Logo, company name

Description automatically generated Nutritional Energetics

Cathy Hohmeyer Print out or write down and carry with you

[www.nourishing9d.com](http://www.nourishing9d.com)

[www.lakeclearlodge.com](http://www.lakeclearlodge.com)

Words of Power

Resilience

Peace

Harmony

Miracles

Confidence

Clarity freedom

Program Participants :

Discover the Seven Living Words (there will be a further instructional and meditation for class participants in the program)

[www.nourishing9d.com](http://www.nourishing9d.com)

<http://bit.ly/academyhf>

OPPOSITES

Positivity : negativity

Willingness : stubbornness

Fulfillment : boredome

Happy: sad

Tolerance : judgment

Safety : uncertainty

Foregiveness : resentment

Strength : weakness

Add your own …..