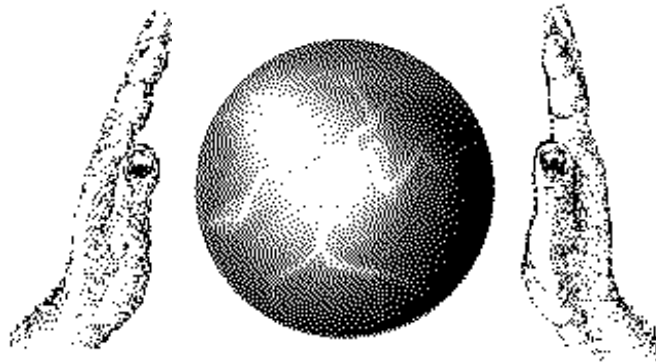


## Attuning yourself to Healing Workshop Worksheet

<http://www.wisdomsdoor.com>

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### Exercise 1: Tuning the Palms



1. The technique begins with generating what is called an energy-ball. Hold your hands in front of you, and pretend you are holding a ball between them. See this ball clearly in your imagination and feel the imaginary ball as it rests between your hands.
2. As the energy goes into the energy-ball, it should feel like the space between your hands is firming up. Keep this up for as long as you can. Here you are learning how to create a significant amount of energy from your hands.
3. When you tire, stop. Take a break and then try again.

### Notes:

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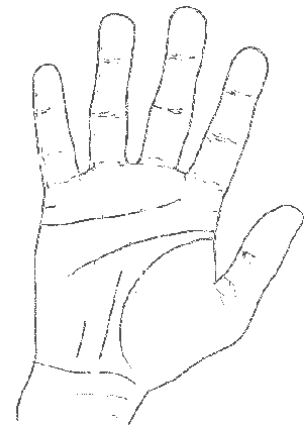
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## Exercise 2: Tuning the fingers

1. Hold one of your hands open so that you can see the palm.
2. Take whatever finger (on the other hand) that you want to tune to healing and lightly tap it into the center of the palm of your other hand,
3. As you tap the finger into the palm of your hand, try to feel or send some energy out the tip of your finger and into the palm of your other hand.
4. Keep repeating the taping for at least 3 minutes. Repeat on other fingers as well. *I like to tune them all but for start just work one or two of them.*



### Notes:

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