

Seeking Soul Gems In Your Everyday Life

Contemplative Wisdom for Modern Times

Vol. 1



BY DR. JEANETTE GALLAGHER NMD

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Text and Graphics

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Thank you for downloading my book.



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Today we can start

Today we can be at peace

Today we can let go of

things that do not work anymore

*Today we can celebrate the present
moment*

Today is what we have, be blessed

When you are in crisis or have things falling down, step away and let it fall on the floor. Then start to take a few quiet steps here to feel real again. One step at a time, one day at a time and one dream at a time. Let us reach out and put our face to the sun, the universe has our back and we will be well.



Introduction

This book is intended to help you feel real again when you feel broken in heart, body and spirit.

It is to help you see the simple life steps that you may have forgotten about, steps which are part of your life.

When we feel sick or broken, even a simple thing like eating may go to the wayside and contribute to immediate or chronic deficiencies in your body. Neglecting to sleep regular hours and with a peaceful sense about you will stress your body's healing mechanisms.

Forgetting to look at the sun every day may disconnect you from the source of your universal energy. Shifting or not connecting your eyes with others may keep you stuck and in shame.

There is no shame and no judgement in this world, regardless of what your upbringing. We are here for you, we are here to reach out our hands and we are here to connect eyes with you. We can see your souls and it is a beautiful thing.

If you are reading this, you may have been guided here, you may feel a comfort in the guidance and be well, all is well and we are here for you.

Each photo was taken by me, Dr. Jeanette, and each represents what I see when I think of the words that align my life each day.

They are not about making a routine or a check list. Life is about feeling what is the current emotion that is rising and about opening the book to see what shows up; maybe fixing your bed will let you think of a new day or eating a green pepper may allow you to think of a favorite aunt or drinking water will feel like a fountain washing away all the old and allowing the new.

Think of a new day or eating a green pepper may allow you to think of a favorite aunt or drinking water will feel like a fountain washing away all the old and allowing the new.

Take a leap and explore all the options, thereby writing your own story, your own day, and honor all that show up in your life.

Enjoy the moments; this is your life and it is a grand moment.



How To Use

This book is designed to share a thought or bring a memory to mind. Print out a copy of the book.

The rest of the white area on the page around the words was specifically designed to allow you to create your own story and see the potentials that show up for you.

The book is not to have you do, feel and follow the path towards mindfulness and peace, rather to stimulate those parts of your memories and see what comes up for you.

If it is pain, sorrow or grief, that is perfect; write your thoughts down. If it is joy or happiness, great; write that too. If you have no words or feel distraught over the words, explore the thoughts that come to your mind, write them down, and turn the page.

You do not need to edit your experiences or memories to adjust to any story that you wish to share with others.

This book is specifically for you to begin to see the mysteries of the life around you that perhaps you have taken for granted, forgotten some life experiences even existed or just did not care about how life unfolded.

The path towards healing is a lifetime event, not a cessation of painful symptoms or the high that you wish to feel every day because without you feel less than in life.

Life is a flow of ups and downs and we learn how to dance with the energy rather than calling it names or wishing it away.

The dance is the mystery of life, join me in the dance.

Enjoy the journey.

A New Day

Put your feet on the floor Stand up straight

Arms up to the sky Breathe in

You are alive, rooted to the earth

A part of the greater energy of the world

Open your eyes; I am still here

Feet on the floor; Ground yourself to the earth Arms to the sky; Thank the spirit above

Breathe in the air; Hear your heart beat with life

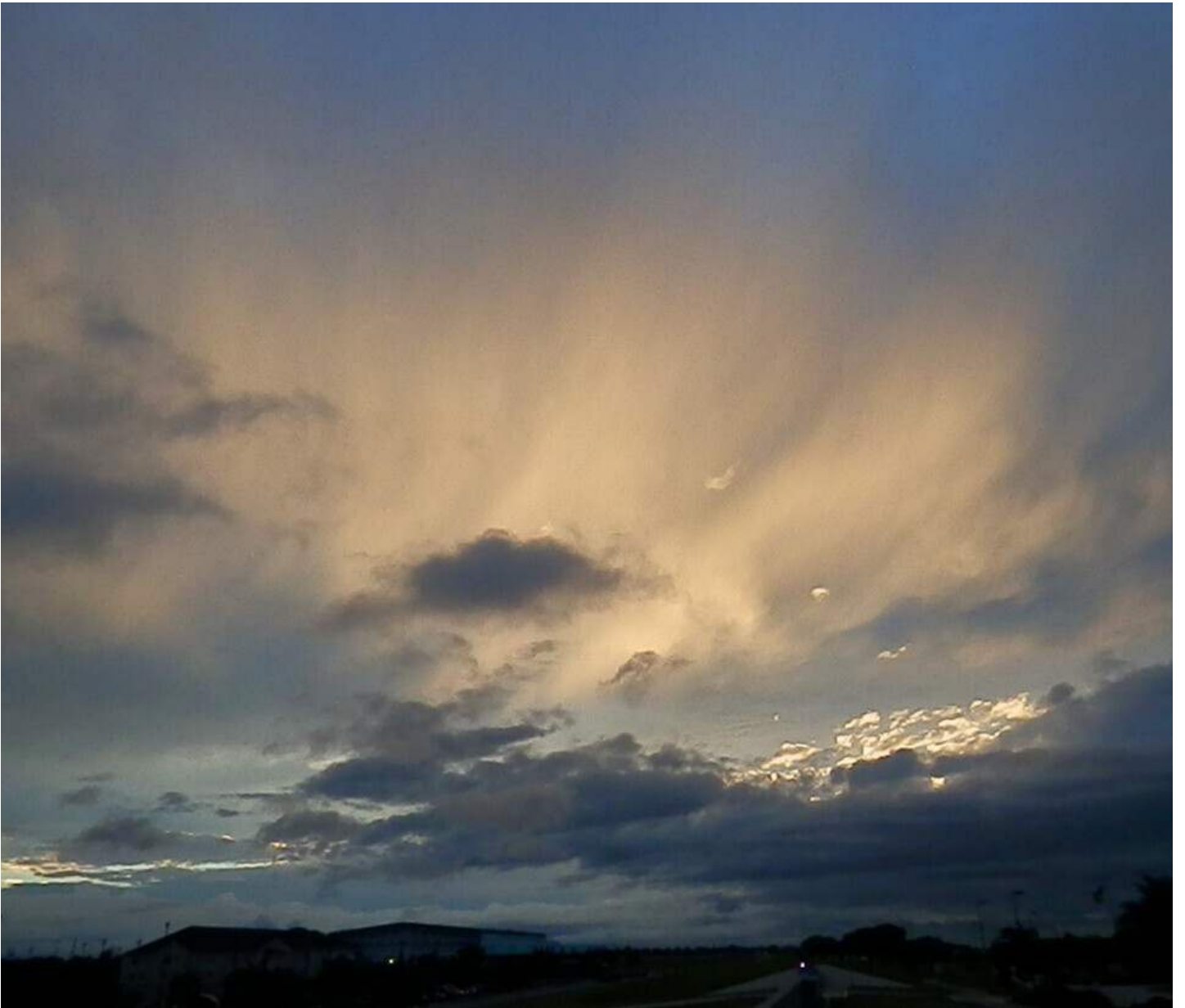
The universal energy of life is within you Can you feel it pulsing in your veins?

Can you contain it or control it?

Just allow it and be with the universe as it is the all knowing

All is well and will be.

~~~~~ Dr. Jeanette



## Support

When your world around you is plummeting and no matter what you do to try and stop it, reach out, ask for help.

Your world may fall apart until the energy that propelled it forward has dispersed. To try and stop it midstream is like putting eggs in the hole in the dam, it just won't work. Let it fall apart, swiftly and completely. Then, and only then, can we stop and sit with it.

Then, and only then, can we start a new life that is the perfection of your soul and spirit.

At the time you feel all is really too hard, there are many venues to start listening to a different language, a language of unconditional love, of kindness and compassion, and a language of truth.

My work is meant to bring you a tender touch of light when you have been battered by life in any way, be it health, life, emotion, disease, or just things crushing you in the life you have known.

This book has an additional audio track which can guide you along the processes listed on the following pages. It is intended to be like a friend that 'has your back' and has not a lick of judgement or finger wagging in their entire body. I recorded my voice to allow inspiration to become like a second friend to you, as I do not give you the fix all, solutions or to do list. I offer tidbits of life that have so much potential to help you live your life as only you can design for your heart and soul.



## Additional Services & Support

Begin now, click here [Spreaker.com](#) and listen to a few radio shows, we have over 600 to choose from. Just click on any topic as the conversations are always meant to stimulate and inspire you with anything we are talking about. Let the conversation play while you are resting or doing work around your house. You can also listen in your car; the shows are on the podcast app for iTunes. You can also find the radio show link on your web search and tag it for the future.

Listen to a few minutes at a time or go all the way through. The conversations are rather intriguing and you just never know where the conversation may lead.

[Sign up here DrJeanetteGallagher.com](#) for the newsletter, which is available once a month and you will receive information on new radio shows, events, books and blog postings from any of my three websites.

**Ask for a 'private consultation with Dr. Jeanette' here**

[Getting Help Today](#) and I will be honored to listen to your story and guide you along your path. Telephone packages are also available to create change.





*You are never alone! We are part of a grand universe that is  
supporting us with every second!*

*Breathe in and enlighten the love and joy from within.*

*Your heart is the keeper of the light.*

*Open the door and let it in.*



*This is where you start;  
open the door to your heart and soul!*



## *Taking a step each day to live with grace and ease*

To believe we are good enough to deserve to be cared for by all around us and in turn to accept the care and love that is coming our way.

To give love and compassion to the world around us unconditionally as others also deserve it.

Here are a few steps to put yourself together in a way that honors your soul and spirit, not the past nor the beliefs that had long been your dogma.

Open the book to any page and sit with the words and photo. Simple thoughts that may have fallen by the wayside now might be everything to you.

Be blessed.

## *STEPS TO FOCUS YOUR THOUGHTS*





## *Waking up and being thankful for being here*

Many days I would find it hard to open my eyes, unsure what the world would present. But without opening my eyes, I would not be here, so thank you for the opportunity to open my eyes and live another day.

**Today's Thoughts:**



## *Welcome the sun in by opening curtains and/or window*

Whether it is raining, cold, hot, or sunny; you can let the entire world in by opening your space up to smell and feel the energy of the world.

The fresh air can clear the energy of a room and the light coming in can help to lighten the space to be more inviting. Even if for just a few minutes, take a breath and enjoy the moment.

**Today's Thoughts:**



## *Say a prayer for the day*

You did not get dropped here by the stork. You are here by some other power of the universe. Best thank that power for the presence of your being today. Your life is a gift, untie the bow and immerse yourself in the experience.

**Today's Thoughts:**



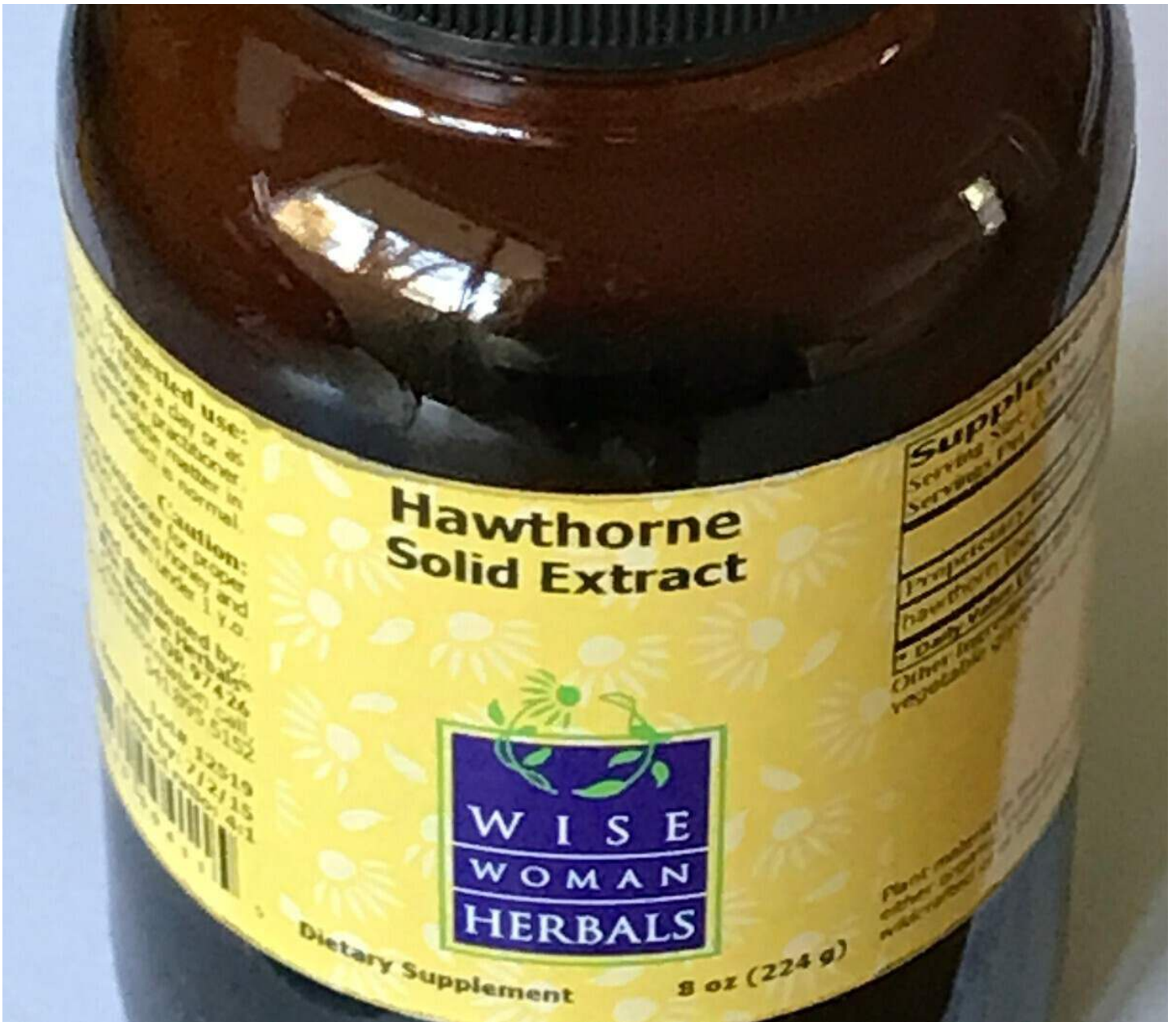
## *A shower a day brings the energy of water to me*

It nourishes my body and mind. I love to smell the flowery scent of my shower gel.

While the water flows over me, I say 'drop into form' for my spirit to fully engage my human body form. If I have been out of line in any muscle or bone, many times I feel them click into place.

I then say 'power up' to bring my energy online to be engaged in the present moment. Let me wash away all that has not worked for me or what has troubled me; let it wash down the drain.

**Today's Thoughts:**



## *Hawthorne solid extract is my heart nourishing herb*

So many times I have felt heart broken, heart fluttering, and heart bleeding and this herb was the tender touch that was needed to mend it. The sweet and dense extract is like a spoon of the earth energy to heal you.

**Today's Thoughts:**



*Water is so vital to our body and so many days I just don't drink it*

I just don't drink much at all in any form. I have purchased water in many forms and bottles and flavors but still I do not drink enough. Today, I will drink as much water as I can.

**Today's Thoughts:**



## ***Exercise is something that helps to keep our body working at its best***

The concept of just moving your body in all ways that are possible each day is a much more pleasurable and attainable concept for many, myself included. Today I will stretch and move every part of my being.

**Today's Thoughts:**



*Sleeping in a dream state is a glorious way to enjoy the restorative phase of our body*

As I lay upon the bed I allow the cells of my body to rest and rejuvenate. It is a glorious being this human body. Make your bed a place of softness and comfort; I love to have soft plush sheets and use them as a cocoon to wrap around me when I need to feel safe.

**Today's Thoughts:**



*I take five minutes to connect with nature as I walk outside to photograph what speaks to me as I walk a path*

Pointing to the sun, moon, grass, trees, birds, flowers and leaves, the camera always shows nature at its best. These photos are available to me at any time in the day should I feel stressed or tired, and I look back on them to bring me back to the moment of peace each reflect.

**Today's Thoughts:**



## *Let your feet connect with the earth*

Walking with bare feet at least five minutes a day on a pebble path is the greatest reflexology treatment freely available. The pebbles are soft and polished while stimulating to the areas of your feet that are normally sheltered inside shoes. A connection with the earth is so warming and stimulating to your entire body.

**Today's Thoughts:**



## ***Eat the color of the crayon box***

Vegetables and fruits are so colorful when they are fully ripe. Choose the best ones you can find and the freshest ones possible. There is no substitute for freshness, and your body will lighten with the vitamins they provide. While brightly colored spring

and summer vegetables are important, so are root vegetables from fall and winter. Enjoy foods from orange sweet potatoes to red radishes and green cucumbers.

**Today's Thoughts:**



## *Help others unconditionally*

There are many people who need help; from the man on the scooter who cannot reach the milk to the woman who cannot carry her food tray back to dump in the trash.

While there are many ways to help others, it is also important to ask if you can help, since their sense of independence and power may be more important to them than your help is.

**Today's Thoughts:**



## *Own the conversation and be true to yourself*

When speaking to others, be sure to speak your truth, to be honest and be kind.

If the other person is not kind or is speaking in ways you do not wish to listen to, don't engage the person. End the conversation and keep yourself in truth for yourself. They will figure out eventually that spewing aggression does not work on you anymore.

**Today's Thoughts:**



## *Listen to your body*

If your body is full of pains, there are messages in those pains. If you need to learn how to start listening to your body, you can start by quieting your thoughts and fears with alone time.

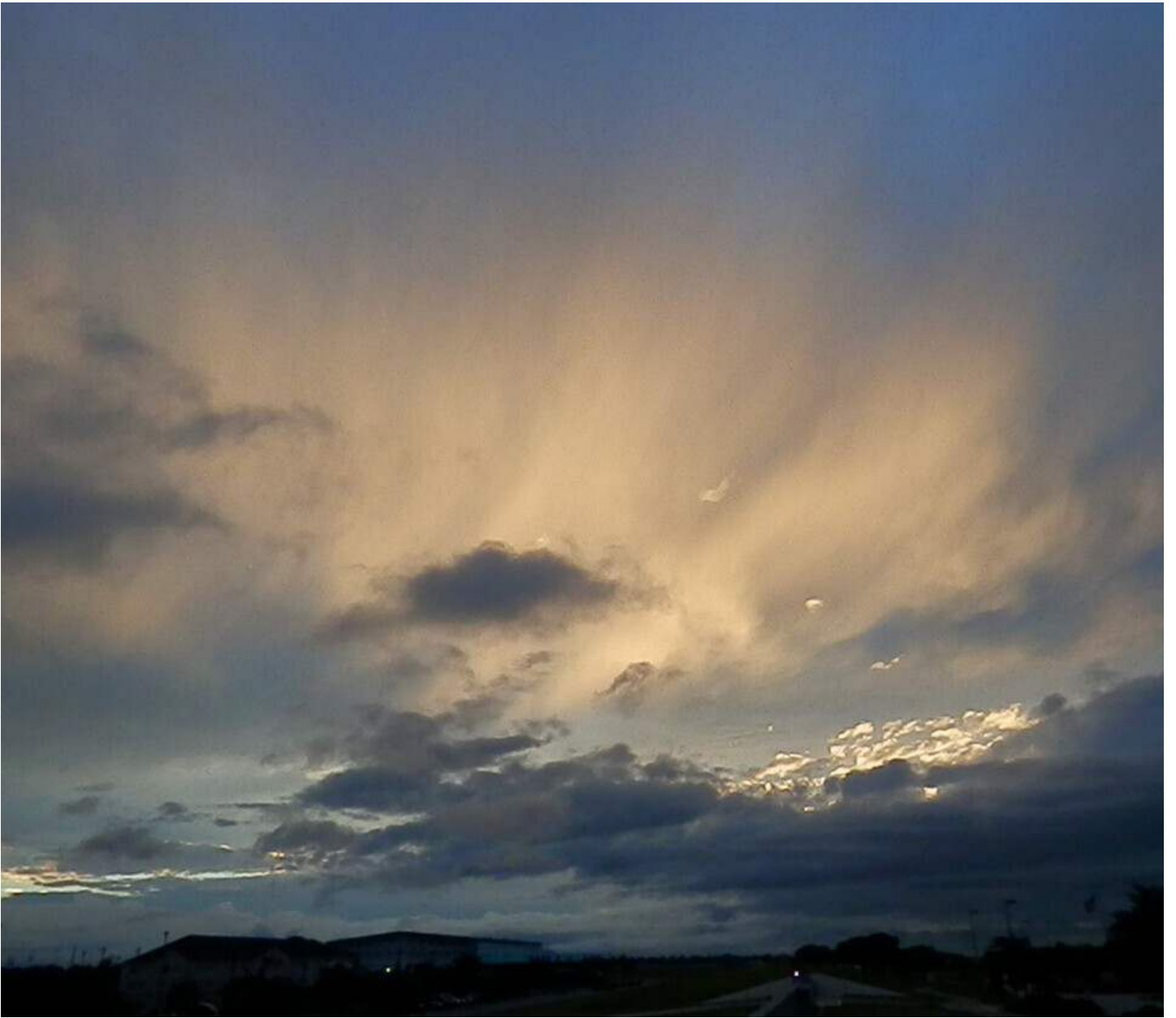
**Today's Thoughts:**



## *Reach out and tell your loved ones you love them*

Every few days I text my kids to tell them I love them, regardless of how busy any of us might be. Time ticks away so very fast and the chance to connect may be missed. Love is always present; just remind each other it still is there.

**Today's Thoughts:**



## *Gaze at the sun and breathe in the air*

The sun is vital to our health of body, mind and spirit. It provides vitamin D, eases our sadness and lifts our spirit. Let the breeze on your face de-stress your entire being.

**Today's Thoughts:**



## *Prepare and serve food for yourself and others*

Take an interest in selecting, handling and preparing food. The choices you make in food will determine what nourishment is available to your holistic being. How you handle and serve food will impart loving energy to those who eat the food. Treat your food with love and kindness, because it is saving your life and without it you would not be able to survive. Serve and honor others when you share a meal with them. Give thanks for the food you are about to eat.

**Today's Thoughts:**



## *Fix your bed in the morning*

This may seem so silly to many, and others may say that it is not important and they have no time. When you fix your bed in the morning, you are ending the night, keeping your bed clean from airborne dust during the day and allowing you to start a new day. Give your bed the honor it deserves as it is your true resting place.

**Today's Thoughts:**



## *Wind down your day*

Easing out of the day and into the night will allow your body to know what it is supposed to do rather than letting it hit the wall and crash. Our days have cycles and so do our bodies; to work the best, they have a rhythm that is inherent within all and needs to be maintained.

**Today's Thoughts:**



## *Dream well*

Smile when you lay on the pillow. Give thanks for the day. Send love to all of your loved ones. Ask the angels to guide you into slumber. Dream of a world where everyone is loved and honored. Be blessed. Good night, my dear, well done, good night.

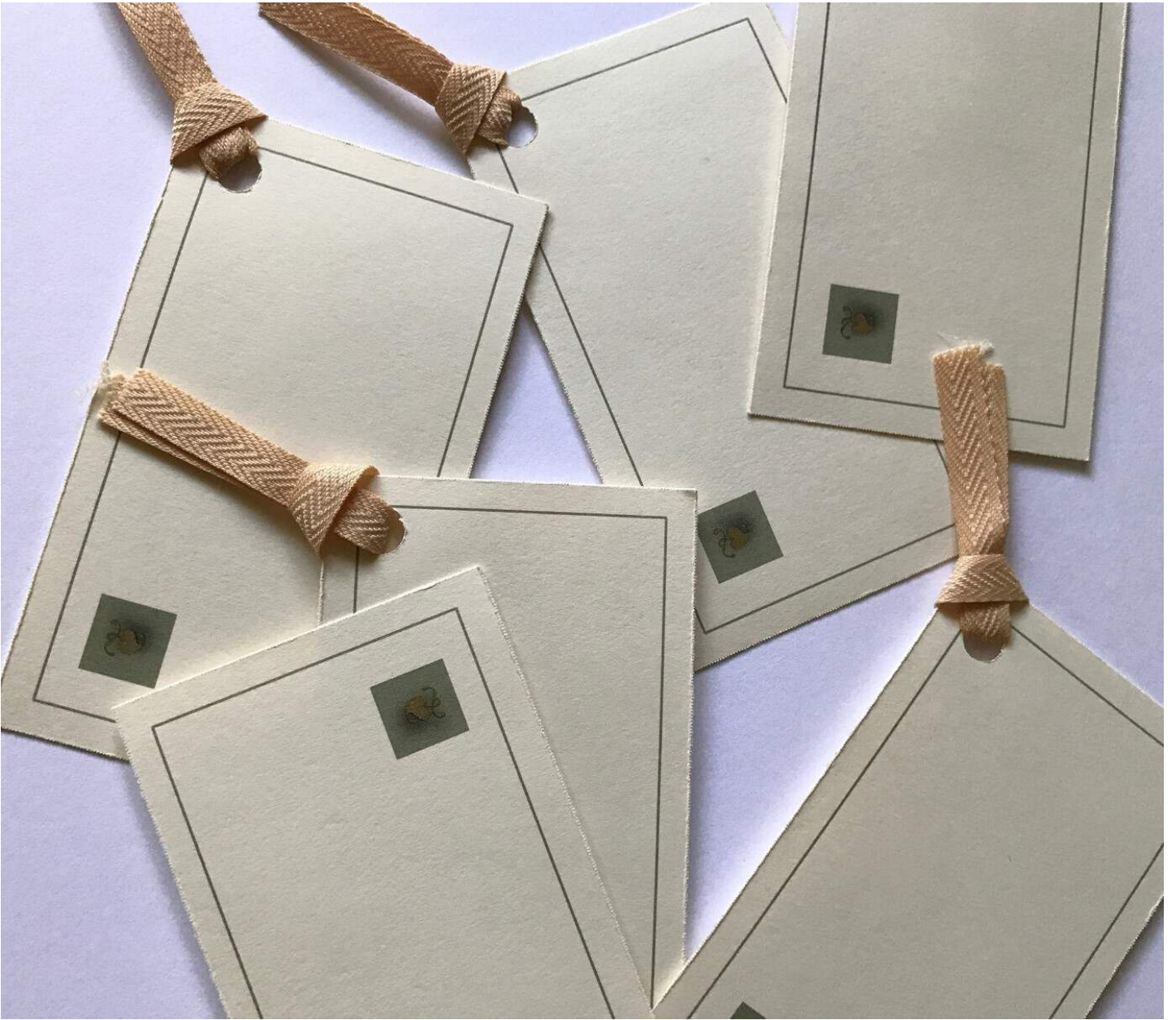
**Today's Thoughts:**



## *Keep your spaces open and flowing*

Too much of anything can clutter your space. Too much food can bind your body. Too many things can clutter up your space. Take the time once a week to assess your space. Finish things each week and close the door on them. Throw out items you do not use. As the air can flow, so will your life. Give yourself the space to feel lighter.

**Today's Thoughts:**



## *Open your mind*

Notice your thoughts and emotions. A constant flow of thoughts and worries will burden your mind and can wear you out. If you can start to let things go, you can help to lighten your load. The real way to clear things out is to feel them, realize what power they do or do not have and then release them.

A mind that can flow and feel free allows you to dance and sing what freedom brings.

**Today's Thoughts:**



## *Close your eyes and just stop for a few minutes*

The moments you take to stop in the day or night to close out the outside world and embrace the golden nuggets you see will create alchemy in your life.

You have the ability to stop, clear and reset yourself to change the path you are on for the day. You can change your mind, your thoughts, and your energy in every moment.

You are worth it and those you interact with also deserve it. Be your best.

**Today's Thoughts:**



## *Honor the movement of your body with music*

As the stars dance across the sky and the flowers sway with the breeze, let your body be free to move with the sounds that enlighten your heart. In the trance of the moment, you become free.

**Today's Thoughts:**



*Let your words release the emotions that are so shy to find the light*

Sing out, sing loud, and whenever you can. As you sing, the heart seems to melt, the walls seem to come down and all that has been pent up can flow again.

As the stream flows, it is free to meander along its way.

**Today's Thoughts:**



## *Say hello to at least ten people who you do not know today*

Engage and connect with other humans beings every day, because they too may need human connection but may be too timid to reach out for it.

So many people today are feeling lost and are feeling as if they do not exist; reach out and say hello to be that bridge back to the living.

**Today's Thoughts:**



## *Make eye contact with everyone you speak to today*

When you speak with someone, look at them, not their clothes or what their body is presenting, but look at their eyes; can you find them in those eyes?

The eyes are the path to the soul of the person and can run a fleeting game if they are untrue. They can hide if they are afraid or wrong, they can dull over if they are dead to the world, and they can look down if they are sad and ashamed.

Look into another person's eyes, if even for a moment, and then you will see a smile, a hand shake or energy arise from them right before your eyes.

**Today's Thoughts:**



## *Respond less and hear more as you go about your day*

When you speak you wish to have your words held as truth and to have your ideas valued. If you are waiting for a response from others to validate you, perhaps try to validate yourself independently of what others think or do.

If you speak less, you do not have to validate yourself or make others come along for the ride, you can simply speak the truth and let the other words fall away.

When you can, listen to others, see how you can find the truth in their words and hear what they are really saying. You may find fewer words are needed on both fronts and life is so much easier when allowing for the ease of life and not defending untruths.

Quiet and peace speak volumes.

**Today's Thoughts:**



## *Let others have their experience and resist the urge to save anyone*

While that is probably the most difficult thing to do, it is the most important. Just like being in an airplane, place the mask on your face first before attending to others.

If you have been a giver all your life, this is hard, but it is necessary. You are not a bit of good to anyone if you do not take care of yourself.

Note the items above and take what works for you in creating things that matter to you regardless of anything else or anyone else pulling you away from what you believe to be your truth.

Life is the gift of the universe, honor it, respect it and nourish it as you enjoy being in its presence.

**Today's Thoughts:**



## *Closing thoughts*

You do not have to go this path alone; there are many resources and ways to connect. What you may have expected in the past to be a way to get your needs met may change as we are no longer responsible to have others make us feel whole, we are whole as we honor and care for ourselves.

Many people are still holding on to the past and when it is time, the past also will drift away. Just like your favorite sweater that you held on to from your high school years and now decades later just could not let it go, you can do it. Take a picture of it. Put it on and dance around. Create a new memory around that sweater then gift it, share with someone else or just let it go.

It is time to create a new life, one that is simpler and lighter, with less stress and rules and decreased influence by others but an increased power of being you, an updated version, and it is time to love the moment.

**Today's Thoughts:**

## *Dr. Jeanette Gallagher NMD*



Dr. Jeanette Gallagher is a Naturopathic Doctor, medical intuitive, shaman, and soul doctor with over 50 years of experience in healthcare. In consulting sessions and on air, she engages in a holistic approach to wellness, emphasizing the connection between body, mind, and soul to foster self-healing and personal empowerment. Through her popular podcast, Wellness Radio with Dr. J, she shares valuable insights on health and spirituality with a global audience. Dr. Gallagher earned her degree from Southwest College of Naturopathic Medicine and is licensed in Arizona, though she now resides in Louisiana. A Hurricane Katrina survivor, she brings a unique perspective on resilience and community health to her work, guiding individuals toward a deeper understanding of their well-being and their place in this ever-changing world.

Through almost seven decades of life, Dr. Jeanette has experienced challenges in life that have shaped the way she responds to the world around her and those she engages with. Topics of abuse, violence, family disintegration, life exiting, pain, all body concerns, soul expansion symptoms, and challenges supporting family or loved ones are included in her work. She also engages with all dimensions of time and story if you are on the spiritual path, a light worker, or energy healer yourself. If you would like to experience an engaging conversation with Dr. Jeanette, schedule a session on her website at:

[DrJeanetteGallagher.com](http://DrJeanetteGallagher.com)

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