

## 10 Steps to Take today to Break Free from the Powers that Be!

1. Walk for 20 minutes in the morning light without sunglasses.
2. Sleep in total darkness at night, no electrical lights or glow from outside.
3. Pick one thing you like about your self that is a personal characteristic or attribute, for example: you are generous, grateful, happy, strong, etc.
4. Compliment 3 other people in whom you see this same trait and then notice how you feel about yourself as you do this.
5. Listen for 3-5 minutes to another person without giving any advice, interrupting them or tuning out to think about what you want to say to them next.
6. Give direct eye contact and smile with your heart and eyes to two people.
7. Sit in total silence for 5 or more minutes.
8. Go 24 hours without any electrical or communication devices (no TV, radio, ipod, computer, email, cell phone, texting, etc.).
9. Walk barefoot in grass, sand or some soft outside surface.
10. Say a silent blessing to a person or institution that you feel has hurt you by acknowledging the feeling that they inspire in you, such as freedom, independence, kindness, etc.

- 1,2: reset your brain's serotonin and melatonin production.
- 3: you can't give what you don't have
- 4: you can only receive what you give
- 5: you must be present to give to another
- 6: you love one another by acknowledging their truth and worth
- 7: you must be quiet in your thought and feeling to hear your truth
- 8: will reboot your nervous system from electromagnetic interference
- 9: grounds your energy and balances your body
- 10: no one does anything to you, they just teach thru contrast

for more information, go to [jillelizabeth.net](http://jillelizabeth.net)