

Angel Video One

Take a big breath in through your nose. Hold it. And blow it out. And now we'll tap engage our energy system.

Side of Hand: I give myself permission to remember that I am a powerful eternal being. For me there is no such thing as death. And because I remember this now, I also understand and remember that I am a powerful creator of my experience here in this life, in this body. I am profoundly grateful for this. And I completely love and accept myself.

Top of Head: And now I allow myself to remember

Eyebrow: That the divine has created a guardian angel for me.

Side of Eye: This angel was made specifically for me and has been with me always

Under Eye: and is here with me now.

Under Nose: Wanting to see me and talk to me.

Chin: And I want to be able to see and talk back to my angel

Collarbone: because we love each other.

Under Arm: And if I ask and surrender all the ways that this can happen

Top of Head: And show up for me

Eyebrow: I allow myself to understand it's possible

Side of Eye: I choose to see my angel with no harmful side effect

Under Eye: to my mind, body or spirit

Under Nose: I surrender all the ways that this may look

Chin: Or show up for me in my life

Collarbone: And I allow the divine to choose

Top of Head: I think this divine has pretty good ideas.

Eyebrow: After all, the divine created my angel and me

Side of Eye: I allow myself to relax into this knowing

Under Eye: And to begin easily and effortlessly seeing my angel

Under Nose: The one who is attached to me

Chin: The one who loves me more than words can say

Collarbone: And if I see lots of other angels too, that's just more fun.

Top of Head: I'm open and receptive to seeing angels now.

Eyebrow: I'm profoundly grateful for the ability to do this.

Side of Eye: Thank you. Thank you. Thank you.

Under Eye: I remember to be grateful every single day for this.

Under Nose: I'm grateful for my body.

Chin: My spirit my mind.

Collarbone: I'm grateful for my angel. Thank you

Take a breath and blow it out.

Next, do the neuroplasticity exercises.

Neuroplasticity Video

Put your hands together and begin tapping your fingertips.

I choose to balance my brain so that I can see angels. I choose to balance my brain so that I can see angels.

Exercise 1

Keep tapping your fingertips. Roll your eyes as far around clockwise as you can go, all around the edges. And now go back the other way.

Exercise 2

Keep tapping your fingertips. Take the tip of your tongue and put it as far back on the roof of your mouth as you can. If you can go all the way to the soft palate do that if you can. If you're still on the hard palate, that's fine too, just go as far back as you can go with your tip of your tongue. Leave it there for three deep belly breaths. Through your nose, breathe from your belly, 3 big breaths.

Exercise 3

Keep tapping your fingertips. Take the tip of your tongue and behind your upper teeth, there's a series of ridges. Slide your tongue back behind there and put your tongue up against the roof of your mouth, the whole thing. It should feel really comfortable there. Do three deep belly breaths with your tongue in that position.

This series of things are going to connect right and left brain and increase neuroplasticity and neurogenesis for us. Do this work with the tapping work three times a day at evenly spaced intervals every day for 21 days.

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