

## Exercises for MASTER CLASS - WEEK FOUR

### 1) Create a narrative, a story about your health

The narrative can be about abundant, vigorous health or healing yourself of an injury or an illness.

Spend 5 min each day writing out this story. Let it evolve each day.

Do this for 5 min each day.

### 2) Contemplate and affirm for 5 min each day

**"I am a choreographer of energy and I make positive choices in my life."**

As you contemplate this, think of all the possibilities you have to work with energy (all the techniques taught in this session).

Get action happening, be proactive in your life.

### 3) Practice the *Quantum Healing Technique*; Connection, Diagnostic and Treatment.

This will help you connect to the energy web and reveal to you the best ways to move forward for increased health and vitality.

Do this for 5 min each day.

### 4) Continue with your project of choice

Use any three mind power techniques that feel most appropriate.

Do this for 15 min each day (5 min per technique).

Keep the momentum happening.

**Every exercise you practice is training the mind to take instructions from you and is giving you control in your life.**

### Remember to chart and journal everyday.

Put a checkmark in the box when you have completed each exercise.

(Charting is an important part of the training; it allows you to visually monitor your training.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							