**BOOK RESOURCES**

Flower Essence Repertory

Kaminsky and Katz

Love is in the Earth

Melody

Pocket Guide to Spirit Animals: Understanding Messages from Your Animal Spirit Guides

Steven Farmer

Animal Speak

Ted Andrews

Anatomy of the Spirit

Caroline Myss

**YOUTUBE VIDEO RESOURCES**

I recommend all new clients to make a 5 minute routine twice a day (and throughout the day as needed) of

-Spiritual hygiene

-4 or 5 rounds of 4-7-8 breathing

-4 or 5 rounds of EFT tapping.

Dr Weil video 4-7-8 breathing (3 min)  <https://youtu.be/yHsE4z1gba0>

Max Strom Ted Talk 4-7-8 breathing (20 min) <https://youtu.be/4Lb5L-VEm34>

Brady Yates EFT anxiety (6 min) <https://youtu.be/TfftfkVqw4Q>

There are many people who do EFT videos on youtube- keep searching until you find a practitioner you like. You can search “EFT for \_\_\_\_\_” overwhelm, panic, anxiety, sleep, anger, etc…

Just use the EFT points, don’t worry about the words. Its like exercise for your nervous system- the more you do it, the more automatic it becomes in times of stress and faster results to calm.

