

Cure: The Three Secrets Reinforced (Body, Mind, and Spirit)

The Three Secrets Reinforced is a transformative practice that combines intention, sound, and movement to align your energy and amplify your ability to manifest positive outcomes. This Feng Shui technique harmonizes your mind, body, and spirit by integrating focused thoughts, sacred mantras, and symbolic gestures.

By reinforcing the "three secrets"—thought, word, and action—you can shift stagnant energy, empower your intentions, and bring about meaningful changes in your life. It's a simple yet profound ritual that enhances your connection to the divine energy within and around you.

The Three Secrets Reinforced can energetically charge a Feng Shui adjustment (an object) that symbolizes an element or intention, amplifying its power and purpose.

🌀 HOW TO USE IT

Begin by holding the object or standing near the adjustment you wish to activate. Focus your intention on the desired outcome, starting with your current situation. Then, begin visualizing the outcome getting better each time—you will do it nine times—as you chant the Heart Sutra while doing the Ousting Mudra nine times.



🌀 THE HEART SUTRA MANTRA

"GATE GATE, BORO GATE, BORO SUN GATE, BODHI SO PO HE."

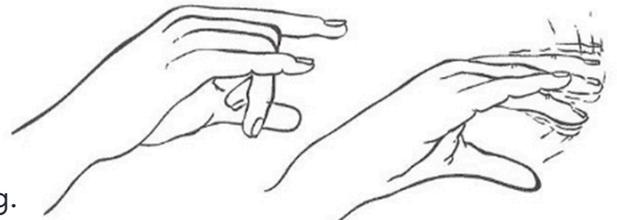
(Gate is pronounced Gatay.)

This mantra is like a prayer loosely translated as "grant our wishes."

You will recite it 9 times.

🌀 THE OUSTING MUDRA

The Ousting Mudra is a powerful hand gesture used to release unwanted energy and create space for positive transformation. Rooted in ancient traditions, this practice helps you let go of negativity while aligning your mind and intentions with the outcomes you desire. It's a type of flicking.



🌀 THE POWER OF FENG SHUI

Finally, seal the process by mentally affirming your intention, visualizing the object or adjustment infused with vibrant energy aligned to its purpose, and feeling what it would feel like when your outcome is achieved. Please consult with Ana Barreto to ensure you are making the right adjustment. This practice enhances the effectiveness of Feng Shui cures by aligning your intention, energy, and space in harmony. It can be performed at any time. However, you can make it more potent during the Luna New Year, your birthday, Solstices, and New Year.

