



# SATORI

Follow these guidelines every day for 21 Days, and watch the magic transpire.

## Practice Seyoga and smudge your aura every day

One of the easiest ways to describe smudging is to liken it to a steam bath, however, instead of steam you use a smoke that is created by burning a combination of herbs or sage blended to purify your aura. You "bathe" yourself by scooping the smoke into your hands or feather and "pour" it over your body and do the following:

1. Take 4 short breaths
  2. Then take one long breath
  3. Pull the breath in and out through your nose
- Do 4 sets of 5 breaths, for a total of 20 breaths



## Sage - will drive out negative energies, spirits and influences

- Smudging serves to reunite you with your awareness of your subtle energy bodies.
- As you smudge, you have the opportunity to reconnect with your divine nature and your soul's path through prayer and meditation.
- The smoke is designed to clear negative energies or "bad vibes" from your aura.
- **Aura Cleansing can relieve stress, anxiety and tension trapped in your energy body.**
- **Do not eat any animal products, if you want you can eat fish. Visit [www.peta.org](http://www.peta.org) to find out why you should not eat animals. Watch "the rave diet" DVD – [www.ravediet.com](http://www.ravediet.com)**
- **Eat no junk food, canned food or food cooked in a microwave oven (microwaves kill most of the nutritional value). During this 21 day journey, eat fresh foods, lots of fruits, vegetables and small amounts of dairy products. Rice milk is a better alternative processed/homogenized cow's milk. Remember to bless your food and be thankful.**
- **Avoid alcohol or keep it to a minimum. Do not smoke; take any medicines or drugs during this time. (Only medication necessary and prescribed by your physician).**
- **When you experience negative thoughts or emotions, change them to positive. Recognize the emotion you are having, and do not react the way you always react, change your reaction to be one of love and acceptance. Think happy thoughts. Watch "The Secret" [www.theseecret.tv](http://www.theseecret.tv)**
- **Replace any feelings of fear with excitement.**
- **Write inspirational words on your water bottles, such as LOVE, JOY, ABUNDANCE, HAPPINESS, BLISS or whatever words resonate with you.**
- **Watch DVD What the "Bleep do we know".**
- **Have as much fun as you can every day, if it does not bring you, Joy, Nourishment and Empowerment, don't do it.**
- **Every day meditate on transcending your senses: sight, sound, smell, taste and touch**

 [www.satorijourney.com](http://www.satorijourney.com)

