

# Intuition developing. Inspiring others.



## USING ENERGY TO SELF HEAL AND TO HELP OTHERS

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Sensitivity – why and how your power is within	CONSCIOUS LIGHT – healing energy program for the beginner page 6
Choosing an emotion to let go of at a healing	CONSCIOUS LIGHT – healing energy program for the beginner page 8
When you feel doubt	CONSCIOUS LIGHT – healing energy program for the beginner page 8
Intention for your client	CONSCIOUS LIGHT – healing energy program for the beginner page 9
Intention for everyone	CONSCIOUS LIGHT – healing energy program for the beginner page 9
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Clients doubts and mind chatter	CONSCIOUS LIGHT – healing energy program for the beginner page 9
Preparing your vibration before your clients arrive	CONSCIOUS LIGHT – healing energy program for the beginner page 10
The tools	CONSCIOUS LIGHT – healing energy program for the beginner page 10
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Techniques and practices in nurturing yourself, believing in yourself, and connecting with your highest brightest and most radiant future five year you.	CONSCIOUS LIGHT – healing energy program for the beginner page 21



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## DEEPLY CLEARING, ENERGY CENTRES or CHAKRAS

Understanding and clearing the effect of elementals and earth bound spirits	CONSCIOUS LIGHT awaken the Master within page 5
Locations and understanding the chakra centres	CONSCIOUS LIGHT awaken the Master within page 7
Including colour perhaps in healing blankets	CONSCIOUS LIGHT awaken the Master within page 8
Healing the victim within	CONSCIOUS LIGHT awaken the Master within page 9

## INTUITION DEVELOPING, AND BECOMING MORE AWARE OF OTHER DIMENSIONS

The 2 <sup>nd</sup> degree practice of Conscious Light	CONSCIOUS LIGHT awaken the Master within page 9
How to begin	CONSCIOUS LIGHT awaken the Master within page 9
Face up or face down	CONSCIOUS LIGHT awaken the Master within page 9
Visualising or feeling the energy in chakra centres	CONSCIOUS LIGHT awaken the Master within page 11
Body stance as a self-care practice	CONSCIOUS LIGHT awaken the Master within page 11
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## DEEP INTUITIVE CLEARING OF ENERGY CENTRES USING COLOUR AND BREATH WORK

How to begin the 3 <sup>rd</sup> degree of Conscious Light including colour and breath work commands	CONSCIOUS LIGHT awaken the Master within page 14
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## TEACHING WHAT YOU HAVE LEARNED

How to hold workshops, retreats and gatherings if this is your path	CONSCIOUS LIGHT awaken the Master within page 26
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Meditation and foundation gatherings	CONSCIOUS LIGHT awaken the Master within page 27
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