

Health, Wellness and Healing Mastery at Your Command Worksheet for Session #4

These exercises are for your personal growth and development only. You do not submit them to us for review, but use them to take yourself ever deeper into what is blocking your greatest health and vitality and command for what you want instead.

In this exercise you become aware of your internal states that are contributing to your current state of health. Once you are aware, you have the power and the tools to change those internal states into ones that support your good health and vitality.

Take a moment and place your conscious awareness onto what you are internally thinking, feeling and seeing.

What is your biggest health challenge right now?

What is the message this health challenge has for you—what does it want you to know?

What does your body need in this moment in order to heal?

What would your life be like without this health challenge?

What are you allowing—or not allowing—in your life that is contributing to this health challenge?

Form 3-4 Commands from your answers and take yourself through the Etheric Blueprint Process for Healing. You can also practice with a friend and take each other through the process.