

## FEEDING AND CARING FOR THE HUMAN ENERGY BODY



1. Dirt Time – Spending time out in Nature, especially with our bare feet on the Earth ***is the best thing you can do to support your energy field and therefore, your physical body.***
2. Keep your physical body healthy, through the diet and exercise suggestions in this program.
3. Do Yoga, do yoga, do yoga...Other energetic practices such as Tia Chi and Qi'gong are also helpful.
4. Meditation
5. Get Energy Work
6. Engage in your personal Spiritual Practice. Your energy field is the doorway through which all that good "spiritual juice" gets to your body.
7. Drink plenty of water