

DAILY AGENDA | WEEK 1 | DAY 2

Spiritual Nourishment:

For a spiritual start, here are a couple of amazing songs.

<https://youtu.be/8DRLmrboGK4>

<https://youtu.be/iO7ySn-Swwc>

Points to Ponder:

I want you to spend the time that these songs take to play (maybe even more than once) and allow yourself to sit and calm down, breathe, and ponder how this song makes you feel. Do you recognize any changes in breathing, heart rate, tension or other emotions? Do you feel closer to the Spirit? Why do you feel the way you do? Can you use these discoveries in your daily life? When you need to feel closer to Heavenly Father...or feel less contention, or stress, what can these songs do for you? Why? There are multiple reasons.

1. The intentions of the song are clearly to bring you to think of the Savior. So intentions are important in what we allow ourselves, or our family to view or listen to, or to even think about. Also,

2. the frequencies of the songs, each instrument, each note, resonate at a frequency which affects the Crown Chakra, which is the "God Chakra..." the one that controls or affects the connection we have to our Father in Heaven. Ever wonder why when we are set apart or confirmed a member, it is done through the Crown Chakra? What significance does this have in better understanding the link between the body's energy system (Chakras, meridians etc.) and spirituality?

Healing Frequency/Video:

We will begin with the Crown Chakra today. You can play this any time, as it helps to open us up to feeling connected to God. Open to spiritual communication etc.

<https://youtu.be/b-HpcoDbYE>

Today's Action Steps:

- Cast Out
- Fill yourself with light
- Ground and balance polarity
- Daily exercise (walk in nature or other)
- For those who are in the FULL MENTORING PROGRAM schedule (at least the) first 2 weeks private sessions with beth rice at this link:
<https://live.vcita.com/site/healingwurks/online-scheduling?service=kw3g37gatzblnut>
- Download and print the daily agenda forms that are attached to each day's entry in Teachable and add them to your binder. If you prefer, you can keep the digital copy in a file instead. It's a good idea to make up weekly folders if you do store them digitally.
- Ponder what your intentions are as far as what you want to learn, and what your intention and motivation are for learning and increasing in knowledge and spiritual capacity. Are your actions helping you to meet your goals? We will discuss this more in our private sessions and the video classes.

Links to learn:

<https://www.verywellmind.com/what-is-brain-plasticity-2794886>

It wasn't that long ago that we were taught that there were only so many brain cells and they die off the older we get, and we don't create any new neurons etc. We now know that this is NOT true. Even those who have lived a sedentary life for many years can change their behaviors and CHANGE THEIR BRAIN! Another PARADIGM SHIFT that is important to changing our thoughts and changing our life!

How can this knowledge help YOU? Is there anything that you have always wanted to do, but didn't feel like you could?

Is there anything that you would like to change in your life...habits or behavior patterns, things you do because you've always done it that way?

How can pondering the principles taught in this plasticity video, give you hope?

Notes: