



# Path To Wholeness

Love yourself back into vibrational harmony. By integrating the five elements into your life, you restore balance within your mind, body, and soul. Living in harmony with nature is not a luxury—it is essential for a long, healthy, and fulfilling life. As you align with your highest self, you open the door to all the beauty and abundance life has to offer.

## EARTH

Earthing reduces 40% of your inflammation in your body by exposing your bare skin on the earth for just 10 minutes per day. Also, find a soft trail so you can hike in silence in your bare feet and connect to the frequency of the earth. Gathering negative ions through the skin is essential.

## WATER

Drinking fresh spring water will give your body the components that your cells need to stay hydrated properly. Spring water is "alive," which is filled with active ingredients: hydrogen, negative ions, smaller molecules and minerals. Tap and bottle water are not alive, has toxic chemicals and is very acidic. You can find the underground natural spring in Mission on Manzer Road.

## FIRE

Exposure to sunshine is essential. Sweat every day with movement and saunas. Start your day with sun gazing for 10 min, this will balance your circadian rhythm, which improves the quality of your sleep. Also by sitting in an infrared sauna or doing yoga weekly, this will remove toxins and it will boost your immune system. Do what lights up your soul. Be creative and live your soul's purpose.

## AIR

Your breath pattern creates a frequency that is either attuned to love or fear. Breathing deeply into your stomach ensures that your body and cells stay charged up with essential life force energy. Most importantly, the connection to your heart, which is your true self. Focus on your breathing slowly and deeply into your belly. Breath in your nose for 4 secs and out your mouth for 6 secs. Repeat.

## AETHER

Go inwards and connect to your soul with daily mediation. Aether is the subtle, all-pervading field of energy that exists beyond the physical elements. It is the space that holds and connects all matter. It is the medium through which vibration, sound, light, and consciousness move, carrying information between the seen and unseen.



Kimberly Smith is a Medium / Channeler, Breathwork and Sound Bath Facilitator. She channels wisdom from the Benevolent Realms, Guides and Angels to support individuals in the remembering of who they truly are. She had a near-death experience 15 years ago, where she experienced a sacred union with the Devine Source, which awakened her to her divine path. Since then, she has been creating sacred spaces for one on one deep inner activation, divine energy alignment through her teachings. She also offers in-home retreats with small groups. Her purpose is to help others connect to their true essence and live with clarity, purpose and abundance.

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