**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**.

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**1 - 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 last 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.**

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

**2 - 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)***

**If offered experientially - Heather led.**

**Beliefs** – where did your’s come from? How have they shaped your life? Whose were they/ where did they come from? What has this meant? Who wins/won with you so ensnared? What life themes have resulted? Where did your mum’s come from? Her mum’s?

The strength in vulnerability. Flip side of barriers/independence (we are all one).

Kaliana placental recoding. Facing out of self – acceptance over forgiveness.

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**3 - 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**

**ASSUMED - Settlers**

Moxa thread – on heels

Brazilian toe touching

Grandma cuddles

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**Holistic Healing After C Section /Surgical Incursions**

**ONLINE – many courses to get through all of this.**

***Move Your Qi***

**Lymph/SLQR/pull out cold/moxa/sacral wakeups**

***Sharp pointies*** - **why and how.**

Microbleeding - **why and how.**

**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**

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**4 - 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.**

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**5 - 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 (and all, including steaming first)

***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.

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**6 - Living Ligaments II**

Revision - (Tweak and polish)

‘All fall down’ - more on prolapse, incontinence, loss of tone, connective tissue issues

Life intersections, Surgical consequences/mishaps, Mesh and other implanted extras

Men’s business.

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**7 - Living Ligaments III**

Revision - (Tweak and polish)

Reproducing – normal, blockages – male and female. Off template disturbances.

Retrieving normal.