

## Reading Guide for *Awaken Your Greater Health: How Energy Medicine Opens the Way to Healing* by Heidi DuPree, RN, CTN

### About this book:

*Awaken Your Greater Health* is the road map to guide you out of the turmoil to where greater energies can rule your life. Through practical information on energy medicine and the energy dynamics involved in shifting to greater health, along with techniques to assist you in that shift and true-life stories of transformation, you will learn how to clear the way to your “inner castle” – the sanctuary within you where power, health and happiness come from.

### A request:

This book contains many stories and descriptions that may remind you of yourself, or perhaps parts of yourself, or behaviors that you aren’t proud of – maybe even ashamed of. As you read, you may also notice bodily reactions in the form of discomfort, tension or turmoil. You could also feel spacey or “zone out” while reading. The author requests that if any of these thoughts, emotions or sensations occurs that you *refrain from judging*. Judging your thoughts, emotions, beliefs or bodily reactions as “bad” or “wrong” could prevent you from benefitting from the information in this book and block your shift to greater health. Instead, *observe* any judging thoughts or bodily sensations you may have, take some deep breaths, and take note of which passages you react to.

### Discussion Questions

Key Concept #1: *The trend of increasing consciousness in our culture can be accompanied by restlessness, isolation, disorientation, fears, sadness, losses and upheaval.* Question: Can you identify with this trend in your life? (preface)

Key Concept #2: *We all have a lower self that is associated with a state of diminished health and a higher self that is associated with a state of greater health.* Question: What areas of your life do you think you are living from your lower self, and what areas do you think you are living from your higher self? (chapter 1)

Key Concept #3: *There can be barriers to awakening and shifting to your higher self.* Question: Can you identify in your own life any of the barriers or forms of resistance on pages 60-63? (chapter 3)

Key Concept #4: *Competing fears and desires create energetic disruption and turmoil that keep us stuck.* Question: Can you identify with any of the competing fears and desires on page 75, or with some other competing fear and desire that is creating turmoil and disruption in your life? (chapter 4)

Key Concept #5: *Contaminating energetic frequencies are negative beliefs that form based on what has happened to us and what we’ve been told about ourselves.* Question: Do you identify with any of the contaminating frequencies on pages 98-99, or with some other negative belief? (chapter 5)

Key Concept #6: *Inner turmoil and pollution can be cleared with Energy Medicine First Aid.* Question: Have you tried Energy Medicine First Aid for your triggers? What was your experience? (chapter 6)

Key Concept #7: *Becoming aware of and working with spiritual signs and messages is integral to the shift from lower to higher self that awakens greater health.* Question: Have you experienced any of the barriers to receiving spirit messages on pages 127-132? (chapter 7)

Key Concept #8: *Shifting to your higher self requires a dying off of lower-self ways of living.* Question: What lower-self illusions, beliefs, attachments or behaviors are dying in your life? (chapter 8)

Key Concept #9: *Awakening to greater health requires discovering and returning to your natural and wild state.* Question: Do you have any of the fears of being your natural, wild self, as listed on page 176, or some other fear? (chapter 9)

Key Concept #10: *Living from your higher self creates healing presence.* Question: In what way have you or someone you know served as an anchor, a mirror, a space holder or a conduit? (chapter 10)