

DONNA EDEN

Energy Healing



WORKBOOK

5 Simple Tips To Get The Most Out Of This Live Session:

1. **Print out this workbook** before the training starts so you can write down your notes as you listen.
2. Review the topic outline so you know **what to listen out for**.
3. Make sure you've **set aside 60 minutes of private time** for this session so you'll be able to focus and fully receive the benefits from the session with **Donna Eden**.
4. **Write down ALL the interesting and new ideas** and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Think of how you can quickly **implement the secrets revealed** in this session to unblock your path to **Energy Healing**.

PROJECT
HEAL YOURSELF

1. What is Energy Medicine?

2. What can Energy Medicine do for you?

3. By engaging with Energy Medicine, someone else's negative energy cannot affect you. Is this statement true or false?

4. Why does energy medicine work?

5. Who can use energy medicine?

6. Is energy part of our health? Yes/No?

— PROJECT —
HEAL YOURSELF

7. How do you restore the full, free and dynamic flow of your energy?

8. What is required from energy in order to heal? (Hint: homo_____)

9. Does Energy Medicine ALWAYS work? Yes/No

For more information about Energy Healing with Donna Eden, visit:

<http://www.projecthealyourself.com/energy-healing/donna-eden/access>

or

<http://www.projecthealyourself.com/energy-healing/donna-eden/anytime>