

A large number of monarch butterflies are shown in flight against a clear blue sky. The butterflies are densely packed, filling most of the frame. They have orange and black wings with white spots. The background is a bright, clear blue sky. The overall scene is vibrant and dynamic, capturing a moment of mass migration.

Letting Go With Grace

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***Reiki Master, EEM-AP,
Shamanic Practitioner***

Quantum Traveler

***Instructor Eden Energy
Medicine***

October 2020

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Services Offered

- *Free 30 Minute Consultation for New Clients*
- *Spiritual Guidance*
- *Quantum Healing*
- *Energetic Balancing*
- *Group / Private Education Classes*
- *Sacred Geometry in Your Gardens*
- *Messages from Spirit*
- *Medicinal Herbs*
- *Raising Your Vibration*
- *Pet Energy Sessions*
- *Children's Energy Adventures*
- *Dowsing*
- *Reiki Training & Attunements*

New Contact Information

- Relocated to Woodstock Illinois
- healing@drgailV.com
- www.drgailV.com
- 507-244-1994 (no change)
- 1128 Amber Ct, Woodstock IL 60098

Upcoming Speaking Engagements !!!!!

***Radio Show Guest Speaker with World Recognized
Evidential Medium & Spiritual Leader***

Suzanne Gieseemann

www.SuzanneGieseemann.com

<https://www.suzannegieseemann.com/event/messages-of-hope-radio-show-unity-online-radio-41/>

November 12, 2020 3-4 pm CST

Ready Set - Let Go!

- *Welcome*
- *Introduction to Season of Fall*
- *Rhythm of Earth transitioning to Metal*



Mother Nature Guidance

- *Animals*
- *Plants*
- *Trees*
- *Humans*

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What Are We Clinging To?

- *Material objects*
- *Frustrations, anger, resentments*
- *Anxiety, panic*
- *Fear*
- *Worry, over-compassion*
- *Grief*

Emotional Holding On

- *Grief*
- *Sense of feeling dead*
- *Seeing everything as wrong*
- *Detachment, withdrawn*
- *Controlling*
- *Need to be right*
- *Over-compassionate*
- *Worry*
- *Don't like change*
- *Enabling behaviors*
- *Feeling the weight of the world on shoulders*
- *Feeling stagnant*
- *Too involved in others lives*



**CHANGES
AHEAD**



**CHALLENGES
AHEAD**

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Are You Feeling Alone ?



*Are you Sharing
Love with You?*



How Do I Let Go AND Not Feel Guilty??

- *Begins with forgiveness*
- *Stepping into Heart and quiet ego scatter chatter*
- *Create sacred space*



Choices

- *Utilize your power*
- *We choose how we respond to all situations*
- *Choose positive over negative*
- *Choosing consciously brings forward Grace*
- *Breathe through Heart*



Being Grounded !!!!!!!!

- *Recognize the imbalance*
- *Ground self*
- *Connecting navel & 3rd Eye*
- *Donna Eden's 4 thumps*
- *Mellow Mudra-calms any excess energy*
- *Trace Triple Warmer backwards*
- *Drink water*

Being Grounded

*Trace Figure 8's on
bottom of feet with
stainless steel spoon*

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Open Hand and Feet Gaits

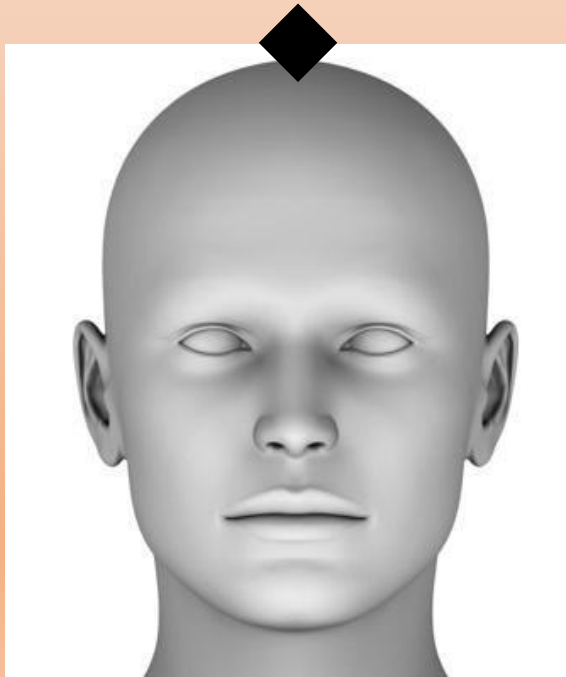


Neurovascular Directions

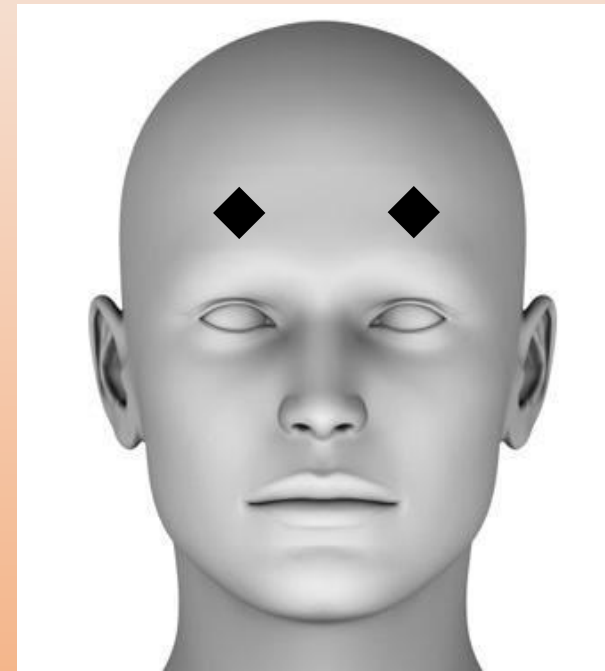
- *Place fingers over Neurovascular points lightly and hold all together for 2-10 minutes or until undesirable emotion has passed*
- *Repeat as often as you need*
- *Do not do while driving*



Restoring Balance of Metal-Letting Go



***Metal
Neurovascular
point
Direct
top/center of
Crown Chakra***



***Main Neurovascular
Points***

Creating GRACE in YOUR LIFE

Step One- Most Important- BREATHE!

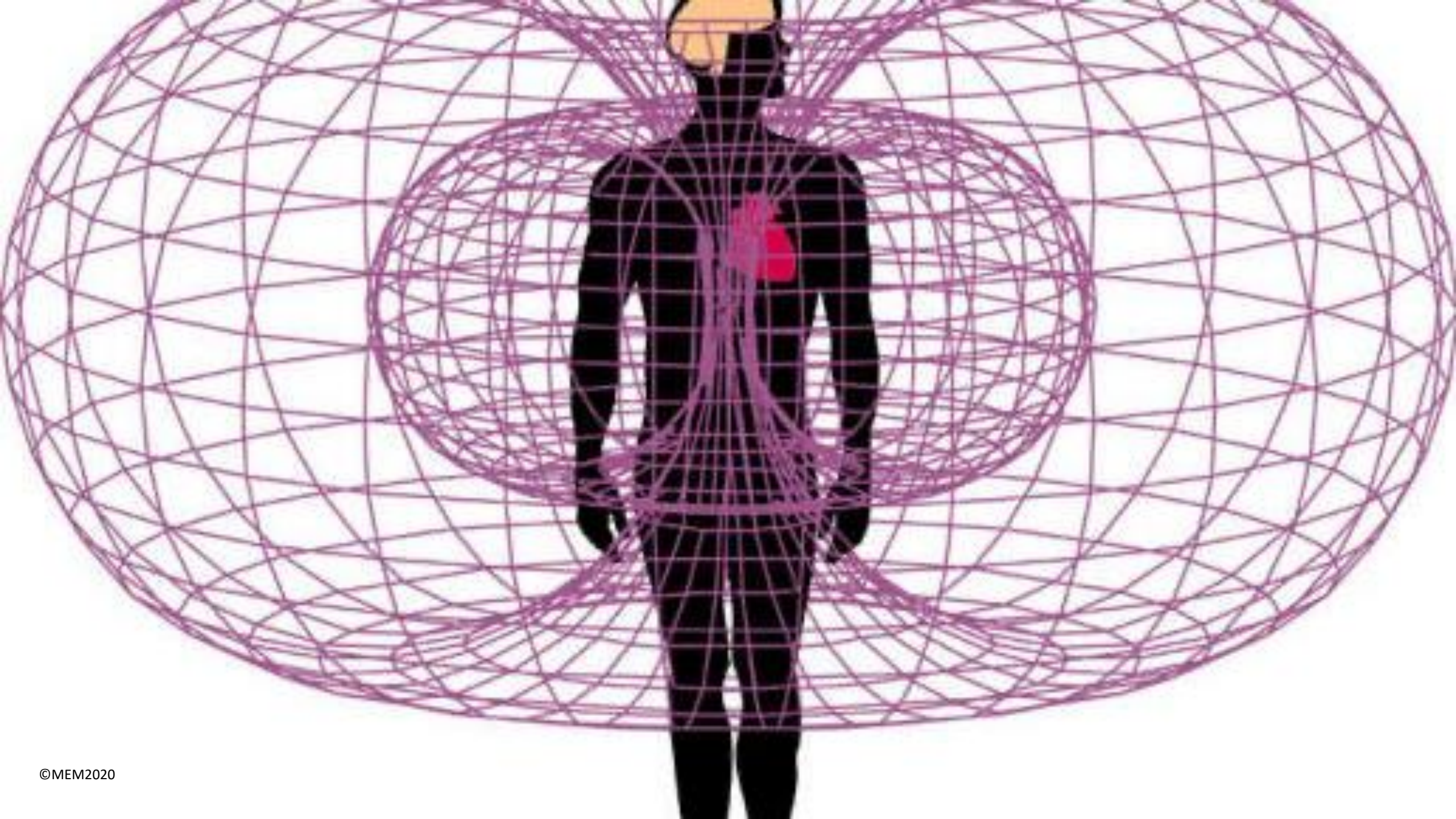
Inhale through nose

Exhale through mouth

Consciously breathe in & out through Heart

Breathing with connection to Your Heart connects you to your cosmic energy source

Connects you to your Toroidal energy field



Ask Questions Through HEART



Resources

- Dossey, B., Keegan, L. (2016). Holistic nursing. A handbook for practice. Jones & Bartlett Learning. Burlington, MA.
- Eden, D., Feinstein, D. (2008). Energy medicine. Balancing your body's energies for optimal health, joy, and vitality. Tarcher/Penguin Putnam Inc. Hudson, NY.
- Evans, B., Van Kanegan, G., Mulnax, J. (2016). The art of raising frequency. Setting the vibrations for healing. Crystal Wings Healing Art Publishers.
- Hover-Kramer, D. (2012). Healing touch: Essential energy medicine for yourself and others. Sounds True, Inc. Boulder, CO
- Oschman, J.L. (2016). Energy medicine. The scientific basis. (2nd ED.). Elsevier. St Louis, MO
- Thie, J., Thie, M. (2012). Touch for health. The complete guide. A practical guide to natural health with acupressure. Devorss & Company. Camarillo, CA.