

# FIRST AID KIT TO CONTROL THE DRAGON

1. Control your Attention. Focus on the Cause, not the problem. This helps you gain control.
2. Look for the PPCE (people, places, circumstances, events) which elicits a negative response. This removes the energy that feeds the dragon. You gain control when you starve it out.
3. Remember you are smarter, wiser and have more "tools" than the Dragon.
4. Laughter – the Dragon hates laughter.
5. Singing – the Dragon is losing the battle when you sing.
6. Get adequate sleep. Avoid getting overly tired. The Dragon has the upper hand when you are tired and your defenses are down.
7. Exercise regularly, the Dragon hates for you to be in good physical condition, since then you cope better and are more aware of his tricks.
8. Awareness: Each time you are aware of the Dragon's tricks and you choose not to respond negatively, you starve the Dragon. You can starve it out of your life.
9. Spray the Dragon with "JOY JUICE". It cannot tolerate joy. You can do this in your imagination. If you find this difficult, each time you are aware of either its nipping at your heels or that an invasion is eminent, give it a full blast of "JOY JUICE" and put the fire out by taking the SPRX.
10. Be an observer of the Dragon with no emotional response. It hates to be recognized without an emotional response to feed it.
11. Become an intelligent observer of the PPCE the Dragon uses to maintain your Stress Pattern.
12. Learn to count to ten before you use a habitual stress response.
13. Take several deep breaths to help you be in control. Practice balanced breathing on a daily basis as a preventative stress control method.
14. Learn to use self-help acupressure points to help you stay in control. To help stop thinking about something over and over, hold the frontal points (your right and left temple) with your index fingers until you feel a pulse; this moves the problem from the back of the brain (the reticular system) to the front where you can regain control.
15. Forgiveness (realizing that everyone is always doing the best they can) is very important in eradicating the Dragon by transmuting the Stress Pattern.

16. Put God first in your life. Love God within you, around you, in all life. Love God in your neighbor as you love yourself. When you do this the Dragon has lost the battle and you are in control.
17. Consciously relax at regular intervals. Eliminate tension and anxiety.
18. Become still and at PEACE when you need to regain control or get inner direction. Become a receptor instead of a sender of information.
19. Use constructive music to help balance your energy systems and regain control. The Dragon hates soothing music.
20. Keep your inner and outer body clean. The Dragon is a parasite and loves dark, dirty, anaerobic, smelly environments.
21. Develop a balanced nutritional plan according to your body chemistry and lifestyle. The Dragon loves JUNK FOOD.
22. Get regular exposure to sunlight to “recharge your batteries” and keep your body in balance and rhythm.
23. Use positive affirmations regularly to help you gain control and reach your goals; these will change your internal “programming” toward becoming the real you.
24. The word “STOP” has a powerful vibratory frequency. Use it to stop the Dragon dead in its tracks. Follow it with the statement: “YOU HAVE NO POWER”. Take back control.
25. Wear clear constructive colors and use the same in your environment. The colors found in a beautiful rainbow are a good guide. The Dragon loves black, red, gray, browns, and color of low vibratory frequency. (Black is not a color, it is the absence of Light and Life).
26. DO STRESS PATTERN PROCESSING; the Dragon fears this most. It knows that when you process your traumas you become aware of its tricks and how you can gain control of your Life.

