

Intuition developing. Inspiring others.



USING ENERGY TO SELF HEAL AND TO HELP OTHERS

Introduction, preparations, tools and invocations	CONSCIOUS LIGHT – healing energy program for the beginner
What is energy anyway?	CONSCIOUS LIGHT – healing energy program for the beginner
Sensitivity – why and how your power is within	CONSCIOUS LIGHT – healing energy program for the beginner
Choosing an emotion to let go of at a healing	CONSCIOUS LIGHT – healing energy program for the beginner
When you feel doubt	CONSCIOUS LIGHT – healing energy program for the beginner
Intention for your client	CONSCIOUS LIGHT – healing energy program for the beginner
Intention for everyone	CONSCIOUS LIGHT – healing energy program for the beginner
Permission and allowing	CONSCIOUS LIGHT – healing energy program for the beginner
Clients doubts and mind chatter	CONSCIOUS LIGHT – healing energy program for the beginner
Preparing your vibration before your clients arrive	CONSCIOUS LIGHT – healing energy program for the beginner
The tools	CONSCIOUS LIGHT – healing energy program for the beginner
Hand positions face up and face down	CONSCIOUS LIGHT – healing energy program for the beginner



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Invocations	CONSCIOUS LIGHT – healing energy program for the beginner
Making the connection	CONSCIOUS LIGHT – healing energy program for the beginner
THE PRACTICE	CONSCIOUS LIGHT – healing energy program for the beginner
Before your client arrives	CONSCIOUS LIGHT – healing energy program for the beginner
When your client arrives	CONSCIOUS LIGHT – healing energy program for the beginner
Beginning of the healing	CONSCIOUS LIGHT – healing energy program for the beginner
Building the energy	CONSCIOUS LIGHT – healing energy program for the beginner
Healing example	CONSCIOUS LIGHT – healing energy program for the beginner
Sweeping the energy	CONSCIOUS LIGHT – healing energy program for the beginner
End of healing practice	CONSCIOUS LIGHT – healing energy program for the beginner
Closing Invocation	CONSCIOUS LIGHT – healing energy program for the beginner
Cutting the cords of attachment	CONSCIOUS LIGHT – healing energy program for the beginner
Hygiene, hydration and sharing	CONSCIOUS LIGHT – healing energy program for the beginner
Introduce Automatic Writing to your clients	CONSCIOUS LIGHT – healing energy program for the beginner
Ground client	CONSCIOUS LIGHT – healing energy program for the beginner
Hand positions when seated	CONSCIOUS LIGHT – healing energy program for the beginner
Hand positions in a self-healing	CONSCIOUS LIGHT – healing energy program for the beginner
Casual seated sweeping	CONSCIOUS LIGHT – healing energy program for the beginner
Regular questions from clients answered	CONSCIOUS LIGHT – healing energy program for the beginner
Psychic attacks as thoughts of judgement and blame (self-care)	CONSCIOUS LIGHT – healing energy program for the beginner
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



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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
Locations and understanding the chakra centres	CONSCIOUS LIGHT awaken the Master within
Including colour perhaps in healing blankets	CONSCIOUS LIGHT awaken the Master within
Healing the victim within	CONSCIOUS LIGHT awaken the Master within

INTUITION DEVELOPING, AND BECOMING MORE AWARE OF OTHER DIMENSIONS

The 2 nd degree practice of Conscious Light	CONSCIOUS LIGHT awaken the Master within
How to begin	CONSCIOUS LIGHT awaken the Master within
Face up or face down	CONSCIOUS LIGHT awaken the Master within
Visualising or feeling the energy in chakra centres	CONSCIOUS LIGHT awaken the Master within
Body stance as a self-care practice	CONSCIOUS LIGHT awaken the Master within
Hand actions	CONSCIOUS LIGHT awaken the Master within
Emotions and colour	CONSCIOUS LIGHT awaken the Master within



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DEEP INTUITIVE CLEARING OF ENERGY CENTRES USING COLOUR AND BREATH WORK

How to begin the 3 rd degree of Conscious Light including colour and breath work commands	CONSCIOUS LIGHT awaken the Master within
The 3 rd degree as a self-healing practice	CONSCIOUS LIGHT awaken the Master within
Distance healing	CONSCIOUS LIGHT awaken the Master within

TEACHING WHAT YOU HAVE LEARNED

How to hold workshops, retreats and gatherings if this is your path	CONSCIOUS LIGHT awaken the Master within
Preparation, timing, checklists, subjects, swipe files, terms and conditions.	CONSCIOUS LIGHT awaken the Master within
Meditation and foundation gatherings	CONSCIOUS LIGHT awaken the Master within
Easing Worry Workshop	CONSCIOUS LIGHT awaken the Master within
Organisation – allow the Universe to help you	CONSCIOUS LIGHT awaken the Master within
Introducing your Spiritual Support Workshop	CONSCIOUS LIGHT awaken the Master within
Improve your Relationships Workshop	CONSCIOUS LIGHT awaken the Master within
Easing Grief Workshop	CONSCIOUS LIGHT awaken the Master within
Techniques to feel Empowered Workshop	CONSCIOUS LIGHT awaken the Master within

