

*Healing Book*

# TULASI

A wordless healing book for all ages



**hattvic method**  
Awaken. Observe. Heal. Be.

## BEST PRACTICE FOR HEALING WITH THIS BOOK

- This is a wordless healing book
- Breathe in deeply
- Close your eyes
- Continue with deep breathing
- Open when your eyes where you have no more images burning your eyes
- Flip through the pages
- Focus on the healing light
- Repeat as many times as you want
- Cosmos loves you as you are!



Sattvic Method

Awaken Conscious Wellbeing



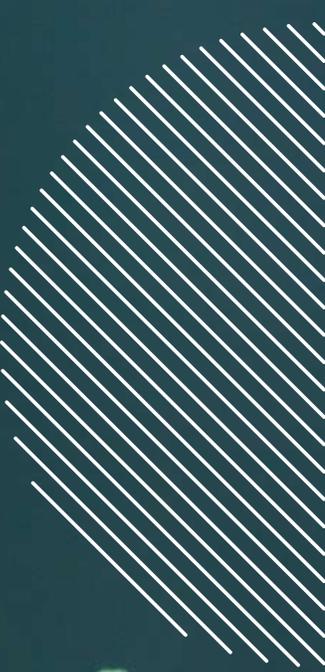
sattvic method

Awaken Conscious Wellbeing



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Awaken Conscious Wellbeing





salvi method  
Awaken Conscious Wellbeing

*Experience one minute of  
intense healing  
again....  
&  
again*

*Stay  
joyful*

<https://thesattvicmethodcompany.com/>



Sattvic Method