

Name: _____

Date: _____

What you would like to shift: _____

Starting Vibration: _____/_____

Ending Vibration: _____

Body full of Soul %: _____/_____

Self Love %: _____/_____

Ready for Organic Life Path %: _____/_____

Mine _____ Someone else _____ Something Else _____

1.Beta _____ 2.Alpha _____ 3.Theta _____ 4.Delta _____

MM

MN

NN

NM

Joy _____/_____

Complete Love _____/_____

Love Completely _____/_____

Complete Health _____/_____

Worthy of Instant Healing _____/_____

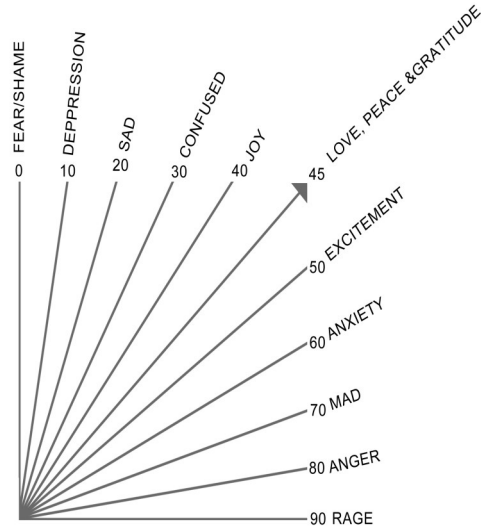
Worthy of Infinite Love _____/_____

Love in DNA _____/_____

Strength: Bones _____ Muscles _____ Spine _____ Organs _____

Validated _____

Aligned _____



Crossed Emotions

Heavy Emotions Related to Issue:

Scale 0 -10

Start

Finish

Light Positive Emotions:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

- | Start | Finish |
|-------|--------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Memory

Starting Intensity 0_10: _____

Ending Intensity 0_10: _____

Begin HEAL Technique:

Notice breath work order then work back from 4 to 1: 4NM _____ 3NN _____ 2MN _____ 1MM _____

1. State out loud: ***I set the intention to eliminate the pattern in all layers, all levels, and all combinations . I also set the intention to neutralize the memories that ignited this pattern. I set the intention to reclaim all of the energy that's been leaked by this pattern.***
2. Close eyes. Imagine a marble in your mind. Notice the color. Plug marble into the center of your heart. Notice your heart radiate beams of light like the sun. Begin to use fingertips to tap on your sternum. Take full, deep breaths in & out 13 times. On 13th breath in, hold it until you feel like releasing.
3. Notice the energy returning to your heart. Feels so good doesn't it!?
4. Repeat steps 2 and 3 for remainder if energy is stuck in multiple brainwave states
5. Recalibrate vibrations...all set? Now do the happy dance!