

"I am a spark of the *Divine Creator*, therefore I affirm that I too am a creator. I ask my Guides and Higher Self to help me — *and all in this group* — manifest our desires for our highest good and well-being. I am thankful for my many blessings and I thank my Guides for their assistance in this manifesting and healing session."

**LIVESTREAMS: Mondays at 7:30pm ET (on Insight Timer App)**

*(30-minute discussion on manifestation, 20-minute guided meditation, 10-minute 'bonus' topic.)*

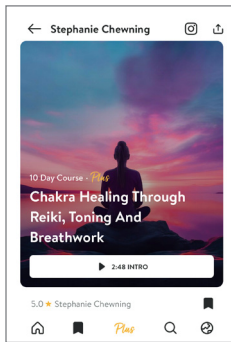
*Schedule subject to change, check [ChewingMindBody](http://ChewingMindBody.com) homepage for monthly calendar of classes.*

1) breathe IN and OUT through the symbol    2) FEEL THE LOVE    3) "ALLOW"

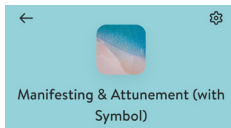
# InsightTimer & Facebook Resources



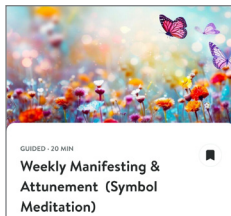
• **My InsightTimer Livestreams: (free)** Follow me on Insight Timer for notifications. **Monday Manifesting LIVES** are at 7:30pm (ET). **DNA Healing Circle LIVES** are at 10am (ET) on Wednesday, Thursday & Friday. Check my home page for a calendar of monthly class offerings. Both Livestreams use symbols to focus our group intentions.



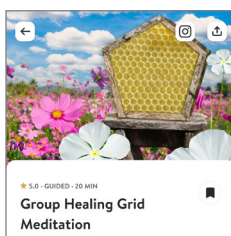
• **My InsightTimer "Chakra Healing Through Reiki, Toning and Breathwork" Class: (Member Plus subscription needed for courses)** In this course we practice breathwork and several exercises to help you connect with and direct energy. Then we explore the chakra system so you understand how illness is manifested first in the non-physical energy field before it manifests in our physical bodies. We focus on the seven main energetic meridians (chakras) that govern the physical body. Each of the seven main meridians is associated with a gland, and each gland governs particular organs and body systems. It's a beautiful technology that also embodies our thoughts and emotions.



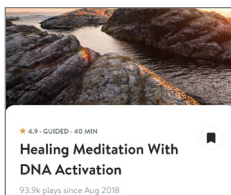
• **My InsightTimer Groups: (free)** Join my "Manifesting" group, "Healing Circle" group and "Chakra Healing Course" group to connect with others.



• **My InsightTimer "Monday Manifesting" Instructional Audio: (free)** I have a free audio, *Weekly Manifesting & Attunement (Symbol Meditation)* that explains the process with a guided meditation at the end. Its a great refresher even if you have joined a livestream.



• **My InsightTimer "Healing Memory Grids" Audio: (free)** I have many meditations on the free side of InsightTimer but my *Group Healing Grid Meditation* is a great companion before the Monday Manifesting and Attunement. Try it if you are struggling with 'hamster mind' and repeating thought patterns. Together we start to clear the energy grids around your body that are connected to your MEMORIES which are constructed from the EMOTIONS you have around your THOUGHTS. Do it once during the week and see those pesky repetitive thought patterns start to diminish. Negative memories that have stayed with you will start to lose their importance, because without their emotional charge they lose their momentum...so when you manifest, you are magnetizing from a positive polarity...in other words, you draw in the "good stuff"!



• **My InsightTimer "Healing Meditation with DNA Activation" Audio: (free)** If you attend my Healing Circle LIVES (or healing on your own) this is a great guided meditation to try. I incorporate visualization, singing bowls, breathwork and light language in this recording. I have received many emails over the years telling me that something magical happens with this meditation. There is also a version without instructions if you wish to return repeatedly and want to skip the instructions.

• **I also post updates on my Chewning Mind-Body Facebook Page**

