



the path to **heal**

Imagine *Living a* **LIFE**
without struggle



www.thepathtoheal.com

DAILY HEALTH PACKET

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Dear Clients,

Welcome to the The Path to Heal Daily Health section. The Daily Health Packet, which is to be done at home, is a major component of the healing process. In order to get the full benefit of your recent session, I encourage you to do this work every day. You will need to hold a Rose Quartz Heart, the crystal of self-love, while performing most of the techniques. However if the crystals are not available, imagining the crystals and their loving energy while doing the techniques. The packet contains the following techniques:

- 1) Restoration** : to be done daily for one week after your session
- 2) Be Your True Self**: to be done every day to aid in the release of struggle, regardless of whether or not you've had a session recently
- 3) Transcendence of Struggle**: to be used in stressed and emergency situations

During the week after your session, you will be experiencing release in which you may have many "aha" moments. You may also experience physical release which may include, stomach gurgling, trips to the bathroom, and if your body is releasing infections you may experience mild virus like symptoms. These symptoms will not be serious, and if they are, they are not related to **The Path to Heal** and you should treat them as you would treat other illnesses that you experience. Please also feel free to contact your **The Path to Heal** practitioner if you have any questions.

To a life without struggle!

Becky

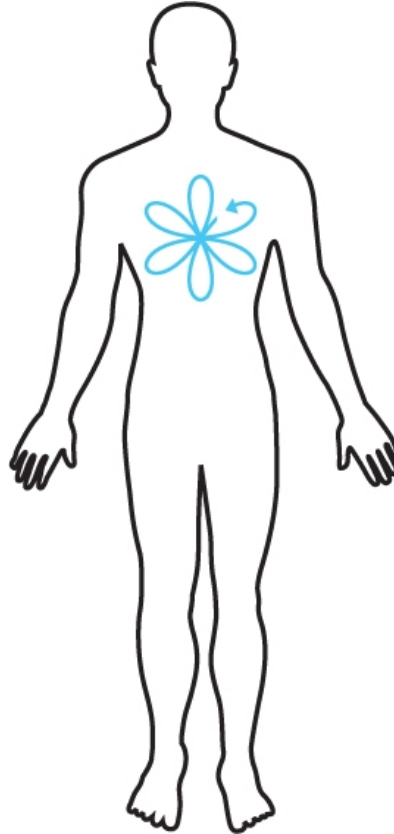
Becky Cohen
founder of **The Path to Heal**



Restoration to a State of Pure Love

Step 1: Release:

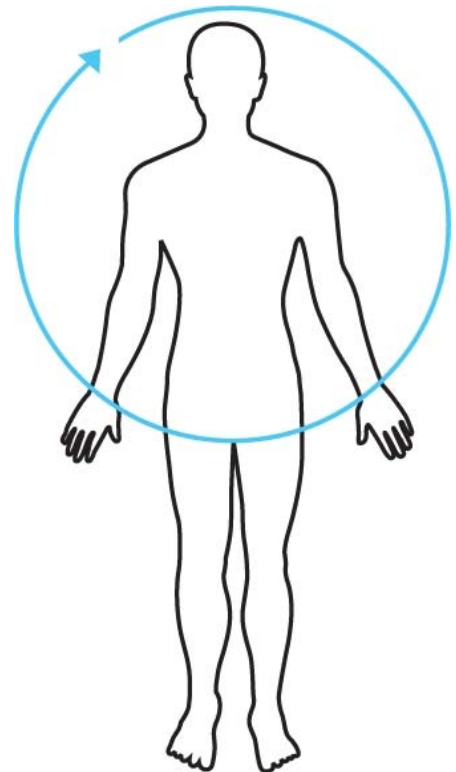
- Read each personalized wound and obstacle sentence out loud
- After each sentence, with Rose Quartz Heart in hand, draw an infinity flower over heart, then open hands to sky and take a deep inhale followed by an audible exhale



Step 2:

Transcendence:

Rose Quartz Heart spins from Crown Chakra to Base Chakra quickly (three times)



Step 1 done multiple times after each sentence is read, step 2 is only done once after step 1 is completed for all sentences



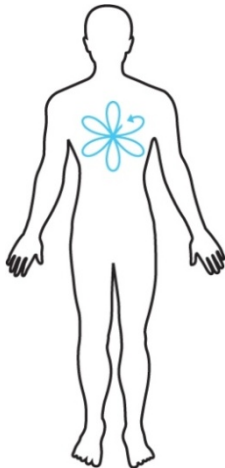
Client performs Restoration once daily for one week post session.

Be Your True Self

A Manifestation Technique

Step 1: Illumination:

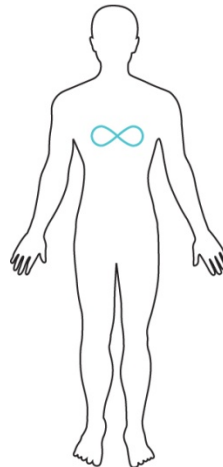
- Write down current struggles, but in a positive form (example: sleep issues become “I sleep well every night”)
- After reading each “positive struggle” out loud, with Rose Quartz Heart in hand, draw an infinity flower over heart



Step 2: Transcendence: *Performed only once after reading all of the “positive” struggles out loud.*

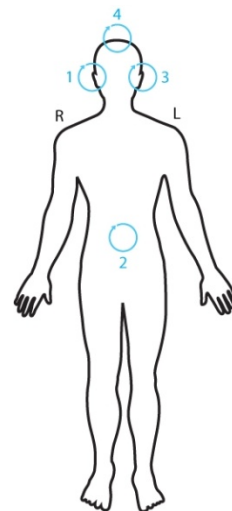
- Take a diaphragmatic breath before reading each of the following statements out loud :
 “I am enthusiastically myself at all times.”
 “I trust all good things will come to me.”
 “I unconditionally give and receive love.”

Step 3: Manifestation: Draw a Rose Quartz infinity over heart 3 times. Breathe in and say “I AM THAT,” breathe out and say “I AM”.



Step 4: Empowerment

- Rose Quartz Heart spins right ear, naval, left ear then Crown Chakra (each point receives 3 quick spins)



Be Your True Self is performed once daily, and does not need to be linked to a session.

In a session, the practitioner will also develop manifestation sentences to add to this list.

“I AM THAT, I AM” is from The Moses Code by James F. Twyman. This statement allows one to see through the eyes of the soul which is the same as seeing as God sees. By claiming oneness with God, we have the power to make anything happen.



Summary

Wounding Event (which makes us feel wrong for having a basic need)



Triggers (situations that lead to the exposure of denied needs tied to a wound)



Fear (that the exposure makes us deserving of loss of love)



Constriction (repression of self)



Manifest Obstacles



- Thick boxes all can be Illuminating Conditions
- It is the fear of loss of love that causes 1) constriction leading to illness or 2) the manifestation of obstacles
- Constriction and Obstacles can become triggers
- Self love leads us to heal constriction and dissipate obstacles
- Triggers will always exist but without fear, reactive struggle will go away

