

Tenets of this work

- 1 – **Structure Determines Function**
- 2 – **Energy Follows Thought**
- 3 – **Flows Must Flow**
- 4 – **Body Remembers Everything That Has Ever Happened To It**
- 5 – **Body Heals Itself** (when it can)

We gently remind the body that it has a template/blueprint (**bottom circle**) and soul intention and the ways that they are bound into the programme – of whose making? We encourage the release of that which is holding it hostage (being aware that the sovereignty/stewardship of the vehicle may have been breached and the being is somewhat enslaved). (**Middle circle** – and all of them to some degree)
Our task is to lighten the load. To **Rise Up**

7 'L's' - (Also connect to the mediation pages)

Light – we are all of – and may have forgotten

linage – human and other dimensional

Liver (we are energy – through the channels of Light and energy we can condense into matter)

lymph/ligaments – in form we are bathed in an inner sea – bound by physical strands

lies – who benefits in holding all in bondage/ignorance/misdirection?

litigation – and then has the 'laws' to hold all accountable power/force – repression/control

Sequential

1 -Self paced learning expected – **online component** is vast.

2 - **Experiential workshops** are to feel the changes - led by one who has had a minimum of several of each of these workshops led by Heather.

3 - Online closed Zoom/FB or similar **mentoring afterwards**.

Gentle Selfing

Acquainting ourselves with what is stored within and how this can be undone when we allow flows to flow again. **ONLINE** – *Soothing, Peri steaming and What Causes Health*. Ideally already covered prior to the course that is led by the teachers – hands on – we can do online – but is likely to be 1:1 – or preferably – a teacher with at least 2 in the 'class' so they can touch each other.

Chest gouging, bash, bash, SLQR, (on self) sacral wakeups, belly round and round – large and small, around the navel, self hugs and little jiggles, diastasis closers, peristalsis encouragers, soothing upper and lower, closing the belly (keyhole).

IN CLASS – clearing with water/plants and intention.

Opening the space – also **closing ceremonies**

Bao Mai and **ancestral clearing meditations**.

AFTER CLASS – 4 week challenge led by the teacher: personal selfing PLUS week by week – new habits, declutter, shedding and face the future

Leading into . . . (after tasting the *Life Rescue* course)

Gentle Self Discovery

Likely all **ONLINE** – including going through the actual class (*Gentle Trauma Relief*) recorded in Oct 2019. How you came to be 'you'. Clearing what no longer serves.

Undoing personality cage – via your own – and maybe your mother's and your children's Life Library. *Tools* and *Ethics (Playing the Fix-It Game)*

Reconnecting Bao and Dai Mai (heart and wombspace)

- 1 – Three Heater (food factory/gut function)
- 2 - Bao Mai disconnection resolved.
- 3 – Adhesions/fascial releases

There are pages online of all of this.

Poly Vagal Release

Accident Recall

Peritoneal Untangler

Leg shaking

Diastasis

Deeper lymphatic

Hiatal Hernia syndrome

Ileo cecal valve corrections

Prostatic drainage work

Deeper sacral

Adhesion breaking

Holistic Healing After C Section /Surgical Incursions

ONLINE – many courses to get through all of this.

Move Your Qi

Microbleeding

Channels of Light - 8 Extra Meridians and Meridian Hierarchy

Role of 8 Extras in women's Lives and Maternity.

Master Points, Luo points and Xi Cleft points.

Stuck Belly Blood

Sharp pointies - why and how.

Mammalian Maternity Add in the template . . *Opening the Baby Gate*

Easy breasts, Easybabies. Fingertip rescues – eventually the apps and heathersays.

Pelvic Opening

Painless Pregnancy - Easy Birth

There are pages online of all of this.

Living Ligaments I

Womb release

All Mercier inspired moves as the O.S.L. is checked often – watching how the body shifts as the emotions are discovered/released/held still hostage.

Checking – always the pullups and the O.S.L.

Revision of all to date. . . THEN

Front checking

Ovarian Whirlpool

Uterine rake

Back checking – O.S.L. always . .

Sacral puffiness/breaks

Coccyx distress

Moves - are addons to all – steaming especially - SLQR, sacral moxa fan etc..

Sacral rolfing

Sacral opening and yanking (WDCD)

Butt opening . .

Glut slides

Shakeys

Sacral smash

Under sit bone

Heels to bum

Hippy shake

May get 'stuck into' the coccyx and repeat all that happens on a sacrum there. – Steaming or moxa fan needed - if not needling . .

Back to the front - and do for real . .

Ovarian Whirlpool

Uterine rake

Taking Leg For a Walk

Uterine rake

Likely up and about several times – likely steaming at least 2x if/when correcting tailbone

DRAFT DOCUMENT – more will be added in . .

