



Falling Into Sleep Bedtime Ritual The 8 Secrets to Optimal Breast Health

- ★ **List It** ... List 3 worries or concerns on paper.
- ★ **Table It** ... Place the list on your nightstand.
- ★ **Hand On Heart** Place your hand on your heart.
- ★ **Voice It** ... Say out loud:

"I trust and I know that I am connected to a higher plan of good. All answers will come to me. I can receive answers when I sleep and throughout my day. I trust I am in alignment and my subconscious is accepting the alignment and healing."

- ★ **Breathe** ... Gently breathe in and out a few times.
- ★ **Tap** ... Tap your head, heart, and belly to align the three brains.
- ★ **Say Goodnight** ... Say goodnight to yourself and fall into sleep.



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