

1. Move your bed about 40cm away from the wall behind you; this will keep your head away from the electromagnetic fields of the cables in the walls. If possible create a barrier using a pillow.
2. Stir your morning coffee or tea 16 times to bring positive energy into your drink and into your body. (The number 16 has been used through out history – the golden mean- ratio of 1-1.1658, which is considered a sacred number with positive energy effect)
3. Avoid sleeping or sitting too long in front of a mirror because it reflects your body's energy field, giving a negative effect from the reversed image.
4. On electrical cables put 16 consecutive dots or strokes leave a space then put 9 dots or strokes with a permanent marker to harmonize the effect of EMF
5. Unplug your TV set and any other electrical appliances from the wall before you sleep to minimize the EMF radiation in the room
6. Put 16 dots in a linear line or circle in the corner of any mirror in your bedroom to reduce the negative energy that is reflected back.
7. Remove metal objects from underneath your bed because they create unwanted EMF fields.
8. Remove magnets from your fridge, because they affect the food inside it.
9. When entering your home or any space, enter with your right foot and word of prayer or a smile from your heart & it will change the energy of that space.
10. When you come home, wash your hands and face before doing anything in order to not bring too many external vibrations you have been exposed to into the house.
11. If you are doing energy work or even sit on the computer for a long time, Raise both your arms straight over your head to release energy charged into your body.
12. Swim in the sea or take sea salt baths to clear your body from negative energies
13. Never sleep under a pyramid or dome shape. If you have to then adjust it in order to harmonize the negative energy emissions of the Vertical Negative Green caused by the shape, by scratching a line in the middle of each side or stick a piece of colored tape.