



Action List For Healing

1. Affirmations

Using positive affirmations can be a very powerful healing tool: "I feel great", "I am cured", "I am healing quickly" ... Say it and/or write it 100 times a day.

2. Gratitude

Make a list of everything you are grateful for and read it often.

3. Language

Be aware of all the negative words you are using and try and avoid them as much as possible.

4. Life Goal

It is of **UTTERMOST IMPORTANCE** that you assess your life and think about your life goal. What are your gifts, your passions? How can you use them to help other people? The reason why so many people fall sick or die just after retirement is that they do not have any goals in life any longer.

5. Responsibility

You must take own responsibility for your life and health, do not blame others for your situation and do not listen blindly to doctors or friends or HealFi, only you can know what is the right solution for you.

6. Visualization

Visualize your dream life. It is never too late to make it happen! It starts with a vision.

7. Excuses

You need to deal with all the excuses you have for not living the life you want.

8. Forgive

You need to forgive all the people who have hurt you and resolve any pending conflicts (e.g. with friends or family members you do not talk to for example ...). Also, if you know you have hurt somebody, say sorry.

9. Social Life

Keep up social life as much as possible, but avoid gathering with other sick people.

10. Make Love

If you have a partner, enjoy yourselves! Sex has great healing power. Ancient Taoist doctors recommended it to their patients.

11. Finances

If you have financial worries, do what you can to get rid of them. Have a friend or a professional help you with creative solutions for this.

12. Work

It is extremely important that you have a job or occupation that you enjoy. You might need to do some homework to think through what it is that you are passionate about.

13. Clutter

You must get rid of all your clutter and stuff in your home that you do not need. Have a friend helping you with this. And be very honest with yourself: throw/give away/sell as much as possible.

14. Colors

Wear bright colorful clothes. Put bright colors in your home.

15. Comfort

If you do not feel well at home, move or change your furniture and decoration; if that still does not help, seriously think about moving to a more positive home (brighter, better Feng Shui, less noisy, ...).

16. Fresh Air & Sun

Get as much sun, daylight and fresh air as possible. Sun = Energy, and an energy boost is what you need when you are sick.

17. Breath

Try and breathe in and out of your nose and as slowly as possible (with your belly expanding and contracting).

18. Sleep

Do all you can to improve your sleep: get much daylight, do exercise, eat less in the evenings, and drink plenty of water ...

19. Wellness

Give yourself a treat, detoxify your body with saunas, warm baths, etc.

20. Nutrition

Cook your own food: natural, seasonal, eat varied and of course, not too much. And take plenty of time at the dinner table. Cooking takes you away from your worries as you need to fully concentrate on what you do.

21. Water

Drink plenty of water (at least 8 glasses a day).

22. Creation

Doing something really creative is one of the most amazing experiences that one can have. It can be a hobby or work, and will make you forget all your current worries.

23. Fun

Do whatever you enjoy: dance, travel, read, play, listen to positive music, and learn something you are passionate about. And watch or read humorous entertainment: laughing has great healing power!

24. Environment

You will feel better if you do whatever you can to minimize your impact on the environment: recycle, reuse, bicycle ...

25. Helping Others

By helping others, you help yourself: volunteer for charities, teach, coach or mentor: we all have some knowledge and skills that can benefit others.

26. Information

Avoid information pollution like advertising, tabloids and other negative news. Be aware that most news in the daily newspapers is negative, so try and read positive books or magazines instead. Also, check <http://www.goodnewsnetwork.org/> and <http://www.thankyounews.com/news/>

27. Lists

Use to-do lists (=put down your stress on paper instead of keeping it in your head).

28. Noise

Do whatever you can to avoid excessive noise that will stress you unconsciously.

29. Slow

Slow down your life, never run to catch the bus, walk slightly slower, talk and eat slower as well.

30. Time Alone

We all need time alone every day to wind down from the hectic modern life and to spend some time thinking about our dream life.

31. Avoid Electromagnetic Waves

Make sure you avoid all electromagnetic waves (computers, TVs, mobile phones, etc.). If you need to sit in front of the computer whole day, we strongly recommend to buy protection (www.emfbioshield.com). Unplug all electrical devices during the night (not the fridge ;-).

32. Go out in nature

This is so important. Many of our modern diseases are simply due to the fact that we have lost connection to nature.

33. Positive thinking

Again, very important! Try and remember all the wonderful moments of your life. Just thinking about these moments will make you feel better.

34. Promises

If there is something that you have promised other people (or even yourself!), but have forgotten and not done, do whatever you can to fulfill these promises.