this pattern and make a vow to have it end with us, generations are healed. The cycle will stop from this point on.

This Remedy is for emotional, physical, sexual, and mental abuse of any kind.

We want to remind you--it's not your fault; you didn't attract it; it wasn't something you could have done anything about. It happened TO you, not because of you. You're brave beyond measure and we're glad you survived.

Clarity/Insight – What people seem to want almost as much as they want to know their purpose, is clarity and insight. The key is to not let the search stop you in your tracks. Don't let the desire for clarity move you into inaction.

Clear Energy -- Clear the energy of anything you've brought into your life from another source--grocery store, retail store, etc. You don't need to add anyone else's energy to yours. This Remedy is used to clear those energies away, leaving the pristine energy of the item for you to imprint with your own pattern as you use it.

Place a bag, bottle, glass, cup, food item, clothing item, etc. on the Tile. No need for a separate tile for each item--go ahead and put the entire bag down. If you have a ton of stuff--consider getting a “Clear Energy” Remedy Mat.

This pattern is self-clearing--no need for moonlight, smudging, etc.

Clear People -- If you work with "The Public," we know just how much you'd love to have everyone go through an energy decontamination shower before they enter your space! If you have friends over and are ready for them to leave before they've finished their first iced tea--we get it. Wouldn't it be great if people could go through a force field before you had to encounter them--or if YOU could do the same when you came home at night?

This Remedy will do just that. Get several Tiles and place them around your store, office, or home. OR get a Mat and hide it neatly under the doormat at the front door. You'll be happier not having to deal with that extra energy, and *they* will wonder why your place always feels sooooo good!

Clear Spaces -- Buildings hold the energy of their inhabitants; it's just part of life. It becomes a problem when the energy patterns of previous tenants interfere with *your* life. (OK, we'll say it.....haunting.)

"Clearing spaces" used to involve smudging, chanting, candles, incantations, salt, etc. In an era of quantum everything, that energy is old and slow. Strategically placed Tiles or Mats will clear the energy of people (and pets) still bound to your space and make it your own.

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This is a great house-warming gift for yourself or others. Make that new home *really* a new home. Fresh starts for everyone!

Confidence – That little swagger in your step; the tilt of your head; a twinkle in your eye—damn it feels good! We know you're amazing—now it's time *you* know it, too.

Connection to Others -- Use this to help strengthen relationships with loved ones in Physical Reality, as well as connections with those on the Other Side.

Connection to Source – You can't really be disconnected from Source—because you *are* Source. But sometimes, even in the best of times, we somehow feel separate. This Remedy reminds you that you're not.

Courage – Being in a body is tough work, and only the most courageous souls are here right now, doing this in the energies that are being shot at us daily. Don't *ever* let anyone tell you that you lack courage—especially not someone without a body! YOU volunteered to come now and deal with this and you're doing a kick-ass job! To paraphrase FDR, courage isn't the absence of fear, it's having the fear and moving forward anyway.

Use this Remedy if you need reminded just how heroic you are!

Creativity – We have this Remedy as support particularly for our Artists and Writers and Performers—but if we're honest, we ALL have that creativity in us that needs to be expressed and validated.

Deep Rest -- Do you wake up just as tired as you were when you went to bed? Do you feel like you're never rested and are running on a hamster wheel? Even when you sleep, actual rest seems to elude you? Give yourself the gift of deep rest with this remedy.

Depression -- A brilliant ER doc once said "Depression is a combination of frustration and exhaustion." He'll get no argument from here. This Remedy is designed to counter both of those conditions and the hell they create together.

Determination – This is the CHEERLEADING Remedy. Use this when you need a little support to go that last little bit to get the result you want.

Disaster Thinking -- This is a huge piece of the puzzle that is PTSD. Your mind immediately goes to the worst possible scenario in nearly every situation. A friend didn't answer the phone because they have been in an accident and are at the hospital on life-support...instead of not hearing the call. Your boss has asked you to come into the office to "have a chat"...and you're convinced that you're about to be fired. Never mind that there is no basis for your concerns in either case; this is where your mind goes before you even realize it. And it's tough to talk yourself back.

There is an element of ADDICTION to this one--addiction to the adrenaline rush that comes with the unease and an underlying current of thrill. Common sense would suggest the way to counteract this situation is with CALM, but we've found that to actually be counter-productive. Remedies designed to create peace actually end up creating more stress initially. After things have settled down, you can introduce the softer energies.

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Drama – You *just* about ran out of money. You *nearly* got fired. You *always* have a feud going on with a neighbor. Your health is *constantly* in crisis. Your family is a *disaster*. It's pretty thrilling, right? To be the center of attention, even when things are going wrong.

Does that sound like your life? No matter how hard you try, you're constantly surrounded by drama. And if it isn't yours, it's in the life of someone you're close to or it's swirling around you.

Maybe creating drama isn't the best use of your energy. Are you bored? Are you addicted? You have to decide.

Earth -- We don't believe that being in a rural setting is automatically more "Spiritual" than being in a city. Some of us LOVE the hustle and bustle of the city and are stressed out by country roads and cows BUT we still want the energy of wide-open spaces, fresh air, babbling brooks, cold streams, and the amazing energy of Mother Earth, so we use this Remedy to add all of that to our hectic, glorious city lives.

Ease and Grace -- Grace is usually defined as: "The free and unmerited favor of God." Since we're all aspects of Divinity, we're free to offer the same to each other and ourselves. In doing so, we can mitigate some of the suffering we see in our lives and the lives of others.

Ease is just that—moving through life without struggle. It's not that there isn't effort—it's that the effort has purpose and direction and, most importantly, resolution.

Emergency Trauma Intervention (ETI) -- Life throws us curve balls and it's impossible to be prepared for it all. ETI is the perfect Remedy for any sudden or unexpected trauma--physical, emotional, mental, or spiritual--regardless of size or severity. (World events, family issues, falls, traffic accidents, bad news, an unexpected and unwelcomed change in plans--anything disruptive that causes anger, confusion, pain, discomfort, frustration, panic or fear.)

We recommend charging a container of water with this Remedy and keeping it in the fridge. Drink directly from that container, or add some of the charged water to other drinks and consume until the emergency has passed and you feel more settled.

Follow up with CALM, CLARITY, DEEP REST or any restorative Remedy.

Energy – You go to bed tired, you wake up tired. Weekend sleeping in doesn't seem to help and you know you shouldn't drink those caffeine bombs they sell at the gas station. What you want and need is even, sustained energy that doesn't make you jittery and crashing a couple of hours later. You just found it.

****Do NOT use this Remedy in place of seeing a doctor.*

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Ethics - We're going to guess that yours are ok, since you know what happens when they're not. This Remedy is useful when you're dealing with people whose ethics leave a lot to be desired. Most beneficial in the workplace. Let this Tile help get people on the right track.

ETI

Flexibility – Things are changing on a dime these days and we can't be stuck and static if we're going to survive with our sanity intact. Circumstances now require us to be more adaptable than ever. The old saying "God laughs while Man makes plans" has never been more true than it is now.

A wonderful side effect of this Remedy has been an increase in physical flexibility as well.

FOMO -- "Oh look...something shiny!" We succumb to that more often than we like to admit. It's also known as FOCUS So much to put our attention on...and so much to focus on and get done. We use this daily. ("FOMO" is Fear Of Missing Out)

Forgiveness – We have an on-going conversation around here (with ourselves and with each other) about "Forgiveness." It's a charged subject, to say the least. Some of us think it's the only path to Peace; some of us have a more difficult time. Too often, Forgiveness is charged with blame and has an air of righteousness that many of us dislike. It also often feels like the person we need to forgive is being let off the hook.

When asked what it would take to forgive someone who had done something which needed forgiveness, most people say "I just want them to say they're sorry." As much as we hate it, that's not always possible.

In that vein, this Remedy is that APOLOGY. It lets no one "off the hook" other than you. It transcends time and space. It allows you to move on and be at Peace.

Grief/Loss – This is honestly the worst part of being Human. And there isn't a way around it. We want you to know that we hold you in our hearts. There isn't a timetable for grief; you need to go at your own pace and do it however it comes up. The only "advice" that we'll give is to let you know, there will come a time when you can breathe again.

This is also the Remedy to use when you're grieving the loss of yourself—your innocence, your childhood, your Center.

Grounded – So many of us have a challenge being grounded. There are places on the planet where grounding is difficult (yes, L.A.--we're talking about you) and certain situations where grounding would help move us through energy. This Remedy is designed to help with them all.

Use this Remedy when you're flying. It will help with jetlag and that weird feeling of "missing time."

Harmony -- Even in what appears to be chaos, the Universe seeks harmony. Use this Remedy with anything that makes you feel happy.

Health/Wellness – We don't focus on particular dis-eases, as they usually have many patterns of origin. This Remedy addresses them all to bring the entire body (physical, mental, emotional) back into health. It also helps to maintain health and a feeling of well-being—something we can all use these days!

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When you use this Remedy, you may focus on the condition you would like to have changed. However, as you go about your day, please make sure you aren't searching for the discomfort, because you'll likely look until you find it.

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Heart Center -- In spite of current New Age sound bites, you don't create from your Heart--that function is reserved for your lower chakras; they're designed to solidify energy into something that can be experienced on the Physical Plane. BUT...what you DO with the manifestation has *everything* to do with your Heart.

It can be hard to stay in your Heart 24/7, and it's not something that you should stress over (it takes you out of your Heart and plops you in your head), but you feel better, as do the people around you, when you can remember that's the best place to be. From your Heart, you shift the energy of Creation from being just material to being gloriously material.

Hyperactivity – We wonder how much of hyperactivity is just an overwhelming wonder at all the things there are to do and feel in a body. We understand that there are times when it's inappropriate and we need to settle down.

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Inspiration – Looking for that A-HA Moment? That great idea out of the blue? Sometimes it doesn't come because you're trying too hard—or expecting it to come. Inspiration is often like a miracle...it sneaks in and catches you by surprise. (Otherwise, it's just called "an idea.")

Intuition – We all have it. Yes, including you. You just have to train yourself to listen.

Jealousy – The advent of social media had to have upped the jealousy quotient in the world by about a million percent! Not a good energy to spend your life in. This is an abundant Universe—someone else's good fortune is not your loss and another person's loss actually isn't your (or another person's) gain. That's not how this all works.

Joy – This is what it says it is. Nothing cryptic here. Who in the world couldn't use more JOY?

Kindness – The world could seriously use a lot more of this. We have these tucked away around the office and our homes, just for good measure. We've also been known to carry one in our pocket...

Kuebiko -- A state of exhaustion inspired by acts of senseless violence.

Let it Go -- If you have a child, you're singing the song right now, aren't you? (Maybe anyway...) Sorry. But seriously--we get so wrapped up in ourselves and our stuff that we forget to just let some of it go. This is the energy equivalent of "if you haven't worn it in a year, get rid of it!" If the belief or habit or opinion or whatever doesn't serve you anymore--Let It Go.

People have asked us why we have this Remedy instead of RELEASE. Well...we've found RELEASE has a tendency to be a little more "physically harsh" than we'd like to see you experience, if you get our drift.

It was also suggested that we call it "EMOTIONAL LABOR" but...

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Both names suggest a difficulty we're not comfortable implying. We'll stick with an earworm.

Liminality – When you are no longer who you used to be but are not yet who you know you will become.

Magic -- Ssshhh...it still exists. Deep down inside. You just have to believe.

Manifestation -- What good are your dreams or intentions if they don't manifest in your life? Keeping your "stuff in escrow" is nice, but it's all just potential at that point--you want to experience it with your five senses.

Use this Remedy to claim your "stuff!"

Meditation -- Years ago, we asked a "guru" if we HAD to do an hour meditation. He said "No." We asked, "Does it have to be 50 minutes?" He said "No. We asked "40 minutes? "No." "30?" "No." "20? 15? 10?" "No." "Is there a required amount of time for a meditation--or is it the *quality* of the time that counts?"

If you have an hour for a meditation each day and you look forward to it as a time for yourself, this Remedy can be used to deepen your experience and strengthen your practice. If, however, you don't have but 5 minutes to yourself and would LOVE to have the calmness and clarity that come from regular meditation, this Remedy can be used for the same purposes--but in a shorter amount of time.

There aren't any laws or rules--you need to do what works best for you. And guilt or shame have no place here.

(We've been told that monks in Tibet meditate near rotting corpses. They're on their own.)

Memory -- Many of us have concerns because we can't remember as well as we used to. These days, it doesn't seem to have much to do with age. It's part of the energy shift and the things we hold as important.

Miracles -- If you're frantically looking for a miracle, this Remedy is for you. Miracles can't come into desperate energy--they have to find the cracks. Miracles can't be expected or commanded or forced--they're delicate, special energies that come in when we relax and allow.

This Tile helps you to create the opening for miracles to manifest.

Monachopsis -- The subtle but persistent feeling of being out of place.

We don't think we know anyone who feels they belong here—it's an occupational hazard and it comes with the territory of being on the cutting edge of consciousness. Not to worry—you're in good company, even if we do say so ourselves.

Don't let the feeling stop you. You'll find your "group"—it may not be huge, but it will be perfect.

Move Forward -- Do you feel like you're treading water? Like you're stagnant? Like you're completely and irreparably stuck and your life will never move forward again? Tired of "one step forward and two steps back"? This Remedy is designed to get things going. Be aware—it may not look like you've always

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thought it would, but you *will* be moving forward. If you allow the part of you that is running the show and that knows where you're going best to do its deal, you could be headed for your best life ever!

My Needs DO Matter -- If you're a child of the Dr. Spock era (not Star Trek...that is MR. Spock), you have this. In fact, any baby who is left to "cry it out" likely creates this as an underlying pattern. Contrary to popular belief, babies *aren't* manipulative as newborns--when they cry, they're in distress. When the person(s) they rely upon for their survival doesn't respond to their pleas for help, they aren't learning to self-soothe; they're learning to give up.

The "My Needs DO Matter" Remedy is designed to counter that old decision and instill your new reality.

Nurturing -- Most parents try their best to take good care of their children. Sometimes, they fall short of our expectations, perhaps because they didn't have the role models or the skills necessary to provide the nurturing we need. The good news is that the healthy pattern can be introduced at any age--and heals both forward and backward in Time.

Order Out Of Chaos -- We're all swimming in a sea of frequencies--phone, tablet, computer, laptop, tv, WiFi, microwaves -- and it's becoming an even thicker soup each day. The energy in our cells is ordered--it has a rhythm and sequence. If your cells have to add "re-order" to their job description, they quickly become over-worked. Allow this Remedy to do the dirty work for your body.

If you're using a Tile, place it under the offending appliance, under your desk, or near the center of a room. It has an effective spherical radius of 5 feet, making it able to clear a 10'x10' room. The Mats work the same way, but have an effective spherical radius of 15 feet, making one mat effective for an entire average home (30'x30'). Just place the mat at or near the center of the home or office space.

(The energy is a sphere--meaning it's in all directions from the Tile or Mat, including up and down. It will clear 5' or 15' above and 5' or 15' below the placement of the mat, as well as 5' or 15' in all linear directions.)

A common "side effect" of this Remedy is the ordering of other types of chaos in your life—organizational, clutter, etc.

****Please note: If you are particularly sensitive to energy, you may want to leave the space while the Tile or Mat does its thing. If you choose to stay, you may notice you feel a little "loopy." This condition is only noticed while the frequencies are being ordered. If you leave and return about 15-20 minutes later, you won't feel this effect.*

Onism -- The frustration of being stuck in just one body, that inhabits only one place at a time. You know that you are a multi-faceted being, living in more than this dimension, right? You only get to be aware of one focus at a time. Make this the one.

Optimal Nutrition -- Use this Remedy to increase the nutritional value of the food you eat. For the highest benefit to your body.

Place a Tile in a cupboard or the refrigerator; place a Tile or Mat under a cutting board; place a Tile under serving platters or bowls; place a Tile under your personal dishes.

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Optimism/Pessimism – It seems that Pessimism is a pretty easy state to be in these days. Don't get us started on politics or the environment or our food supply. But forced Optimism really isn't any better, because you're not *really* optimistic--you're just bs-ing and the Universe knows it!

But there's virtually no energy that can beat an honest and easy state of Optimism. It's like the best magic spell there is!

Other Lifetimes – A reminder about Time: It's not linear; all of your thousands of lifetimes are happening in the same moment. None are really "past." For that reason, we don't use the term "Past Lives."

Some of the patterns we have as infants are from these Other Lifetimes—phobias, unreasonable fears, dislike of a person or place; love for a person or place. Even the "positive" ones are distracting—fun but distracting. Resetting the patterns helps you more easily focus here, where you live NOW.

Another reminder: You're an "other lifetime" for those thousands of other lifetimes. (YIKES!)

Pain -- When you are in emotional, physical, or spiritual pain, you want relief NOW.

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Peace – We've heard this described as deeper than CALM.

It's also been called "unconditional love" and "acceptance."

Perception/Perspective – "Perception"—our usual way of processing our world—is actually a projection of the Past that we imagine we experienced, onto the Present Moment.

If you change how you look at the world and your opinion about what you see/feel, you change your reality. Rather than the hackneyed saying "You Create Your Reality," perhaps a better phrase is "You Create Your *Experience* of Reality"—and that's what matters, isn't it?

We know a sweet child who told people that her mom never read to her—despite getting a bedtime story every night. But because her mom didn't stop cooking dinner or drop the laundry when this little girl wanted a story, her perception was that she was never read to.

How many similar mistakes have you made that you've used to create your Life Story? Who would you be and how would your Life change if that Story were told differently? "Change your mind, change your life."

Power -- "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us." -Marianne Williamson

Power that is out of balance can be dangerous, regardless of the pole.

Procrastination – Procrastinate? Us? Hahahahaha..... The key to creating a reality you love is ACTION. It's the piece most people are missing in the BE-DO-HAVE process. They want it to be BE-HAVE and it's not. Physicality requires action. So... Do. It.

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Purpose -- Probably the question that gets asked the most in esoteric circles is "Why am I here?" We read books and take seminars in hopes of finding the answer. The good/bad news is—it can't be found. It's a great cosmic secret that none of us get to know until we're on the Other Side.

BUT--if you'd like some clarity about and direction toward what to do with your life, this Remedy is designed to open lines of thought you weren't aware of before.

Reset -- How many times have you joked that you'd like a "reset button"? Well, here it is. The "Reset" Remedy is designed to reset any current pattern to the one you set in your original template. It can be used as a general reset, or with another remedy to help clear a specific issue.

Resistance – How much do you hate the phrase “What you resist, persists”? It always seems to come from a “well-meaning” acquaintance who has just learned about metaphysics and thinks you need to learn that lesson.

The bad news is, it's true. It's easy to see when we're resisting things that are bad—war, famine, violence. And ignoring those things doesn't make them go away. But resistance takes many forms—illness, allergies, failure, lack of money, ended relationships, anger. Perhaps a better use of your energy is allowing the good things in life to come to you in wonderful form.

Responsibility – It's your job to fix everyone and everything...and no one can talk you out of that. There is SO much to care about—and it's all completely valid and deserving of your attention. Causes. People. Philosophies. Conditions. Circumstances. Disasters. Wars. It's all really just too much.

Too many times, responsibility is about control. You can't control everything. In fact, you can control little. What you're responsible for is you and your reaction to what's going on around you.

You have a kind and generous heart and most of these things really pain you. You have to be willing to let things (and people) fix themselves. Remember the “star-fish” story (Google it if you're not familiar) and do what you can do and let the rest go.

Right Here, Right Now -- There is ONE Present Moment. Not a series of Present Moments. Just one, with an infinite number of vantage points. Changing the vantage point is what makes it look like "Time" is passing. Your only point of power is in the Present Moment. You can't create from the "Past" or from the "Future" because you aren't there. However, when you change your Present Moment, you change your life in all directions.

"Be Here Now" is a cliché? Maybe, but it's where all the cool kids are.

Sacred Space – You may have an altar; you may not have the room. This Remedy brings the energy of the Divine and the Sacred into any space. We use it when we travel to make hotel rooms and meeting areas feel more grounded in those energies. We find we do our best work then.

Safety – This is an issue for a lot of us, particularly if we're aware of things in the news. Sometimes, change can be scary and it's easier if we feel secure.

Use this Remedy if you just need to feel a little safer in your body and in your experience.

EXPANDED REMEDY DESCRIPTIONS

Self-appreciation – If you count your blessings, how many things do you list before you list yourself?

If you blow off compliments and discourage acknowledgements, you're dismissing powerful manifestation energies that align to help you get what you want.

Self-esteem – This is simply confidence in your abilities, talents, and worth. It's also self-respect.

Sleep – Scientists are just now letting us know how important sleep is to our wellbeing. It affects every function of our bodies and every aspect of our health. And many days, it's the only "reset" button we have for saying "I'm DONE!"

You turn off your devices; you eat early; your room is dark and cool; and your bed is comfortable. Add just this one more thing and you should have the best sleep of your life.

So...Now What – You've worked hard for a very long time. You've hung in there and persevered when you thought you might not make it. You had courage beyond anything you could imagine—and you have what you want.

Now what? Now you do Life. But.....how do I do it without a struggle? How do I do it if I have nothing to push against? It all feels a little anticlimactic and you feel strangely let down. Now, DUH-DUH-DUN... shows up and you set yourself up to jump back in the fray—just to make sure you're not bored!

You didn't come this far, just to recreate challenges. This Remedy is designed to help you settle in and find the wonderful experiences and challenges that come with contentment and fulfillment.

Stoicism -- ***TRIGGER WARNING*** Too many of us learned to "stand and take our punishment." We stood, stoically, waiting for whatever was coming next. We didn't run because we knew whatever would happen if we did would be worse. We knew if we stood still we'd at least survive.

We even took pride in the fact that we could "take it," knowing that it takes great strength to stand in the face of whatever was coming. And again—we'd survive.

But the cost of that survival—even if we grew up and ran later—is that it's become almost instinctual; we still freeze when something similar happens. Or we just run. Either way, we're at a disadvantage at work, in relationships...in every situation we face. But now, instead of feeling strong, we feel embarrassed and smaller.

It's as if the pattern has stolen our Soul.

We want to remind you that it wasn't your fault and you did exactly what you needed to do. It may now be time for you to change the pattern and move into more comfort.

Stress – We don't think this needs a word of explanation.

Study – This has always been a popular Remedy. It's a simple premise—just put a Tile or Mat near or under your books/study material and allow yourself to be assisted.

EXPANDED REMEDY DESCRIPTIONS

Success – Success means something different to each person. It may take a similar form: money, fame, acknowledgement, etc., but even these have their nuances. What's success to you? Is it outwardly directed? Is it an internal knowing? Have no idea?

If it's outwardly directed, there will always be someone who thinks you're less than. If you honestly have no idea what success means to you, how will you know when you've achieved it? If it's an internal knowing, you're almost there. See if you can put a picture to it; something for the Universe to use as a template. THEN you'll be good to go!

On the other hand—you're very clear about what success is to you. Maybe even too clear. And it freaks you the **** out that it's on its way. "WHAT?? WHAT DO I DO NOW?!?!?"

1. Take a breath
2. Use this Remedy to help you settle into the energy
3. Celebrate!!

Surrender -- You're not a quitter; you persevere and hang in there no matter what--sometimes, even after it's not healthy for you anymore. Surrendering doesn't mean giving up--it means turning over the outcome to the part of you that's really running the show. You're your own best friend--let the wisdom you have lead the way.

The Divine As Human – You remember what it's like—everything is Light and manifestation is instant. The memory of density leaves the moment you transcend the Physical body. And you yearn for that experience here.

Only one problem—you came here to do Human. That's your contribution to the expansion of God/the Universe. God/the Universe expands by experiencing, taking things from potential to actual. You didn't come to contemplate your navel or ignore what's going on around you. You came to be as totally Human as possible. You came to experience the full range of emotions that can only be felt in a body. You came to eat and drink and laugh and cry and make love—things you can only do HERE.

So, honor the Divine by being the best Human you can be. You've got plenty of "time" to be Light later. Use this Remedy if you're having challenges with that idea.

This Isn't It – No matter what presents itself, you find yourself rejecting it almost automatically. You can come up with a reason why almost anything won't work...and rarely can anyone talk you out of your negative opinion.

And you're likely convinced that there's something wrong with you because nothing's ever right.

Time – There is no Time anywhere in Creation other than the Physical Plane—it ties the 3rd and 4th Dimensions together. You can't have Space without Time. But we're learning that Time isn't linear, the way we've always like to envision it. It doesn't flow from left to right, past to future. It's a sphere, with vantage points all over it.

EXPANDED REMEDY DESCRIPTIONS

We're tied into Time with calendars and clocks and schedules—and the rising and setting of the sun. We can't get away from it entirely, but we can change our perception of it. Speed it up, slow it down. Use this Remedy when you need to be a Time Shifter.

Trust – Whew—this is a big one! It's connected to most of the Remedies we have. We install the pattern of dis-trust at an early age, so it's part of our operating system as we move forward. But to fully enjoy your experience here, TRUST is a necessary quality. This Remedy helps with those issues—and the ability to discern when Trust is and isn't warranted!

Value/Worth – Are you worthy? Are you valuable? What are you worth? What is your value to the world? What is your value to you? You ARE worthy and we can tell you what your value is to us—you are absolutely vital, irreplaceable, priceless, and invaluable.

Vulnerability – It has been said by those wiser than we, that the most powerful stance is one of vulnerability. We agree—though it doesn't always feel that way. Perhaps if we realized that, in being vulnerable, we are allowing magic to happen, we'd be willing to feel it and be amazed.

Weight – If people aren't talking about money, they're talking about their weight. It's an easy focus for what we don't like. We'd like to put it into perspective here:

Whether you think you're "overweight" or "underweight", it doesn't matter and we're not here to tell you one way or the other what you need to do. Your wonderful body is the ONLY way you get to experience the Physical Plane. There isn't another way. With it, you get to eat, drink, sleep, laugh, make love, run, jump, watch tv...anything you DO here requires physicality. And your body is your vehicle for that.

Get in touch with your body. What does it like and what could it do without? What does it want to eat (and if it's junk food, that isn't your body talking)? Are you more comfortable with a vegetarian diet, or does Paleo make you feel best?

We'll bet your body hasn't been listened to in a long time. You might be surprised by what you hear.

Use this Remedy if you're not happy with your weight.

WTF?! – When you. Have. Had. Enough. When the people and the issues and the state of the world have you ready to jump on the nearest Mothership and BAIL.

When what you could really use are the "WATCH OUT OR I'LL DROP A HOUSE ON YOU" and the "WHAT I WOULDN'T GIVE FOR THE FIRE GIFT" Remedies.

When you can't even take it for one more second and you're just plain *done*—grab this Remedy and take a deep breath.

We need you.

Remedies for Pets

EXPANDED REMEDY DESCRIPTIONS

Aches & Pains – Sometimes a good game of fetch or jumping from kitchen counter to chair to lap is just too much for our buddies. And sometimes, in spite of our good care, bruises and bumps happen. When our pets are moving a little slowly, we pull this Remedy out and all is well.

Arthritis – We don't know about you, but watching our dogs with arthritis is almost as bad as having it ourselves! We imagine it's as bad in any species and we wouldn't wish it on anyone. Make walking and climbing stairs easier on them with this Remedy.

Bug, Bee, Tick, & Flea – We don't know about you, but we really hate bugs! We know—all God's creatures and all, but really! Our pets don't like them any better, and they don't have the self-control to not scratch that itch (do we either...never mind...). Charge your pet's water or shampoo with this Remedy to help get rid of that awful scratching!

Calm – Some animals are prone to hyperactivity and excitability. Sometimes we love that about them...and sometimes we don't. We don't want to take away their personality; we'd just like it toned down a little...sometimes.

Ease Transition – The worst part of being a pet parent is when you know you have to let them go. From an energetic standpoint, it's easier on them than it is on us. Any anxiety they feel is because of their love for us and their desire to see us happy. This Remedy, when given to your pet when you and your vet have decided the best thing is to let them go, helps everyone involved.

We know it's hard—and we hold you in our hearts.

Let's Just All Get Along – What is it with some animals—they act too much like humans! If you have a pet that seems to pick a fight with anyone that comes along, regardless of size, species, or number of legs, this is the Remedy for you. Sheesh!

Nerve Pain – It's amazing to us that “nerve damage” happens so often—cutting nails, tail-banging...whatever. This Remedy just eases that a little. It works on the pain—theirs and ours!

Rejuvenation – Not just for older dogs (though it works wonders), this Remedy works on everything—skin and coat, joints, eyesight. Even general mood and disposition. It's no fun getting old—for anyone. Charge some water or food for your pet and watch as you get your “new” one back.

Separation Anxiety – We're not sure who has it worse when we leave—us or our pets! It seems like we'll never come back—no matter how many times we prove we will. Make it easier on everyone. They'll still be super happy when you come in the door!

Storms & Loud Noises – Thunder, fireworks, guns, slamming doors, storms...we all know the trauma that sudden noises cause our pets. Many cower and shudder; some run into the closet or under the bed; still others climb to the highest spot in the room—often our shoulders or heads.

Stomach Upsets – Does your pet eat literally anything? Sometimes, we're grossed out but oh, well. Unfortunately, we can't always supervise what they eat and they end up with something spoiled. Charge their water with this Remedy and they'll be good to go in no time.