

Addendum April 11, 2020



Stay Calm and
Healthy

Leslie Sann
and
Bertrand Babinet



RESOURCES: This is a fresh document. The previous document which includes the protocol of remedies is posted under my signature at this page: <https://lesliesann.com/stay-calm-healthy/>. If it doesn't work for you to take all the suggested supplements at this time, to make your choices easier, we would prioritize the list like this:

- Liposomal Vitamin C
- Andrographis Extract
- Del Immune V
- Curapro
- MicroDefense
- M/R/S Mushroom Formula

Breathing:

- <https://lesliesann.com/breathwork-resources-2/>
- <https://www.youtube.com/watch?v=XvorhwGZGm8#action=share>
- <https://www.youtube.com/watch?v=qViH3a4S-Uk#action=share>

Resilience: The route to greater resilience is to explore how well we would cope if so much of what we think we need were to be taken away from us. We would, almost certainly, manage far better than we think in our timid moments.

Go Home, Loving choices for this time

Bertrand's blog can be found **here.**

Stories of Hope Stories of Hope - Short documentary on what The Obama Foundation young people are doing around the world.

UPCOMING LIVE EVENTS:

- Saturday, April 18, 1PM Central, Bertrand and I will continue with our Stay Calm and Healthy Zoom conversation. [Register here.](#)

FYI: We will skip April 25 and resume our conversation on May 2.

- Wednesday, April 15, Calm Down Lift UP Together Group Conversation with Coaching and Q&A
- Sunday, May 3 at 1PM Central [BreathWork event Live on Zoom](#)

Who are John-Roger and John Morton?

For those of you unfamiliar with those two names that Bertrand and I sometimes mention, they are people we have studied with for many years.

If you are curious about their teachings you can go here: [**msia.org**](http://msia.org)

Toning on next page followed by **Gratitude List**

Bertrand's Toning Exercise

DE Top of Head

ZU Third Eye

MAY Throat

RA Above the Heart

HA or LA Heart

BAY Solar Plexus

THO Lower Belly

DO Perineum



- Thank you, God for bringing me such joy and opportunity to be a "rock" for others!
- Grateful for continued work.
- I'm thankful for how safe I feel in my condo -second home at Lake Tahoe. I'm thankful for the peace I'm experiencing with this time to stay home Thank you for how quiet the world feels now.
- The opportunity to serve
- For my beautiful, joyful son, Oliver and my wife Emily.
- Grateful for connection to my daughter
- For my health
- For feeling many feelings, joyful as well as painful
- Health, shelter, clean water, loving family and friends
- Thank you for the healing that is coming to nature as pollution lessens
- Grateful for the beings we get to share our time with - our cat, each other.
- Thankful for being able to help people with cancer with mistletoe
- I am grateful that I spend my days in a home I love with people I love doing work I love. And a special Yay! to the internet and the connections possible.
- Daily walks in the sunshine

- For all the people who are affirming loving and oneness during this time
- Blessed to be with relatives in VA and not in NYC
- Opportunity to be quiet and really listen to my heart.
- Grateful for my husband and friends; also a safe home base.
- Grateful for the Joy In my Life
- Grateful for these moments to re-treat and reconnect
- My 4 dogs and 2 cats, my yard, my garden and all the parks I can walk in.
- My breath of Gods loving and health of my lungs
- Peace in the quiet. love of family & family. ability to connect with friends creatively in new ways
- So thankful for my spiritual family
- Delivery drivers
- To not be so distracted by my busyness. Realizing I don't HAVE to do all the things I thought I had to do.
- Thankful for the rain we are having in Madrid, Spain which is invigorating Nature.
- Thankful for the tools and resources to take care of self.
- I'm so grateful I have learned to use Zoom, including how to host meetings.
- Relief from working 7 days a week since October, more time to sleep, longer SE's, catching up on DSS work, more cuddle time with my KittyKat Chippewa, cooking healthy meals and baking... cleaning in OCD mode, decluttering my home office and my closet too. Relaxing time to create art work that I never had time before. Time to complete my 2019 tax return, Time to ponder and just be.