

MaríEL Medicine

sourcing Divine energy for
nourishment ~ healing ~ connection

Welcome to MariEL Medicine ~1~

Sourcing MariEL ~ 2 ~

The MariEL Symbols

The Crown Symbol ~ 4 ~

The Power Symbol ~ 5 ~

The Release Symbol ~ 6 ~

The Cleansing Symbol ~ 7 ~

The Seal of Protection Symbol ~ 8 ~

The MariEL Mandala ~ 9 ~

MariEL Blessings ~ 10 ~

Water Despacho Ceremony ~ 14 ~

MariEL Dreamwork ~ 16 ~

MariEL Distant Healing ~ 18 ~

MariEL for the Earth ~ 19 ~

Decoupling; Body Dowsing ~ 20 ~

MariEL Attunements ~ 21 ~

Appendix

MariEL Symbol Chart

Giving Yourself a MariEL Blessing

Full Size Mandalas

Collection of MariEL Tending Stories

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The information and work found in the MariEL Medicine Guidebook is not (with the exception of three symbols) Ms. Lombardi's MariEL Technique. There is no intention to create offense towards Ms. Lombardi's MariEL practitioners/lineage with this work. Although I never had the opportunity to study with Ms. Lombardi, I offer her my deepest gratitude for the MariEL Symbols and the profound medicine they have brought into my life. The guidebook is designed for front to back printing - blank pages are intentional.

Cover ~ The MariEL Interdimensional Mandala, Kelly Jackson

WELCOME TO MARIEL MEDICINE

MariEL was birthed in the early 1980's by its founder Ms. Ethel Lombardi. She called it the MariEL Technique and her teachings were based in that MariEL is a feminine, heart-centered practice that channels the energies of Mother Mary and the Elohim. Her teachings were based on the principle that every cell in our body holds memory. A stored memory of a negative emotional or physical experience blocks the flow of energy. The energy of MariEL probes to the core of the soul and facilitates the release, at a cellular level, of old blockages, patterns, memories, trauma, and pain.

The Elohim are said to be part of the Godhead and assisted in the creation of the universes, galaxies, solar systems, and planets. Known as the Angels of Divine Presence, their infinite power is of such magnitude that the human mind cannot comprehend it. They support the earth and all beings with their love and light.

This modality therefore blends both the feminine (Mari) and the masculine (EL) energies which makes it an empowering practice in healing and balancing both energies in ourselves, others, and the planet. Experience also shows MariEL can be used to maintain vibrational wellness.

MariEL crossed my path in 2013. I received two distant attunements with slim handout material, titled the MariEL Healing System and MariEL Reiki. There was no classroom training with the attunements, so it became necessary for me to contact Mary and co-create a way to work with MariEL for myself. I held no intentions to share this with others – yet here it is in your hands.

The MariEL Medicine Guidebook contains additional symbols and weavings of energy medicine techniques from my various formal and self-taught trainings. The hope of this guidebook is to offer one access to their personal source of self-healing, nourishment, and sacred power, and to provide supplemental information to the energy practitioner's existing body of work and knowledge. Take what works for you and leave the rest.

Light Heals. Light is Love. You are Light.

*"Use the energies of this system first and foremost for yourself.
Your clear, brilliant light will shine from within, aiding those around you,
all humanity, the collective consciousness and the Universe beyond."*

This message was received for me after one of my attunements. I feel this message is for all of us.

We frequently tend to and bless others but often forget to offer this grace to ourselves.

I once read somewhere that the word "Medicine" is a synonym for magical healing, of one who can speak with and call on the powers of the unseen ancestors, elementals, angels, helping spirits, and knows the ways of the Sacred. May MariEL Medicine bless your life with infinite abundance, love, ease, and grace.

SOURCING MARIEL

MariEL is a loving and dynamic energy. Every being has access to this energy and the innate inner knowing on how to use it for themselves. Because of its instinctive nature, you will find this guide offers simple instructions on its use. Experience shows that one does not have to be attuned to use the MariEL Symbols. However, if you feel a calling to enter into a deeper relationship with MariEL, receiving an attunement is available. Attunements also have the ability to accelerate the self-healing process.

The energetic connection to MariEL is activated by drawing or visualizing the symbols which act like a spiritual phone number. When one draws or visualizes a symbol it places the individual in direct contact with the energy associated with it. It may be further enhanced with a mental or verbal command. Some also feel the symbols are Light Language.

MariEL works on all levels of the luminous and physical planes. Whether you work with meridians, the energy centers (chakras), acupuncture/pressure points, tapping points, another method or none of the above, trust the medicine and your unseen friends to bring what you desire or what is in your highest destiny into embodiment. Most importantly, trust yourself.

According to the Law of Resonance, we can only co-create healing for others at the level we are at. This guide has been written in a format that places the work for and within ourselves first. Energy practitioners can easily translate the work for client use.

Soultending tips:

Work from a place of compassionate nonattachment. Regardless of the story or ailment, always see yourself (and others) as a radiant, whole being.

Asking ourselves "What would the end result look or feel like?" This "attention-intention" assists in directing the MariEL energy. Add empowerment to the symbols with a carefully worded statement that reflects the end result. Spiritual Law states that we need to ask for assistance from our unseen friends in order to receive. Remember to ask!

Spend as much time as you can in conversation, walking, and receiving nourishment from Nature. Play with receiving energy through the head/sky and receiving energy from the feet/earth. The earth holds vast amounts of nourishing and healing energies for the physical body.

Discover your personal relationship with the MariEL energies. If it works – it works!

If you choose to receive a MariEL attunement and then for any reason feel that this connection is not for you, you may ask your angels or higher soul to deactivate MariEL from your system.

What's Your Intuition Type

Each one of us came into the world with a GPS – an intuitive system that we use to receive information and guidance. Generally, we use our primary type but we have access to all of them. We make sense of our world through this system and it shows up in our language.

Clairvoyance – clear seeing, the ability to receive impressions in a visual manner, whether in pictures, symbols, mind's eye, or daydreams.

Makes sense of the world through the language of: that looks good to me.

Clairaudience – clear hearing, the ability to receive impressions through sound or in an auditory manner, usually in your head's voice and not through the ears, although in times of emergency we can hear a very clear voice outside our head.

Makes sense of the world through the language of: that sounds good to me.

Clairsentience – clear sensing, the ability to sense and feel information, such as gut instincts, tingling and rushes, fear, sympathetic and empathic pain are experienced through feelings.

Makes sense of the world through the language of: that feels right to me.

Claircognizant – clear knowing, the ability to receive impressions of deep knowing (information) without knowing how you are receiving it. This is the "cleanest" way of receiving information but those who have it doubt it because it comes out of nowhere and has no corresponding "perception feedback."

MariEL Self-Healing Sampler

Open the MariEL treatment with the dove or Crown Symbol. This creates sacred space. It tells the mind that we are taking time for ourselves, entering into timeless space to do our work. Take a few minutes to breathe and come into stillness.

Use any of the symbols that you feel drawn to for healing or wellbeing. For instance, let's imagine we have a stomach ache. An inspired thought drops in to visualize the Release Symbol in the stomach area. We feel guided to breathe and drop into our body. We see an image on how the stomach ache was created. We have an "aha!" that the stomach ache is a trigger-symptom and a messenger of how we can take better care of our boundaries. The body receives a message that we "got it" and the ache disappears. We are shown to place the Power Symbol in the stomach to bring in Light. We place our hand over the area and feel the vibration of Love. We sense relief and the body responds with joy. We might shed tears, releasing the emotional poison we "ate" from somebody, and recover our personal power. We seal the work with a Rose. We close sacred space by thanking all those who have assisted us. The next day we remember to give ourselves a MariEL Blessing and perhaps surround ourselves with the Seal of Protection or use the Cleansing Symbol over our work space to clear the air. We encounter the same person or situation that created the stomach ache but now it doesn't show up. We have just performed our own empowered healing and blessing.

MARIEL CROWN SYMBOL

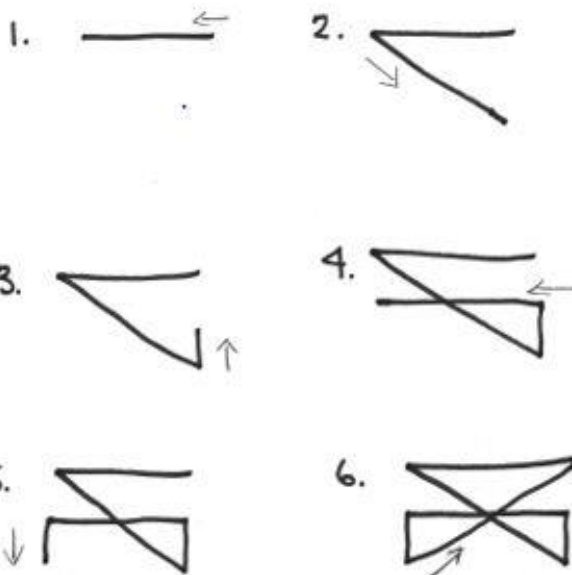


I have found this to be a potent symbol and if held with acute attention can clear issues or download guidance quickly like a lightning bolt.

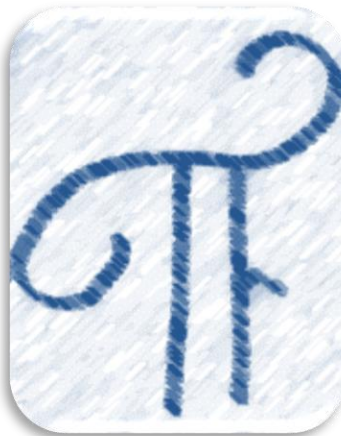
Please note that everyone may use an image of a dove. It is unclear if everyone can use the Crown Symbol. Persons attuned to MariEL do have access to the energies of the Crown Symbol. It is suggested that one work with each of the symbols and determine which one works best for them.

- ❖ Visualize or draw over the top of the head (also known as the crown) to activate and enhance healing receptivity.
- ❖ Use to open your connection to your higher soul, unseen friends, to receive information and guidance, deepen meditation or journeying states, and to increase your inner knowing.
- ❖ Use to connect to the Akashic Records.
- ❖ Use to open and create a container of Sacred Space of Divine Light to work in. It can be drawn or visualized in each of the directions (or four walls) and the earth (below) and sky (above).
- ❖ This symbol can be viewed as an opening, connection, or an invocation.

DRAWING THE MARIEL CROWN SYMBOL



MARIEL POWER SYMBOL



This symbol connects one to the core energies of MariEL power and light.

- ❖ Draw or visualize on the area where you want to bring in MariEL energy. "Power Symbol" anywhere on the body as much as needed.
- ❖ Draw the symbol on your hands and it radiates energy. Place your hands over the area where you want to it go/enter. It can also be radiated out of the eyes, heart, and feet.
- ❖ Use to bless food, beverages, body, cars, homes, gardens, etcetera.
- ❖ Draw or visualize on or in the body or luminous energy field and call back home lost personal power, love and soul essences.
- ❖ This symbol can be viewed as an increase of energy, restoring or adding abundance.
- ❖ To enhance and give direction, use an empowering positive verbal/mental command.

Suggested power commands to play with:

I am in perfect _____. (Feel in the body as if you are in perfect _____).

I am infinite abundance and grace. I am absolute Love. (Feel this truthfulness in the body).

Dear MariEL's, I invoke MariEL and my Higher Soul to do its perfect work with ease and grace.

Here is a nourishing self-treatment ceremony. Open space by mentally drawing the Crown Symbol or dove over the head. With palms of the hands facing towards each other about 6-8 inches apart imagine holding a luminous ball of light in between your hands. Place the Power Symbol in the ball and relax for least 15-30 minutes – find your nourishing sweet spot. If you are sensitive to energy, you may feel the body fill up with MariEL. When complete give thanks by offering the ball of light to the earth, water or wind.

MARIEL RELEASE SYMBOL



In Ms. Lombardi's system this is known as the absent (also known as distant or remote) symbol and was used to transmit energy work to people, animals, and for earth healing. I was shown to use this as the MariEL Release Symbol. Use the symbol in whichever way feels correct for you.

- ❖ Draw or visualize the symbol on the area where you want to release stuck energy.
- ❖ Use for extraction work. Imagine the top of the symbol is a handle and the V part as a vacuum. Hold the symbol in your hand and insert it into places where you want to pull out energy. When done release the symbol into MariEL Cleansing Symbol.
- ❖ Use for forgiveness or grief work.
- ❖ Use to release tension and invite relaxation into the mind and body.
- ❖ This symbol can be viewed as a decrease of energy, relaxing, or removing blockages.
- ❖ To enhance and give direction, use an empowering verbal/mental command.

Release commands to spark your imagination:

I allow myself to release all personal and ancestral beliefs, patterns, and stories that block my ability to give and receive the Light.

I give myself permission to forgive myself and others for all actions to restore peace.

I allow myself to release all thoughts of lack to replenish my flow of abundance.

I release other people's energies so that my balance and harmony may be restored.

Release/eliminate the imprint of pain and trauma of (name the event, situation, or accident).

Dear Divine, please change this situation for my highest good.

MARIEL CLEANSING SYMBOL



This (new) symbol combines the Power Symbol on the bottom with the Release Symbol inverted on the top. I was asked to assist in preparing a home for sale. I shamanically journeyed, along with my Labyrinth, to the home. The Labyrinth sat in the sky above me and the property as we worked with it. When the work was complete, we lifted up for departure and the Labyrinth left this symbol in the sky over the property. The symbol then started to spin. When asked about it I was told it was the MariEL Cleansing Symbol.

- ❖ Draw with the hand or visualize the symbol on the location to cleanse. Then with your finger or eyes spin it. It can be spun in any direction.
- ❖ Use to clear/clean healing spaces, homes, vehicles, animal living quarters, hotel rooms.
- ❖ Locate the symbol on the ground at the entrance of the home or building so it can do clearing work on beings before entering the structure.
- ❖ Give directions to the symbol to stop spinning and dissolve after it has completed its work or indicate a date/time to stop.
- ❖ This symbol can be viewed as a vortex, that dissolves or neutralizes energy.

Sea Salt Cleansing Baths ~ sometimes we need a little extra something-something to clean icky stuff from our body and energetic system and a salt bath often does the trick. A sea salt bath acts as a magnet and pulls heavy particles out of the system thus keeping the physical body and luminous energy field sparkly clean. Use a solution of one-part unscented sea salt and one-part baking soda in a hot bath (a good starting ratio is two cups/two cups – use more or less depending on how you feel). Soak for at least 15-20 minutes and use a container to pour the water over your entire body including the head. The goal is to clear the physical body and the energetic system that lies outside the skin. Use this time to mediate and intentionally allow for release. Rinse the body with fresh water. Rinse out the tub/stall. Do not let anyone else use the water. Use the sea salt baths as often as needed or as a maintenance tool.

MARIEL SEAL OF PROTECTION SYMBOL



This (new) symbol is called the Seal of Protection. It is the Power Symbol with a circle drawn around it.

- ❖ Draw with the hand or visualize the symbol at the top of the person's head or object and pull the circle down around the luminous energy body or object and ground/bury it in the earth.
- ❖ Use around the body or feet to help ground/earth yourself.
- ❖ If you sense that you or another may need assistance in holding in self-treatment or blessing energies received, use the symbol to help soothe, hold, and integrate energywork in the body.
- ❖ If you are sensitive, using this symbol around your body as a shield will help deflect unwanted energies. You may want to create a power statement to support this.
- ❖ Use around the home to create a protective shield from unwanted energies.
- ❖ Be mindful to not use this symbol from a place of fear. If you find yourself being overly fearful consider using MariEL to help release your fears and calling back to yourself lost pieces of personal power, love, and soul essences.

You will find references throughout the guidebook suggesting the calling back of personal power and soul essences. When someone incurs a fright or trauma, soul fragmentation or soul loss (sickness) can occur. This loss can happen through illness, pain, jealousy, abuse, accidents, grief, betrayal, physic attack, stolen or given away, or programming. The resulting fragmentation can create dissociation, emotional/physical issues, coping strategies or addictions due to the piece(s) of ourselves that are missing. When this work is performed, the returning Soul energy re-informs the body and heals itself from the loss. Soul reunion (recovery or retrieval) of our soul pieces creates wellness, wholeness, and protection.

THE MARIEL MANDALA

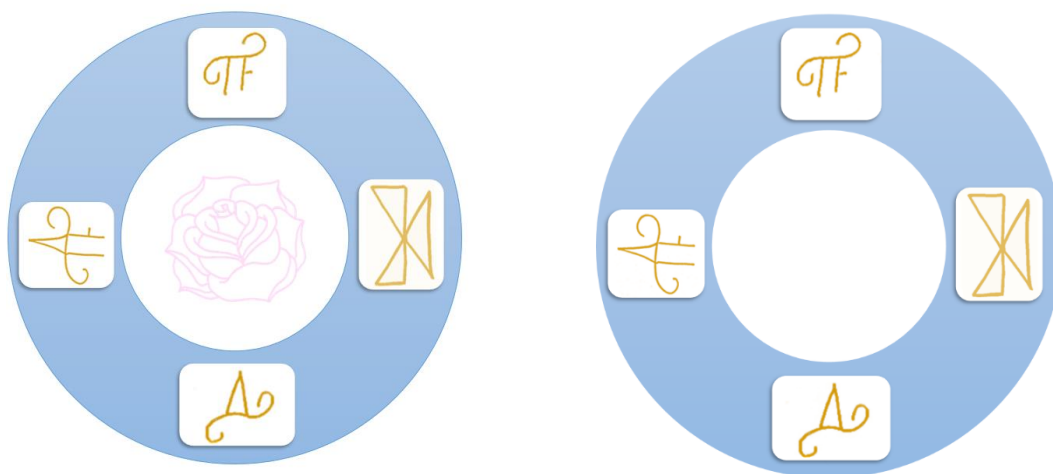
Mandalas are magical circles that can move energy in the direction of a specific intention or outcome. Often, they are used to create harmony and balance. There are two mandalas for use, one with a rose in the center and one that is blank in the center.

Here are some ideas on how to use it:

- ❖ Place under your work table, chair, bed, pets bed, in the car, etcetera.
- ❖ Place it on your altar.
- ❖ Place a picture of your family, including the pets, in the center and frame it. This will hold the family in sacred space.
- ❖ Cleanse or power up water, food, healing tools, medicine objects, etcetera. Place objects on the mandala and let sit until you sense it is complete.
- ❖ Treatment work: write a name or place a picture in the center. Using inner knowing, place crystals, healing tools, medicine objects on it, or add additional symbols or power statements.
- ❖ Use it for dreamwork (see the MariEL dreamwork section).
- ❖ Use it for distant healing, tending, nourishment, cleansing. For example, if you are sensitive to staying in hotels, you can write the name of the hotel in the center and ask MariEL to prepare the space/room for you. Keep it on your table or altar and remove after you return from your stay.
- ❖ Use it for pendulum healing. For best results, it is suggested to use a healing pendulum, such as the brass or wooden Isis pendulum, or the Hunter Healer pendulum.
- ❖ To enhance and give direction, use or write an empowering verbal/mental command.

After working with a paper mandala, you can shred, burn or compost it. Another option is to laminate the mandala(s) and use a dry erase marker for writing on it.

Full sized mandalas are located in the appendix.



MARIEL BLESSINGS

At the heart of MariEL Medicine is the self-blessing. The amount of time the blessing energy will reside in the body, place, or object depends on what is needed. Trust the MariEL's to determine how long this will be and what tending is to be done. The instructions are how to give a blessing for oneself. A blessing can be given to others with the same steps in person or by distance.

The MariEL Blessing contains three steps:

1. "Opened" by visualizing a dove or the Crown Symbol. This creates sacred space. It tells the mind that we are taking time for ourselves, entering into timeless space to do our work. Take a few minutes to breathe and come into stillness.
2. The "middle" consists of using the Power, Release, Cleansing, or any other symbols you are shown or guided to use. They can be set at the top of the head, swept through the body, or placed in the physical body or luminous energy field. Ask to be shown or sense what action would be best for your healing or wellbeing.
3. The Rose is used to "close or seal" the blessing. Optional: consider using a flower image or personal symbol that speaks to you (in place of the rose) that creates a sealing of the blessing.

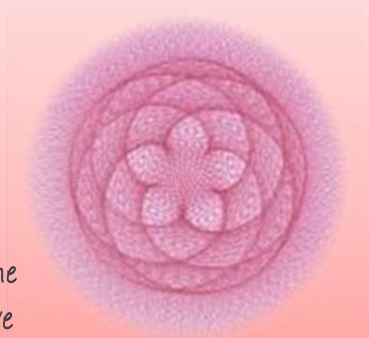
I have cleared issues at the onset of noticing them show up in the luminous energy field. It takes more effort to shift energy after it sets in the physical body, so taking care of things sooner than later is recommended. Consider the daily practice of giving oneself a morning and/or evening blessing as pro-active medicine. Daily self-blessings can heal, strengthen, and grow a new energy body that blossoms into a strong conduit for Divine energies.

A MariEL Blessing handout for friends and clients is located in the appendix.

THE ROSE

*The rose is considered as the universal symbol of love
The Hathor's see humankind as "The Roses of the World"
Rose oil is considered to be the highest vibrational essence*

*Every eight years the earth receives a blessing from
Venus as it moves around the earth in a dance known as the
Rose of Venus and embraces the earth in a Mandala of Love*



THE MARIEL BLESSING

Take a few minutes to breathe and come into stillness
imagine the Dove or Crown Symbol over your head



In your mind's eyes draw or visualize the MariEL Power Symbol
resting on the top of your head



Seal with a Rose
(visualize over the head and around the body)



While on vacation I felt an illness coming on. I asked for help and the MariEL's showed me to:

1. Open my head with the Crown Symbol
2. Visually draw the Power Symbol over my head
3. Slowly pull the Power Symbol down through my body and direct it to magnetize and sweep out the heaviness from my head, my body, arms, and legs and let it to fall into the ground through the hands and the feet
4. Repeat step 3 until the body felt clear
5. Visualize the Power Symbol again at the top of my head and pull it into my body and let it rest at the thymus energy center (located between the throat and heart centers)
6. Gently tap with the fingers on the thymus energy center three times to reset the immune system
7. Seal the head and body with a Rose

This blessing also resets the body's system if it is "running backwards." If you find yourself experiencing unclear inner knowing or confusion use this blessing to help reset the system.

Another quick way to reset the system is to imagine and feel in your body something you love in nature. When you have that feeling of love strong in your body, use your fingers to tap three times on the thymus energy center.

This blessing releases/transmutes personal or outside energies that you may have picked up from other people or locations. This blessing is also good for releasing tension.

1. Open the head with the Crown Symbol
2. Visually draw the Release Symbol over the head
3. Slowly pull the Release Symbol down through the body and direct it to magnetize and sweep out the energies from the head, body, arms, and legs and let it to fall into the ground through the hands and the feet
4. Repeat step 3 until the body feels clear
5. Visualize the Power Symbol at the top of the head and rest it here or pull it into the body and place it where you feel you need to hold it
6. Call back any personal power you may have leaked out or lost during the day or interaction
7. If you feel you need some shielding use the Protection Symbol
8. Seal the head and body with a Rose

This blessing purifies the physical and luminous energy bodies. It's wonderful to use after being in or working with heavy energy, or to disconnect yourself from another person. Energy sensitive persons report feeling a strong whirlwind effect moving through the body and extending itself out through the luminous/auric energy field. Due to its forceful nature, it is not recommended to "park" the Cleansing Symbol in the body.

1. Open the head with the Crown Symbol
2. Visually draw the Cleansing Symbol over the head
3. Slowly spin and pull the Cleansing Symbol down through the body and direct it to magnetize and sweep out the energies from the head, body, arms, and legs and let it to fall into the ground through the hands and the feet
4. Repeat step 3 until the body feels clear
5. Visualize the Power Symbol or the Protection Symbol at the top of the head to stabilize the body and energetic field
6. Seal the head and body with a Rose

CREATE YOUR OWN MARIEL BLESSING

WATER DESPACHO CEREMONY

The Andean Wisdomkeepers use despacho ceremonies to celebrate special events, attract wellbeing, blessings, and protection, and to bring closure to death. The despacho is a gift or giveaway to the organizing principles of the Universe and the Spirit World for the energetic exchange of reestablishing ayni, or right relationship, bringing one into harmonious relationship with Heaven and Earth and restoring the flow of synchronicity.

Peruvian cosmology holds the understanding that the Universe is benign and mirrors back to us our own state of being. Life only seems predatory when we are out of balance with it. When we work with despacho, we work at the level of the Soul to renew and re-imprint the powers of Nature on our luminous body, not only on a personal level but also for the wellbeing of our community. Each offering represents a prayer and a gift of power that sparks the momentum for energy shifts and healing. Be open and prepared for opportunities of personal metamorphosis to occur.

Traditionally performed with paper and burned in a fire, this despacho works with the elemental forces of water. Begin with a glass or ceramic bowl, large enough to hold all the offerings, and place water into it. If you are working with releasing something, add sea salt to the water (or ocean water) for its pulling/extracting properties.

You will need to purchase or gather from your garden or Nature (ask the plants for permission to harvest these materials from them for your despacho):

- ❖ Fresh flower petals, whole flowers, herbs or plant leaves for your personal prayers

The prayers are fed with supporting energies (the ingredients) that sustain and nourish us. Listed is a suggested list of “ingredients” and their Peruvian representations. You don’t need to use everything on the list, only those that call to you or support your prayers. There are no rules, use what you already have on hand. Create your despacho offering in a way that is meaningful to you.

- ❖ One open seashell to represent the womb of the earth, our source and birthplace which nourishes us, and provides opportunity and safety
- ❖ Sugar for sweetness and love
- ❖ Rice for fertility and abundance to bring the prayers into fruition
- ❖ Nuts for the plant people
- ❖ Beans to honor power places and the springs that nourish us
- ❖ Seeds and grains for sustenance and a gift to the earth for what we have been given
- ❖ Raisins for the spirits of our ancestors, our blood lineage
- ❖ Figs for the spirits of the ancient ones
- ❖ Animal crackers for the animal spirits, power animals

- ❖ Chocolate for feeding the earth
- ❖ Loose herbs and incense to feed the elements of the earth
- ❖ Black licorice for boundaries, protection
- ❖ Gummy or candy frogs, messengers to carry our prayers, cycle of waters
- ❖ Play money to ensure the success of the despacho, to attract abundance
- ❖ Crystals and stones to honor the mineral spirits
- ❖ Candies to connect and honor everything we are in relationship with
- ❖ Cotton balls (unraveled them) for the clouds, aware time and dream time
- ❖ Candy or paper sun, stars, moons to honor and connect to star and lunar powers
- ❖ Silver paper/foil for the Feminine; Gold paper/foil for the Masculine
- ❖ Colored confetti or sprinkles to celebrate all Life

Offering Your Personal Prayers

With your breath, blow your personal prayers into the flower petals, flowers, or plant leaves. Consider speaking the prayers out loud, using the voice as a sound healer. The prayers can be for anything to include healing, guidance, assistance, abundance, gratitude, etcetera. Place the prayer offerings into the bowl of water. Do one or as many prayers as necessary until you feel done.

Feeding Your Prayers with the Ingredients

Now feed your prayers with any of the ingredients/other meaningful offerings that sustain and nourish you into the bowl of water. Blow your breath into each ingredient saying thank you for the support of that energy. Add ingredients until you feel done.

Feeding the Despacho with MariEL

Draw or visualize the MariEL Power Symbol in your hands. When you feel the connection to the energy, hold your palms towards the bowl of water and allow the MariEL energy to radiate and bless the despacho. Do this for as long as you want or until it feels complete.

The Cooking and Offering of the Despacho

When you feel complete, you can offer the despacho right away or you can let it “cook.” To cook, place the bowl on your altar or in location that is sacred to you. Let it cook until you sense that it’s done and then ceremonially offer the despacho by either “watering” it onto the earth; “planting” it into the earth; or “feeding” it to a flowing waterway (use natural materials safe for earth and water).

Nature Despacho Mandalas can be made using the same steps above but instead of water place the offerings directly on the earth for personal/community prayers or to offer Beauty and Spiritual soulfood to the land. The ultimate offering is your voice ~ sing a power song and dance!

MARIEL DREAMWORK

Dreams are a gift. Our soul speaks directly to us in dreams and visions. Ancient cultures such as the Egyptians, Greeks, and Lemurians had Oracles who used sleeping temples for dream guidance, healing, and divination.

All dreams have resources within them and everyone has their own unique dream dictionary. What a car means to one person may mean something else to another. Successful dreamwork is knowing what the symbols mean for you. Dreams can show us our inner passions, illnesses, past and future, as well as accessing information and for healing.

Here is a method to call in resources or gain information:

1. Identify what you want call in or gain information on (work on one item/issue at a time)
2. Print off a copy of a MariEL Mandala or hand draw one
3. In the center circle write the desire or question, word it carefully, make it simple and clear
4. Place the mandala next to your bed or on your altar
5. Place your open dream journal next to the bed, a pen, a flashlight, or a voice recorder
6. Fill up a glass with water and drink half of it before going to bed
7. State the intention to remember your dreams
8. When you wake up in the night to use the bathroom write down anything you remember
9. Drink the other half of water when you return to bed
10. State your intention to remember your dreams and go back to sleep
11. Upon waking, linger in bed for a few minutes, remembering and recording any messages, images, or information from the dreamtime
12. Carry awareness during the day for additional messages/omens that support the dreamwork

In Tibetan Dream Yoga, there is a beautiful state that can be tapped into in the in-between time before we fall into and out of sleep (generally between the hours between 5 am – 7 am). Cultivating the practice of taking the time to slowly wake up and linger, allows us to access the profound healing, wisdom, and initiations found here. It is known as the Mother Clear Light, which is a state of the Void by nature. It can also be accessed through advanced states of meditation and shamanic journeying.

Dreaming originates from the intuitive, right brain. It is always giving us images. What happens is that the thinking, left brain overrides this information. The right brain does not think, it experiences. Practice learning to hold both images and thinking in the body. Every time we have an image it has an impact, it sends a message to the body and the body responds. Because images form from how we hold our reality, releasing issues requires transforming the image. We need to dream a new story.

Here is a method using the Release Symbol to let go stuff that no longer serve us:

1. On a piece of paper draw the Release Symbol large enough to write your intention on what you want to release in the V part of the symbol or use the center of the mandala
2. Place your open journal next to the bed, a pen, flashlight, or voice recorder
3. State your intention to release/resolve the situation for your highest good
4. Record any messages or information you receive during dreamtime and during the day

Another method using the Power Symbol to co-create and manifest:

1. On a piece of paper draw the Power Symbol and write your intention on what you want to create and manifest, between the I I part of the symbol or use the center of the mandala
2. Place your open journal next to the bed, a pen, flashlight, or voice recorder
3. State your intention to open and receive what you are calling in for your highest destiny
4. Record any messages or information you receive during dreamtime and during the day

When we are working with change or energetic contracts, there may be a need to claim and reframe the old story so we can create a new, empowered story so movement can happen. The following questions help open up inner sight and create opportunities for shift to occur.

- How has this affected or served me?
- What is the benefit (the payoff – either helpful or unhelpful) in having this?
- What learning or understanding (the gift) has this provided me?
- What was the positive intention in the issue?
- Is there any forgiveness or grace I must allow myself or the other(s) involved?
- Am I prepared to release this with love and gratitude so I can be my true self?

Every change, good or bad, has a loss with it. To move forward, it is beneficial to process transition through ceremony or ritual. Completely processing it allows us to feel alive and be fully present.

Dreamtime tips:

For highly sensitive persons, remove as many electronic devices as you can from the bedroom, which emit EMF's and can cause interference with natural body rhythms. This will help create a peaceful room to sleep in. Also removing or covering all mirrors, windows and other reflective surfaces in the house can help. They can act as energy portals and keep us up all night.

What we do in the last hour before bedtime we often take with us into the dreamtime. If possible, try to cultivate some down time before sleeping. Studies show that we fall asleep easier if we reduce the amount of artificial light and activity that surrounds us an hour or so before sleeping.

Give yourself the gift of sleeping in or taking naps to invoke access to the Mother Clear Light.

MARIEL DISTANT HEALING

Distant or remote work is used by practitioners to perform and transmit energy work to people, animals, and places. In keeping with the theme of doing our own personal soul tending, the following will cover how to perform our own distance work. Energy practitioners can easily translate the work for client use.

1. Hold your palms up towards each other about 6-8 inches apart
2. Imagine you are holding a luminous rose or ball of light in between your hands, allowing the rose or ball of light to be whatever color it wants to be
3. Place any of the MariEL Symbol(s) into the rose or ball of light
4. State an intention or command and place it into the rose/ball or say one of the following:
 "I invoke MariEL and my higher soul to do its perfect work"
 "Dear Divine, please change/resolve this situation for my highest good"
5. When you feel ready, release the rose/ball of light to the Universe, helping spirits or angels and ask them take it to where it needs to go
6. Repeat this as often as needed until you feel the tending is complete

Some suggestions on what to place into the rose or ball of light:

- Transmit healing, forgiveness or love to your past life(s) to clear or bring resolution to anything that needs tending.
- Offer MariEL to your infant, child(hood) and/or teenage self for any tending they may need.
- Offer MariEL to your future self for healing, destiny work or to access and source guidance from your future self.
- Ask or offer a distant healing or wellness treatment to any of your unseen friends, helping spirits, power animals, ancestors, elementals, nature, etcetera.
- Transmit cleansing energy to a location that you will be occupying or working in and ask it to clear and prepare the space for your stay.

Use MariEL to radiate tending energy to anything in the past, present or future that is seeking resolution. Ask the MariEL's to recover any missing personal power, love or lost soul parts and restore them to you in the dreamtime. When energy has closure, healing and wholeness happens.

MARIEL FOR THE EARTH



In places on the planet where there may be peace or distress, you can sow the Power of Love MariEL Symbol. Shown above, this symbol can be drawn into the earth or visualized into water or the sky, to assist generating balance and harmony for locations, minerals and the elements. For distance locations you can draw the symbol on a map or computer printout. Contact Nature and ask the Beings to show you when this symbol or any of the other symbols may be needed. Radiate MariEL light energy to the earth when you walk on land or water, especially with bare feet.

"Greetings Dear Ones. The best tool you hold for working with nature and the earth is your Heart. Through your heart you may connect with those that reside in the Nature Realm and work together to co-create connection and tending. We honor that you recognize the consequences of violations and disconnection to the earth and wish to bring alignment to the human, animal, mineral, plant, and devic community. This can be done by communing with us and we will be generous in our offerings of teachings and wisdom. Nature and its vast network of Beings tend to keeping the earth in balance. Thank you for keeping your radiant light burning and we welcome the opportunity to work with you. You are loved beyond measure"

~ message from the beeloveds

RESETTING THE FLIGHT/FIGHT/FREEZE SYSTEM WITH DECOUPLING

The decoupling process restores the HPA Axis (the fight/flight/freeze system) back into peacefulness. Decoupling helps discharge any excess energy in the nervous system and assists in receiving and integrating energy work. If you feel wound up/highly stressed or have trouble sleeping, decoupling often does the job of restoring calm. Decoupling can be performed as often as needed or anytime during energywork treatment and by distance.

To perform on another person: Have the person lie down on their back. Place one hand under the back right under heart energy center between the lower shoulder blades (visually on the front it is the center of the chest between the breast area). Place the other hand under belly energy center (located in the curve of the back right under/below the belly button area). Ask the person to drop their weight onto the surface and your hands. Sometimes having them bring their knees up with the feet flat on the surface will help flatten the back and allows you to get a better feel of the pulse. Allow/ask the belly (the belly has a bellybeat) to come into alignment with the heart's heartbeat. You are lightly pressing with your hands/fingers, feeling and guiding the second chakra's bellybeat to sync in time with the heart heartbeat. It may take 15-20 minutes. Radiate MariEL through your hands. Sometimes the two beats will not come into harmony – this indicates someone who may be in the “freeze state” and is experiencing severe stress, trauma or suffering. Do not force the decoupling. Hold sacred space and allow what can be accomplished in 15-20 minutes then release.

To perform on yourself: In a sitting or lying down position (and if needed bring your knees up so your back lays flat on the surface or to take the strain out of the back), place one hand on/under the back under belly energy center and one hand on top of the body on the heart energy center between the breast area. Allow/ask the bellybeat to come into alignment with the heartbeat. Use this opportunity to talk with your body. Ask questions. The art of self-inquiry and self-dialog can bring up to the surface what needs attention or tending. Hold sacred space and allow what can be accomplished in 15-20 minutes then release.

BODY DOWSING

Body Dowsing is using your body as a pendulum to receive yes or no answers. Stand centered with knees relaxed and softly bent. Place your hands on your belly and ask your body to show you the movement/direction for yes. Now stand centered again and ask your body to show you the movement/direction for no. Make a note which direction your body swayed and thank your body for talking with you. Practice body dowsing by asking simple questions that you know the answers to such as: Am I a human? Am I a dog (or cat)? Do I like ice cream? As you train the body to sway consistently in your yes or no directions, start asking questions by stating: Is it true (ask question)? or: Is (ask question) the best option for me? By inserting “is it true” before asking the question we get out of our own way (ego mind) and allow the true self to speak.

MARIEL ATTUNEMENTS

I received two MariEL attunements and each of the ladies gave them to me in different ways. I sense that it is our intention and connection to the MariEL's that creates the attunement, so it's possible you may receive your unique way to pass on MariEL.

Please feel free to use the following attunement technique. If you are guided to perform it another way, please use that method.

1. Open sacred space in a manner that speak to you. I keep it simple by offering an invocation and invitation to the MariEL's to come be with us. I wait for their arrival, they connect with me and I connect with them, and I feel myself being filled up with MariEL.
2. I stand behind the person and lay a hand on each shoulder. I am feeling for the person's left feminine energies and right masculine energies to relax and balance together.
3. I open the head by drawing with my fingers the Crown Symbol over the head.
4. When that symbol opens the head I then draw with my fingers the Power Symbol and the Release Symbol and guide it into the head and see the person absorb the symbols.
5. While this is happening, I visualize and place the Rose on the person's back, in the heart energy center area.
6. Then I go to the front of the person and draw with my fingers the Power Symbol and the Release Symbol into the palm of the hands. I hold my hand over their palms and wait for the hands to absorb the symbols.
7. I draw the Power Symbol on the top of the person's feet. This is so when they walk on the earth they are radiating MariEL blessings into the earth. This also helps ground the person's soul in the body and ground the body to the earth.
8. I return to the back of the person and draw a (Goddess) Spiral into the crown (optional).
9. I seal the crown and body with a Rose.
10. I finish by placing my hands on each shoulder again to ground the person.

If I am guided by the MariEL's to place anything or remove anything from the person's energy field, I do so at their guidance.

Sometimes and sometimes not, the MariEL's speak to me and give me blessings to speak out loud to the person as I work. This may or may not happen for you. It's perfectly fine to give attunements with no input whatsoever.

After the attunement (if I am holding a class I wait until I am alone) I close space by doing a simple gratitude ceremony or offering to give thanks for their love and service, and for the privilege to be a MariEL channel.

On occasion, especially when working with those who are ill or hospitalized, the MariEL's have come to me during the treatment and asked me to give that person an attunement. I am always surprised and ask them, "Don't you mean a blessing?" and they say no give them an attunement. It's usually distant work and here's how I give the attunement:

1. I visualize myself standing in a room or in a meadow with the person.
2. I open the head by drawing with my fingers the Crown Symbol over the head.
3. When that symbol opens the head I then draw with my fingers the Power Symbol and the Release Symbol and guide it into the head and see the person absorb the symbols.
4. While this is happening, I visualize and place the Rose in the person's body, either in the back or front of the body, in the heart energy center.
5. I draw the Power Symbol on the top of the person's feet.
6. I draw a (Goddess) Spiral into the crown (optional).
7. I seal the crown and body with a Rose.
8. I come back into the room where I am.

Unless they ask, I generally don't tell the person I gave them an attunement. What the MariEL's have told me is that the person's higher soul has requested help and the MariEL's are showing up to give permission to do an attunement. We are not attuning the hands, so it's more about creating a connection between the person and their unseen friends, angels, and MariEL's, so they can do their perfect work with them. This attunement also works well with animals.

YOUR ATTUNEMENT NOTES

MARIEL MEDICINE SYMBOL CHART



CROWN SYMBOL

visualize or draw over the top of the head to activate and enhance healing receptivity; use to open and create a container of Sacred Space of Divine Light to work in; symbol can be viewed as an opening, connection, or an invocation



POWER SYMBOL

connects one to the core energies of MariEL power and light; draw or visualize on the area where you want to bring in MariEL energy - "Power Symbol" anywhere on the body as much as needed; use to bless your food, beverages, and body; use to call back home lost personal power, love and soul essences; symbol can be viewed as an increase of energy, restoring or adding abundance



RELEASE SYMBOL

use to release stuck energy; use for extraction work; use for forgiveness or grief work; use to release tension and invite relaxation into the mind and body; symbol can be viewed as a decrease of energy, relaxing, or removing blockages



CLEANSING SYMBOL

draw with the hand or visualize the symbol on the location to cleanse, with your finger or eyes spin it to activate cleansing; use to clear/clean healing spaces, homes, vehicles, animal living quarters, hotel rooms, etcetera; symbol can be viewed as a vortex, that dissolves or neutralizes energy



SEAL of PROTECTION SYMBOL

use it by drawing with the hand or visualizing the symbol at the top of the head and pull the circle down around the luminous energy body and ground/bury it in the earth; use to help ground/earth yourself; use soothe, hold and integrate MariEL into the body; use as a shield around the body to help deflect unwanted energies



POWER of LOVE SYMBOL

drawn on the earth or body or visualized into water or the sky, to assist generating balance and harmony for people, locations, land, plants, minerals and the elements

This blessing restores calm and centeredness, provides energy and healing.
Consider giving yourself a blessing upon rising each morning.
When given before going to bed it provides protection and promotes deep sleep.

If you feel an illness coming on give yourself this blessing and pull the energy of the Power Symbol down into the thymus, located between the throat and heart chakra (on top of the breastbone) and rest it there. With your fingers gently tap on the thymus energy center three times to reset your immune system. Seal with a Rose.

How to give yourself a MariEL Blessing

Take a few minutes to breathe and come into stillness
imagine a Dove over your head to open Sacred Space

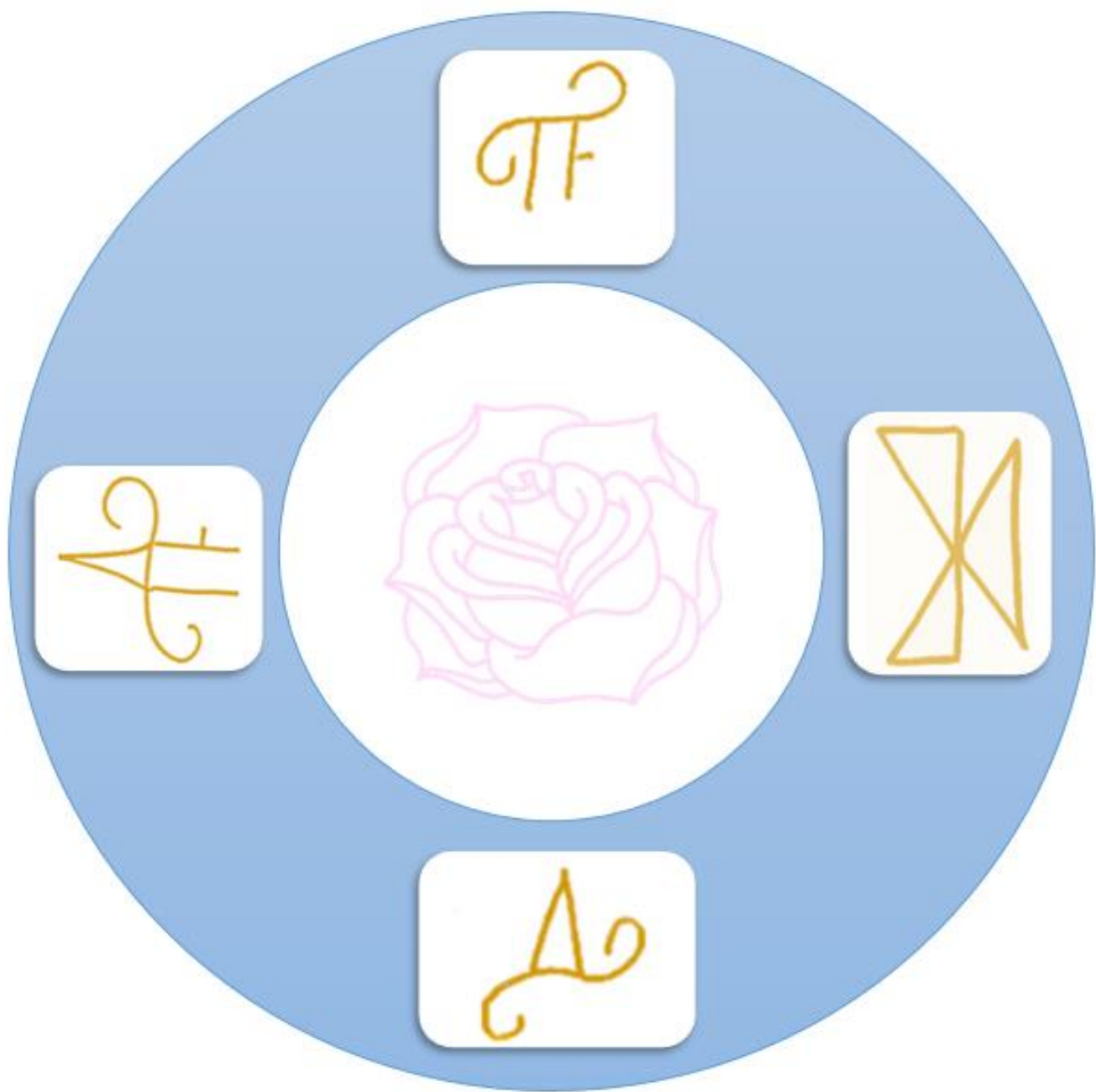


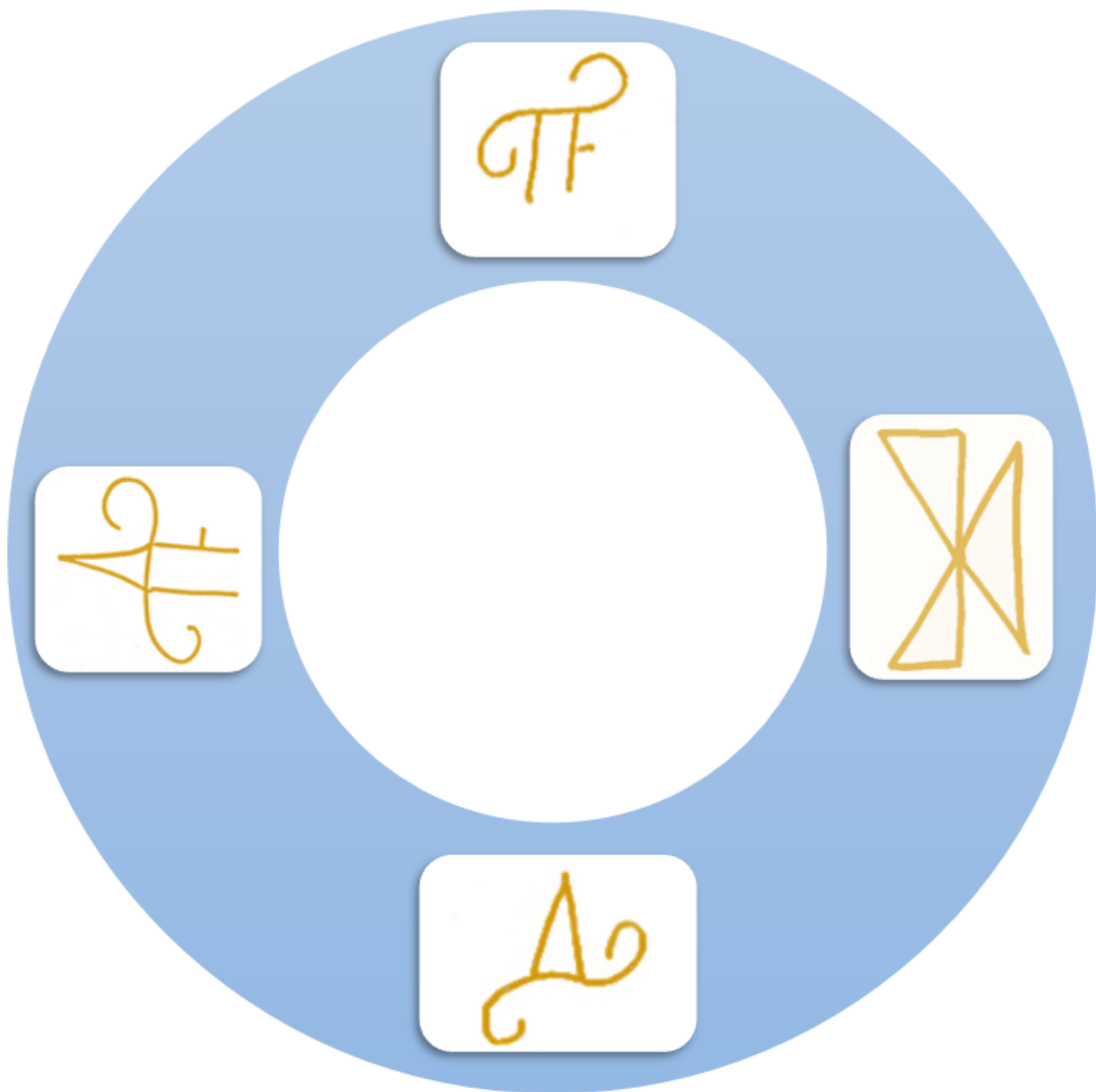
In your mind's eyes draw or visualize the MariEL Power Symbol
resting on the top of your head



Seal with a Rose
(visualize over the head and around the body)







A COLLECTION OF MARIEL MEDICINE TENDING STORIES

from the MariEL Medicine Facebook Group ~ thank you

I did a 12-hour day in a kitchen on Saturday. Didn't get home till nearly 1 am. My back, feet, ankles, wrist and hands HURT! Till this event I've been feeling good for a long while and hadn't had to use any intervention, just did my nightly meditations to clear my mind. Saturday night (Sunday morning really) I nearly climbed in bed clothed I was so tired. However, I took the time to change, use the bathroom and preform some Reiki and MariEL on myself while my hands were still a little stiff the rest of me was good. I was able to go to archery practice Sunday morning. The wonder never leaves me when I help even myself.

~ G.T.B

A few months ago, I prepared some packages to mail. I had done this early in the week and planned to take it to the post office on a day later in the week in conjunction with going into town to do my weekly errands. One morning I received a HUGE nudging to take the packages in that morning. It was one of those nudges that could not be ignored and grew larger by the minute. Knowing that this would not go away and there was some reasoning for it that I could not know at the time, I drove over to the post office. The post office is a short drive from my house. Once I hit the paved road I take a left and drive up the road and head up to the highway intersection where the post office is located. When departing the post office, I found it interesting that I was guided, in a semi-altered state, to take a left onto highway instead of crossing over it and back onto the road to my house. This way home is a longer drive and requires that I drive down the highway to the next intersection a few miles away. When I arrived at the intersection I came upon a car accident. The Fire Department and Police were already there doing their first responder thing. I sat there at the intersection where I needed to turn right onto road to travel back home. I took a few moments of pause and then thought to ask the question, "Is there anything I can do here?" I heard the voice of the MariEL's say "Place the MariEL Power Symbol over the accident scene." So I did. Then I heard them say "You may go now – thank you." In that moment I realized that I had been the conduit between Heaven and Earth and by placing the MariEL Symbol I gave them permission to do their work. We often forget that our unseen friends and guides work by spiritual law and cannot interfere or perform duties without our asking. As I turned and started down Ramsey Road I heard them call out behind me "Thank you for being a MariEL First Responder." I couldn't help but to chuckle at their humor.

~ c.d.m

Last month in meditation, I had the experience of 4 MariEL Mothers coming around me on all sides. I had worked with each of them before, but I had never experienced a group like this. It was very powerful, and I felt so uplifted and loved. It happened again a few days later and this time they arranged themselves in the four directions; Kwan Yin in the West, White Buffalo Woman in the North, Isis in the East and Mary in the South. I really started thinking about this, wondering about it, and then in one of my emails I received a link to a website and as soon as I read the words "Four Elemental Mothers" I realized that these 4 are coming together in many consciousnesses at this time.

Much Love!

~ S.Y

Hello to my MariEL Medicine FB Friends. I want to share with you another case of using the loving, healing energy of MariEL Medicine. A few days ago, I noticed that one of my dogs was not her normal - happy, energetic - self. I stopped and tuned-in to her, and immediately got the message "stomach ache". It was then that I noticed she looked "several pounds" heavier than the day before! Aha. So, I asked if she would like some help with this. As she rolled her eyelids down and laid her head back down also, I got the distinct feeling "any help - yes." I knelt down beside her, called on Mother Mary and ask for assistance for my furbaby. I drew the MariEL Crown Symbol on my sweet girl's head (with my eyes) to open her to receiving, then drew the MariEL Power Symbol (again with my eyes) on her head and visualized it entering her body. I then used my eyes to draw the MariEL Release Symbol, and had it spin counter-clockwise before visualizing it entering her body. I asked that the MariEL energy release all toxins that were no longer needed in her body. I "saw" the Release Symbol spinning and spinning all through her body, especially in her digestive area. When I felt that the energy of the symbols was complete, I thanked Mother Mary and all the Mothers of MariEL, gave my baby several gentle, loving strokes, and carried on with my activities. A few hours later, and for the rest of the day and evening, I noticed that my sweet girl was more alert and more attentive, but not yet her happy, active self. By the next morning, however, she WAS!! Happy, Alert, Attentive, Energetic, and looking about 5 pounds lighter - lol!! MariEL Medicine - loving, healing energy - amazing results! Thanks for letting me share!

MariEL Blessings to All

~Sharon S.

I would like to share my MariEL experience of Monday with you all as it continues to be wonderful amazing and awesome! My youngest son called me to tell me he had been stung by a bee on the back of his neck and he wanted to know since I was allergic to bee stings, if he was he allergic to bee stings. (We both have asthma and are allergic to many things). So, I told him to stay calm, put ice on it, and no, I didn't know if he was or not as this was his first bee sting. He remembers the first time I was stung by a bee and the "my whole leg swelled up" routine. Long story short he said he had pulled the stinger out, (and after we had talked) he talked to the pharmacist at the store and took a Benadryl and put some cortisone cream on it. The best part is that during our phone conversation I immediately placed the MariEL blessing symbol on my sons' head, and then placed the protection and release symbols on him and said to please have the bee sting be removed in its reaction to include pain, swelling, redness and irritation. I said my thank you's and asked that his protection be maintained. When he came home Monday evening he showed me the back of his neck and I couldn't see anything except this very, very tiny (pin prick sized) red bump and asked him if that was where he got stung. He said yes but also told me that after we talked that all of a sudden, the throbbing stinging aching sensations went away! He went ahead and took the Benadryl and put the cortisone cream on after that as a precaution. By Tuesday morning the very tiny red pin prick bump was gone! Thank you MariEL healing for the blessings on my son!

I forgot to mention I placed the crown symbol on him as well and I told him (when he got home that night) that I had done the MariEL healing and symbols for his bee sting when we were talking on the phone. His response was an appreciated eyebrow raise and said "Wow, it looks like it worked!"

~ EB

I feel called to share with you one of the most profound healing experiences I have had with MariEL. My unseen friends came to me one morning and suggested that I perform a Water Despacho. This surprised me as I felt great, everything in my life was flowing smoothly, and I was racking my brain as why they ask me to this. But since I have learned over the years to listen to the subtle whisperings of my guides (which our Higher Soul is always a part of) I set aside 30 minutes to perform ceremony. I went into the garden and collected some natural items such as flowers and leaves that were laying on the ground. I pulled out my glass bowl and filled it with some water, and grabbed some sugar, chocolate and a feather. I set up sacred space in a simple manner, placed the MariEL Symbols into the water and began blowing my breath (life force energy) into the items and placed them into the bowl of water. Since I didn't know what I was supposed to be blowing into the items I just said something like - Dear Divine and MariEL's - please shift, adjust, or heal whatever is needed for my highest good with ease and grace. After I felt I had blown enough of whatever it was into the items, I placed the MariEL Symbols on top of the Despacho and took the bowl of water and placed it into the center of my labyrinth. On the second morning, I fell into a lucid state before awakening - that is my physical body was still asleep and my consciousness was wide awake and I was aware of the "dreaming" that was occurring. I saw myself floating at the ceiling of a room and I was looking down on my body on a bed. And what I saw confirmed what I thought had happened to me but because I was drugged and could not remember had no memory of it. I watched and witnessed that I had indeed been drugged and raped. Then I felt the Despacho and our beloved unseen friends do their work removing the imprint of trauma from my body and brain - it felt as a huge bandage was being pulled from my body from the inside out. It was amazing! Then my body was slowly awakened from the lucid dream state as I laid there in silence for a few minutes in total awe of the power of ceremony. Later that day I went out and poured the water and its contents onto the earth with much gratitude and love.

~ c.d.m

Another MariEL story to share... This week had some extensive dental work done. As this work was being done, I was very anxious (dental work is NOT something I look forward to!), trying to remember to breathe and relax, feeling the discomfort of the shots and then the pressure as the work was being done. Ouch & Yuk! About halfway through the procedure, I remembered to call on MariEL for ease of anxiety, pressure, & discomfort! I called the MariEL Power symbol in through my crown and had it spin through my body. Then called on the MariEL Release symbol to come in through my crown, spin in reverse, asking it to Release all of the discomfort & anxiety. Continued to focus on visualizing the Release symbol "churning" away. I'm happy to share that as I left the chair, I noticed HOW relaxed my entire body was! Even the little ache-y parts in other areas of my body! Sent up many, many Thank You prayers to the MariEL's for all their help! Later that evening, all the feeling had returned and there was swelling and good bit of discomfort/pain, even with the meds. I called on MariEL again, doing the same thing I did in the chair at the dental office. Amazingly, within a few minutes! I could actually feel the swelling being reduced!! and the pain dissolving!! Really!! I could feel tingles and movement as the swelling went away!! Every day, I am sooooo BLESSED to know the MariEL's and to receive their loving, healing, gifts!!!

~ Sharon S.

This winter we saw a lack of rains that generally has green grass for our goat to forage on. I bought a bale of alfalfa hay to tide her over until our summer rains give us natural forage. She wouldn't eat it. Figuring that it may contain some stuff like pesticide or herbicide spray, I placed the MariEL Cleansing Symbol into the bale and asked it to neutralize and clear any toxins or other substances that may be in it. Then when I saw that the symbol had done it's work I then placed the MariEL Power Symbol into the bale and asked it to supercharge and bless the hay with nutrients, vitality, and the highest energy it could hold.

She's eating the hay....

~ c.d.m

We are all on a spiritual journey. I use Reiki or MariEL to heal the pain within or to give the healing energy to continue to our everyday path in life. These are a few healings that Reiki can be used for emotional healing, purification, protection, clear a problem or to provide distant healing. MariEL is the softer side of Reiki. It is used as a blessing, to increase healing energy, forgiveness or for someone in grief. It also assists to generate balance and harmony with love. Reiki has five symbols that I use and MariEL has five symbols, plus the Goddess Spiral. When a person comes to me for a healing session, before I begin, I consult my guides (or team) if I am to use Reiki, MariEL or both. They guide me as to where the person needs healing. At times I have used Reiki and MariEL Symbols together. I have been giving MariEL Attunements and Reiki and MariEL energy healings.

Here are several comments from clients who have come to me for treatments:

One client was having upper respiratory issues. Thank you for the wonderful healing session - I slept really good that night.

I want to Thank You for giving me a renewed MariEL Attunement. It had been quite some time since I had received a MariEL Attunement and felt that another one would help me adjust smoothly. The MariEL energy is sooo sweet and comforting. After the Attunement and the energy work, I felt refreshed, relaxed and full of love for everyone and everything. Wonderful!

A wife and husband: Each one wanted MariEL Attunements and healings. The healings were beyond terrific for both of us. Wife: I have been processing heavily and dumping toxins. I am looking forward to feeling better, so I can use this wonderful new energy for clients. Husband: Feeling much improvement in the shoulders and hips. God bless and thank you. Words are not enough.

Blessing and Love

~ Ruby Underwood