

Practitioner

slow to do (energy, caution, unsure, self-negating)
? re - anxiety nerves self-doubt, need time to settle + prepare
security, fears - of not being right, doubting indicator,
not as good / comparison, ^{to others}
action/preservation or fully stepping in (hearing seeing
feeling doing advertising
being)

muscle monitoring - fears/worries of inaccuracies,
patterns (every 2nd or 3rd), lists
distraction - kids, etc.

guidance & intuition - dropped Biopfield Toning - couldn't feel mass
- Upcoming Polarity - intuition & knowing
- feel energy flow, lack of,
change of, balance of
- messages, hearing, seeing, knowing

natural chart
natural
instinctive
psychic
intuition
intuitive
to others

Using Voice and Instruments in Breathwork Sessions
embarrassment, insecurity, lack of confidence
not good enough, very critical of self, don't do it.

Establishing Sole Business - Register name
business cards → website → Use of social media
manifest swap client

"The Healing Effect"

Establishing Rebirthing Breathwork + sound clientele - group,
organisation
Taking action, doing it manifesting partner/group sessions!
Home Clinic 2-4 clients/week • Shift - fully booked
At least 1 RB Thursday

TAKE Action calm ease joy flow positivity abundance
I can
unworry Trust confidence
fear strong Intuition + guidance
resistant 100% accurate I'm reading!
fearless

full expression of me, unashamedly, expansive