



STAY CALM AND HEALTHY



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ADDENDUM APRIL 18, 2020

RESOURCES: Previous documents which include the protocol of remedies is posted under my signature at this page: <https://lesliesann.com/stay-calm-healthy/>

Fingertip oximeters: I bought mine [here](#) and they are available on Amazon

HOCL Machine: I bought mine [here](#)

VAXA Homeopathic Alkalizer Capsules on Amazon

Worry to Wonder, V17, #09 a Living by Design Tip

Remember to turn Worry to Wonder. Wonder opens us to receptivity and thus we are empowered by the grace of God. We then bring the blessing into the world through action.

Why Suffering? Richard Rohr

The 10th Apple Effect touching and inspiring

UPCOMING LIVE EVENTS:

- Saturday, May 2, 1PM Central, Bertrand and I will continue with our Stay Calm and Healthy Zoom conversation. [Register here.](#)
- Wednesday, April 29, [Calm Down Lift UP Together Group Conversation with Coaching and Q&A](#)
- Sunday, May 3 at 1PM Central, [Group BreathWork](#)

MORE RESOURCES:

- Link to buy mp3 [“Living in Peaceful Harmony”](#) from Bertrand’s website
- Link to buy Leslie’s guided [BreathWork CD or mp3/](#)
- **Calm Down Lift UP Online Program** I have temporarily reduced the cost of my [Calm Down Lift UP](#) online program by 50% to support you in during Corona Chaos. Get access [here](#) in order to receive the \$49 price.

Blessings in our Circumstances

- more self care ♥
- Growing sprouts and long walks
- I am aware how much I love my life being simpler. More time to myself to BE
- Checking my body's ph . . . haven't done that is years
- More family time; more time consciously with spirit.
- I don't watch tv hardly at all have cut a lot of food out that i was allergy
- More connection to spirit
- I am appreciating my time with my family. I am enjoying the self care and see how my health was being effected by not honoring my needs
- doing more Cardio vascular exercising
- More EE or meditation
- less sport on TV
- more focused on Inner connection and staying on purpose completing things
- not watching the news. Thank GOD
- I meant to write..more time to myself to just BE and listen.
- more time outside with the wildlife at my place - screech owls nesting, birds building nests, snuggling with my kitties more, already eating well, just now more regular meals, read a book, more awareness of Spirit.
- more discernment as to what to be involved in specially via social media as I do not watch TV
- learning to use technology- Zoom!
- developed symptoms of virus, had to look at what might I need to complete and organize if I was to die. had test and was negative and bought Cherry Garcia ice-cream

Don't Worry — Be Happy!



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