



Wisdom Mentorship
with Integration and Balance

Suggestions and Assignments

Reality Statements:

1. Write a few statements that come to mind through the first assignment and use/speak them through the Reality Shift.

Assignments:

1. Use the "Water Works" process on Avi's pain
2. Use the women's circle model on Avi's pain
3. Ask the pain in Richard's back to give you information. I'll do a regular TAG session and we will see what we each get and change.

Things to remember:

1. "Water Works" process to use and share
2. Keep track of ideas about neutralize the various toxins, i.e. nano techs