








**Purpose of this neuro-tool:** To open yourself to positive energy.  
To recharge, fill-up, and rejuvenate.

**How to use this tool:** Visualization – breathing in the sunshine. Allow it to heal every cell.

**When to use this tool:** Anytime you are feeling down and have low energy. Love this first thing in the morning.

**What you may want use to enhance this tool:**

-  Sight | Vision Board, visualization
-  Sound | Tool Recording
-  Smell | Essential Oils to create emotions of recharging, filling-up, and lightening-up  
(Recommended: suggested oils – basil, peppermint, and thyme)
-  Taste | Imagination
-  Touch | Anchors






**Rate my experience with this tool (1-10)**      1    2    3    4    5    6    7    8    9    10

**Why did you rate this tool as you did?**

**Changes I could make to elevate my experience with this tool:**

**Environmental:**

**Sensory Enhancements:**

-  Sight \_\_\_\_\_
-  Sound \_\_\_\_\_
-  Smell \_\_\_\_\_
-  Taste \_\_\_\_\_
-  Touch \_\_\_\_\_