## **ENERGY BALANCING**





1 PRAY

Connect to God through prayer.
"Heavenly Father, I thank thee..., I ask thee...
In the name of Jesus Christ. Amen."



DISPEL EVIL SPIRITS, ENTITIES & CURSES

Cast out evil energy.

"In the name of Jesus Christ, I command this evil spirit/entity to leave" OR "In the name of Jesus Christ,I remove this curse." Check for hidden evil spirits, entities, & curses.



OPEN HEART & SURRENDER WILL

Check to see if the heart is 100% open hearted. Check to see if the will is 100% willing to surrendering. Check for heart-walls and hidden heart-walls. Resolve each one from when it was formed.



IDENTIFY THE CURRENT CONCERNS

List out what current issues you are concerned about and would like to resolve.



CHECK THE LITERAL LANGUAGE OF THE BODY

Mentally scan your body and list out physical discomforts, tension, health problems, sores, pains, aches, etc.



6 RELEASE UNRESOLVED EMOTIONS & FEELINGS

Identify the trapped emotional energy and its source. Find out if it is from you or if is it inherited?



USE ESSENTIAL OILS & OTHER TOOLS

Muscle test different essential oils or other tools to help raise vibration & rewire beliefs.



8 USE CHILDHOOD REGRESSION TECHNIQUE

Go back to the specific age in your mind and 1. Acknowledge, 2. Address, 3. Appreciate



RESOLVE FALSE BELIEFS & CREATE NEW ENLIGHTENED BELIEFS

Detect false beliefs and unsupportive thoughts. Adopt new beliefs and thoughts.



RECORD GRATITUDE FOR THE PERFECTION & RECEIVE GOD'S LOVE

Journal and expand your understanding. Show God you've learned your lessons.

