**Energy Medicine Daily Care Skills** from *Awaken Your Greater Health: How Energy Medicine Opens the Way* *to Healing* by Heidi DuPree, RN, CTN

*From chapter 7*

**Setting Daily Intention** Develop the higher self by setting daily intention for spiritual focus.

**Using Divination Tools** Use tools such as passages from sacred texts or working with oracle cards to interpret spirit signs and messages.

**Developing Observer Self** Become heart-centered by developing your inner witness.

**Working with Spirit** Enhance spiritual development by staying alert for signs and messages that are consistent, supportive, loving, wise and empowering.

*From chapter 9*

**Venturing Out of Character** Discover your authentic self by breaking out of routine and doing something brave and unpredictable.

**Connecting with Nature** Enhance your health and centeredness by spending time out-of-doors and on the ground.

*From chapter 10*

**Developing Filters** Withdraw energy from the lower self and add energy to the higher self by using filters to decide how to spend your time.

**Writing on Your Walls** Claim your inner authority by erasing negative programming and replacing with self-affirming statements.

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