

Welcome,



Energy Hygiene

EVENING CLEANSING- HOW TO BETTER FALL ASLEEP

- **VENT BEFORE YOU GET HOME-** IF POSSIBLE, CATCH UP WITH YOUR PARTNER ON THE WAY HOME BEFORE BRINGING IN A HEATED ISSUE OR ANOTHER'S ENERGY INTO YOUR CLEAN HOME SPACE.
- **BARRIERS-** PLACE A VISUAL BARRIER ON YOUR DOORSTEP THAT DOESN'T INVITE YOUR WORKDAY IN.
- **SHOWER-** WASH OFF ANY REMANENCE OF THE DAY AND THE PEOPLE YOU INTERACTED WITH.
- **CUT THE CORDS-** ANYONE YOU THINK OF BEFORE BED DRAWS A CONSCIOUS CONNECTION TO THAT PERSON.
 - VERBALLY DISCONNECT BY SENDING THEIR ENERGY BACK.
 - FOR EXAMPLE: "PLEASE DON'T CALL ON ME UNTIL WE'RE TOGETHER"

SETTING A SACRED SCENE- HOW TO SLEEP MORE SOUND

- **MOVEMENT-** I LOVE GENTLE STRETCHING BEFORE BED, INTENTIONAL BREATH, AND AN INVERSION
 - LEGS UP THE WALL: DO 5-10 MINUTES OF LAYING WITH LEGS OVER YOUR HEAD ON THE WALL OR HEADBOARD OF YOUR BED.
- **LAY A GRID-** CREATE IN YOUR MIND WHATEVER FEELS LIKE A SACRED PROTECTION FOR YOUR ROOM:
 - DRAW SACRED SYMBOLS ON EACH WALL/FLOOR/CEILING.
 - VISUALIZE A PURE AND SAFE MATERIAL COVERING EACH WALL/FLOOR/CEILING.
 - FEEL A TEMPERAMENT OR TEMPERATURE FILL UP YOUR SPACE.
 - CALL IN GUIDES, ANGELS, OR THE IMPRINT OF FAMILY MEMBERS TO STAND WATCH.
- **AVOID NEGATIVE ELECTRONIC STIMULI:**
 - KEEP THE VIBRATION HIGH IN YOUR PLACE OF SLEEP= NO VIOLENT TV SHOWS, AGGRESSIVE MUSIC, OR HARSH CONVERSATIONS.
 - BECOME AWARE OF THE IMPRESSION THAT AIMLESS SCROLLING ON YOUR PHONE HAS ON YOUR MIND LEADING TO SLEEP. AVOID SHOCKING OR TRIGGERING SOCIAL MEDIA CONTENT.

MORNING CLEANSING- HOW TO RESTORE YOUR CONSCIOUSNESS

- **CALL YOURSELF BACK-** IF YOU WAKE UP DISORIENTED, INVITE YOURSELF BACK TO THE PRESENT SCENE.
 - REPEAT YOUR FULL NAME UNTIL FEELING MORE GROUNDED.
 - SPEAK AFFIRMATIONS TO REMOVE THE HANGOVER OF AN EMOTIONAL DREAM.
- **WEIRD MORNING PAINS-** WAKING UP WITH BIZARRE PAINS REMINDS US TO RECOGNIZE ENERGY SHARING.
 - THIS MAY BE PAIN FROM THE MIND THAT DOESN'T NEED TO REACH THE BODY.
 - LEARN HOW TO SEND SOMEONE ELSE'S PAIN BACK TO THEM (WITH LOVE) IF IT DOESN'T BELONG TO YOU.
 - ASK THE MIND TO STOP HURTING YOUR BODY: "TRY A DIFFERENT APPROACH TO RELAY THE INFORMATION TO ME."

TO DEVELOP A BETTER UNDERSTANDING OF WHAT MENTALITIES OR LEFT OVER EMOTIONS COULD BE HARMING YOUR BODY. MAKE SURE TO READ MY FIRST BOOK, THE GIFT OF HEALING HANDS. USING THIS STEP-BY-STEP GUIDE, LEARN HOW TO IGNITE YOUR MENTAL HEALING GIFTS AT HOME TO RESOLVE RESILIENT PAIN.

YOU'VE GOT THE GIFTS,

Dr. Mangano