



Dear Family, Friends, and Community,

**I honor** and value your time. Therefore if you wish to unsubscribe, please do. However, I ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!



**How do you like our new look??**

**Our website is about ready and the**

book ☐ is in it's final stages of editing!!

---

Just a reminder, I have joined forces with...

Florida Balance Centers (FBC) & Acupuncture  
and Integrative Medicine (AIM)

We specialize in Inner Ear Problems  
*(vertigo, dizziness, & balance) and (Pain Management)*

check us out  
[Balancecenters.com](http://Balancecenters.com)

Insurance / Sliding Scale Clinic!! ☐

CALL ☎ TODAY TO GET MORE INFORMATION!  
954.987.7077

---

If you haven't seen our 3 Part Health Series  
on how to get your "**CRAZY**" under control  
from a **NUTRITIONAL PERSPECTIVE** in **2023!**

[CLICK HERE](#)

AFTERALL  
EVERYTHING IS CONNECTED;  
☐MIND, ☐BODY, SPIRIT! ☐

---

Recognize and Manage Your Level Of  
Crazy with EQ when dealing with...

*Out with the "OLD" and In with the "NEW"*



---

This is based on a recent meditation done by Anthony William – The Medical Medium called "The Collecting Stones Meditation Journey" helping release toxic, negative emotions and life long wounds!

According to Anthony William, the meditation has “the ability to enter into your cells, tissue, and organs, as well as your soul, heart, and spirit, helping to give you a new beginning emotionally and spiritually.”

By using stones we find in our environment we can connect to the *earth, minerals, nature* and all those elements that we ourselves contain within us.

Many times in life we want to move forward and shift our emotions into a more lighter and healthier version of ourselves, but we **JUST CAN'T** ♀♂ We may feel stuck and nothing changes!!

So if you are dealing with an *illness, life challenge or anything else that is keeping you stuck, sick, heavy or*

*just confused* and you can't seem to make changes in your life, I invite you to go on this journey with me for the next 7 days.

Allow yourselves the **GIFT** of NEW POSSIBILITIES in your health, relationships, career, spiritual connection, and whatever else you desire!

This healing process is my interpretation of that exercise. I hope you enjoy and I would love to hear your experiences!

## Out with the "OLD" and In with the "NEW" 7 Day Meditation Journey ☐

### DAY 1: Picking your stones...☐

- Go out into nature and find three stones that you intuitively feel are the best for this journey. If you lose one throughout the process, replace it with another one, trusting its all in divine order!
- Decide which hardships, emotions, and challenges you want to release. Name your stones accordingly. (*Example – stone #1 unhappiness, stone #2 Self-pity, stone #3 broken trust*) it can be any emotion or hardship. Set an intention that you can let go, and shift this energy if you truly desire!
- Spend some time connecting with your stones by speaking, singing, cleaning and preparing them for this journey with you. Keep the stones with you at all times throughout these 7 days!

### Day 2: Fostering your connection...☐☐

- At this point start cultivating a deep and intimate connection with your stones, take them out with you when you go shopping, walking, working, etc... have them touch, feel and experience the environment around you. Given everything in our environment has minerals and trace minerals we are intimately interconnected with everything and everything is interconnected with us!
- Have your stones near you as you prepare your meals, this is a great time to bond with your stones and to eat power foods that nourish your body, mind and spirit. If you need more information on which foods to eat [CLICK HERE](#)
- Make sure you hydrate and eat lots of healthy and nurturing foods during this whole process, as your body will be going through a powerful detox during these 7 days!
- Speak to your stones and really connect to them. Ask them how

they are doing. Listen closely for any communication from the stones. Nature has a way of communicating to us! This is a great time to develop our intuition, emotional and physical awareness!

### **Day 3: Deepen your connection...□**

- Deepen your connection with your stones by having them join you in the bath or shower. Allow yourself to be free and open in front of your stones. This is a great way to develop a sense of confidence and self-esteem!
- You can place them along side your tub or soap dish. Give them a wash too so they can experience the energy of renewal and cleansing!
- Take a walk in nature and focus on your stones as you walk throughout the environment. Listen for any interesting communication from your stones or nature!

### **Day 4: Journaling with your stones... □**

- Journaling is a power tool, share this moment with your stones!
- Journal about this experience so far and anything else that's in your heart from prior hurts and wounds. This is a great way to develop skills on how to be vulnerable and sharing yourself authentically!
- This is a powerful time to really let go and share! Open yourself up! Sing and hum if that will help you express! Allow the stones to watch you!

### **Day 5: Starting to transfer... □□**

- Pull up a seat or stand by a window and have your stones join you!
- Looking out the window may trigger certain emotions. Listen closely!
- Allow yourself to cry, laugh or anything else wanting to come out!
- Take a walk in nature or around your home and focus on your stones and begin to transfer the unwanted emotions to the stones!
- Listen for any interesting communication from your stones or nature or from your environment!
- Pay attention to any emotions, sensations and feelings emerging at this time!
- Continue to transfer those emotions to the stones!
- Hydrate and eat lots of healthy and nourishing foods! This is a powerful time and you want to give your physical, emotional and spiritual body everything it needs to do this important spiritual work!

### Day 6: Observing your stones...□

- Today you get to see them in a different light, you get to experience who they truly are as individual stones!
- Each one has its own unique design, shape, personality and feel!
- This is where your physical and spiritual eyes are opened!
- Draw each stone by itself. Spend a few minutes with them individually and really give each of them the attention they deserve!
- This is a great way to learn how to truly see! So many times we don't really see what's happening to us or around us! This is another great practice on how to become more self-aware!

### Day 7: Releasing your stones...□□□

- Today is the magic day! You maybe feeling a bit happy and sad!
- It is recommended that you do this by yourself, but If you feel you need support, ask a friend to join you as you go release your stones, there is nothing wrong with that!
- A part of you may want to keep the stones, because by now they have become a part of you! You may feel sad having to release them! Trust that the power is knowing that you are releasing the negative parts of yourself and creating a beautiful space for something new and beautiful to fill that void and emptiness that will emerge once you have released all your stones. Be brave!
- Find a body of water, nature path or anyplace where you can release the stones back into nature. Nature has a way of cleansing negativity and rejuvenating everything back into a state of balance!
- Begin to release each stone with a strong, confident, and grateful feeling and intention! **Out with the "OLD" in with the "NEW"**
- Thanking your stones for their service and support in this process! Releasing each one with the assigned emotions you initially named at the beginning of this journey!
- Immediately after releasing the last stone, allow yourself to experience the void and emptiness! Be strong!
- Cry, laugh, dance and whatever it is that comes out!!!
- BREATH!!

### FOOD FOR THOUGHT... □

Allow yourself to have this moment and reflect on this very important idea!!



- ***YOU ARE THE ONE THAT GENERATED ALL THE CONNECTIONS WITH THESE STONES!***
- ***THE ENERGY CAME FROM YOU!***
- ***YOU WERE ABLE TO CREATE THIS LOVING, SUPPORTIVE, BEAUTIFUL CONNECTION WITH THESE STONES!***
- ***YOU CAN DO THIS WITH ANYTHING, AND WITH ANYONE AS LONG AS THEY ARE WILLING! DON'T FORCE! JUST BE!***
- ***NOW, ASK YOURSELF, WHAT'S NEXT?***
- ***WHAT POSITIVE, PROACTIVE, HEALING EMOTIONS AND ACTIVITIES CAN YOU NOW USE TO FILL THIS VOID AND EMPTINESS?***
- ***LISTEN CLOSELY AND WRITE THEM DOWN! KEEP IT NEAR YOU AND VISIT THIS INFORMATION OFTEN TO STAY ON TRACK!***
- ***START FOCUSING ON THOSE EMOTIONS AND ACTIONS IMMEDIATELY, DON'T WASTE A MOMENT!***
- ***YOU ARE NOW ENTERING INTO NEW!!! THIS IS THE POWER!!!***
- ***NEVER LOOK BACK AND JUST MOVE FORWARD!!!!***

Congratulations ☐!!!

I'm so proud of you for taking this journey with me!

I would love to hear your experience over the last 7 days of your journey and let's keep it going!!! ☐☐



*"When you know and understand yourself, the whole world will know and understand you too, and remember, what's the best that can happen?"*  
--Alla Esther Levy

**ALLA ESTHER LEVY**  
Emotional Intelligence Specialist, EIS  
Minister of Spiritual Healing, MSH

Founder of Ei-EQ Institute

**Learn. Transform. Impact.**

Alla Esther Levy, | Hollywood, Hollywood, FL 33021-3103

[Unsubscribe esther@allaestherlevy.com](mailto:unsubscribe_esther@allaestherlevy.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by esther@allaestherlevy.com powered by



Try email marketing for free today!