

# Instructions

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1. Read the Overview and Healing Prayers Introduction.
2. Review the Spiritual Fundamental Principles and Tools.
3. Read the introduction to Healing Prayers.
4. Review the Diet (this will start on week 3).
5. Prepare to start your 2 week food diary – Monday through Friday keep a daily record of everything you eat and drink. Keep a pen and paper with you and write down what you eat throughout the day. BE HONEST.

## Once You Are Ready – START on a Sunday

**Week 1** Sunday - Read the Healing Prayers introduction for Week 1.

M – F – Perform the morning and evening prayer exercises.  
Start the food diary.  
DO NOT START THE DIET.

Saturday – Review Week 1 Eating Realities.  
Read Phil’s Message of the Week.  
Review the Diet (Do not start till week 3).

**Week 2** Sunday – Review the week 2 Healing Prayer introduction.

M – F – Perform the morning and evening prayer exercises.  
Continue the food diary.  
DO NOT START THE DIET.

Saturday – Review Week 2 Eating Realities.  
Read Phil’s Message of the Week.  
Review the Diet and go shopping (Get Ready).

**Week 3** Sunday – Review the next week Healing Prayer introduction.

START THE DIET ON MONDAY.

M – F – Perform the morning and evening prayer exercises.

Saturday – Review Week 3 Eating Realities.  
Read Phil’s Message of the Week.

**Weeks 4-14** – Continue the same steps.