



Tips to Supercharge Your Health & Enhance Your Scalar Sessions

Body Support	Done?
Hydrate deeply — aim for 2+ liters of water a day	
Warm water with lemon each morning to kickstart digestion	
Get 7-9 hours of sleep — healing happens during rest	
Mineral support — try a pinch of sea salt or trace minerals in water	
Support detox — fiber-rich foods or a gentle natural cleanse	
Eat more greens — chlorophyll-rich foods support cellular health	
Cold rinse after showers — stimulates lymphatic flow	
Gentle movement — walk 20-30 mins to boost circulation and energy	
Mental Alignment	Done?
5-10 minutes of stillness — meditation, breathwork, or silence	
Journaling or intention setting — guide your mind before the day starts	
Digital detox — choose 1 hour/day without screens	
Read something inspiring — nourish your thoughts with truth or wisdom	
Reframe a negative thought — practice catching your inner critic	
Mute notifications — protect your cognitive space	
Notice your self-talk — shift from criticism to compassion	
Speak affirmations — reinforce your healing intention aloud	
Emotional Hygiene	Done?
Uplifting music or sound healing	
Gratitude check-in — say or write 3 things you're thankful for	
Authentic connection — a real conversation with someone you trust	
Allow emotional release — tears, laughter, or journaling	
Spend time with animals — they stabilize emotional energy	
Express creatively — paint, dance, draw, sing	
Energetic clearing ritual — visualize releasing emotional tension	
Forgiveness practice — even just a willingness to forgive lightens your field	
Energetic Hygiene	Done?
Dry brushing or salt bath for auric cleansing	
Smudging or diffusing essential oils — sage, frankincense, lemon	
10 minutes of sunlight or grounding barefoot in nature	
Chakra meditation — visualize light moving through your body	
Avoid draining environments — honor your energetic boundaries	
Use crystals — carry black tourmaline, clear quartz, or amethyst	
Close energy leaks — say no where needed	
Visualize shielding light — surround yourself with golden or violet energy	