



How to Get the Most Out of the Energy Healing Through the Chakras Course

1. Schedule a time in your calendar each week to do the work and make sure you don't feel pressed for time. Our recommendation is to work with one chakra per week at a minimum. Be sure to take a full week to be with that chakra. If more time is needed, honor that internal pace.
2. Module structure: The first module is going to have a lot of information in it. It is the most robust module. After that, the chakra model will follow a similar structure. You'll see a Lecture Video, Audio meditation, Reflection Questions, and optional Bonus live teachings and meditations for extra support in case it helps to hear a live teaching from Wendy.
3. We recommend watching the video and the mediation at the start of the week. You can repeat the meditation or any of the teachings or bonus teachings during the week if you desire. Trust your intuition and your body on how much or little to listen to. *Please wait until the end of your week to do the reflective questions. You need time to be with the chakra in your life to feel any energetic shifts to be able to answer the questions.*
4. You will get a copy of my book Energy Healing Through the Chakras. Read each chapter with the modules because they will help you identify what core beliefs or energy you will work with clearing this week.
5. What if it gets hard:
 - a. First off, energy work is not always easy. It does invite you into places inside yourself you may not have visited. Remember to use your breath, revisit the How to Clear Energy in Your Body video to clear energy, and continue to stay the course. Go for a walk, move your body, journal, or anything else you need, but don't give up,
 - b. You could not resonate or even feel a chakra. Do your best and return to that chakra after you have completed the entire program

- c. You could fall asleep during every meditation. It's ok if you fall asleep. You are still receiving healing. Listen back to the recording again, and each time you may get something different from it.
 - d. You may feel body sensations, aches, pains, a yawn, or sudden movement. This is energy moving in your body. When we bring awareness to where energy was stuck or stored, it moves. Movement sometimes is very visceral. Bring your attention to that area of sensation and give it breath. Sometimes it helps to move your body to help move the energy out. Trust what your body needs and honor that. Please be sure to seek any medical attention if there is a medical issue that needs attention.
 - e. It may be hard to look at awarenesses from the past. There may be emotions. When it gets hard, it means you are *feeling* something. There is an emotion present with perhaps a physical sensation. Be gentle with yourself and breathe into the emotions or whatever feels difficult. It will pass if you make space for how hard it feels....and for how courageous you are to move past this energy that has been in your system. You are light on the other side of it.
6. At any time, assistant support may be necessary. If having support through the program would be helpful, consider adding on an assistant package and choosing an assistant to support you through the program. Students have raved about having assistant support. The assistants are incredible and able to support you through your healing journey.
7. Our quizzes were designed to help gauge your comprehension of the course materials and to help further process/integrate course content with respect to your inner-being and past experiences. You are encouraged to complete the quizzes, as they may provide a deeper understanding of the course materials and yourself.

Please know that no one will be responding to or reviewing your quizzes except in situations where you are working with an assistant. In those cases, the quizzes are meant to help your assistant may review your last assignment to understand where you are in your process, so they can better support you on your journey.