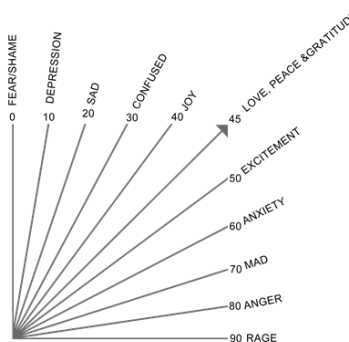


THE HEAL TECHNIQUE® WORKSHEET

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: _____



Brain Wave States:

1. Beta _____ 2. Alpha _____ 3. Theta _____ 4. Delta _____
 MM MN NN NM

Crossed Emotions

Heavy Emotions:

Scale 0 – 10
 Start Finish

Light Emotions:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Memory Associated with Emotions:

Starting Intensity 0-10: _____

Ending Intensity 0-10: _____

Begin The HEAL Technique®:

Notice the order of the breathwork—work backward from four to one:

4NM: _____ 3NN: _____ 2MN: _____ 1MM: _____

- State out loud: *I set the intention to eliminate the pattern in all layers, all levels, and all combinations, without creating a negative response and with unconditional love. 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.*
- Close your eyes. Imagine a marble in your mind. Notice the color. Plug the marble into the center of your heart. Notice your heart radiating beams of light like the sun. Begin to use your fingertips to tap on your sternum. Take full, deep breaths in & out thirteen times. On the thirteenth breath in, hold it as long as you can.
- Notice the energy returning to your heart. Feels so good, doesn't it!?
- Repeat steps 2 and 3 for remainder if energy is stuck in multiple brainwave states.
- Recalibrate vibrations. Notice what has changed. All set? Now do the happy dance!

New Insights:

