

Body Wisdom Energy Healing

Module 4

Part 2 – Head to Heart Connecting

Introduction

In our linear world it is very easy to simply allow our mind and brain to make all our decisions for us. Even though we know, we should include our heart in our decision making as it does connect us to the lower half of our body, we get so busy, we may become a “head riding around on our body.” If we do this for long, our whole body can start to break down. We were never meant to use only our minds and give it such authority. Opening and leading with our heart, or at the very least, allowing our heart to participate will allow us to live a more balanced and synchronistic existence.

Head to Heart Connecting

Head to Heart connecting can help with just about any imbalance in the body, including headaches, muscle aches and soreness, dizziness, imbalance, heart palpitations and the list goes on. It is especially good for folks that tend to live in their head and have a hard time getting back into their body. As with all of these techniques, be sure to listen to guidance. You may not “know” intellectually what a client needs. Their symptoms may not indicate it. But your guidance that you receive from their body will. Remember, their body is your divination tool. Listen to it and it will not steer you wrong.

Steps for Head to Heart Connecting

1. Complete a full chelation and clear 2nd and 4th levels.
2. Then, holding the second level, place your left hand on the left side of the head and your right hand on the right side of the heart. Balance.
3. When you feel this is balanced, move your right hand to the right side of the head and the left hand to the left side of the heart. Balance.
4. Then move your left hand back to the head and balance the head again.
5. Close as usual.