



## Pura Vida Health & Wellness Centers Worldwide

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Ensenada | Baja California | Mexico | Costa Rica

### HOW TO HEAL ANYONE ANYWHERE ANYTIME

You can heal yourself or anyone, anywhere, anytime without spending a penny. All this powerful healing energy is already inside you and every other living being. Now, is the time to focus that healing energy and learn to heal anyone, anywhere, anytime. This is a simple exercise in four simple parts that anyone can accomplish in only a few minutes.

Follow these steps exactly for powerful results:

- 1) Take a deep breath, clear your mind and focus your full attention on manifesting your Intention. Be as specific as possible with the details of what you want to accomplish while visualizing the desired outcome of your Intention. Visualize physical attributes such as light, color, size, heat, motion, taste, odor, etc.
- 2) Beginning with Step Two you will be verbalizing your Intentions and Gratuities followed by an Empowering Mantra. Use the following template to vocalize your Intentions:

“Avra keh-dabra, I intend \_\_\_\_\_ for  
(action)  
\_\_\_\_\_ to \_\_\_\_\_.”  
(person's name) (healing action / desired outcome for the person you are activating healing energies in)

For Example: Avra keh-dabra, I intend physical, emotional, spiritual, genetic and generational healing for Jeff Louis to permanently alleviate all chronic aches and pains, chronic headaches and foot and heel pains.

- 3) Vocalize your Gratuities for this healing assistance you are asking for. This is the opportunity to list everything you are grateful for. Use the following template to vocalize your Gratuities:

“I am grateful for \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ and am  
so blessed with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.  
Thank you for \_\_\_\_\_.”

For Example: I am grateful for the gift to life, finally finding my tribe and a strong healthy body inside and out and am so blessed with a loving partner, a supportive environment and numerous creative outlets. Thank you for all your blessings.

- 4) For your Fourth and Final Step you will complete your Healing Intention by vocalizing our Empowering Mantra:

“Avra keh-dabra (aahh-vrah kaydaahhbraahh)  
I am loved  
I am love



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From me love flows freely

I am accepted  
I am acceptance  
From me acceptance flows freely

I am supported  
I am supportive  
From me support flows freely

I am forgiven  
I am forgiving  
From me forgiveness flows freely

I am empathetic  
I am empathy  
From me empathy flows freely

I am strong  
I am strength  
From me strength flows freely

I am generous  
I am generosity  
From me generosity flows freely.”

Follow these simple four steps to master powerful healing through focused Intent empowered with *gratitude*. Gratitude rewires your brain to prioritize memories and experiences that made you feel good, released dopamine, anandamide and other feel-good neurochemicals and hormones. You already have the power to manifest whatever you can imagine, you can heal anyone, anytime, anywhere, you are perfect made perfect from the light of god. Give yourself permission to manifest paradise for all god's creations. *Yes, it is that easy.*

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*