



Module I, Lesson 2 – Spiritual Awareness - How to connect to inner wisdom, self-awareness

- Muscle Testing can be used to connect to your higher self, inner wisdom, all knowing, superconscious part of you.
- Body Sensation – How do you feel a ‘yes’ _____ and a ‘no’ _____ in your body?
- Ways to strengthen your muscle testing: _____, _____, _____, etc.
- How do YOU connect with your superconscious (higher self/inner wisdom)

- How to let go of energy using crystals – Video with Arlene

- The 3 minds

- Review:
Name some tools to be self-aware? _____, _____
_____, _____
- Chakra Information – See handout
- Managing energy – Chakra meditation
- Body awareness – Feel what chakra you are in. See if you can perceive what chakra is prominent for others.

Homework:

- 1) Practice managing your energy (all day, every day, for 2 weeks)
- 2) Practice muscle testing / connecting with your super conscious (higher self, inner wisdom)
- 3) Practice a new tool for letting go (from lesson 1)

Empath & Healers Video Course
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