



Thank you for being interested in my Travel Pak!!

I learned the hard way that you need to be mindful of your energies when you travel!

This is the Earth's tone frequency and will help you stay grounded.

Stay balanced, hydrated and oxygenated (especially during plane travel) with your immune system activated and "shields up".

Listen prior to your leaving home and intend that your beneficial home frequencies "come with you".

Listen while you are away as well as infuse your water by playing near your glass or pitcher of water, looking at the water as you begin play. Again, start with 2 oz at a time for drinking as your body settles into your new space. Add a shot glass of infused water to reconstituted fruit juice etc.

My From Heartache to Joy packages include an energized water that clears the water of negative energies – that is always an ideal water to infuse.

Stay Nourished,

Cathy Hohmeyer

www.nourishing9d.com

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