



## Module Six - Funsheet

What is my 'pie in the sky' wish  
What do you loooove to do?

### DEFINING YOUR What

What is it that you LOVE so much - you could do it all day, every day and kinda get lost in it?

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What do you LOVE so much - that you would spend money to learn more about?

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What do you LOVE so much - it feels like happy time for you?

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What do you LOVE so much - that also helps others?

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Describe the vision scene you see:

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What things do I hear?

Around you, from others to you / about you  
What are you saying to yourself?

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What does it feel like within you?

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# Clearing Resistance from your Upper Energy Centres

## HIGHER HEART CENTRE

CLOSE YOUR EYES .... ASK YOURSELF:

What % of you is hiding from showing up - from showing others who you are?

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Where am I keeping my voice small?

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## HIGHER HEART CENTRE

I love my heart

I love my Self

I love my voice

## HIGHER HEART CENTRE

It is safe to be in my heart

It is safe to be in my Self

It is safe to be in my voice

## THROAT ENERGY CENTRE

Are you afraid to Speak Your Mind?

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Are you afraid to Speak Your Heart?

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Am I allowed to have a different opinion?

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Is there a job I have always wanted - and never thought it was possible?

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## THROAT ENERGY CENTRE

Where am I not listening to — bringing forth or acting on — my inner desires?

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SAY:

I express my inner voice in safety.

It is safe to express my inner voice.

It is safe to step into action.

It is safe to act on my desires now.

## THIRD EYE ENERGY CENTRE

What beauty cant' I see in me.

Where am I hiding the beauty from me?

Where is the veil , how am I hiding?

Where is it wrong to be the 'seer' of beauty?

Where is my guilt for being the centre of attention?

Imagine peeling off the veil, or layer:

Say "Love, love, Love, I free you now"

What do you need to know to take you forward

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## CROWN / HEAD ENERGY CENTRE

Where don't I understand me? Where don't others understand me?

Where am I different in the way and who I am?

What place do I feel un-expressed?

Where is my crown my burden?

Where is my crown my 'wrong'?

**Imagine** all the ways and places you feel that your sparkly crown and expression is *not* the sparkly crown...

**Now - with an imaginary broom** - sweep all those clogged up, dirty, dusty places away.. Sweep, sweep sweep sweep.

Imagine a doorway opening up at the top of your head.

**Beam a light down from the sky.** A clean channel, crystallly and almost translucent.

**Look up through the channel** (like looking up a pipe) and if there's anything inside, blocking the channel - imagine sweeping *all* it out. Don't stop until it entirely clear.