



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

The Present of Presence



**How to Get In &
Stay In Your Body**

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Our Time Together

Identifying Common Themes

Chakras & the Aura

Your Chakras & Themes

The Present of Presence Skills

- Setting Chakras
- Grounding

Guided Meditation

Invitation to Explore EHI



Take a Breath, Take a Moment

Are you:

1. stuck or unable to let go, ungrounded?
2. trapped in trauma patterns, stories or you unable to get your needs met?
3. emotionally sensitive, overwhelmed, inclined to caretake others? Are you an empath or HSP?
4. disorganized, unable to complete tasks, lack authority?



Take a Breath, Take a Moment



Are you:

5. numbed or paralyzed by the unending drama in the world? feeling compassion fatigue?
6. struggling to speak up for yourself, or to make authentic choices?
7. always up in your head, perseverating, worrying, overthinking?
8. disconnected, disengaged from spiritual connection, or out of your body?
9. burned out, depleted?

Astral Chakras & the Aura

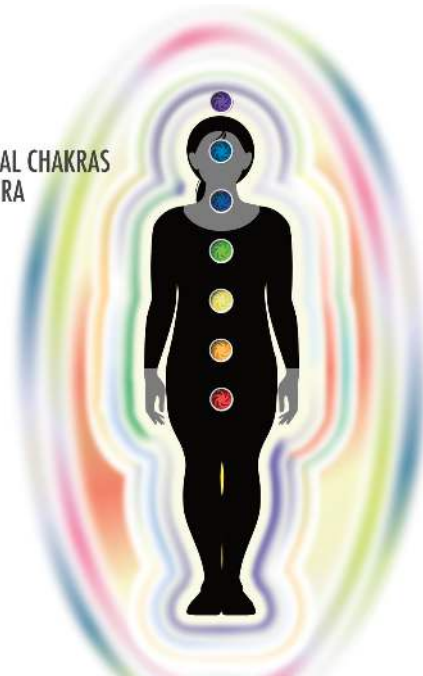
7th — Spiritual connection

5th — Self-expression

3rd — Volition

1st — Physicality

ASTRAL CHAKRAS
& AURA



6th — Belief Systems

4th — Communion

2nd — Emotion

Earth Connection



Aura: Field of Infinite Potentiality



Giving & Receiving

Your Chakras

Feet – stuck, can't let go, ungrounded

1st – survival, trauma, getting needs met

2nd – sensitivity, caretaking, overwhelm, empaths/HSP's

3rd – disorganized, task completion, authority issues



Your Chakras



4th – numb, bleeding heart, paralyzed by the drama

5th – self-awareness, autonomy, authenticity

6th – belief systems, monkey mind, negative self-talk

7th – out of body, untethered spirituality, spacy

Hands – depleted, burnt out

The Present of Presence

Skills:

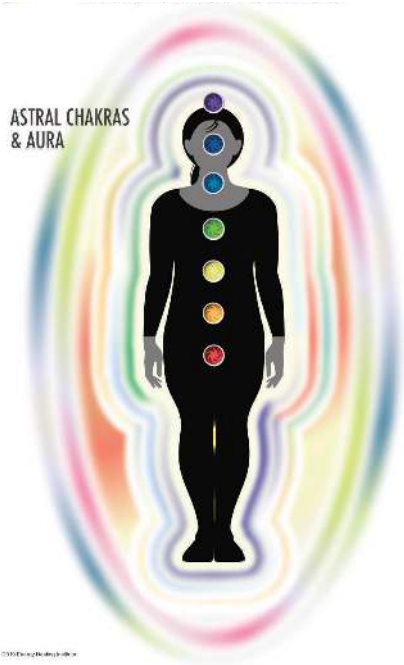
Setting Chakras

Grounding





Setting Chakras

Containment & Awareness

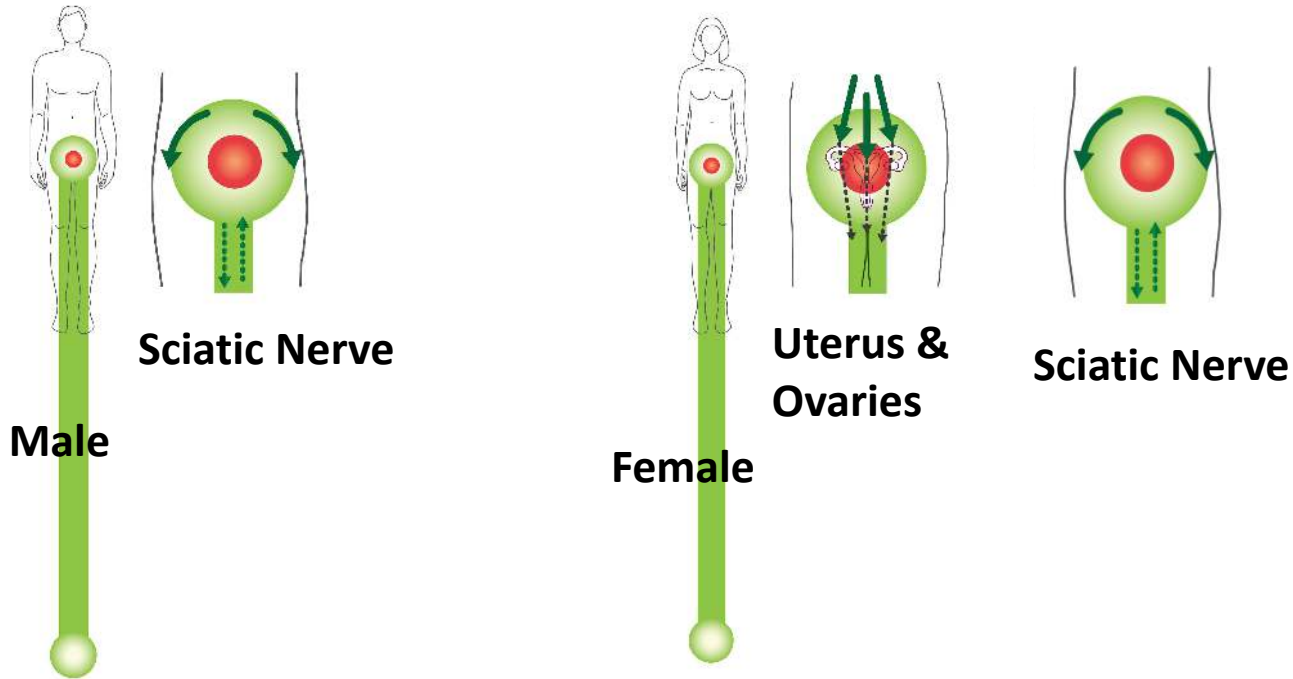


Percentage of Chakra Openness

-  25-50%
-  50%
-  #% + 2
-  50%
-  40% (M), 55% (F)
-  25%
-  30%



Grounding: Present & Anchored



Guided Meditation

Set Your Chakras

Ground Your Energy



Guided Meditation



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Reflection

Pause & Notice

How do you feel?



What is different
about you and
your experience of
yourself right now?

Invitation to Explore EHI

Self-healing:

Evolution, Growth and Change

Launch or Integrate:

Energy Healing in a Client Practice

Consulting:

Grow Your Client Practice or Healing Center



Self-Healing: Evolution, Growth, Change



Clear



Nugget Bundle

**Self-paced Online Courses
Deepen Understanding
Spiritual Evolution
Personal Growth
Lasting Change**

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Bodacious Belief Systems



Mind-Body-Energy Connection

Launch or Integrate: Energy Healing in a Client Practice



Level 2
Facilitating Physical Evolution

**Evolving the Etheric Body:
Supporting Physical Healing**



Level 3
Underlying Factors in Illness

**Energetic Assessment:
Determining Root Cause**

Level 1
Facilitating Emotional Evolution

**Evolving the Astral Body:
The heart of the why**



Consulting: Grow Your Client Practice or Healing Center

1:1 Consulting

Practice Strategy

Practice Leadership

Business Development



Thank You!



Download:

Materials and meditation

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