



Jet Lag - For all Travel

Read this at least week BEFORE you go!

1. **Right before you depart**, call in Archangel Michael to collect all your “lost parts” and escort them to your arrival airport with the instructions they will “integrate” into the NEW time zone at your arrival airport.
2. Ask Archangel Michal to clear and clean the “lost parts” and then instruct them, they will re-join your body in the new location when you arrive.
3. Upon arrival: Instruct your Body Elemental to receive and realign to these parts now in the correct time zone. Instruct your Body Elemental to “take on” the new vibration of the arrival time zone from the newly integrated (formerly lost) parts.
4. Program your MerKaBa to do the above if you know how to do this.
5. Talk to your Body Elemental¹ and explain that you are planning to change time zones and would like its cooperation in modifying the circadian rhythm. Be polite and sympathetic with your Body Elemental because this part of everyone is vulnerable!
7. Ask the Dragons to spray the plane with anti-radiation paint, so that you and all the passengers are less affected by the radiation.
8. Act or pretend to take the “anti-radiation” pill. It does exist, military has it.
9. Take trace minerals and or kelp to help with the radiation toxicity. Radiation exposure for one flight in the ozone, 35,000 in the air, is equivalent to about five chest x-rays.
10. Any adaptogen that supports stamina is helpful for this or an adrenal tonic.
11. Take some Ashwaganda² or the Happy Wanderer*³ to help with the exposure to fumes and stress.
12. In your arrival location: Take a bath with ½ cup sea salt and ½ cup baking soda. This will draw out toxins, especially radiation. Soak for twenty minutes to draw out the radiation from your body.
13. Take Zymitol regularly (Before and After your trip) (on an empty stomach) to aid with the potential of thrombosis, a condition that can be fatal. Zymetol clears the blood of "junk" floating debris that doesn't belong as well as dissolving blood clots. Sitting still for a long time in a car or pressured plane (dehydrating) and failing to drink enough fluid can increase the risk of these potentially fatal blood clots. Wear loose fitting clothing and try to move about as much as possible. Wear compression socks or hose on the trip. Take an aspirin or ibuprofen to thin the blood. Take Arnica throughout the flight to alleviate muscle stiffness.

¹ * the inner engineer of your physical body

² available as a tincture in health food stores or online

³ herbal blend available from SacredMedicine.org