

Sacred Heart, Sacred Hands

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Agenda

- Sacred Hands – energy ball
- Sacred Healing – Honoring Janet Mentgen
- Sacred Hand Holding
- Hand Reflexology
- Sacred Heart
- Heart to Heart Meditation

Sacred Hands – Energy Ball of Light

- What would I like the energy of my life to be today?
- Focus on the feeling.
- Pull energy from the universe until you feel your heart open.
- Then send a trickle of thank you energy back to the universe for its contribution.



Sacred Healing - Janet Mentgen's Mantra

- Inside your heart is Love .
- You are Love.
- From a place of Love we use our hands to ***JUST DO THE WORK.***



Sacred Hand Holding

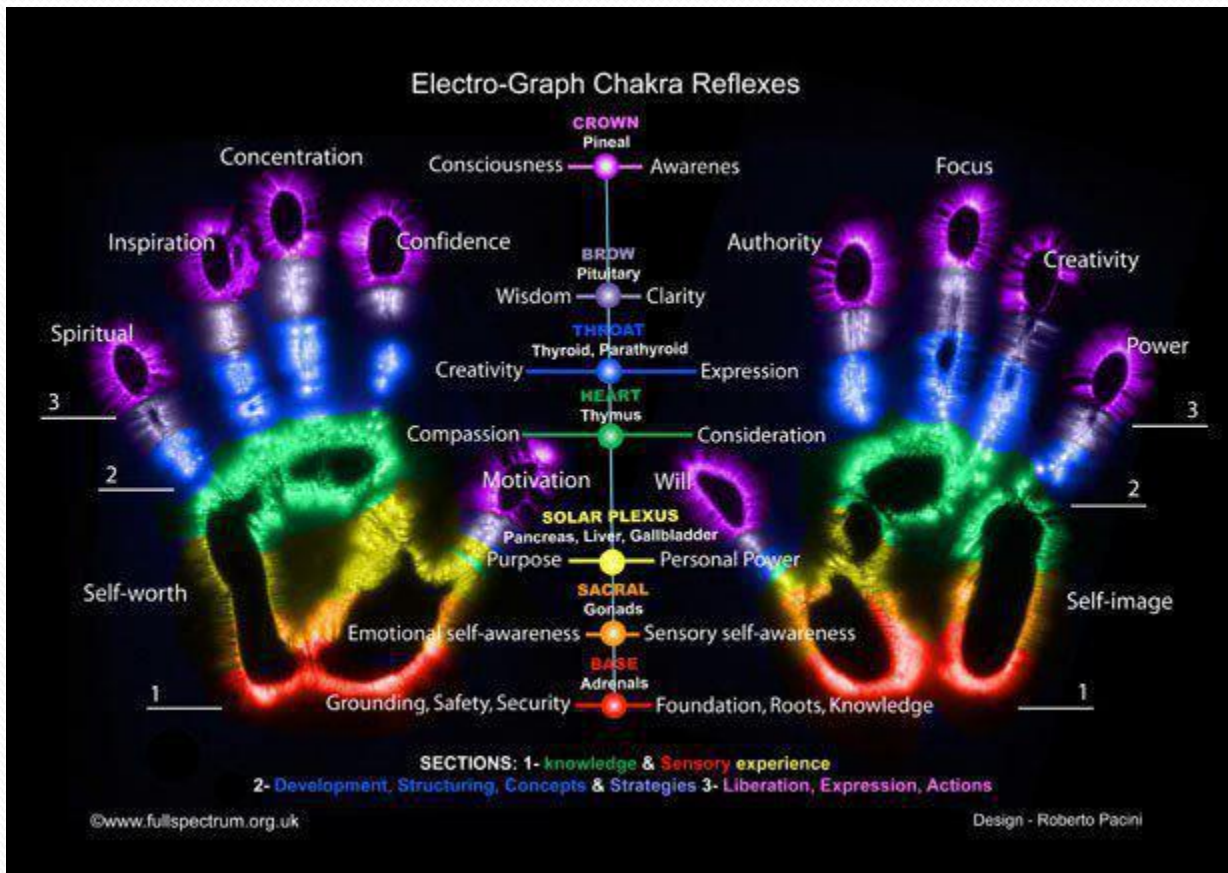
- Holding hands
- The power of touch
- Connecting to another



Holding of Hands

- Joyful hand holding
- Playful hand holding
- Sacred hand holding
- Now rock and roll it with neuroplasticity and Ageless Grace hand exercises

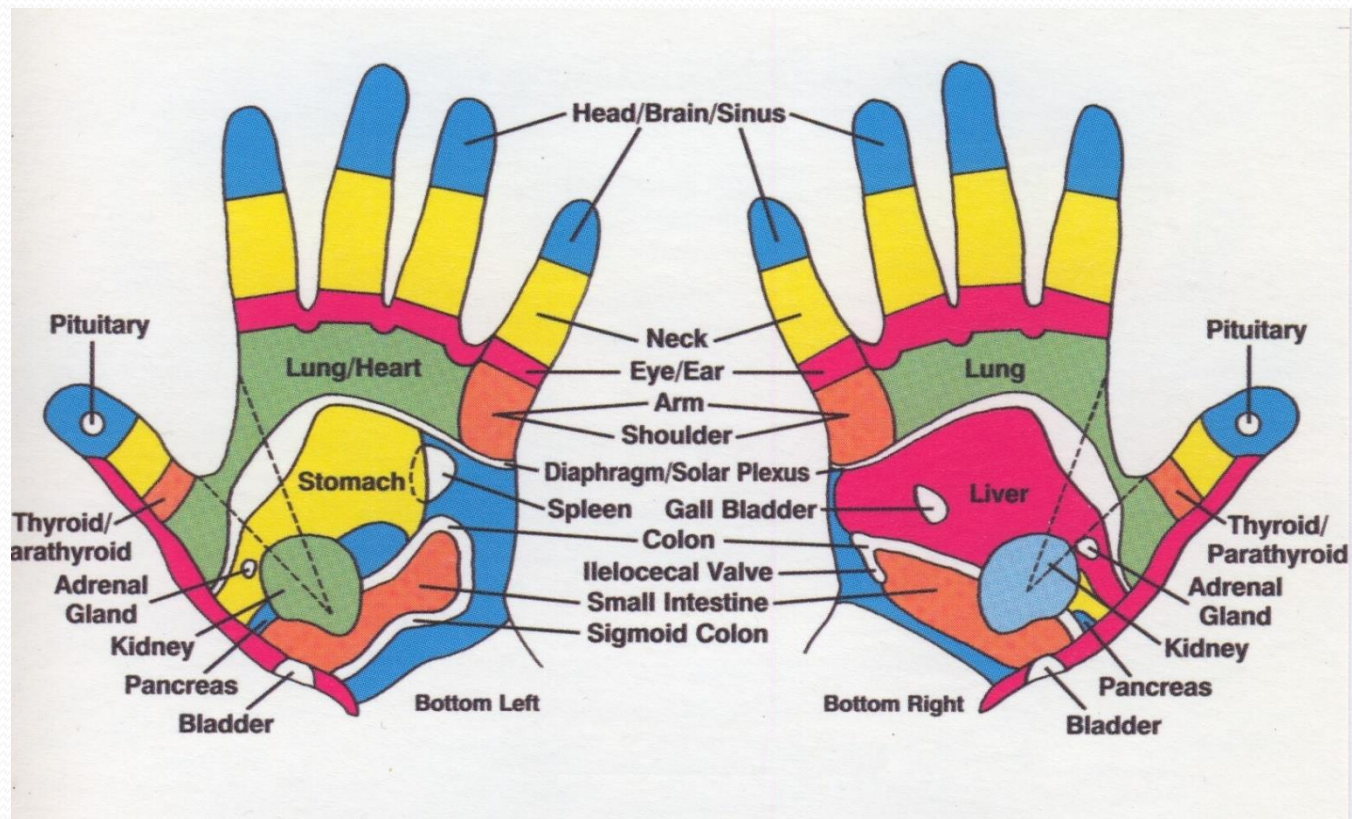
Chakras and the Hands



Hand Reflexology -Warm Ups

- Circles
- Flexion & Extension
- Tootsie Rolls
- Clasp and Release

Hand Reflexology



Systems

- Use caterpillar thumb and pinch and release with index finger and thumb for:
- Brain and Sinuses – Fingers and Thumb
- Lungs
- Intestines
- Pelvic Area

Your hands do the work of your heart



Desserts

- Butterfly Spread
- Caterpillar crawl
- Massage the hand in a loving way

Sacred Heart ... Still, quiet chamber

- One with God
- Knowledge of the Heart is priceless
- Heart...place to be alone...
- It is your sacred ground
- Being in your heart is the essence of prayer
- Connect with your heart in a secluded spot.

Heart Meditation

Dying to Be Me – A true story by Anita Moorjani – www.anitamoorjani.com

*We are
pure love
– every single one of us.*

– ANITA MOORJANI


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Sacred Heart your magnetic center

- Source of higher intelligence
- Your life force energy
- A great magnet to more love
- Your purpose is within you
- Enjoy the journey
- Inside your heart is Love . You are Love. From a place of Love we use our hands to JUST DO THE WORK.

SACRED HEART

-*Deep in the HEART every Mystery is Hidden. Only from the SOUL . Can SOUL draw its secrets. Rumi*

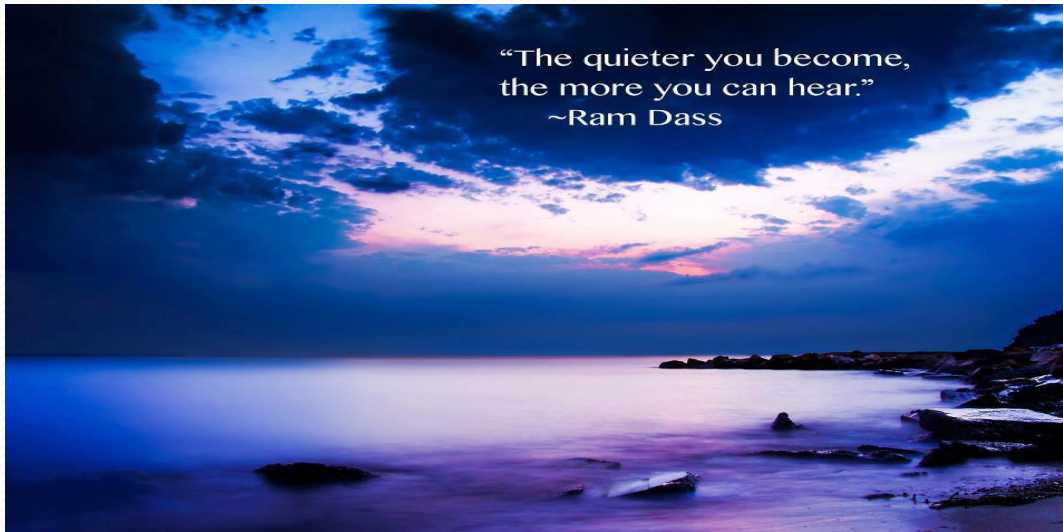


Barriers to Your Sacred Heart

- *Your task is not to seek for love, but merely to seek and find all the **barriers** within yourself that you have built against it. Rumi*




- Find the love you seek by first finding the love within yourself. Learn to rest in that place within you that is your true home. *Sri Sri Ravi Shankar*
 - The only journey is the journey within.
Raini M. Rilke



*No one has said I wish I had **not** listened to my HEART!! But to the mind ...*

- *All healing is first a healing of the HEART. Carl Townsend*
- Heart to Heart Meditation

A pair of hands, one appearing to be from an older person and the other from a younger person, are shown holding a small, glowing blue and white globe of the Earth. The hands are positioned in a way that suggests care and protection. The background is dark and textured, possibly representing a forest or a natural setting.

***“Hand in hand we can change this
world to be all we desire it to be!”***

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What is next ...

- Sacred Heart, Sacred Hands
- Meditation to explore opening your heart more to the wonder of you
- Energy BEing How can you BE more and Do less? What does that reveal?
- Marketing from your HEART as a Healer– time is now!! People need your services.

From my Heart to yours

- Go in peace ...
- **Hug** someone today ... opens your heart
- Virginia Satir, Mother of Self Esteem in the 80' s:
- 4 Hugs a Day for Survival
- 8 Hugs a Day for Maintenance
- 12 Hugs a Day for Growth