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SMILE BREATHE LOVE

HOLISTIC HEALTH & HEALING

This meditation can be done throughout the day, reminds us to take time to be still in Jesus's Presence.

Smile:

Relaxes jaw, approachable, open to change

Use Positive Affirmations:

"I love you, Jesus, I need you, Jesus."

"I run into the arms of Jesus"

"Thank you for your many gifts and blessings."

"Please give me the courage to do your will."

"Relax in my Holy Presence while my face shines upon you."

"Holy Spirit, please guide my thoughts, words, and actions."

Breathe:

Breathe in and breathe out. Breathe in slowly through your nose and out slowly through your mouth.

Slow our breath to calm our mind, relax our body and renew our spirit which is the foundation for healing

Practical pointers:

Over time you will automatically slow your breathing, feel more relaxed and find pure peace in the presence of Jesus!

Breathe in Breathe out prior to answering a call, opening a dialogue with a patient, friend, or family member. You will be amazed at how the Holy Spirit will guide you. Many times your choice of words will be softer, kinder, or no words at all.

I call this the new LOL: Listen, Obedience, Love

Love:

Unconditional Love is the greatest healer



SMILE, BREATHE, LOVE

DAILY MEDITATIVE GUIDE FOR A MORE LOVING AND PEACEFUL WORLD

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I believe the words "**Smile, Breathe, and Love**" are the solution to the violence and chaos in our world. When we Smile, Breathe, and Love, we create an environment of Love and Peace. How so...? It is our **preventative medicine** where we make lifestyle choices to live a healthy life. By practicing being **kind and loving** we can mitigate and possibly avoid tense situations in our life.

We can practice the below action steps on a daily basis with non-stressful events and this will build confidence and resiliency in our ability to handle stressful situations as we run into the arms of Jesus.

Smile:

Put on a **Smile** (and if appropriate take a step back) and say to yourself:

"Jesus, I need you."

♥ Diffuses tension, relaxes the jaw, open to change.

STEP
01

STEP
02

STEP
03

Breathe:

Breathe In and Breathe out slowly. Disengage from the situation when appropriate.

"Jesus, I trust you."

♥ Calms your mind, relaxes your body and renews your spirit.
♥ Gives time for the Holy Spirit to guide your thoughts, words and actions.

Love:

Wrap you and the person(s) or situation in the white light of love, kindness, compassion, forgiveness, and peace. Pray for those who persecute you.

"Jesus I love you."

As Jesus is all and in all, we have been given the mandate to love one another.

Jesus Christ is the game changer...

"Jesus, I need you, trust you and love you."

Unite all in Love for God is Love!