

Resources and Notes from Energy & Relationships Class

Book Recommendations:

[*Hands of Light*](#) and [*Light Emerging*](#) by, Barbara Brennan

[*Human Design*](#) by Chetan Parkyn

Free PDF:

<https://www.scribd.com/book/153949796/Human-Design-Discover-the-Person-You-Were-Born-to-Be>

Raymon Grace Dowsing Chart:

<https://www.raymongrace.us/about-dowsing.html#/>

Heart Chakra Cord Cleaning Exercise for Couples:

Sit facing each other in a relaxed position. You may have your eyes open or closed.

Take a few deep breaths together and set an intention for sharing sacred space.

Bring your awareness to the center of your chest.

Imagine a tiny point of light emanating from your heart space.

Notice how your heart center feels at this moment. Does your chest feel open and warm, cold and blocked, cold or tingly?

There are no wrong ways to feel your heart; the key is to just take time to become aware of this important area.

Use your breath to enhance your focus on your heart. Imagine drawing more energy into your heart and sending this energy out of your chest with your breath.

Use your imagination to occupy new spaces and explore new territory within your heart field.

If you are having trouble accessing this energy portal, focus on something you are grateful for or someone you love deeply.

Once you have started to occupy your own heart space, visualize the energy connections you have with others, these look like bio streamers of light that extend out from your chest.

Find the chakra cord that connects you to your partner.

Follow it and observe the energy flow as it travels from your heart to theirs and connects deeply within your partner's chest.

Feel the size, shape, color and overall health of this cord connection. Send light to clean and illuminate your heart connection to your partner. Take time to send unconditional love, acceptance and adoration to your partner. Let all past hurts of perceived wrongs be cleaned out of this cord with the light of love. What color is your love light? Use your imagination and let your intention take you deeply into a new state of connection. Ask for your angels and spirit guides to assist you in cleaning away energetic residue and emotional debris that may have blocked your ability to give and receive love through this channel. Stay here as long as you like. This exercise can lower blood pressure and enhance immune function.



