

Here are Pujitha's renewed recommendations for receiving the Radiance Healing energy, which may be done at least once a day, upon awakening, upon going to sleep, or at any time.

“Be Positive”

- ♥ Accept all circumstances, people, and the environment you are in, and nurture forgiveness within you.
- ♥ Encourage and praise yourself.
- ♥ Have time to relax.

“Have Gratitude”

- ♥ Express your gratitude to the cells and the organs that constitute your body, and every day tell them "Thank you!"
- ♥ Remember and appreciate the fact that nature, shelter, clothing, food, your family, friends, and the people you associate with are the ones supporting your life.

“Pray for Others”

🙏 Let us pray for world peace and happiness for all beings in all worlds.



What we experience in life is the results of our actions, behavior, and words.

🕯 This is a Universal Law.



"Smile"

When you smile at someone, you get a smile in return. 😊

When you show kindness to someone, they become kind to you too. 🐣

If you want to be happy, think about how to make others happy. 🙏

If you want to be loved, love people and nature. 🌳