



# HEAVEN ON EARTH • ENLIGHTENMENT



1)  : 






2) Sniff spikenard

Because I am triggered by  $\frac{\text{emptiness}}{\text{trigger}}$  and believe in  $\frac{\text{restrictive practices}}{\text{ego's form of control}}$  I can be bad  $\frac{\text{illusion}^*}{\text{ego's form of control}}$ , my ego uses  $\frac{\text{impatience}}{\text{id's form of control}}$  to dampen the id's  $\frac{\text{shame}}{\text{id's form of control}}$ , and then my superego uses  $\frac{\text{superego's form of control}}$  to deflate the ego.

 :  and  together 

3) I enlighten the  $\frac{\text{id/ego/superego}}{\text{10th chakra/synchronicity}}$  to  $\frac{\text{presence}}{\text{enlightenment state}^*}$ , opening  $\frac{\text{chakra(s)}}{\text{not being heard}}$  thereby releasing  $\frac{\text{illuminating condition(s)}}{\text{and discovering that love is all around me and the answer to all.}}$

- Apply Mystical Magical Healing Blend on chakra listed above (3x per day for 3 days)

4)  :   then   then  



*use this chart	ID	EGO	SUPEREGO
Motivation	Comfort	Control so as not to get punished	Approval
Trigger	Emptiness	Selfishness	Exposure
Form of Control	<ul style="list-style-type: none"> <li>• Impulsiveness</li> <li>• Compulsiveness</li> <li>• Addiction</li> <li>• Self-stimulation</li> <li>• Impatience</li> <li>• Self-absorption</li> <li>• Pushy</li> <li>• Duality word</li> </ul>	<ul style="list-style-type: none"> <li>• Guilt</li> <li>• Defensiveness</li> <li>• Creation of dis-ease</li> <li>• Intimidation</li> <li>• Restrictive practices</li> <li>• Exhaustion</li> <li>• Righteousness</li> <li>• Perfectionism</li> <li>• Duality word</li> </ul>	<ul style="list-style-type: none"> <li>• Shame</li> <li>• Judgment</li> <li>• Unconscious sabotage</li> <li>• Invisibility</li> <li>• Drama</li> <li>• Denial</li> <li>• Unenthusiastic</li> <li>• Duality word</li> </ul>
Illusion	Scarcity	I can be bad	I can get hurt
Enlightenment State	Optimism Abundance	Presence Fearlessness	Self-love Enthusiasm