

Transformation

Questions to be considering:

- 1) What experience are you addressing with this course?
- 2) During class, you had an exercise to release the pain of your experience; how do you feel now that some of the energy has been released?
- 3) How are your daily habits effecting your vibration?
- 4) What can you be doing to raise your vibration?

Akashic Record Meditation

- Follow the guided meditation to re-write the experience you are addressing with this course.

Body as a Pendulum

- Take something you know you can eat without issue and hold it against your sternum
- Close your eyes and allow your weight to transfer down into your feet
- Ask your body if you are able to eat the food
- If you sway forward - your answer is yes; if you sway backwards - your answer is no
- Repeat the process with anything; changing your question to fit the object (ie is this good for me? Is this bad for me? Am I allergic? Does this serve my highest good? etc.)

Finger Circles Muscle Testing

- Form a circle with each of your pointer fingers touching your thumbs
- Place your right finger circle inside of your left one
- Release all the tension in your fingers for soft circles
- Ask your body to show you yes and try to separate your fingers - they should separate with ease
- Ask your body to show you no and try to separate your fingers - they should not separate and instead hold together with no effort
- Use this method to test whether or not something is good for you - people, situations, making decisions etc.