



# The Power Within

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## Module 1

- Invocation and Pranic breathing to set your day and become energised
- Smudging
- Drumming
- Singing Bowl
- Prayer
- Crystals
- Epsom Salt Bath
- Violet Flame meditation

## Module 2

- Looking at auras
- Setting up your space and preparing yourself to practice Pranic healing
- Scanning the aura and what you may find including attachments and cling on's (not the star trek variety)
- Split into groups for practice
- Chakra scanning - size, shape, feel, health, colour and frequency
- Chakra clearing
- Split into groups for practice and discuss findings
- Forgiveness Table Meditation



### Module 3

- Jewellery item in a brown paper bag on arrival
- Welcome questions re cap
- Using all our senses – Psychic gifts and Psychometry practice
- Meditation Boundary settings / disconnect / giving
- Practice your set up of you and your space for pranic healing
- Pendulum and using to check chakras
- Demonstration Chakra Clearing, healing and energising
- Chakra clearing, chakra layers healing and energising in pairs

### Module 4 –

- Welcome – Questions – re cap
- Elders Camp Fire Meditation
- Review the remaining Chakra centres
- Advanced healing of chakras with sound, frequency and crystals and pendulum
- Putting it all together & practicing our healing
- Grounding our client and energies roots into mother Earth
- EFT Tapping In – “ I AM “



#### Module 5 –

- Generational cellular healing – is this mine or my ancestors
- How can EFT influence generational cellular memory
- Soul fragments
- Past life influences on our current health
- The frequency of time past, present and future

#### Module 6 –

- Welcome – Questions – re cap
- Shamanic and pranic healing taking your practice to a different realm
- Drumming in the four directions
- Shamanic Meditation journey to meet your Power Animals
- Past Life shamanic journey

#### Module 7

- Welcome – Questions – re cap
- Soul retrieval