

HEALTH WATCH #15

ECONOMIC CRISIS

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OK. Call me crazy, call me weird — but I think this economic crisis we keep hearing about (and experiencing!) has moved all of us into some challenging, interesting, stressful and painful times. (I'm the master of understatements!) For over 26 years I've talked about using the Perelandra products to help you improve your health, life and well-being during relatively quiet times. I feel the real test for these products is how they help you through the crappy times, and this is truly a crappy time. From time to time throughout this crisis, you're going to hear from me in the spirit of our getting through this thing together. I'll be sending you suggestions on how to use the different Perelandra products to address specific elements of the crisis as they unfold. I figure now is the time for us to stick together, and since I'm the one who knows these products best it will be helpful if I add my two cents.

Right now, I want to concentrate on the easy stuff in this first article just to get us all started. We will need calmness of mind, creativity and flexibility to address and solve the different challenges the crisis throws our way. We need to make sure we don't freeze in place physically, emotionally or mentally when something happens. For example, if you lose your job, home or business you can't just stand there frozen in place. And you're not going to help yourself or the others around you if you run around in circles in a panic. It's calmness, creativity and flexibility that will move you through the hit and resolve the problems. Here's what I suggest to help you achieve and hold this state of mind and your ability to function.

ESSENCE OF PERELANDRA

I can't think of a more timely development I've ever had than the Essence of Perelandra. It's great to be able to offer you the special balance, strength and support offered from EoP for these times. You may already be taking EoP for the support, strength and balance it gives your life generally. Whether you have started working with EoP or not, I'm now suggesting you also focus EoP on the economic crisis and it's impact on you specifically.

Step 1. State: “I’d like to focus this dose of Essence of Perelandra on the current economic crisis and its impact on me physically, mentally and emotionally.” Then take one dose of EoP orally (10 drops) while holding your attention on what you have just stated. (For those of you who are familiar with telegraph testing, this is a modified telegraph test.) Wait 10 seconds before going on to step 2.

Step 2. Here’s where you can get even more specific and shore up different areas of your life from the perspective of the economic crisis. You may focus on any of these suggestions (one at a time) immediately after completing step 1. (For you telegraph testers, you’ll be doing a modified telegraph test within a modified telegraph test.)

- If you own a business, state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and its impact/effect on my business.” Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

- If you wish to add EoP’s support, strength and balance to your job/work, state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and its impact/effect on my job/work.” Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

Note: Taking a dose of EoP for this focus includes how the impact of the economic crisis is effecting your ability to do your job.

- Should you lose your job, state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and my need to find or create a job as soon as possible that will support me through this crisis.” Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

- Should you have difficulty paying your mortgage (or lose your home), state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and my need to keep up my mortgage payments (or my need to find a new home as soon as possible).” Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

- If you are a senior citizen and your retirement has just evaporated in the stock market meltdown, state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and my need to support myself in retirement.” Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

- If you wish to add the support, strength and balance to your immediate family unit, state: “I’d like to focus this dose of Essence of Perelandra in light of the current economic crisis and its impact/effect on my immediate family unit.” Place 10 drops

in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

- If you are working with a soil-less garden and wish to add EoP's support, strength and balance to your project from the perspective of the economic crisis and its effect on your project, open your soil-less garden coning and state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis and its impact/effect on this soil-less garden." Set up for an N.S. shift, place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically as part of the N.S. shift. Remember to close your soil-less garden coning when you are finished.

NOTE: Do not try to save the remaining liquid after the shift. That EoP cannot be used again.

In short, for any specific element or area of your life that you would like to shore up with the strength, support and balance from Essence of Perelandra, complete step 1 and then focus on what you wish to address and state: "I'd like to focus this dose of Essence of Perelandra in light of the current economic crisis and (insert your specific focus)." Place 10 drops in a clean spoon and hold it out in front of you for 10 seconds. The shift will occur automatically.

IMPORTANT: With any area you apply Essence of Perelandra, it is important that you try not to limit any options for getting through problems that might arise. Adding the Essence of Perelandra and its unique balance opens things up to a whole new level of possibility. This is where you'll need to be especially creative and flexible. A potential resolution may, at first glance, look really odd to you. But once you put it into place, it may address your problem in ways that surprise and astound you.

How Often Do You Use EoP?

If you do kinesiology testing, you can test for how often you will need to apply Essence of Perelandra for the step-1 focus and each of the step-2 focuses. If you do not kinesiology test, use your common sense and/or gut feeling. If you sense that any of these areas are weakening or losing their support, strength and balance, just set up and apply EoP again. Always do step 1 before going on to any of the specific focuses in step 2. You don't adversely impact or damage anything if you orally administer or shift an unnecessary dose of EoP. If you are unsure about the need for EoP, just go ahead and take or shift the dose. The only thing you will lose if its not needed is 10 drops. And you gain a lot if it is needed.

ETS PLUS FOR HUMANS

Just listening to the news is pretty stressful these days. To maintain calm, creativity and flexibility, it will be important to eliminate the impact of trauma and stress. Any time you hear or read something that hits, shocks, surprises or worries you and any time this crisis hits you or someone around you, take a dose of ETS Plus. During this exceptional time it's perfectly reasonable to take a dose of ETS

Plus once, twice or even three times daily, depending on your situation and how you deal with a major crisis. Remember, your goal is to remain functional. If you tend to want to curl up in a dark closet with your favorite blanket until a crisis blows over, three times daily is the dose for you. If you are the more stoic type, once daily is your dose. Hint: If you are taking one dose of ETS Plus daily and you notice you are having physical and emotional reactions to the stress that is swirling around you, you've underestimated your need for ETS Plus and you need to take more regular daily doses. Try to be especially alert for any signs of depression.

Being diligent about taking ETS Plus throughout this crisis will help eliminate that initial hit you physically and emotionally take when suddenly faced with something difficult or shocking. This keeps the initial impact of the difficulty/shock/trauma from building up inside you and goes a long way in keeping you healthy, calm, creative, flexible and functional.

MBP BALANCING SOLUTIONS

What you don't want during an economic crisis is medical bills. Working with Essence of Perelandra and ETS Plus will help keep you healthy and away from the doctor's office. By adding the MBP Balancing Solutions, you have even more support. If you can afford it, taking all 14 MBP Balancing Solutions daily to keep all your body's systems strong is the way to go. However, most of us would need to consider a more cost effective approach. Here's my suggestion: If you can only purchase two bottles, get Immune and Lymphatic Systems Balancing Solutions and take both of them daily. Keeping your full immune system strong gives you a lot. If you can add more bottles to Immune and Lymphatic, think about what systems in your body tend to demonstrate a weakness. For example, if you tend to get a lot of colds or have asthma, you need to strengthen your respiratory system. Just look at the list of MBP Balancing Solutions on our web site and determine which specific bottles would be helpful. Then add them to Immune and Lymphatic and take each of these MBP Balancing Solutions daily.

HINT: If you are someone who is prone to getting clobbered by stress and its effects, take Immune, Lymphatic and Nervous Systems Balancing Solutions TWICE daily along with ETS Plus two or three times daily, depending on your personal level of stress. These three are the systems that are especially effected by stress and their strength is critical to your health.

PERELANDRA ESSENCES

If you use the Perelandra Essences, I suggest you test them once daily throughout the full crisis (which may be lasting a year or two). If you test them daily, you won't need to test for solutions or dosages and this will simplify your testing. Just take one drop of whatever you need each day. The essences will address any residual effects the crisis has on you (your electric system) and further assist you in maintaining good health. And they are a perfect tool to add to Essence of Perelandra, ETS Plus and the MBP Balancing Solutions during the crisis.

MAP

MAP is a comprehensive medical assistance program that you set up to be used in the comfort of your home — and you don't have to pay a medical bill! If you have not tried *MAP*, now is the time to consider getting the book (or e-book) and jumping into the program. With MAP you have some serious, major medical help right at your fingertips. Besides the book MAP, which is required and includes all the steps and instructions, I highly recommend you also purchase a bottle of ETS Plus to be used in conjunction with the program. The ETS Plus is optional but it greatly facilitates the MAP team work.

If you have been using the program, talk to your MAP team about setting up a schedule for regular “economic crisis” appointments. For these sessions you will be focused on all the health issues that arise as a direct result of the crisis and those issues/illnesses that arise during this time as a result of life in general.

IN THE SPIRIT OF ALL OF US GETTING THROUGH THIS TOGETHER

We've posted this Health Watch with the suggestions I have for you during the economic crisis so that you'll have something to refer back to. But I'd also like to add any suggestions you come up with for getting through the economic challenges that might be helpful to others. So be sure you email us those ideas and suggestions at voices@perelandra-ltd.com. I'm confident, if we stick together, we'll all come through this well.

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