

Weekly Overview

<i>Week 0</i>	Introduction Survey Life Timeline, Energetic Hygiene
<i>Week 1</i>	Reiki 1 Training, Inner Child Workbook Soul Retrieval + Cord Cutting Energy Healing
<i>Week 2</i>	Shadow Work Workbook Reiki 1 Attunement
<i>Week 3</i>	Shadow Work Workbook Womb Healing
<i>Week 4</i>	Shadow Work Workbook Soul Purpose Reading Delivered ✓
<i>Week 5</i>	Shadow Work Workbook Ego Alchemy x 3
<i>Week 6</i>	Reiki 2 Attunement + Shadow Work Self-Discovery Workbook, Future Self Journaling
<i>Week 7</i>	Inner Child Healing Abundance Blockages

Week 8

Abundance Blockages
Past Life Healing for Abundance Blockages

Week 9

Communicating Effective Boundaries
Boundaries Worksheet 1

Week 10

Communicating Effective Boundaries
Cord Cutting/ Soul Retrieval Healing
Boundaries Worksheet 2

Week 11

Spirit Guides, Psychic Abilities, Light Codes,
Learn Automatic Writing

Week 12

Spirit Guides, Psychic Abilities, Light Codes,
Past Life Healing

Week 13

Review Plans
Planning + Goal Setting to Fulfill your Purpose

Week 14

Ending Survey
Last session