



# ENERGY HEALING INSTITUTE

Education for The Consciously Curious

## Mine vs. Not Mine

Imagine a flower in front of you, located outside your Aura.

Direct emotional energy (anger, fear, depression, anxiety...) on to the flower.

Place a flower to its right and direct the emotional energy that belongs to others to move from the left flower to the right flower.

Return the flower on the right to other(s).

Proceed to Clearing Emotional Energy.

