

Energy Healing Toolkit

Create your Internal Roadmap for Healing



Energy Healing is about Resonance

You were born a Healer

It's the journey to:

- ☼ Remember who you are
- ☼ Discover your hidden gifts
- ☼ Embrace the power and the process



3 Keys Necessary for Healing

1. Open Heart - Love
2. Ability to Suspend Thoughts and Beliefs
3. Let go of Expectations

Transition from Knowledge to Knowing

- ☼ Through Meditation
- ☼ Observation and
- ☼ Multiplying by Wisdom



Knowledge will cause you to undermine knowing

Only Love is the Dominant Vibration for Healing



Method of Focused Energy Healing

Beginning the 5 Step Process of Focus

1. 6D Breathing
2. Intention
3. Connection
4. Awareness
5. Flow



Check your Tools To Be Focused & Intentional

Here's your Checklist! Are you:

- ◆ Staying out of the Head and in the Heart
- ◆ Feeling rather than Thinking
- ◆ Remaining present
- ◆ Letting go of outcome

**Knowing =
Knowledge multiplied by Wisdom and amplified by Heart Energy**

~Allan Herring