

Dear Ones,

It was a pleasure and honor to be with each one of you today. Thank you for your warm hearts, generous presence and illuminating questions. I thoroughly enjoyed each moment. And thank you again, dear Victoria, for your lovely invitation to join all of you in your exceptional journey.

Below are the tips I spoke about. I've also added the wording for the last meditation, some final thoughts as well as a gift.

Tips:

1. Vitamin B-12, everyone across the world is very low on this essential vitamin. If you only do one thing, be sure to offer your body this supplement. I understand the best product on the market is one containing both methylcobalamin and adenosylcobalamin - very important for full absorption. The product I use and Anthony William recommends is the one from Global Health. The ingredients are pure.
2. http://www.globalhealingcenter.com/vegansafe-b-12.html?gclid=CjwKEAiAmo_CBRC9qbGQssjqI28SJABYTgZxpa1HV50c0QtmKXdzEw3YIo-qSc9y43ZWw1Aw6iuwdRoC4tXw_wcB
3. Drink 16 oz of pure celery juice every day. This potent, seemingly simple juice will heal your ilium (which also creates B-12 for the body) and increase your hydrochloric acid (which can become low from stress and adrenal fatigue) and so much more!
4. Drink water throughout the day, but make sure it's enlivened and the minerals are awakened for the full benefits. Add a squeeze of citrus or a few slices of any fruit or vegetable you enjoy. Pray over your water and drink it in!
5. Grow sprouts & eat them daily all year long. Their life energy and healing properties are bar none!
6. Use a tongue scraper to remove flavorings leftover from cravings. It's the left over tastes on the tongue that remind your body to crave more. The seasonings used on restaurant and packaged foods are especially good to remove from your tongue.
7. Air out your home! Let life IN on a regular basis. Our wild bodies need fresh, enlivened air! And so do our homes! A few times a week, I turn off the heat for 20 minutes or so. Then I open any doors and windows that will give the entire house cross ventilation in all four directions. While my house is coming alive, I'll take a brisk walk, bathe, put on music and dance, give my body a dry brush massage . . . I invite you to be creative too. I especially recommend you do this throughout the middle of your coldest winter! It's invigorating and oh so good for your animal body.

8. For those of you struggling with fatigue, it's really, really important to eat something, at least every 1.5 hours throughout the day — it doesn't have to be a lot. Your liver is over-worked and depleted of glucose so it needs help. Even just celery and nut butter is great. Or apples, dates wrapped in greens! Or, if you have other whole food snacks you like, have those.
9. If you have any access to an infrared sauna, I can't recommend this type of sauna enough. It's a powerful, soothing way to deeply detoxify and nourish your organs and fascia. Try to use one 1-3 times a week.

Communing With Your Body Meditation - from today's call (that you can do anytime you are uncertain what your body needs):

Settle

- Place your one hand on your heart, one hand on your belly area
- Ask your body and then listen — best to ask out loud.
- Are you hungry?
- What are you hungry for?
- (Your body might be hungry for a walk, touch, rest, water, etc., not necessarily food.)
- How can I best give this to you?
- (Let it speak with you in images)
- If your body is hungry for food, ask:
- Do you want something warm or cool?
- Do you want something sweet or savory or both?
- Ask for your guiding ones' support.
- Allow for the infusion of love and understanding to flow between you and your body, however that expresses itself in this moment.
- Give your body exactly what it is asking for. Notice what happens.

Final Thoughts:

Trust yourself and your body. Eat what calls to you. Experiment. Be your own laboratory. What works for any of us this month may not the next. And always, always, call out for support, watch for it, and it will be there for you!

Gift:

I would love to offer each of you a free health history consultation. The process is about 50-minutes over the phone. If you feel guided to get a better feel for how I work as well as receive more specific support, I'd be honored.

Many, many blessings to each one of you,

~Judith

JudithCrop@gmail.com

503-637-3407