

Suggestions for Hosting Send Good Vibes Gathering

Hosting a Send Good Vibes Gathering is the perfect way to have a meaningful gathering with your community and send out your best wishes.

As seen in the film *CHANGE: The LifeParticle Effect* and our Tuesday #SendGoodVibes Twitter chats, sending LifeParticles, or unconditional love, through our hearts and minds to specific people near and far can make a real difference.

Your good intentions are amplified when you harmonize with other people and everyone focuses together on sending out healing vibrations.

Here are some suggested guidelines on how to facilitate your own a Send Good Vibes Gathering with your friends and/or family.

Preparations for Gathering:

1. Pick a date and a peaceful place (in your home, at your yoga studio, in a park)
2. Invite some friends and loved ones.
3. Have them watch *CHANGE: The LifeParticle Effect* at www.change-film.com before the gathering if they haven't already done so. You can also watch it together.
4. Ask participants to prepare or write down healing intentions for themselves and others.
5. *Get together & Let the energy flow!* Make your gathering space special in some way (E.g. bring a crystal, essential oils, incense, a leaf or flower from nature, etc.)
6. Optional: prepare a LifeParticle card for each participant. (You can purchase LP cards in the CYE online shop or your nearest Body&Brain Yoga center.)

Before you start the LifeParticle Meditation, take a few minutes to do some yoga, tai-chi, or stretching together to ground and recenter in your bodies and breath.

Show the LifeParticle Meditation video at this address: bit.ly/1NHJ7QS.

LifeParticle Meditation

Part 1: Self-Healing

1. Sit in a circle and have everyone close their eyes. Feel where your sit bones touch the ground and begin breathing deeply and slowly.
2. Feel your brain waves slowing down and your mind becoming calm
3. Hold your LifeParticle card facing towards your forehead and connect your energy deep into the LP image. If needed, open your eyes to remind yourself of the image. Feel the imagery resonating and amplifying the same unconditional love residing in all of your cells. If you don't have LP cards, envision unconditional love flowing from your heart, and expand it to all of your cells.

4. Bring the card down and rest your palms face up on your knees.
5. Visualize and send this energy to the parts of your body that need healing. You can also raise the LP card up to the part of your body you want to heal. Feel the image resonate and activate the healing energy of that party. Move the card freely around your body.
6. Lower the cards down and bring your awareness back to your breath. Then affirm out loud, "I am healthy and ready to live fully," and any other affirmation participants wish.
7. (optional) Invite participants to share what they felt during the meditation with a partner or with the whole group.

Part 2: Healing for Others

1. Repeat steps 1-5 above.
2. Raise your LP cards so they are facing away from you, towards the rest of the circle.
3. Meditate on receiving healing LifeParticles and send that love into the middle of the circle.
4. Take turns saying the name of someone and their situation that you'd like the group to send LifeParticles to.
5. State this affirmation together: "[The person's name] is now receiving LifeParticles of love and light and [his/her condition] is now improving."
6. Repeat steps 4 & 5 until all requests in the circle have been answered.
7. Towards the end, take a few minutes sitting in silence and send healing LifeParticles to the entire world, like a hug embracing the whole planet.
8. (optional) Invite participants share what they felt during the meditation with a partner or with the whole group.

Through this energy meditation, you will recover a sense of your true value and confidence.

When you've finished, encourage participants to reach out to those that received the distance healing and let them know that LifeParticles had been sent to them today!

Also encourage participants to become a ChangeYourEnergy.com member (free) to have continual access to incredible tools to help change their energy and their lives.

We would love to hear about your Send Good Vibes Gathering. Please let us know or if you need any support at support@changeyourenergy.com with "SGV Gathering" somewhere in the subject line.

We hope sharing the power of LifeParticle meditation with your loved ones will help effect real change in your lives!

ChangeYourEnergy.com
Positive transformations for body, mind and soul

Send Good Vibes Gathering Guidelines for Participants

Participating in a Send Good Vibes Gathering is the perfect way to have a meaningful gathering with your community and set your best intentions.

As seen in the film *CHANGE: The LifeParticle Effect* and CYE's Tuesday #SendGoodVibes Twitter chats, sending LifeParticles, or unconditional love, through our hearts and minds to specific people near and far can make a real difference.

Your good intentions are amplified when you harmonize with other people and everyone focuses together on sending out healing vibrations, which is what a Send Good Vibes Gathering is meant to do.

Here are some tips and guidelines on how to participate in a Send Good Vibes Gathering.

Preparations:

1. Watch *CHANGE: The LifeParticle Effect* at www.change-film.com before the gathering, together or separately.
2. Write down some healing intentions for yourself and others.
3. Get together & let the energy flow! Make the gathering space special in some way (E.g. bring a healing stone, an essential oil, incense, a leaf or flower from nature, etc.)
4. Prepare a LifeParticle card (optional). (You can purchase LP cards in the CYE online shop or your nearest Body&Brain Yoga center.)

Before you start the LifeParticle Meditation, take a few minutes to do some yoga, tai-chi, or stretching together to ground and recenter in your bodies and breath.

Watch the LifeParticle Meditation video at this address: bit.ly/1NHJ7QS.

LifeParticle Meditation

Part 1: Self-Healing

1. Sit in a circle with the other participants. Close your eyes and feel where your sit bones touch the ground. Begin breathing deeply and slowly.
2. Feel your brain waves slowing down and your mind becoming calm.
3. Hold your LifeParticle card facing towards your forehead and connect your energy deep into the LP image. If needed, open your eyes to remind yourself of the image. Feel the imagery resonating and amplifying the same unconditional love residing in all of your cells. If you don't have a LifeParticle card, envision unconditional love flowing from your heart, and expand it to all of your cells.
4. Bring the card down and rest your palms face up on your knees.

5. Visualize and send this energy to the parts of your body that need healing. You can also raise the LP card up to the part of your body you want to heal. Feel the image resonate and activate the healing energy of that party. Move the card freely around your body.
6. Lower your card down and bring your awareness back to your breath. Then affirm out loud, "I am healthy and ready to live fully," and any other affirmation you wish.
7. Share what you felt during the meditation either with a partner or with the whole group.

Part 2: Healing for others

1. Repeat steps 1-5 above.
2. Raise your LP card so they are facing away from you, towards the rest of the circle.
3. Meditate on receiving healing LifeParticles and send that love into the middle of the circle.
4. Take turns saying the name of someone and their situation that you'd like the group to send LifeParticles to.
5. State this affirmation together: "[The person's name] is now receiving LifeParticles of love and light and [his/her condition] is now improving."
6. Repeat steps 4 & 5 until all requests in the circle have been answered.
7. Take a few minutes to sit in silence and send healing LifeParticles to the entire world, like a hug embracing the whole planet.
8. Share what you felt during the meditation either with a partner or with the whole group.
9. Thank each other with a hug and close your circle.

Through this energy meditation, you will recover a sense of your true value and confidence.

When you've finished, reach out to those that received the distance healing and let them know that LifeParticles had been sent to them today.

We would love to hear about your Send Good Vibes Gathering. Please let us know or if you need any support at support@changeyourenergy.com with "SGV Gathering" somewhere in the subject line.

If you've felt sharing the power of LifeParticle meditation with your loved ones has helped effect real change, pay it forward! Recommend the movie www.change-film.com so your friends can heal themselves, too!

If you haven't already, be sure to join ChangeYourEnergy.com (free) for continuous access to incredible tools to help change your energy and your life.

We hope sharing the power of LifeParticle meditation with your loved ones will help effect real change in your lives!

We're sending good vibes.

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Positive transformations for body, mind and soul