



My Get Well Guru NEWSLETTER

JANUARY 2015

IN THIS ISSUE: MEDITATION, AMAZING CANDLES, ZAPPERS KILL PATHOGENS

LOVE, PEACE & HAPPINESS CAN BE YOURS!

Meditation Month

I just made that up, but it's a great time to start. See Why and How.

By Nancy (Ayanna) Wyatt Editor: Wonderful, but chose Anonymity!

WHAT IS MEDITATION?

ALMOST NO-ONE IS REALLY GOOD AT IT!

WHO CARES?!!

One of my favorite teachers was [Swamiji Chinmayananda](#), (an investigative reporter turned Himalayan monk). He said meditating is like riding a stationary bike in your home. "You know all along you're not going anywhere. It's the practice that counts."

To paraphrase Shirley MacLaine, every time you stare at a candle flame, a sunset, waves of the ocean, or a fire in the hearth, you are meditating. Other people call it "zoning out."



We all do it; we just don't call it meditation. We can benefit more by doing it consciously and daily, even if only for a few minutes.

MY INTRO MEDITATION CLASS

I teach a 3-hour class on the similarities and differences among **affirmations, creative visualizations, and meditation**. The greatest compliment I got was: **not one person looked at a cell phone during the entire class, and they asked for an all-day class!** Contact me if you would like to book it as a seminar or webinar. I love teaching it!



SOMETHING I NEVER LEARNED

"You don't have to say everything to say something." –Beth Moore So, there is MORE about how to meditate at these links.

YOU CAN DO IT WITHOUT ME!

Click here for free [Basic Benefits and Basic "How To Do It" Steps](#)

Click here to book my [advanced class](#) on affirmations, visualization, and meditation.

AMAZING LUMINARA CANDLES

Flameless, but completely real-looking, wax, AA-battery-operated candles. Place them anywhere, without fear of fire. I use them as night lights and emergency lights in power outages, as well as for elegant décor. . They cost less on Amazon; but – even at retail – it's less than two Yankee candles which will burn out and be thrown out! No, I don't sell them!



Dancing Light flickers, like a real flame. Comes in ivory and soft white, too.

QUOTE FOR THE MONTH

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

Maya Angelou

Then, Take a Time Out / Breathe / Smile

What's This About Zappers?

A long time ago, I learned about Zappers and found the process very wonderful. My neighbor made one for me out of a battery, some wires, and a used hand-wipe box. It worked perfectly, and I felt so calm and CLEAN throughout my body after using it - which took only a few minutes. This is a professional one with timer.

The inventor was a scientist, named [Dr.](#)



[Hulda Clark](#) 1928 - 2009. She was so smart and figured out how to use a simple battery to kill pathogens and, simultaneously, to enhance the activity of our white blood cells, which fight pathogens.



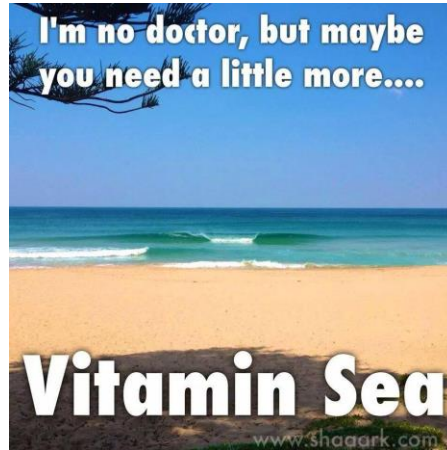
“The ZAPPER "electrocutes" small pathogens such as parasites, bacteria, viruses, fungus and other toxins.

It does not need to have a specific frequency to do this, as it is, contrary to a frequency generator, frequency-independent. It does however need to be battery-operated and have a positive offset at all times

Dr. Clark said not to zap if you wear a pace-maker and if you are pregnant. It is also a good idea to take digestive enzymes after zapping as these will eat up the refuse left off by dying parasites and pathogens.”

These quotes and much more information, including a list of approved providers can be found at her [website](#).

LOL



NOW THAT COLD AND FLU SEASON IS HERE, LET'S TRY THIS TIP.

Read more at [HEALTHY LIFE TRICKS](#)



They say, "Pineapple Found to be Five Times More Effective than Cough Syrup"

NEW OFFERINGS IN 2015

2015 offers an opportunity to let people in Northern Virginia try out things like my amethyst Biomat, the chi machine (aerobic exerciser) and more by renting time on the equipment – with no pressure to buy.

Now that my computers are operating again (since I fired Comcast, and chose another Internet Service Provider), I should be able to do much more with my blogs about various health topics. I hope you will visit me often, as I should be posting new information weekly, as opposed to monthly with the newsletter.

May you all have a BLESSED 2015 and thanks for "reading me!"

Disclaimer:

The opinions in this newsletter are for information only. The author does not claim to be able to heal any illness and is aware the people respond differently to various kinds of wellness modalities. Users of any product are responsible for any outcomes, and they experiment at their own risk.

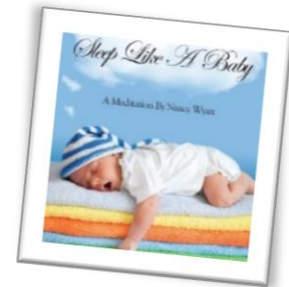
A GIANT THANKS TO MY CLIENTS! MY HEARTFELT THANKS TO THOSE OF YOU WHO HAVE PURCHASED

Sleep Like A Baby

A GUIDED MEDITATION

With Reiki Music or Tibetan Bells and Chimes

[Order Here](#)



SINCERE THANKS ALSO TO THOSE WHO PURCHASED RENU28.



Some results are astounding, so don't forget to send me before and after pics. If you don't know what I'm talking about, check out this YouTube [video](#). (The creator gave me permission to use it.)

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