

# SoulBiotics

**28 Days of Probiotics for Your Soul**



**by Carine L. Horner, CCWFN**

**Affirmations & Foreword by Melody Gordon, MA, CCH**

## SoulBiotics • 28 Days To Change Your Life

Copyright © 2017 Carine L. Horner, CCWFN &  
Melody Gordon, MA, CCH.  
Original Version Copyright © 2011  
All Rights Reserved.

[www.SoulBiotics.com](http://www.SoulBiotics.com)  
[www.TotalBlissWellness.com](http://www.TotalBlissWellness.com)

The lotus is a flower that  
grows in the mud—  
the thicker and deeper the mud,  
the more beautiful the lotus blooms.

– Zen Saying

Book Design by  
[www.GraphicAlchemyOnline.com](http://www.GraphicAlchemyOnline.com)

**“Maintaining or rediscovering health requires action. ‘SoulBiotics’ provides simple, practical, daily steps that, when implemented, can help to significantly change your life for the better one day at a time.”**

**– James Murphy Jr., D.O., Board Certified in Family Practice  
Specializing in Natural Integrative Medicine Approaches for 22 Years**

**“‘SoulBiotics: 21 Days of Probiotics for Your Soul’ really delivered – it transformed my life from chaotic and reactionary to calm and rewarding. Don’t just think about reading it – do it!”**

**– M. Jennings, Los Angeles, CA**

## **FOREWORD**

by Melody Gordon, MA, CCh

When Carine Horner asked me to write the Foreword to her book, I was thrilled and felt honored to do so. It's been so wonderful to see the growth she's experienced in her journey through life. I've known her since birth and I have had the pleasure of watching her growth take place. What a joy to discover that though we've taken our separate journeys, we have found many of the same paths. Now, we share in our gathered and inspired wisdoms, which come together in this workbook that she has created.

I know that within these pages, you will find the help, encouragement, guidance and understanding that you seek. Carine generously relates her struggles and how she's overcome them. She doesn't merely teach these principles – she lives them. Carine doesn't just tell you, she shares with you the tools you need to apply these principles in your daily life, as she gently and methodically guides you along the progressive pathways out of depression, energy-robbing attitudes, resentments and self sabotage – back onto the roads of willingness, healing, purpose and self love.

Carine believes that all have been blessed with the paintbrush of life and the canvas to start creating anew. In her words “you are getting ready – on a mental/spiritual level – to get rid of a lot of old junk in your life and make some massive space for something new. Begin where you are.”

---

***Melody Gordon, MA,CCh is a psychologist, Certified Clinical Hypnotherapist and Life Coach in private practice for over 30 years. She has been a popular guest on television and radio talk shows; written the news column, “The Doctor Is In;” created numerous internationally acclaimed Hypnosis CDs; is featured in, “Honesty and Where to Find It;” and is the author of “Exploring the Gentle Art of Sensuality.” [www.hypnosisbymelodyg.com](http://www.hypnosisbymelodyg.com)***



MELODY GORDON, MA,CCH is a psychologist, Certified Clinical Hypnotherapist and Life Coach in private practice for over 30 years. She is an accomplished writer, speaker, television personality, and college instructor as she shares her commitment to help others become happy and productive people.

Helping individuals to learn how to use their minds to empower themselves to achieve their dreams and aspirations - to overcome unwanted habits - and to improve the quality of their lives - is the basis of her practice. Discover more about Melody at [www.hypnosisbymelodyg.com](http://www.hypnosisbymelodyg.com)

## INTRODUCTION

Several years ago, my life came to a screeching halt. All my hopes for the future seemed to walk out the door at the same time. My finances were starting to dwindle, my investments failing, my career was faltering due to global outsourcing, and my relationship came apart. I was actively abusing alcohol, trying to numb the pain that seemed to be hitting me from every direction. Bottom line, I was shaken to my core. Stripped and raw, I felt totally devastated.

When all that happened, I was in such a fragile state that if I were to even open my mouth to speak a simple “hello” to someone, I would cry involuntarily. I had anxiety issues. I lost weight and subsequently gained weight, yo-yo-ing back and forth. Sleep eluded me. Losses just got worse and worse with the recession and the years that followed.

My immediate dilemma was that I still had to go to work. Life, however rudely, was still going on. I was my own sole-provider, and so I was dependent upon ME and me alone to put one foot in front of the other. If I fell, who would catch me? I knew that somehow, some way, I absolutely HAD to gather the pieces of myself together so I could rise again, even if I didn't believe I could. And even if I couldn't believe I'd rise again, maybe I could believe that I would, at least, able to function.

Deep inside, I knew I had a choice to make. I could dive into my usual pool of self-loathing and depression; perhaps even become suicidal -- or somehow I could climb out of the deep, mirey pit I had dug with my own two hands.

**I'm extremely grateful that I chose the latter.**

I chose to become an active participant in my own life's healing & unfolding.

For nearly two and a half years, I diligently poured my heart and soul into all things positive and healing. I literally turned off the radio and television for well over a year and replaced them with books, workshops, sermons and audiobooks by notable positive speakers such as Joel Osteen, Louise Hay, Marianne Williamson, Wayne Dyer, Deepak Chopra, Paramhansa Yogananda amongst others.

Even when I was at work and during my daily commute, I had on my headphones or a cd player spouting positive mental probiotics – which I now call “SoulBiotics.” I NEVER stopped for a moment, because I knew that I had to heal if I was ever going to love or value myself again.

Going even further, I took courses to pursue knowledge about nutrition and physiological wellness vs. pathology through the International Foundation of Nutrition & Health (IFNH.org) where I eventually obtained a certification in whole foods nutrition (CCWFN).

## SoulBiotics • 28 Days To Change Your Life

Somehow I knew intrinsically, that to heal in one area of my life, I had to heal in all: Mind, Body & Spirit. You will see in the pages of this book, that the macrocosm is reflected in the microcosm. What we see in the whole is reflected in the part. So we can look to one facet of our lives in order to understand the greater picture.

This “SoulBiotics: 21 Days of Probiotics for Your Soul” workbook is a distillation of ALL the books I read; ALL the CDs and sermons I listened to, ALL the workshops I attended and ALL the wisdom that I gained. It has been my heartfelt desire to take everything from these mind-body-spirit teachings that I’ve been able to incorporate into my life, and break them down into small steps that anyone who finds themselves in a hole such as I was, can take. These steps became “footholds” I dug into the muddy walls of my own pit – a ladder up – so that I could grip something to climb out. And climb out, I did. I want to share these steps with you now.

I applaud you for embarking on this wonderful, yet demanding, journey. Your courage to change your life and determine your destiny in a holistic way is applaudable. I encourage you to be diligent in your daily practice of the assignments. I pray you will be unwavering in your discipline from here on. For every ounce of effort you put into these daily activities, you will be paid back with exponential self-awareness and growth. Remember, nothing worth having is easy.

I also challenge you to consider doing this program in tandem with a physical cleanse if you can. When I became a nutritionist, I learned how important it was to detoxify the body as well as the mind. I recommend the “Standard Process 21 Day Purification Program,” which I will outline later in the book and give you some resources for, but it is not necessary for you to benefit from this work here in the “SoulBiotics” workbook. It’s just a good idea to do it if you can. In any case, I am excited for you to start on this journey!

Peace, love & happiness,  
Carine L. Horner, CCWFN\*

---

\*Certified Technician in Whole Foods Nutrition via the International Foundation for Nutrition & Health – an organization espousing the teachings of nutrition notables Drs. Weston A. Price, Royal Lee, Melvin Page, Frances Pottenger and others.



CARINE HORNER, CCWFN\* is a certified practitioner of whole foods nutrition, having studied at the International Foundation for Nutrition & Health in San Diego, CA ([ifnh.org](http://ifnh.org)). Her passion for nutrition and the mind-body-spirit interconnection inspired her to compose this SoulBiotics workbook, which can accompany the 21 Day Purification Program by Standard Process for best results. Discover more about Carine at [www.SoulBiotics.com](http://www.SoulBiotics.com) or [www.TotalBlissWellness.com](http://www.TotalBlissWellness.com)

## HOW THIS BOOK IS STRUCTURED

This workbook is designed for you to put into daily practice all those wonderful things you've read or heard about from your favorite teachers, preachers, books, yoga class, or watch on Oprah's SuperSoul Sundays, etc...

I believe we all have the ability to grasp these philosophies & teachings very easily — but it's much more difficult to put them into a daily practice! The world is loud, and it demands your constant attention, so the things of spirit get pushed to the side until the next fleeting spare moment comes along. "SoulBiotics" breaks down into daily steps, all the principles you need for the positive life-change you want.

The book is divided into 4 weeks. Each week has an assignment for the week itself, and 7 mini-assignments for each day. So get ready! You're about to get an infusion of Probiotics for Your Soul!

[www.SoulBiotics.com](http://www.SoulBiotics.com)

## WEEK 1 › DAILY ACTION STEP

**Before you begin “SoulBiotics: 21 Days of Probiotics for Your Soul,” you’re going to implement a daily action immediately: a Gratitude Journal.**

Every day, write down five things you are grateful for: whether it’s the softness of the bed you sleep in at night or the crazy squirrel you saw in the park that made you smile. Gratitude allows us to recognize how truly blessed we are AND it opens up the doors for God and the Universe to shower us with even more. You’ve probably heard gratitude journals being touted in the movie “The Secret” and you thought it was a nice idea but you didn’t do anything about it.

**Well now it’s your first challenge.**

Before you start this journey, I encourage you to go out and buy a journal that’s separate from this workbook and specifically for the Gratitude you are to list. Or better yet - customize your own. There are plain-covered journals made by Paperchase and carried by Barnes & Noble bookstores that you can easily and artistically decorate. Use paints, glitter, feathers, markers... anything goes! Nevertheless, no matter what, commit to the practice of writing down 5 things per day to celebrate and be grateful for.

***If you want an extra tidbit:*** *handwrite (in cursive) your gratitude. The infinite amount of muscle movements required by cursive writing stimulate brain synapses, neurotransmitters, and synchronicity between the left and right hemispheres – something absent from printing, typing or keyboarding.*

## CLUTTERBUSTING

A cluttered environment is the sign of a cluttered life and a cluttered mind! Everything in the Universe boils down to quantum energy, even disorganized matter in your home. In order to make “space” for the new things you want in your life, you must be willing to **let go of the old**. Your assignment for Day One of this program, is to identify one space you want to organize. Whether you only do one drawer, or a desk, or even the glove box in your car, it’s a sign to your subconscious, God and the Universe that ***you’re willing to make space for new and great things to come into your life.***

Often, we get stuck in this process and can’t make decisions on where to put things or what to throw away. If this happens to you, I encourage you to stop and take a moment to yourself. Say the affirmation listed at the end of this chapter (while looking into a mirror), say a prayer, take a deep breath and get the trash bag out. Just dig into the process. This may seem like a small step, and you might need a few breaks during it, but all the assignments in this workbook are progressive moves toward real and lasting positive change. They are in the book for a reason.

The space below is provided for you to journal about any emotions or resistance you might experience as you undertake this assignment. I highly recommend journaling as an important process in self healing. Journaling can trigger your subconscious to find solutions your conscious mind would otherwise spend endless hours searching for. It will also be exciting for you to go back and review your progress in this 28-day program, and see how your journey has unfolded.

***So dig into your clutter! You can do it. You can let go of the past...  
the time is now.***

---

---

---

---

---

---

---

---

---

---















## STEALTH-GIVING

Everyone knows about the Laws of Gravity or Thermodynamics, but not everyone is familiar with the other unseen Universal Laws, such as the Law of Attraction or Abundance. Well, there is a law of reciprocity also – the Law of Giving and Receiving. It is like a channel, or pipe, with in-and-out flows. “A Course In Miracles” is a spiritual program that suggests that ***in order to keep something, you have to give it away.*** In many religions, this law is expressed as tithing 10% of one’s income. However you choose to understand it, it’s an important and liberating principle to follow.

If you are to look at this principle purely in the terms of money, one need look no further than to the word “***currency.***” That’s exactly what money is: **a current of energy.** The word “affluent” comes from the word ***affluere*** which means “to flow.” When the flow of this current is obstructed, there is stagnation and coagulation. **When the channel of giving is blocked, it shuts off the channel to receive.** One could see this being played out in the entire world back with the Great Recession and the financial systems collapsing. If we consciously make the effort to keep the circulation of money going, we will be able to revitalize its flow again, and all of us will benefit.

**Your assignment today is to give something... in secret.** Whether you want to donate to a charity online or you want to secretly give a gift card to a co-worker, give SOMETHING to SOMEONE. If you are low on money, you can write an encouraging note to someone. You can bring someone a flower. You can let someone into your lane on the freeway. But make it a point to GIVE. ***And in giving, you will receive.***

---

---

---

---

---

---

---

---

---

---



*I recommend checking out some of the following books that expound further on today’s assignment: “Creating Affluence” and “The 7 Laws of Spiritual Success” both by Deepak Chopra.*

