

Module 5 Actions

MEDITATION:

1. Listen to the accompanying meditation at least once before moving on to the next exercise. Ideally you will listen to it 2-3 times before moving on to the next module; allow yourself to listen to the meditation as many times as you like or want to, so long as it's at least twice.

HOMEWORK:

1. Complete & submit worksheet
2. Submit any questions you have about the program and your readiness for your test.
3. Listen to the meditation 2-3 times, allow yourself to open to becoming aware of the Healing Guide you are working with; be patient
4. Continue to practice healing techniques on yourself and perhaps others whom you are close with.
5. Write about the experience. Submit your writing to mmichellesb@gmail.com for evaluation

*Note: your writing is required for your certification process



Rev. Michelle Scrimgeour-Brown

www.SpiritedHealing.ca

