

Perelandra Solutions for Soil-less Gardens

You can quickly and easily work with nature to support your projects and goals using one, two or all three of these Perelandra Solutions: Essence of Perelandra (EoP), ETS for Soil-less Gardens and ETS for Soil. This is a quick-reference worksheet. If you're using these Solutions for the first time, learn more about them and get further instruction, including ideas and examples, on our website: perelandra-ltd.com/Solutions-for-SLG-Projects-w6078.aspx.

1. Write down your focus or goal:

2. Say aloud: *"I'd like to work with nature to shift Perelandra Solutions for [your focus/goal]."*
(If you have activated a soil-less garden project related to this goal, go ahead and open your SLG coning now.)

3. To find out which Solutions are needed, use one of these approaches:

- a. Using PKTT (kinesiology): Test each Solution on the list one at a time.
Ask, *"Would it help my goal if I shifted [say the name of the Solution]?"*
Put a check-mark next to each Solution that tests positive.
- b. If you aren't using PKTT: Look at each Solution on the list one at a time.
Ask, *"Would it help my goal if I shifted [say the name of the Solution]?"*
If your gut says, "Yes!" then put a check-mark next to that Solution.
- c. If you are feeling particularly dense and get no gut feeling either way, that's okay:
Just follow the steps for applying all three Solutions to your focus/goal.
You won't do any harm, and you will notice a difference.

4. Test the list:

____ **Essence of Perelandra (EoP)**

____ **ETS for Soil-less Gardens**

____ **ETS for Soil**

5. Follow the steps for applying each Solution (they're on the next page of this worksheet).

6. Before you move on with the rest of your day, take a moment to give a little tip of the hat to nature and say thanks.

IMPORTANT!

When you use any of these three Solutions, remember: As ideas pop into your mind for ways to follow through on these goals, try them out. This is nature partnering with you and supplying ideas that will help you.

Essence of Perelandra (EoP)

1. Focus your attention on your goal and state: *"I wish to set up with nature to shift Essence of Perelandra."* Wait 10 seconds.
2. Define/describe your goal. Write it down or say it aloud.
3. Place 10 drops of Essence of Perelandra in a clean spoon.
4. Hold the spoon out in front of you and say, *"I wish to shift these Essence of Perelandra drops to the goal that I've described."*
5. Continue to hold the spoon out in front of you for 10 seconds while the shift occurs.
6. After 10 seconds, the shift is complete and you are finished.
7. Wipe or wash off the spoon. The EoP drops that were in the spoon cannot be used again.

ETS for Soil-less Gardens

1. Focus your attention on your goal. Say it aloud.
2. Place 11 drops of ETS for Soil-less Gardens in a clean spoon.
3. Hold the spoon out in front of you and say, *"I ask that these drops be released to the order, organization and life vitality of my goal."*
4. Wait 10 seconds for the release to complete.
5. Wipe or wash off the spoon. Don't save the drops left in the spoon, they can't be used again.

ETS for Soil

1. Focus your attention on your goal. Say it aloud.
2. Think about your goal and state: *"I wish to set up with nature to shift ETS for the soil supporting this goal."* Wait 10 seconds.
3. Place 15 drops of ETS for Soil in a spoon and hold the spoon out in front of you.
4. State: *"I would like the essence of these drops to be shifted to the soil supporting this goal."* Hold the spoon out for 10 seconds while the shift occurs.
5. After 10 seconds, the shift will be complete.
6. Wash the spoon. Do not try to save the remaining liquid because it cannot be used again.