RELATIONSHIP RELEASE
How to ”Get Over It When It’s Over”

Proven Secret Steps to Release Difficult Relationships
Receive the Life You Desire & Deserve!

Written by Marlene Allen
Does this sound familiar?

- "Emotional Swings"
- "Heartache"
- "Can’t Sleep"
- "Continuous Thoughts"
- "Down in the Dumps"
- "Black Cloud"
- "Unloved"
- "Stressed"

Right? How much longer do you want to suffer?

I’ve been through it, and after doing it the HARD WAY, I know how to release all that, so you don’t have to experience these same extremes.

Whether it’s been 2 days, or 2 years since making a difficult choice about a past relationship, it doesn’t matter, it’s all the same until we release the stored energy that continues to keep you tied to pain and sorrow, or to anguish and anger, or to shock and disbelief, or to the after shocks.

But How?

There’s the SLOW WAY, which is what I did, and I don’t recommend that to anyone!

The FAST WAY is accessed through your own energy field. Everyone has one, ask Einstein. It’s the friction you get when you rub your hands together for a minute, then put your palms facing each other. That tug you feel is your own field, cool huh?

You can utilize your own body to release that which is causing you to be miserable! It’s stored in your cells, and once you know where to look, how to access it, and then how to release it, you can be on your way to Quick Relationship Relief!

Various areas are affected by carrying the baggage, current or past stress, grief, a grudge or non-acceptance:
• Emotional Imbalance
• Hormone Depletion
• Adrenal Cortisol
• Physical Aches & Pains
• Abuse Affects
• Sleep Patterns
• Thoughts and Perceptions
• Mind Chatter
• Nervous System
• Hair, Skin & Nails
• Sexual Drive
• Brain & Memory
• Addictions
• Anxiety
• Family Heritage
• Bloodline
• Unresolved Issues
• Agreements Made
• Repeating Cycles
• Oh, there’s more!

When a frequency of vibration matches the desire in the emotional, the physical, mental, professional, energetic, amplification, essence, and financial realms, clearings are quick!

To experience a clearing of your issues is life changing, to the many who have. Matters release naturally, without the emotional tug, you don’t even require to recall the past, or hurtful memories, why would you want to do that? You could get that at a psychiatrist, talking about it over and over, with results left wanting.

The beauty of Quantum is that it is non-local. You don’t even need to be in the same room!

There’s:

• no driving anywhere
• no taking off work
• no leaving the house
• no office fees
• no questionable medications
• no supplements to remember to take
• no needles or bitter tea
• no religion or weird chants
What? Well you do have to take the initiative and choose if you want to end the suffering now, or later.

That will give you the details, and what you can clear in the quantum field. There’s not enough space on this page to list everything, and I continue to clear myself of them every day!

Can you do this too? Sure why not! Of course to get to where I am took a LOT of training and YEARS of case studies. However, I also discovered something very valuable about how YOU can take a SHORTCUT and Do this Yourself!

Most people will choose to have me identify the problem and clear it. They may not have time to learn even the SHORTCUT. I love assisting these clients too, and I especially love seeing the results in their lives as they become a whole, vibrant, new person, with so many of their questions answered, finally.

This will shave YEARS off therapy! If you choose to do it by yourself, although I am specific about how to do clearings in the course, you may not get the intuitive information like I receive from your field. If this is you, you may require a few readings to get your answers, once you KNOW what to clear, you may take over and do it yourself, perhaps checking in at a later time to get a final reading to reveal where you are at in completing the full clearing. For example, you may only be 40% complete, or you could be at 98% and require just a push to get the results that come from completion.

Whatever your skills, budget or time, your life is about to change, guaranteed!

________________________________________

I know what you’re going through, seriously, I do.

I come directly to you with personal life experience, not once, but 2 divorces, and another time made me a widow. I’m married now again, you know how they say “The 4th times a charm” well, I’m charmed, and feeling SOOO much more Alive and Whole and Happy. Yes, this is My Time!

You may not prefer to follow in my exact steps with another relationship right away, or at all, but it’s available to you when you are willing to go for it again, this time from a place of power and worth. Imagine what that persona can attract!
I’m living walking proof of the art of attraction, what I put out there came to me thrillingly fast and fun. Life is better, happier and funner when we live from a place of clearness.

It’s even better when you get someone to lift you up out of it, dusts you off, and polishes you up! I didn’t have anyone to do that for me, and I suffered, bad.

The ending of a relationship is the most painful experience I’ve endured, and I’ve had plenty to prove that point. There were days I didn’t know how I’d ever go on. The hurt oozed out of me and followed me around like a dark shadow. The pain was unbearable, and I physically aged several years over the course of several months.

You don’t have to suffer, because that’s just what I intend to help you with! This could be the most fantastic turning point of your life. You don’t have to be ready, or remember to do, or take something, you only have to be willing, everything else is already there inside for you.

I use protocols that your body responds to, clearing out that which is no longer beneficial to you, and to restore, rejuvenate and regenerate (yes, I said regenerate!) your body’s systems, while releasing stubborn ties that bind, and energetic connections to exes, (believe me, get rid of these as fast as you can! Ask me how I know.)

I’m a Master Quantum Activator, which is similar to Energy Healing on Steroids! Over the years, my specialty resonated with Clearing the Body, the Emotions AND the Energetic Field surrounding relationships. That’s what my suffering was experienced for, to benefit others so they won’t have to go that route! I’ve since cleared myself through and through, so I know the thrill of finding ME, actually for the first time, and truly appreciating and loving the beautiful daily experiences of my life now.

Activations quickly clear pain, trauma, emotional wounds, the energetic resonance of why we attracted “Mr. Wrong”, and connections to an ex that bind you to them instead of setting yourself free when you require it the most!

After removing the interferences, you’ll notice incredible shifts in how you feel physically, emotionally, mentally, and energetically. The dark cloud dissipates, and crystal clarity lights you up from the inside out. Something most people will never experience, but you can.

It’s beauty extends to clearing the interferences in your personal Law of Attraction field, that Universal principle of attracting people, things, and
situations to you, beneficial or not. I turn this around, unplugging you from that which does not serve you, to that which you really desire!

My clients come from many backgrounds, but the one thing we all have in common is where we currently find ourselves, in the middle of, or after a break-up, divorce, or a painful life transition.

Your Life may be a disaster right now, but it can be a MUCH smoother ride while you experience the truly blissful benefits of Quantum Activations, matched with the right clearing protocol for you.

The agate is inside your presently rock hard exterior, just waiting to radiate out your crystal brilliance and vitality. And it’s easier to access than you think!

How to get over it when it’s over!

You’re in the middle, or at the end of a breakup after a long-term relationship. It doesn’t matter if it’s a deep friendship, a long crush, a serious affair or a divorce. You’re feeling the pain, and probably not realizing that it’s not just all in your head, but is having a physical impact on your health, your body and your performance. When you realize you’re suffering enough to need some kind of remedy, there are steps you can take to address the problem, some of which may be new to you.

The breakup of a relationship can turn your whole world upside down and trigger all sorts of painful and unsettling emotions, including grief. That’s a natural reaction to loss, and a breakup involves multiple losses; companionship, support, and even hopes and plans.

Relationships have a profound impact on the beliefs we have about ourselves, whether we realize it or not. During the course of a relationship, it’s very normal to ‘intertwine’ with a partner. Goals and directions change, as well as wants and needs for now and the future.

The psychological pain experienced when we are rejected, betrayed, or abandoned is very real. The same part of the brain that processes physical pain is activated when the emotional pain of a breakup is felt, and the person feels, behaves, and reacts in a similar way as someone who is in a great deal of physical pain. And of course, there is the parallel impact of the stress response.
Our bodies are delicately attuned to our state of well-being. When life is throwing us a curve, we undergo stress, and stress has many documented physical impacts. Doctors say that the release of large amounts of cortisol during a period of long-term stress, like during a divorce, can affect nearly every system in the body, including the blood pressure and heart rate. Other symptoms may include:

- Trouble Sleeping, causing lowered performance
- Weakened Immune System – you get colds and the flu
- Depression and Anxiety, sometimes even leading to clinical depression
- Identity Crisis
- Digestive Problems
- Weight Gain

In these situations, you can reach out for help from a number of sources. It may be that a holistic treatment will work best for you, where there are remedial measures that make sense:

1. Take a break. Permit yourself to take a break and opt for less than optimal performance at least for the time being.
2. Never suffer through the emotional phase on your own. Speak about your feelings to your family and friends as they can help you in dealing with the problems.
3. Permit yourself to Grieve: The pain that comes from grief is the thing that helps you in getting rid of the past experiences and concentrating on the future. Permit yourself to mourn the loss of the relationship.
4. Follow a specific routine. A relationship breakup or divorce can spoil or interfere with every area in your life, amplify your stress and create chaos. Getting on, and following a regular routine again can offer a sense of normalcy and structure.
5. Avoid relying on drugs, alcohol or food for comfort. When you are suffering from a relationship breakup or divorce, you may be compelled to rely on all these means to cope with the feelings of loneliness and pain. By using food, alcohol or drugs, you are opting for unhealthy means and they will make you destructive in the future. Therefore, it is recommended to find better ways to cope with the emotional feelings and the pain that comes from breakups.

Taking proper care of your physical and mental health is a natural way to cope with a relationship breakup or divorce. Try treating yourself just like recovering from the flu. Take rest, eliminate stress and reduce the workload.
A New Way to Help Yourself After an Emotional Breakup

One form of treatment which may be new to you is Quantum Activations.

**Scientific Description:** Quantum Physics, or quantum mechanics, or the quantum theory including the quantum field theory, is a scientifically proven fundamental branch of physics concerned with processes involving for example atoms and photons.

**Everything Is Made Of Waves; Also, Particles:** Everything in the universe has both particle and wave nature, at the same time, with nothing waving, over no distance. It shares some properties of waves, and some properties of particles.

**Quantum Physics Is Non-Local:** The results of measurements made at a particular location can depend on the properties of distant objects in a way that can't be explained using signals moving at the speed of light.

As weird as it may seem, quantum physics is most emphatically not magic. The things it predicts are strange by the standards of everyday physics, but they are rigorously constrained by well-understood mathematical rules and principles.

Here's what Einstein had to say about it:

> "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

**Bruce Lipton,** author of “The Biology of Belief” states: “Stunning new scientific discoveries about the biochemical effects of the brain's functioning show that all the cells of your body are affected by your thoughts.”

**Deepak Chopra:** "The self-interacting, self-knowing capacity of our existence, finds a parallel in some of the progressive models of quantum mechanics where a dynamic field of pure potentiality lies at the basis of all manifestation of physical existence."
So what are Quantum Clearings or Activations?

A Quantum Activation is the process of healing things using the deeper and subtle forms of energy, such as thought and intention. Subtle energy may seem weak from our perspective. However, at the atomic level, it is very powerful, which is why nuclear weapons are so powerful. Quantum physicists have found much evidence showing that the core building blocks of matter are made of energy. They have also demonstrated that thoughts and intentions can affect how energy behaves. Since everything is made of energy and because thoughts and intentions can affect energy, combining healing thoughts and intentions with energy healing techniques can heal the deeper structures of the body.

Unlike conventional medicine, energy healing techniques are designed to heal the deeper layers of the energy structures of the body. By healing your body at the energy levels, you aren’t just healing your physical body but also your soul and mind.

Healing the Emotions and the Mind on the Quantum Level is the fastest, easiest method when you continue to think about, or still feel the emotions from a:

- Past Relationship
- **Friend who turned on you**
- Lover that betrayed you
- **Family member you don’t get along with**
- Job or boss that made your life miserable
- **Place you lived that was ‘bad luck’**

Clearing energetic interferences sets you free so that you can “own” your life. It effectively removes the blocks that may be preventing you from your potential or from achieving total well-being through peace of heart and mind. Reduce the overall chaos in your field leading to a smooth flow of energy in and around your body. Attract people and expanded opportunities that now resonate to you.

Disputes, annoyances, divorce discussions, workplace issues etc. are likely to become more manageable, and easier to deal with. Many will go away and not come up again! Resentments are let go, removing your energy from them, and theirs from you, once and for all! Clearing previous entanglements from your field allow you to attract people, opportunities and things into your life that
are more aligned with your authentic energy, and more harmonious to your being.

You can’t start the NEXT chapter of your life
if you keep Re-Reading the LAST one!

Read on for what Joan Wells of Arizona has to say about Quantum Clearings:

“This freedom is remarkable. I don’t have to suffer anymore!”

My life kept repeating itself over and over again. I knew I required assistance with relationships I’ve had ‘difficulties’ with.

I kept bringing different people into my life but with the same consequences. Each of these people managed to make me feel like I was responsible for keeping them happy and that I had let them down. I took their outbursts and demeaning remarks personally. What was I doing wrong? Where was the joy?

I agreed to do a Clearing with Marlene and it was as if I had finally gone to a doctor and discovered I didn’t have to suffer anymore, that there was a cure for my disease!

The shift in my awareness occurred over a couple of weeks, and was actually quite profound. I still had the same self-centered and rude people around me, but I no longer felt responsible for their happiness. I saw these folks for who they are, and no longer saw myself the way they wanted me to see myself.

They no longer controlled my emotions. I felt free; I was no longer in bondage to them, a slave to their outbursts. I don’t factor in their opinions about themselves or how they wanted me to feel. I am free to move on.

This freedom is remarkable. I feel my calm spirit now. And since I’m no longer obsessed with these people and the crippling insecurities they brought out in me, I now have time to experience my authentic self, my real self. It’s really amazing. In the aftermath of the ‘clearing’, I am experiencing joy, calmness, and am getting to know ‘the real me.’

Marlene is a professional. She redeemed my joy, and cast out my misery. What is a fair price to pay a person who just set me free? I paid her fees up front, and I am realizing that the freedom she helped me achieve is priceless. Thank you!!
Stress & Your Adrenals

Dismantling the Blocks of Relationship Stress

During the many difficult relationships in my life when I found myself out of sorts and physically off-kilter, I looked at all sorts of places for the cure, from hormones to diet, to exercise and support groups.

Finally I read that stress is often the cause of mental and physical strain, and stress itself may be completely unrecognized. I decided to do some research and was amazed at the result. I was ignoring lots of stress that had built up under my awareness since my divorces, and the event that made me a widow.

I discovered some effective remedies, and I’ll share them with you.

First, let’s discuss what happens in the body. Stress is related to the adrenal glands. Those glands produce adrenaline of course, which is associated with the fight-or-flight response arising under stress. Fight or flight is basically the instinctive urge to defend yourself, or to flee in times of danger. However, since most stress is psychological, fighting or fleeing would be of little to no use.

The response comes from a couple different places: the survival brain, the emotional brain, and the adrenals. Challenging situations that come about from arguments, or perceptions of fear cause tension to build up and stimulates the hypothalamus part of the ancient limbic system at the core of the brain, that in turn sends out a hormone that stimulates the pituitary gland to release adrenaline and cortisone. This stimulates the heart to beat faster, blood pressure goes up, we breathe faster and blood is whisked from the organs to our muscles to start running or take a swing at someone.

When we bicker and fight often, we can get stuck in this chronic stress cycle where blood vessels are in chronic spasm, and the delicate capillary network can rupture creating a much greater risk of arteriosclerosis, hypertension, heart disease and stroke.

When you’re stressed, it’s scientifically proven that you may experience any of these symptoms:

- Allergies
- Fibromyalgia
- Frequent Colds
- Balance Disorders/Vertigo
- Headaches/Migraines
- Digestive issues (IBS/acid reflux)
- Skin Irritations (psoriasis/eczema)
- Depression
- Anxiety/Fear/Worry
- Irritability/Hyperactivity
- Poor Concentration
- Racing or Unwanted Thoughts
- Sleep Disorders/Fatigue
- Dependencies (smoking/alcohol)
- Weight Gain/Weight Loss
- Arthritis
- Heart and Organ Disease

Any week system or organ in our body can eventually be overtaken by an over response to stress, leading to serious disease or early death!

How much stress is in your life? Have you been through one of these life altering events? Take a look at these life stressors by rank:

# The Life Events Scale
Holmes & Rahe, 1967

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Value</th>
<th>Stressor</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death of spouse</td>
<td>100</td>
<td>Begin/end school</td>
<td>26</td>
</tr>
<tr>
<td>Divorce</td>
<td>73</td>
<td>Change in living conditions</td>
<td>25</td>
</tr>
<tr>
<td>Death of close relative 63</td>
<td>50</td>
<td>Revision of personal habits</td>
<td>24</td>
</tr>
<tr>
<td>Marriage</td>
<td>47</td>
<td>Trouble with boss</td>
<td>23</td>
</tr>
<tr>
<td>Fired from job</td>
<td>40</td>
<td>Change in residence</td>
<td>20</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>39</td>
<td>Change in school</td>
<td>20</td>
</tr>
<tr>
<td>Sex difficulties</td>
<td>38</td>
<td>Change in recreation</td>
<td>19</td>
</tr>
<tr>
<td>Change in finances</td>
<td>37</td>
<td>Change in sleeping habits</td>
<td>16</td>
</tr>
<tr>
<td>Death of close friend</td>
<td>37</td>
<td>Change in eating habits</td>
<td>15</td>
</tr>
<tr>
<td>Son/daughter leaving home</td>
<td>29</td>
<td>Holiday</td>
<td>13</td>
</tr>
<tr>
<td>Trouble with in-laws</td>
<td>29</td>
<td>Christmas</td>
<td>12</td>
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</tbody>
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Here are the results of a recent review of life events causing major stress from the death of a spouse, or by divorce: Nearly all people going through a death of a close loved one, or a divorce or break up, experience symptoms such as stress, low mood or swings, depression, and insomnia. Around 60 percent of people
also suffer physical symptoms, which might include migraine, eczema or even back trouble — usually the result of muscular tension.

These adverse conditions naturally are going to lead to an emotional response, either anxiety or even depression. An emotional response can affect all the other parts of your life negatively.

The way western medicine deals with anxiety and depression is to suppress a feeling, pushing it down and hiding it, or overriding it. That would be the pills, the anti-depressants and the rest.

So there’s the extreme emotion, there’s being emotional, and then there’s just suppressing it. In both cases, your emotions are way out of balance when going through a difficult relationship; it’s like the emotions both being suppressed and dominated, or the emotions running wild. A more long-term approach, rather than being dominated by emotion or pushing it all down, is to remove the effect it’s having, right? A way of bringing these two extremes into peace and harmony and the serene calm that comes from that place. So how to regain that balance?

How about a holistic approach? You can try things that range from something as simple as specifics known for their calming effects (see “Tips” section). Or you just might find your solution, as I did, in Quantum Activations.

We can stop the cycle through breathing. In addition to slowing your pulse and lowering your blood pressure, breathing techniques can assist with the stresses of tension and distress. This is achieved through the release of chemicals with an opiate like quality called endorphins. They are produced and released naturally in the brain. Studies have shown that during the process of slow, deep breathing the released endorphins cause a feeling of general well-being and relaxation. Endorphin release can be stimulated by practicing slow deep breathing techniques. Laughter may also release endorphins, so watch a good comedy everyday, and follow it up with a pressure reducing breathing session:

1. Sit comfortably in a quiet room
2. Relax with a few breaths, to a count of four in, and eight out
3. Inhale about 2/3 of your lung capacity for a count of four
4. Hold this for a count of eight
5. Exhale for a count of eight
6. Continue steps three through five for 5 to 10 minutes

Do this daily, or twice a day if possible for relaxing, pressure reducing benefits. Use this breathing technique along with a good diet and exercise.
As a caution, people with a history of stroke, heart disease, or very high blood pressure should consider consulting a doctor before using breath holding techniques, which initially can cause a raise in blood pressure.

By overstimulating your nervous system, the adrenals can become taxed. They can be restored, and part of it is you making a commitment to living a lifestyle where you honor your adrenals. You can turn off the bings, the reminders, and the alarms on phones and electronics. What are you allowing? Do you allow yourself to get worried and worked up?

We can completely remove the source of the problem. We don’t want to remove what you’ve learned. We just remove the effect that it’s having on you, the impact, the energy that’s in your field, or the program that it’s in your field, so that you can live free, you can live grounded, and feel calm and confident. This is completely not about suppressing things or pushing things down. This is about uncovering things and removing them once and for all.

What are the adrenals good for, and why should you be concerned anyway? Great question! They regulate your hormones! And that includes testosterone which women require for sexual pleasure. Without testosterone we have no sex drive. If you’ve recently separated or divorced you may not be concerned about that right now, but what if you eventually start to date again? You’re really going to require some testosterone then!

What about if you just want to get out of bed? Or be active during your day? And people struggling with their weight require testosterone to build muscle instead of fat.

Want more proof you require healthy adrenals? Stress is also responsible for lowering your life force which sets Aging in motion. Yes, it gets that bad, and most people are unaware of the cause.

Stress can be removed! Yes! I’ve built it into my Divorce Detox program exclusively for people who are right now going through, or have experienced a divorce or break-up within the last couple of years.

Secrets to BOOST your Natural Energy – without Coffee, Drugs, or Going to the Gym!
The devastating affects from divorce or a break up can most definitely cause us to suffer from an energy deficit. On top of that there’s work or school demands, children's needs, money pressures, maintaining a household, caring for relatives, sustaining personal friendships, health concerns—it's amazing that any of us can sleep, let alone get the 8 sleep hours each night. Or maybe you’re able to get the eight hours of sleep, but you still feel worn out.

Fatigue has become the norm for many otherwise healthy people. They’ve simply accepted feeling tired for months or even years.

Our crammed lives reinforce the normalcy of tiredness. "Chronic stress is one factor that people overlook. Many don’t realize how important stress is in affecting our energy levels.

Of course, there may be a medical reason for your exhaustion, such as chronic fatigue syndrome or thyroid disorder, and these are addressed differently. The majority of people can begin to take on their daily stress and fatigue quite successfully.

Spending your nights tossing and turning can definitely make you feel exhausted the next day.

- Keep a consistent sleep schedule by going to bed and waking up at the same times each day, including weekends. This will help regulate your internal body clock.
- Eliminate caffeine after 3 p.m. — the effects can last up to 12 hours.
- Write out what’s stressing you out or keeping you up at night before heading to bed.

1 Hour before sleep: Turn off TV and Relax with a good book, some needlepoint, a crossword puzzle. Take a warm bath and listen to soothing music. This ritual will help you fall asleep more quickly and experience a more restful slumber, resulting in more energy the following day.

Turn off the News! Depressing television news of politics, murders, fires, and terrorism can quickly drain your mental reserves. If you’re a news junkie, try this experiment for one week: Stop reading your newspaper and watch only one television news program a day (or none if you can stand it). Notice how you feel at the end of the week. If you feel more energetic and peaceful, stick to your new habit.

Breathe in Energy: Sit in a chair with a straight back. Place your hands over your stomach and breathe into your tummy so that your hands rise and fall with your breath. Imagine you are inhaling a white light that fills your body with vital
energy. Do this for five full breaths. Then, as you inhale, tighten the muscles that connect your shoulders and neck, pulling your shoulders up toward your ears. “When you have inhaled all you can and your shoulders are snug around your ears, hold your breath for just a second.”

Sit Still: You wouldn’t think stillness would lead to energy, but often, that’s just what you need to create your second wind. Simply sit for 10 minutes in a comfortable chair and stare out the window. Let your mind drift wherever it wants to go. Some might call this meditation.

Write everyone you’re angry with a “Forgiveness Letter” Stewing over past events only drains your energy. Try to accept others for who they are and don’t expend a lot of effort on changing them. Oh, and you don’t have to send the letter. Simply writing it is enough.

Rank your Relationships: Make a list of all of them, rank them how they make you feel. The worse ones are energy sappers. Devise a plan to remove yourself from them.

If you need an easy way to stimulate your mind and increase focus, peppermint oil might be what you’re looking for. Commonly used in aromatherapy, this refreshing essential oil increases oxygen to the brain, which heightens focus and stimulates the mind. Try dabbing a few drops on your wrists when you find your energy lagging, add some to your shower to get an early morning energy boost, or add several drops to a steam diffuser to breathe in the benefits throughout the day.

Negative thoughts? Quickly cancel it by picturing a STOP Sign. Then either push the thought out of your mind or replace it with a positive one. Negative feelings take a lot of mental energy.

Delay accepting requests: This gives you time to think about the request and decide if it’s something you really want to do, or if it’s simply an energy-sucking waste of your time.

Clutter is not only distracting, it’s frustrating and energy-wasting. (How many times have you scoured the house for lost keys or bills that were right in front of you?)

One big mistake I find that people make when it comes to energy levels is trying to fix low energy with food—especially when you are not hungry. Energy drinks are not “energy food” they typically have too many calories and too much caffeine, creating a false energy burst, followed by a drop.
Instead of adding calories to your daily food intake, you can help alleviate tiredness by better balancing the nutrients you take in. (by the way, don’t diet unless you are seriously overweight and overeating—taking in too few calories increases stress, which reduces energy and leads to weight gain.)

**Nutrients** that can help restore your energy and reduce fatigue include mood-boosting omega-3 fatty acids, iron, vitamin D, B vitamins, zinc and magnesium.

**Food sources** are superior to supplements [i.e., pills containing nutrients] because the foods include the cofactors, enzymes and phytonutrients that work with the vitamins and minerals to maximize their efficiency.

**Getting more antioxidants** from whole plant foods (fruits, veggies, beans, whole grains) and cutting foods containing a lot of sugar or white flour is essential for reigniting your energy level. Here are some food related energy-supporting ideas:

- Eat at least two fruits or vegetables at every meal.
- Eat one fruit or vegetable at snack times.
- Drink water all day (you get tired more easily when you’re dehydrated).
- Always eat breakfast.
- Eat mini-meals throughout the day to keep blood sugar levels and energy up.

**Drinking fresh vegetable juice** is a shock to your body — in a good way! Losing the fiber during juicing makes them easy for your body to absorb and digest. And because less work is required for your body to reap the nutritional benefits, you’ll notice an increase in energy.

**Healing plants** can balance and restore the body’s natural ability to handle stress by regulating the adrenal system, which is responsible for controlling the way hormones respond to stress. Some of the best adaptogen herbs to boost your energy include: ashwagandha, rhodiola, holy basil, licorice root and ginseng.

**Carbs** provide a fast boost of energy, but they’re quickly followed by a crash as your blood sugar spikes and then drops. Stick to whole-grain, low-glycemic carbohydrates that take the body longer to digest and avoid the crash and burn effect. Nuts, legumes, sweet potatoes, oats, and brown rice are all low-glycemic carbohydrates that will provide the body with a steady supply of energy.

**Foods with a low glycemic load**—like beans, bran cereal, brown rice, whole wheat bread, and nuts—have less impact on your blood sugar than foods with a high glycemic load—like white rice, spaghetti, potatoes, cereal and sugary
juices and drinks. Eating more low-glycemic-load foods will help you keep your blood sugar steady and avoid the lightheadedness and “shakes” associated with blood sugar drops, which usually follow spikes.

Get enough Iron: You could have iron-deficiency anemia, a common cause of fatigue. Iron is essential for producing hemoglobin, which carries oxygen to your body’s cells, where it is used to produce energy. Good food sources of iron are green leafy vegetables, and dried beans.

Eat something Crunchy: Carrots, and other crunchy foods make your jaw work hard, which can wake up your facial muscles, helping you feel more alert. It’s also a good idea to eat every 4 hours to re-fuel your body before it hits empty when you are more likely to overdo it.

Chia Seeds will boost energy levels and provide your body with a lot of nutritional bang for the buck. The ancient Mayans and Aztecs used to ingest Chia seeds to keep up energy and alertness among warriors during war. For us mere mortals, the essential fatty acids (omega-3 and omega-6) found in Chia seeds help regulate glands, fight adrenal fatigue, and combat inflammation, which keeps your body feeling fresh. Combined with high levels of protein and fiber, which keep blood sugar stable (no afternoon sugar crashes!), and it’s no wonder chia seeds are a superfood.

Crush some Rosemary, and take a whiff. The herb’s intense woody fragrance is known to herbalists as an invigorating stimulant.

Also known as the “energy vitamin,” B12 is the most complex of all vitamins. It supports thyroid function and keeps blood cells happy and healthy. Also: The amino acid L-carnitine and the antioxidant alpha-lipoic acid can boost both memory and energy, possibly by improving the way body cells produce energy.

Check your Thyroid: If it’s not producing enough thyroid hormone, it could be making you feel tired and run-down. A blood test (may not be accurate at different times of the day) or a quantum energy test for hormones will tell.

One of the first signs of dehydration is feeling tired or exhausted. That’s right – not drinking enough water could be the reason your energy levels are lacking and you feel exhausted. Because our bodies are made up of mostly water, even small dips in H2O levels are enough to affect your metabolism. Forget sports drinks loaded with high fructose corn syrup and additives. Opt for coconut water or water naturally flavored with lemon and honey instead.

And if you DIDN’T Drink enough water - Drink 2 glasses of icy water:
Fatigue is often one of the first symptoms of dehydration, and if all you’ve sipped all day is coffee and soft drinks, it’s quite likely you’re dehydrated. Plus, the refreshing coldness will serve as a virtual slap in the face.

Soak a washcloth in icy water and place over your face. The icy coolness of the washcloth will quickly rejuvenate your facial muscles and eyes. It likely will lift your spirits as well.

Coffee isn’t the only option when you need a pick-me-up. Sipping on an herbal tea can provide an all-natural temporary boost in energy levels without the risk of scary stimulants or processed ingredients. Two wonderful options are green tea and rooibos tea.

If this is YOUR daily crutch:

If you need a coffee just to open your eyelids in the morning, you may be driving yourself deeper and deeper into a low-energy rut. Compelling research finds that frequent low doses of caffeine—the amount in a quarter-cup of coffee—were more effective than a few larger doses of caffeine in keeping people alert.

Go on a Daily 10 minute “Gratitude Walk”. As you walk, focus your thoughts on what you feel most thankful for. After the walk, make a mental note of how you feel. “This simple technique combines the power of gratefulness with the positive effects of walking and exercise, flooding your brain with happy neurotransmitters and endorphins. It’s a simple yet powerful exercise that energizes the mind and body and builds mental and physical muscle.”

Incorporating regular exercise into your routine will actually boost energy levels. Engaging in physical activity sends oxygen and nutrients to your body’s cells, helping your heart and lungs work more efficiently and boosting energy levels. Now you don’t need to run a marathon or go to the gym to get the benefits—moderate levels of your favorite fitness activity will reap energy benefits, too.

Stand up, get on your toes, and lift your fingertips as close as you can to the ceiling. Keep the stretch expanding for several seconds, feeling it in your calves, your abdomen, your shoulders, your arms, your fingers. After a few seconds, relax, take a few deep breaths, and do it again. By doing this, you activate almost every muscle you have, sending oxygen-rich blood throughout your body.

There are plenty more Secrets to Top Energy. There are also Energy Drains, other than the obvious ones mentioned with lack of sleep, nutrient deficiencies, etc.
Trust me when I say...if these techniques do not make a difference, or do not remove the issue of low energy, fatigue, or the procrastination of actually doing them, then it’s likely you are dealing with an energetic interference. These ‘energy vampires’ affect over 65% of the US population. Most of us are unaware, but their main purpose is to get their energy from YOU!

**Another Energy Drain** that may not be talked about at your physicians office, because it doesn’t make them money, is your own Energy System. You have an Energetic Life Force. Everyone does, or they wouldn’t be alive. Ask the Chinese or those in India about chi or prana.

**You are a being composed of light, love, and intelligence.** These characteristics are the essence of pure energy. So, you are an energetic being. Sometimes, though, you may not feel that way. In fact, you might feel the complete opposite of energy as we have discussed. Still, you have unlimited energy within you right now, and this energy has remarkable gifts.

Different energy centers within and around your body are influenced by your thinking habits. In other words, the things you concentrate on the most – money, spirituality, relationships, and so on – affect your energy centers. These energy centers look like fans, with their blades overlapping. We call them ‘chakras’ (pronounced SHOCK-ROHS), which means “wheel” in the ancient Eastern language of Sanskrit.

Although the body has many chakras, psychics and healers generally only concern themselves with the major ones. These chakras are each found next to a hormonal gland. The push vital life energy (also called “ki,” “chi,” or “prana”) through the body to ensure vitality. They’re like pinball-game paddles pushing balls along their course. This life energy springs from the Divine and gives us access to all wisdom, or psychic information.

**Out of Balance Chakras:** Your chakras radiate and receive energy constantly. If you hold negative thoughts, your chakras become dirty with dense, dark energy, and you feel sluggish and out of balance. You also lose touch with your natural psychic abilities. You have a chakra for each “issue” that you commonly think about. There’s a chakra related to thoughts about money and career, relationships, your future, appetite and lifestyle habits, and goals and aspirations. If you completely base your thoughts in love and faith, these chakras operate at a perfectly healthy rate. Your energy and life flow smoothly, and you experience harmony and bliss.

However, almost everyone is prone to worrying or obsessing about life occasionally. Fear thoughts affect the chakra that corresponds to the issue you are thinking about. That particular chakra then becomes dirty, shrunken, or
swollen. Consequently, you may experience fatigue without realizing why. This is just the start of problems as a low energy chakra leads to illness and disease. This is where it starts!

Your chakras also affect your intuitive abilities. With cleansed and balanced chakras, you can easily discern information about your future and about other people. Your natural state is one of high energy, intuition, and creativity. You don’t need to add anything to yourself— you already own them within yourself. Just like a sculptor needs to chip away the parts of the statue that aren’t part of the ultimate creation, you only need to clear away that which is not you to reveal your innate qualities.

**Where are your Chakras, and what do they DO?**

**1st or Root Chakra**

Sits at the base of your spine, at your tailbone.

Physical imbalances in the root chakra include problems in the legs, feet, rectum, tailbone, immune system, male reproductive parts and prostate gland, issues with degenerative arthritis, knee pain, sciatica, eating disorders, and constipation.

Emotional imbalances include feelings affecting our basic survival needs: money, shelter and food; ability to provide for life’s necessities.

When this chakra is in balance, you feel supported, a sense of connection and safety to the physical world, and grounded.

The lesson of this chakra is self-preservation; we have a right to be here.

**2nd or Sacral Chakra**

Located two inches below your navel.

Physical imbalances include sexual and reproductive issues, urinary problems, kidney dysfunctions, hip, pelvic and low back pain.

Emotional imbalances include our commitment to relationships. Our ability to express our emotions. Our ability to have fun, play based on desires, creativity, pleasure, sexuality. Fears of impotence, betrayal, addictions.

When this chakra is balanced, we have an ability to take risks, we are creative, we are committed. We are passionate, sexual and outgoing.
The lesson of this chakra is to honor others.

3rd or Solar Plexus Chakra

Located three inches above your navel.

Physical imbalances include digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, pancreas and gallbladder issues, colon diseases.

Emotional imbalances include issues of personal power and self-esteem, our inner critic comes out. Fears of rejection, criticism, physical appearances.

When this chakra is balanced, we feel self-respect and self-compassion. We feel in control, assertive, confident.

The lesson of this chakra is self-acceptance.

4th or Heart Chakra

Located at the heart.

Physical imbalances include asthma, heart disease, lung disease, issues with breasts, lymphatic systems, upper back and shoulder problems, arm and wrist pain.

Emotional imbalances include issues of the heart; over-loving to the point of suffocation, jealousy, abandonment, anger, bitterness. Fear of loneliness.

When this chakra is balanced we feel joy, gratitude, love and compassion, forgiveness flows freely, trust is gained.

The lesson of this chakra is I Love.

5th or Throat Chakra

Located at the throat.

Physical imbalances include thyroid issues, sore throats, laryngitis, TMJ, ear infections, ulcers, any facial problems (chin, cheek, lips, tongue problems) neck and shoulder pain.
Emotional imbalances include issues of self-expression through communication, both spoken or written. Fear of no power or choice. No willpower or being out of control.

When this chakra is balanced, we have free flowing of words, expression, communication. We are honest and truthful yet firm. We are good listeners.

The lesson of this chakra is to speak up and let your voice be heard.

6th or Third Eye Chakra

Located in the middle of the eyebrows, in the center of the forehead.

Physical imbalances include headaches, blurred vision, sinus issues, eyestrain, seizures, hearing loss, hormone function.

Emotional imbalances include issues with moodiness, volatility, and self-reflection; An inability to look at ones own fears, and to learn from others. Daydream often and live in a world with exaggerated imagination.

When this chakra is balanced we feel clear, focused, and can determine between truth and illusion. We are open to receiving wisdom and insight.

The lesson of this chakra is to see the big picture.

7th or Crown Chakra

Located at the top of the head.

Physical imbalance include depression, inability to learn, sensitivity to light, sound, environment.

Emotional imbalances include issues with self-knowledge and greater power. Imbalances arise from rigid thoughts on religion and spirituality, constant confusion, carry prejudices. “analysis paralysis.” Fear of alienation.

When this chakra is balanced, we live in the present moment. We have an unshakeable trust in our inner guidance.

The lesson of this chakra is live mindfully.
Are you still living in the SAME HOUSE as you did with your Ex?

Hmm, what to say about my experiences here. I no longer live in any of the homes I did when I was with an ex. But I do remember vividly the home I lived in after my husband died. He died in our bedroom, after having gone to bed on the evening before his 30th birthday. I’ll spare you the details about giving CPR, the paramedics arriving, and the trip to the hospital in the ambulance, all of which were too little, too late, he had already transitioned before I even entered the room and found him there. I knew it, but I guess they go through the motions just in case. They even cut open his T-shirt, which he had just been given that evening, that proclaimed he was 30, and Over the Hill!

What followed for me was a nightmare. Who cared if I was in shock, his family was in disbelief and threw blame around like it was coming from a fire hose. Some of his friends tried hitting on me, I couldn’t eat, I couldn’t sleep, especially in our bedroom. I moved to the spare room, but that didn’t help. I couldn’t sleep in the house. Period.

You may never find yourself in this situation, God willing! I lost 30 pounds and was getting by on 2-3 hours of sleep, not at night, but between 4 and 7 am usually. Yes, Mike was definitely still there. I didn’t realize it at the time but my sorrow had caused him to stay stuck in this plane for a LONG time!

As if that wasn’t enough to endure, when we’re this down, we’re susceptible of attracting anything. You may have heard of the Law of Attraction, it works by attracting to you what you send out, it actually works both ways, the beneficial, and the NOT so beneficial. I had a lower frequency of vibration. I was in the 100-200 range. Fear is a low vibration emotion, so what was I attracting to myself when I was putting out such a “low vibe” it’s also called the Field of Amplification so I was amplifying what I was sending out.

I attracted low vibe issues: aches & pains, headaches, and I was for sure attracting much of what I didn’t want! This incidentally, is where illness and disease sets in too! (That’s when they told me I had MS, I do not have it now)

Everything is Energy, and everything has the potential to affect our biofield, and the Field that surrounds Everything, including our Environment and the Space we occupy.

Although our home was a happy place until that final night we had together, over the course of my co-habitating with my prior ex’s there was a LOT of yelling and arguing going on that endured for a LONG time!
Words become full expressions of energy

Every utterance we make carries its own power and intention. If a home feels sticky or heavy, consider the communication and conversations you’ve had there.

Did your home witness the turmoil of your divorce, or grievous arguments like mine did?

Words are “things” and “They get on the walls. They get in your wallpaper. They get in your rugs and your upholstery and your clothes. And finally, they get into you. You can’t see words to clean them up; still, their residue is just as real.

If you spend time in these surroundings, you are exposed to greater-than-average energetic contamination, it’s in your space with your family.

As the occupant of the home you had with your ex, removing all the energies of them is VERY highly suggested. Often the energy of people who have negatively affected the space is ‘stuck’ in the home and has no way to ‘get out.’ The circumstances that involved pain, suffering, regret and other negative emotions are still imprinted there. Clearing ‘stuck energies’ can relieve you from the constant distress of past trauma and pain. It’s also a good idea to refresh your house for the benefit of your innocent children and pets.

A clearing is the act of making a living space more livable by removing and clearing the negative energy within it.

What are the positive benefits of clearing?

People see an immediate difference after a house clearing and often experience an improvement in finances, health issues, and relationships with other family members.

Just about everyone you speak to will have an opinion on what to do about house or space clearing: Incantations, crystals, incense, salt, bells, rituals and all sorts of paraphernalia may be recommended.

Here are some Feng Shui Tips and recommendations, some cost a bit, others are free and simple to do, to Clear Negative Energy:
Open the windows
The air is alive and electric with potent life force, often filling us with fresh hope. When we open windows, we invite this same wild grace into our space. The outside air beckons our home to enjoy a deep cleansing breath, exhaling negativity out. Invite the ripples of a breeze into your surroundings daily, if even for only a few minutes.

Sweep
The symbolic gesture of sweeping with a broom creates an energetic shift. But when energy feels static, sweep. And don’t worry if an area is carpeted — the bristles don’t even need to touch the ground. Sweep toward a door or an open window. This ritual becomes symbolic of sweeping out the old to make room for refreshments.

Take a sea salt bath
When left unattended, toxic words eventually get into us. They pile up and we feel the effects weeks later in unexpected outbursts or clinging bad moods. Slip into a salt bath for 20 minutes — this renews our personal energetic fields immediately. Need an easy recipe? Add 2 — 4 cups of sea salt with a few drops of a favorite essential oil (or a couple orange peel rinds) to a full bath, and let yourself soak.

Use beautiful words
Habits don’t change overnight, so try this instead: make it a goal to use the word JOY or LOVE 50 times a day. Words create a gravitational force, attracting their likeness into our lives.

Negative energy can linger anywhere — curtains, clothes, and people!

Go Green: Plants are an awesome natural filter for negative energy. Make sure each space or room you spend time in has at least one.

Claim Your Space: If your space feels full of someone else’s “stuff,” walk around and claim it as yours. “I take back this space. I choose to make this a positive place for me now!”

Salt: Simply sprinkle salt (a small grain type) on the carpet. After about an hour, vacuum. Salt crystals have an amazing natural built in-ability to absorb negative energy. As an alternative, you can put bowls of salt in the corners of the room and remove after a few hours.

OR:
Spray the area with salt water from a sprayer. Mix a few tablespoons of salt with a cup of water in a sprayer with a fine misting capability. Shake to dissolve the salt. Walk through a room spraying the salt and water into the air, allowing the
droplets to filter down to the floor. Holy water of the Catholic Church is essentially salt water with the priest’s benediction on it.

**Room spray:** Buying or making a room spray with pure essential oils helps clear negative energy. The best ones to use for clearing are: rose, lavender, frankincense, and patchouli.

**Laugh!**

**High Vibe Music or Sounds:** Playing high vibration music can make a big difference. We already know what a difference music can make in our own energy, and it does the same for spaces. Quiet spaces attract negative energy and other spirits, which is why sound is a powerful cleansing method. Walk through your home or office ringing a bell, chime or *singing bowl* to prevent negativity from dwelling in your space.

**Black Tourmaline:** Terrific crystal for clearing negative energy. Place several of them around your house. This crystal does not need to be cleared as others do.

Electronics create chaotic energy. **Black Tourmaline** absorbs electromagnetic energy, so keeping it near your Internet router, television, computer, and other devices protects you from their harmful energy. There’s another protocol where I use quantum energy to clear the negative energy from these devices, and it removes the machine energy from the computer or tablet user (Children are especially vulnerable with computer games and tablet use.) I also put up a shield so to speak, that assists in preventing harm from radiating out of these devices.

**Chant:** “OM” or “Amen.” Chant the mantra “OM” or “Amen” in the room for 20 minutes. This mantra disperses dirty energy, which is why it is universally used as part of many meditation routines to clear the mind of thoughts.

**Loud clapping:** Loud, purposeful clapping with intent can break up and disperse dirty energy in a room. Go into a room, form a clear intent to dispel the dirty energy, and walk through the area clapping about 10 to 30 times, depending on the size of the room. One clap per second is a good pace.

**Placement** – moving the furniture around in a space to face another direction can shift the energy.

Old hurts, negative thinking patterns and stuck emotions must be dealt with to optimize your well being and environment. There’s a quantum protocol for identifying and transforming these energies these as well. You’ll find more information here: http://relationshiprelease.com/release-programs/
Your Home should be our haven, but it is also where we can discharge some of our most negative emotions, especially prior to a separation or divorce. And what about all the other people around us who are also “contributing” their energy? Consider all of the energies that enter your home or space everyday from electric cables and ley lines, mobile and cellular phones, microwaves, computers, lighting systems, chemicals in food, clutter around the house, etc.

Knowing that our actions and habits as well as our thoughts, emotions, intentions and words can affect our environment energetically is one of the first steps towards taking responsibility for what we are creating around us.

Not clearing the negative energy can lead to more problems such as illness, MORE arguments, accidents and lack of motivation, etc.

Smudging with white sage is not the answer. It doesn’t clear anything, the smoke only shows us where the energy is stuck. Arguments, violence, drug use, and even teenage issues are just some precursors to a build-up of negative energy within the home. It’s also possible that violence and trauma from hundreds of years in the past can still be affecting the property today. To complicate things even further, our lives and property can be impacted by energy portals and vortexes, as well as the placement of buildings across Ley Lines.

Most people are blissfully unaware of the past history of their home and the energy attached to it. Some that are more sensitive to energy can perceive strange occurrences or report that their children are "seeing" things. The young ones are still more open to seeing what we as adults can no longer detect.

People ask me to visit their home to determine what they may be experiencing. For me, this is not necessary. This seems to be the greatest challenge for most people. I work with clients in different states and countries, and use the same techniques to deal with any energies affecting your property or family. I access the field to gain an understanding of what is happening. How I proceed from there depends on the level of consciousness of the energies we’re dealing with.

Important: One or more of the occupants may also require clearing of negative entities. This creates a very different aspect to the process, as we’d then require to transform the energy in the space as well as the person/people occupying it or the dark energy will most definitely be back as you haven’t completely removed the problem.

Children and family members can be affected by attached entities at any time. In fact some children have a real talent for attracting unwanted energies.
If the trauma of the break up wasn’t enough, whatever their origin, these entities can have a very negative impact on a person’s life causing misery and suffering. They operate covertly, seeking to manipulate people into thoughts or behavior that keep people away from their true path in life.

**Unfortunatley, this can be part of the cause of break ups to begin with! OUCH!**

It’s sad because I personally see it every day and people are just not aware that what they’re saying or doing is really NOT THEM! Their lives are not all they could be, feeling unfulfilled, unhappy, depressed, not getting ahead, and they just write it off as problems with their ex, getting old, a crabby boss, the weather, the economy, or whatever!

If you are still in a home that experienced pain, sorrow and misery, NOW is the time to have a reading done on yourself, and on your property to find out what may be occupying you and your space.

Because you have experienced a divorce, or break up, you require to find out.

There’s nothing you have to do as I simply remotely read what’s there, get your ok to remove it, and then we transform that energy to where it belongs, leaving you and your property free from negative energy attachments, and their anchors that they use to come back.

It may just be something you could do yourself from the many techniques I’ve described. But unfortunatly nowadays, and it’s not getting better, I find something in over 90% of the people I have worked with. So you can just sit back and have your space cleared professionally, and get any attachments you may have removed.

Here’s some feedback I’ve received:
Sleep:

I mentioned after Mike died that I could not sleep. Now I know why. Besides my mind racing all of the time, I was so stressed that my adrenals were totally taxed. Not sleeping, and waking up often in the night are definitely related to your adrenals.

One of the things I do is regenerate the adrenals. It takes about 70 days for them to grow completely back. Get more information on that here: http://relationshiprelease.com/release-programs/

If you’re having on-going insomnia, you also probably have some pretty significant spiritual interference issues even during the day. These are some significant troublemakers as it relates to sleep, sleep apnea, snoring, and insomnia.

“Before I met you I did not feel like myself. I felt depressed, angry, unsure of myself, always worried and tired, unhappy with my life. This was going on for years until I met you.

After I was cleared I felt a dark cloud lifted. The world lifted off my shoulders.

I’m at peace with who I am. I am no longer angry or tired. Life is good. Negative thoughts came to an end. I’m no longer insecure with myself. I can’t thank you enough. What a blessing you are.”

Deanne Crosby, AZ
Cellular and Muscle Memory is the KEY to Releasing!

The reason that we haven’t been able to release our stress and our grip on the past is that sheer will fades quickly, you can’t stay out of your comfort zone that long to affect a real and lasting change. So it becomes a perpetuating cycle.

You Desire Something... and soon the ‘fear’, the ‘not worthy enough’, and the guilt of not doing it right’ pop up and grab your attention and hold you captive. Soon you’re back in your comfort zone. You’re comfortable again and relieved of all those emotions you’re afraid will make you very uncomfortable, so you don’t confront them. Then it starts up again.

You Desire Something....

I don’t want to make you feel guilty, but how many years of your entire life has this been going on? Can you count only on your two hands how many dreams you’ve pursued, or risks you’ve taken, throwing caution to the wind, defying the voice chatter in your head, the ‘well meaning’ friend asking if you’re crazy, your parents staring at you as if you’ve runined your life? And all you can say is “It feels correct for me!”

Gulp.

I know I said I didn’t want you to feel guilty, but that’s exactly what held me back from moving on after my divorces. I wanted to, I knew I should, but I just didn’t know how.

My body knew more than I did. Cellular and Muscle Memory knows! It’s counted my failures, disappointments and discouragements. It knows my fear triggers all too well.

How about you? If you can read this and not feel anything in your gut, heart or solar plexus, then perhaps you’re 100% emotionally A-Ok and have cleared your cells of the years of stored memories.

Cool! I’m almost there myself!

For everyone else, I get it. We’re sick and tired of being tired and sick. When joy and pizazz leave from blocking ourselves from our dreams over and over again,
our bodies frequency becomes more dense. You resonate at the same frequency as ‘sick & tired” do! What good have you ever seen ever come to somebody who is Down in the Dumps, Fearful, or Over Anxious?

Now it sounds like it would be a lot of work to reverse that, doesn’t it? Much easier to remain in your comfort zone. You feel bad enough, you can’t take one more discouraging occurrence, so rea, why not put it off till the kids are out of school, or you complete the assignment you’re responsible for at work? At least you’re certain you’ll get rewarded for that when you get paid!

OK! I know!
Youch.
It brings up hurt feelings that just havn't been cleared from your muscle memory yet.

BUT.. this time, use the ‘Hurt’ to go after what you care for instead. That’s why I had hurt feelings, I loved it and I lost it.

Turn that around now, use it creatively and more powerfully. You’ll find a treasure of reserves you never knew you possessed.

Willing to see how to tap into THAT?
I know huh!
I get goosebumps thinking about it!

**Change the Charge from the Emotion to Release it!**

When you don’t resonate to those low vibe emotions anymore, you can no longer be jerked around by or be affected by them anymore.

Whew!
I feel relieved already!

If you don’t feel relief, it’s because:
1. You don’t KNOW that it works
2. You don’t yet BELIEVE that it works
3. You don’t know HOW to get that to work for YOU

Sure, that’s fair!
I’ve spend my share of time in all 3 categories too.
Raise Your Frequency of Vibration

Great! But what if you’re stressed out and too pooped to do all this stuff?

Simple!
Do the 1st easiest thing!

What could that for you?
• It could be to just go back to bed and get 8-10 hours of sleep
• Drink a smoothie of blended fruits and veggies
• Take a walk
• Get your hands in some dirt in the garden
• Pet the dog

I Don’t Care! Just do 1 Thing! Whatever you can do Right Now!

Laugh, or just Giggle!
Flop your arms around and prance across the living room on your way down the hall to a quiet place, laundry room, wherever they won’t find you for a few minutes!

Breathe.
Breathe again.
Sit very comfortably (Don’t lie down, you just got up, remember?)
Breathe deeply through the diaphragm.

Inhale Energy, Exhale Stress
If you’re ½ breathing, you’re ½ living.

You are now freeing yourself, one breathe at a time.
Goosebumps again!

Get Support!

This may not necessarily mean your friends as a matter of fact, unless you friends have skills in this, they many not be what you require right now, they don’t want you to feel bad, but don’t know exactly what you’re going through and don’t know how they can best help you.

Then what?
Good Question.

After Mike, from my second marriage passed, I joined a grief group, but I can’t say that helped me at all. No, not really. Could be it was the wrong group of people for me, or the management, or the talk talk talk that didn’t help, but I dreaded it, and after 4 weeks I couldn’t force myself to go anymore. Sheer will ran out again.

You can check out Facebook groups, and again, you may need to go through a few to find people you resonate with, but be sure to gauge the use of your time with the benefits and results you receive.

Remember what we talked about regarding cellular and muscle memory? Right, it’s stuck there. Along with each painful incident you’ve ever experienced.

The quickest thing to do is to go straight to the source in the quantum field and release it. Calm the memory of the trauma without reliving the pain and suffering.

It’s been done this way for millenia. Athletes do this. After being beat and battered quite often, how do they increase their performance? They release it from their cells and muscle memory! Powerful business people keep their EDGE by doing the same.

The average person just hasn’t been aware of it because, well, then maybe there wouldn’t be any average people left for the empowered ones to impress?

But now you know!
And when you tell a friend, they’ll know.

That’s the reason of my mission of assisting an ever expanding number of people to release their stuff effectively, affordably, and dare I say permanently? (That’s up to you)

I know what you’re going through, oh yes I do. And not unfortunately this time.

No, because I get to assist you and thousands of others going through a tough time, just like you, which will ultimately affect their daughters, their sisters and their friends too.

And once this catches hold... well, goosebumps again!
Turn trauma, pain, suffering, memories, difficulty, and past baggage into laughter, and **Release it to Relieve it.**

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The only person who is truly holding you back is **YOU.**

*No more excuses. It is time to change.*

*It is time to live at a new level* – Tony Robbins

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**SNAP out of the bad dream, and SNAP in to Love, laughter,**

**and dreams that are exponentially larger than all of your previous life experiences put together!**

Let’s get goosebumps together -- Marlene Allen

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