



Week 2 – Spiritual Awareness - How to connect to inner wisdom, self-awareness

- Muscle Testing – video as homework.
- Body Sensation – How do you feel a ‘yes’ _____ and a ‘no’ _____ in your body?
- Ways to strengthen your muscle testing _____, _____, _____, etc.
- How to let go of the energy using crystals – Video with Arlene

- How do you connect with your superconscious (higher self/inner wisdom/superconscious)

- The 3 minds

- Name some tools to be self-aware? _____, _____
_____, _____
- Managing energy – Chakra meditation
- Body awareness – Where your energy ends, and theirs begin – feeling the bubble
- Hands-on work
 - Setting the intention – clients / yours
 - Physical, mental, emotional, intuitive intelligence – hands-on practice

Homework:

Practice:

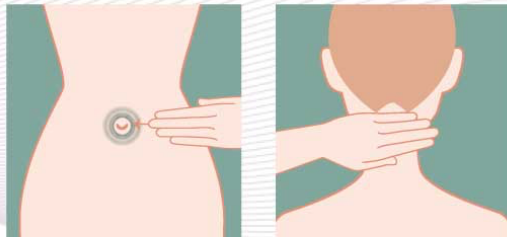
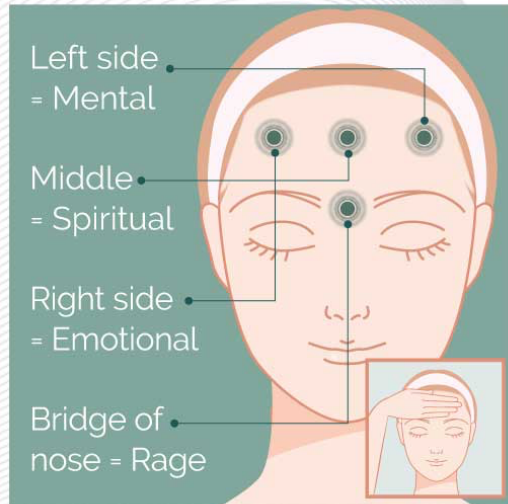
- Managing your energy (all day, every day, for 2 weeks)
- Connecting with your super conscious (higher self, inner wisdom)
- Tools for letting go – choose 1 new tool per week

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EMPATHS & HEALERS

Letting Go and Clearing/Releasing Tools

☑ Gently hold forehead:



☑ Belly button
= Center for
emotions

☑ Back of neck
= PTSD,
anxiety

☑ Return to sender - visualize
it going back to the original
sender

☑ Visualize yourself as a
pass-through vessel, flow it
down the river

☑ Visualize your own bubble

☑ Water (drink, shower, swim)

☑ Movement/dance

☑ Sound/music/tones

☑ Reduce sensory input

☑ Visualize or hug favorite tree

☑ Use crystals

☑ Play with animals

☑ Be in nature

☑ Breath work

☑ Visualize your day
backwards

☑ Grounding
meditation



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INTENTION IS EVERYTHING

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