



Day 2: Activating Your Healing Energy and Abilities

Today I will teach you how to create and activate your own healing energy. This is a very tangible exercise to begin to flex your intuitive muscles.

Just have fun with it, with no particular expectation. Let yourself be surprised by what you experience.

It is very common to have 1 or 2 main ways to interpret the energy. This will also help you identify which of the “clairs” came through.

How did your healing energy feel?

What did you see? A color? An image?



What awareness did you notice?

Did any thoughts come to mind?

Did you hear anything or any messages?



Please do not be discouraged if things were not clear for you this time. This is an experience of awareness and an intuitive muscle that is built up over time and practice.

Alignment Activities

1. Share in the facebook group your experience with your healing energy exercise.