



ACTIVATING PEACE INSIDE OUT TOOL KIT

YOUR AWARENESS
YOUR INTENTION
YOUR PEACE JOURNAL
BREATHING TECHNIQUES
EFT - TAPPING
PRAYER AND/OR MEDITATION
BRAVEHEART WOMEN - FEMALE
SUCCESS MODEL - PHYSIOLOGY
SELF REIKI
ESSENTIAL OILS -
LAVENDER, ROSE, BERGAMOT
BACH FLOWER ESSENCES-
RESCUE REMEDY
ART SUPPLIES
DANCE MUSIC
FLOWERS
WATER