

## **Optimize HeartStreams**

**(Fun and easy, will give you a natural spiritual high!)**

1. Copy HeartStream from database.
2. Paste into blog page (see directions on process page).
3. Add a line space between each paragraph.
4. Add 3 or more subtitles to key paragraphs being sure the subtitles have words included that spiritual seekers are looking for.
5. Highlight subtitles and make them #3.
6. Hyper link 3 or more terms in the HeartStream to go to other pages on our website or on the stores website.
7. Copy the same image or include an additional image and be sure to include the alt text in the description.

See YouTube how to video for more instructions! Have fun!