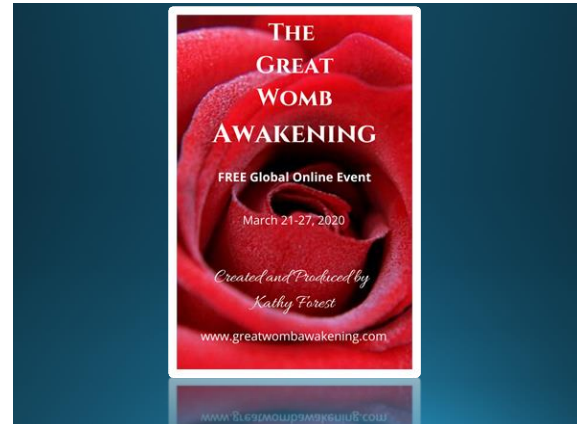
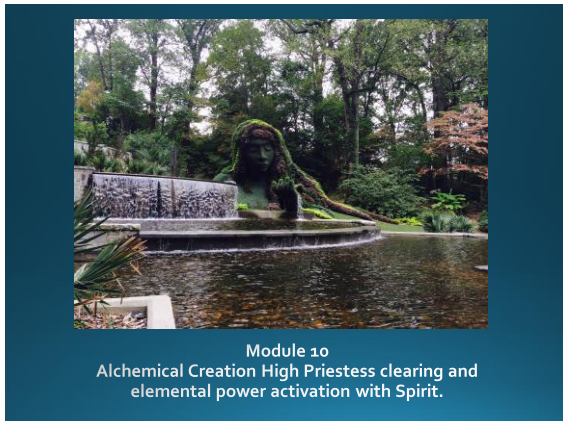




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6

What does it mean to be the Hollow Bone?



7

Core Chakra Guide

- The crown chakra, or seventh energy center, is located at the top of the head. Here our relationship to Spirit connects us with the spiritual realm.
- The sixth energy center, or brow chakra, is located in the forehead. Here we think, evaluate, and learn from our experiences in concrete, abstract, and intuitive ways.
- The fifth body center, or throat chakra, is located in the throat area. Here we work with our personal will and the expression of truth.
- The fourth chakra, the heart center, is located in the center of the chest and here we experience love, grief, compassion, and kindness.
- The third chakra, or solar plexus, is located in the upper abdomen, in the stomach area. The solar plexus serves as the root of our personal power and of issues of self-esteem, responsibility, and self-respect.
- The second body center, the sacral chakra, is located in the lower abdomen just below the navel. This energy center provides the center for our sexuality, creativity, and abundance.
- The root chakra is located at the base of the spine, and corresponds to the legs, feet, and pelvis. Issues such as our survival, sense of security, and connection to our tribe live in this center. This chakra is positioned closest to the earth and is significant in our relationship to her. If we feel disconnected from the element of Earth or insecure in some way, pulling energy up from the earth can help to ground, anchor, and connect us to Earth's stable energy.

8

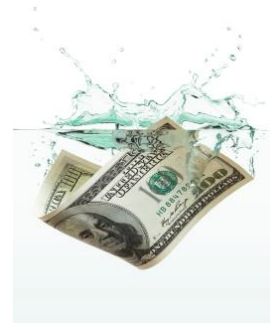


Accessing
the Source
of the Sacred

9

5 Steps to Clear an Emotional Undercurrent

- 1) Recognize the undercurrent
- 2) Acknowledge the unmet needs
- 3) Notice the impact
- 4) Clear with intention
- 5) Infuse with new message

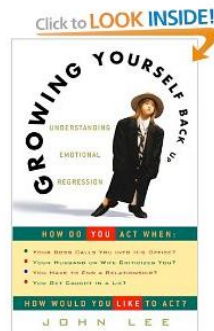


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Emotional Regression

Cheryl Richardson recommendation

Make sure your business isn't driven by unmet needs



11

Clearing with Spirit

"The goal is to take things away not add on. We add things to life to feel better but what you need to do is let go."
Cheryl Richardson



12

Create Space Around You

Make space and sit with the space

We've been trained to fill up space
Spend the time to eliminate

Create even a little bit more space and a little bit more care and see what shows up

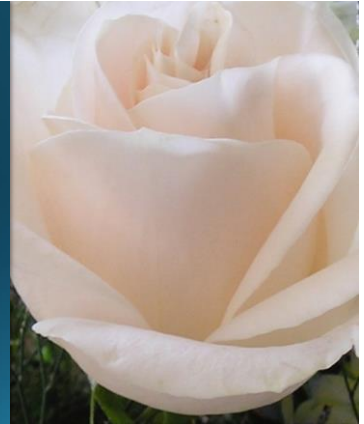


13

Ease

Ask yourself if you are willing to let growing your business and expanding your capacity be easier?

If we don't let things be easier we will limit our success because we know how hard it will be..



14

Being in the emptiness

Are you willing to wait for the right person or situation?

...to look for the open door?



15

Make a List

- Notice where there are energy leaks in your life, business, and make a time to clear them up

- Notice where you need more space in life and business

- Where do you need to make more space?



16

Spirit Primary Power Choice



17

Unified Field Level 1

- Earth: Power to Stand On Your Own
- Water: Power of Love
- Air: Power of Intention
- Fire: Power of Action
- Spirit: Power of Choice
- Unified Field



18

Activate Spirit's Primary Power

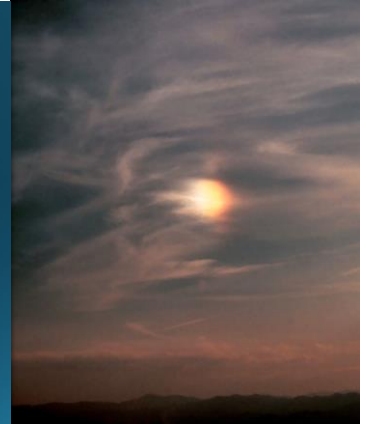
Activate Spirit's
Primary Power of Choice.
Activate Unified Field



19

Spirit Sources

- Earth is step-by-step
- Water is magnetic
- Air is vibrational
- Fire is energetic
- Spirit Sources
- Are you connecting to Spirit and sourcing your creations?



20

Unified Field Level 2

- Earth: Power of Alignment
- Water: Power of Infusion
- Air: Power of Focus
- Fire: Power of Shamanic Consciousness
- Spirit: Power of Co-Creation
- Unified Field



21



Journal with Spirit Power of Co-Creation
at the High Priestess Level

22

Contribute to Your Tracking Sheet

Gratitude
&
Closure

Ground



23