

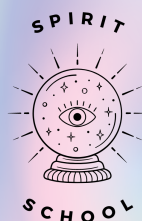
CLASS SIX: HEALING

YOUR HEALING BIBLE

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

To create your healing bible, you would have a few steps assigned to connecting and attuning your energy. This could be clearing your space, prayer, meditation, lighting candles and incense, etc. Use the space below to create your opening practice/ceremony for any kind of healing work:

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

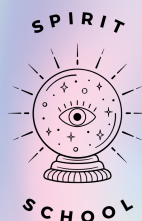
YOUR HEALING BIBLE

The first question before you begin this work is to ask yourself *"How can I be a catalyst for healing?"*

Then let your intuition decide what modalities/medicine would be most serving for you or your client.

For each of the modalities, create a step-by-step process on how to use the modality.

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

PENDULUM HEALING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

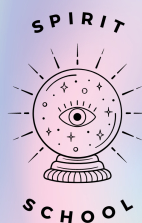


CLASS SIX: HEALING

CRYSTALS

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

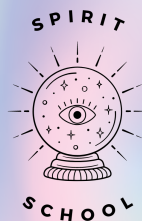


CLASS SIX: HEALING

PHOTO ENERGY TAPPING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



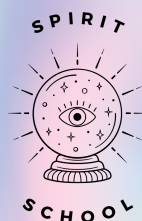
CLASS SIX: HEALING

CHAKRA HEALING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

How to clear each chakra is available on my IG @glmgee

GRIGORIAKRITSOTELIS.COM



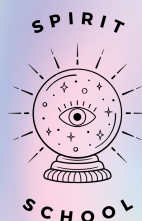
CLASS SIX: HEALING

EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

[Brad Yates on YouTube \(click here\)](#)
Or process available on my IG @glmgee

GRIGORIAKRITSOTELIS.COM

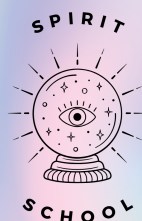


CLASS SIX: HEALING

CARD PULLING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

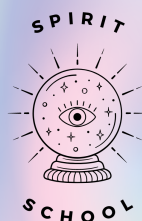


CLASS SIX: HEALING

PULLING OUT DARK/TRAPPED ENERGY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

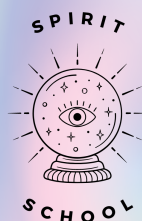


CLASS SIX: HEALING

PULLING OUT DARK/TRAPPED ENERGY AND INTO A BLACK HOLE

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

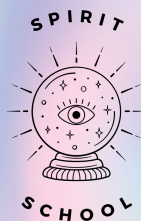


CLASS SIX: HEALING

SEND WHITE LIGHT (VISUALISATION PROCESS)

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

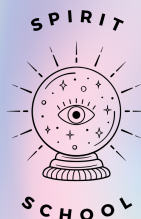


CLASS SIX: HEALING

MOVEMENT (SHAKING, QI GONG, DANCE, SWEATING)

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

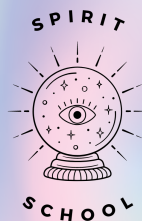


CLASS SIX: HEALING

HOW TO HOLD SPACE

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

HO'OPONOPONO

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

A beautiful Hawaiian prayer that helps you release trapped emotions and move into a place of gratitude.

Repeat out loud. (I like to do this in cycles of five times)

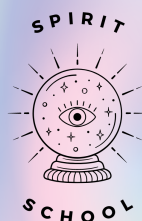
“I’m sorry, Please forgive me, Thank you, I Love You”

They represent the following:

"I'm sorry" = I acknowledge the situation and I am sorry for holding onto it for so long. It will no longer be allowed to bother me.

"Please forgive me" = I will release this from myself and it is no longer my problem. I will no longer allow this situation to affect me. I forgive myself for perceiving this as a burden I was carrying.

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

HO'OPONOPONO

"Thank you" = Thank you for all the lessons that this situation taught me.

"I love you" = I am sending love to this situation which will allow me to heal and move through it. I am tapping into the infinite supply of love.

Use this prayer everyday and watch how quickly you begin releasing trapped energy.

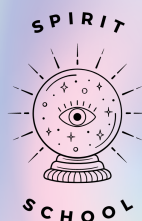
Think of anything you would like to forgive and write them below, then say the Ho'oponopono prayer aloud:

I'm sorry. Please forgive me. Thank you. I love you.

I'm sorry. Please forgive me. Thank you. I love you.

I'm sorry. Please forgive me. Thank you. I love you.

GRIGORIAKRITSOTELIS.COM



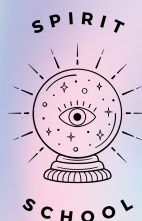
CLASS SIX: HEALING

FORGIVENESS/HEALING PRAYER

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

I challenge you to write your own healing prayer below:

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

FIRE CEREMONY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



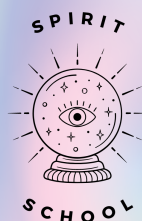
CLASS SIX: HEALING

WATER CLEANSING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

I challenge you to make your own Holy Water this week.

GRIGORIAKRITSOTELIS.COM

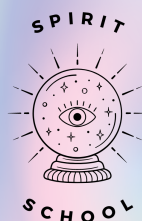


CLASS SIX: HEALING

WATER FASTING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

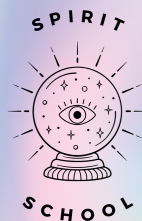


CLASS SIX: HEALING

MEDICAL ASTROLOGY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



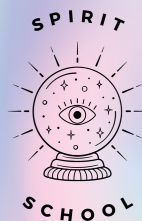
CLASS SIX: HEALING

PLANT MEDICINE

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Watch the Plant Medicine Class to help with this.

GRIGORIAKRITSOTELIS.COM

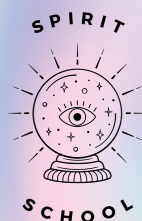


CLASS SIX: HEALING

HYPNOSIS/RAPID TRANSFORMATIONAL THERAPY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

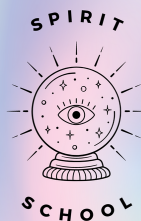


CLASS SIX: HEALING

BREATH WORK

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



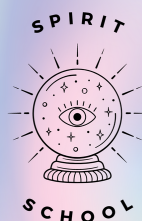
CLASS SIX: HEALING

SOUND FREQUENCY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Watch the Sound Healing Class to help with this.

GRIGORIAKRITSOTELIS.COM

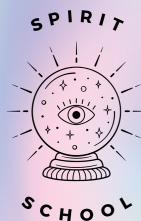


CLASS SIX: HEALING

ACUPUNCTURE/REFLEXOLOGY

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

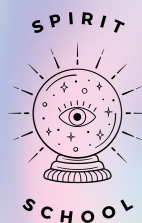


CLASS SIX: HEALING

SUN BATHING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

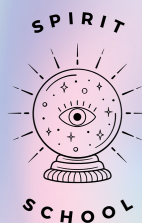


CLASS SIX: HEALING

MESSAGE

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



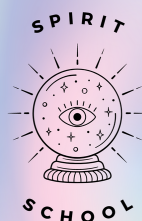
CLASS SIX: HEALING

AUTOMATIC WRITING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Instructions in your Pendulum Class Workbook.

GRIGORIAKRITSOTELIS.COM

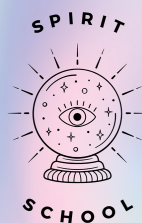


CLASS SIX: HEALING

SALT BATHS

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

JOURNALING & FREE WRITING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Here are some journal prompts, but I implore you to also create your own:

What is weighing heavy on my heart right now?

What are the negative thoughts I keep thinking? And am I ready to release them?

What is self-care for me?

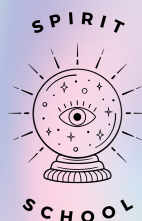
When I am alone, how do I feel?

What are some habits I want to start? What are some habits I want to break?

What do I need to forgive myself for?

Who do I need to offer forgiveness to and why?

GRIGORIAKRITSOTELIS.COM

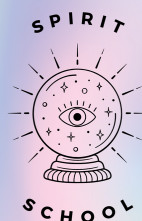


CLASS SIX: HEALING

JOURNALING & FREE WRITING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



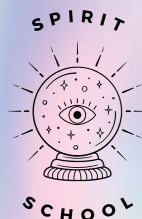
CLASS SIX: HEALING

MANTRAS & AFFIRMATIONS

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Write a at least 10 mantras you could use for healing:

GRIGORIAKRITSOTELIS.COM

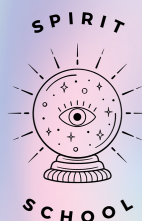


CLASS SIX: HEALING

EARTHING/GROUNDING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM

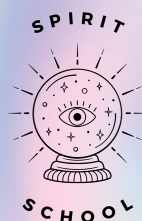


CLASS SIX: HEALING

PHYSICAL TOUCH

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

GRIGORIAKRITSOTELIS.COM



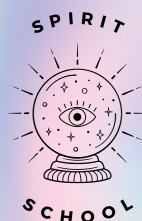
CLASS SIX: HEALING

DETOXING

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

Include whichever form of detox calls you.

GRIGORIAKRITSOTELIS.COM

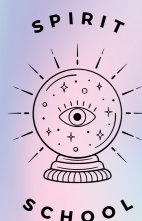


CLASS SIX: HEALING

SENSORY DEPRIVATION (FLOATS)

Use the class video to fill in which healing modalities call you. Add your notes, and this will become your healing bible.

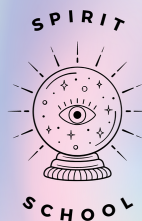
GRIGORIAKRITSOTELIS.COM



CLASS SIX: HEALING

What else would you add to that list?

GRIGORIAKRITSOTELIS.COM



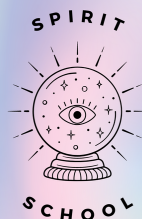
CLASS SIX: HEALING

YOUR HEALING BIBLE: AFTERCARE KIT

Once you have practiced your chosen medicine(s), how will you close the connection/circle/ceremony?

Write a detailed closing ceremony, including what support/recommendations you would offer to your client:

GRIGORIAKRITSOTELIS.COM



CLASS NOTES

GRIGORIAKRITSOTELIS.COM

