

Embracing Bliss with Jenny Mannion

*Energy IS KEY to Creating a Life of Bliss
(Learning how to tap into energy and change it)*

EVERYTHING and EVERYONE is made of ENERGY

Energy IS a part of everything and is considered the base of Eastern Medicine. Energy can be called Qi, Prana or by other names - they are ALL the same!

Change your Energy and Vibration - you change your life. Every area of your life! I have seen in my own and clients lives. From me healing on all illnesses, getting a book published and meeting the man of my dreams to helping clients heal from cancer, depression and more. Resonance = Manifestation

When you match the resonance of a vibration energetically you are calling things to you.

Energy Flows where attention goes. This course will teach you HOW to move energy in different areas of your life with your attention and intention.

Moving through this Bliss acronym - you will feel empowered, focused and most importantly worthy of inviting and sustaining bliss in your every day life.

WAYS to tap into ENERGY

You can rub the palms of your hands together for 15-30 seconds. Hold them a few inches apart moving them in and out.

- Notice where you feel the energy strongest. Remember to PLAY and not judge!

Rub the top portion of your hands together (knuckles to tips of fingers) - hands in fists for 15-30 seconds. Move them a few

inches apart and together. - Notice where you best feel the energy.

Visualize the energy in your hands. It can be a ball, a light, wisps like smoke... whatever feels right is the best way for you to visualize. Play with this - eyes closed with a smile. The more you "play" and are not judging the easier it will be.

Practice - this is like growing a muscle. By the end of this class you will feel energy much faster and easier. Be patient with yourself and know you can always try these other methods or combine them. Find what works for YOU!

Energy Exercise

Settle into the space - intending your breath to slow - we'll learn more about breath in the next module. Give yourself permission for this time.

Rub the palms of your hands together or the top portion of your hands - whatever is more comfy. Close your eyes. Invite in a smile.

Hold hands apart and together - what do you feel? If nothing rub together again. No judgement - this is fun, cool - remain childlike. Notice the sensations.

Visualize that energy moving. Like a ball of light, wisps, whatever works for you.

Energy flows where attention goes, bringing deep relaxation to each part of your body. You can do this slowly to bring in relaxation, quickly to wake yourself up or specifically holding the energy in areas where you can use a little healing to invite in warmth and wellness.

Repeat to yourself when you are in this relaxed state that you are inviting in a life of bliss and are excited for this journey and to explore and learn more.