

## VITALITY VIBE TOOLKIT

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### Wash out all the un-useful energy and emotions

The sea is the perfect place to be to do this or otherwise visualise being in a peaceful wave and let go the unwanted emotions.

Imagine you are in one of those wonderful slow swells that can easily go over your head and you relax into the wave.

As the wave recedes, feel all of the obsolete heavy energy wash out of you, cleansing and purifying your body with salt water and strong Source energy. Visualise and experience this process until you feel you are squeaky clean and your vitality is returning.



Not comfortable with a washout in the sea, then try a wash out under the shower:

Visualise, pure white light washing straight through you, cleansing, purifying and reenergising your body.

As it washes through, visualise the colour changing to aquamarine and then aquamarine with gold flecks.

Needing more love – then try some soft loving pink washing through you.

Ensure you are getting enough healthy, organically grown, vegetables, proteins, fruits, nuts and seeds in your diet and the appropriate nutrition in vitamins and minerals absorbed into your body.



*Hydrate hydrate hydrate!* Essential for a healthy vibrant body and a clear ordered brain.

Be careful of the afternoon brain fog and “walnut brain” rattling around upstairs for lack of hydration.

Adults should be drinking between 1.5 ltrs to 3 ltrs of water per day depending on size and gender.

Try a wedge of lime or lemon juice for more flavour and also the change in enzymes to help your body metabolize and hydrate more efficiently.

## Thrive Temperament Applications

### Take time out to Relax and Regenerate

Who wouldn't want to?

However, sometimes life is so busy, we forget to stop and take time out. If you burn out, your bucket of energy gets lower and lower and how can you keep up the pace and keep up your vitality.

Schedule it in your diary if you don't think you can make the time.

**Re-design and Re-inspire your life.** Every few months, review your goals and achievements. Re-Affirm your intention to be the most possible application of you for your Soul Journey.'

**Appreciation and Gratitude** for everything in your life (even interesting challenging lessons!) brings a new vibrant energy, joy and strength to your Spirit and boosts your immune system constantly and consistently.

### Try this affirmation:

*I <your name> am totally ready, willing and able to apply my goals and strategies of <x,y,z etc.) to inspire my life, to meet my desires of living to my highest potential and having the vitality and passion to thrive and uphold my Soul's intention in this life.*

