

## **BECOMING A HEARTLINK PRACTITIONER – AREAS THAT MAY BE COVERED DURING CERTIFICATION PROGRAM**

### **Physical Health**

- Honor and Create Sacred Space – Ceremony, Ritual, & Celebration
- Learn Energy Systems & to Move Energy – Chakras, Meridians, Energy Bodies/Fields, Seeing Auras
- Energetically clear all chakras and meridian points, inside and out
- Learn Vibrational Healing – Sound therapy, mantras/toning– raising frequency
- Other Healing Methods: Color therapy, **Breath Healing** (Rebirthing & Holotropic breathing), Gem Stone Healing, Aromatherapy,
- Dietary Principles & Environmental/toxic/pollution concerns

### **Emotional Development**

- Transpersonal Psychology & Psychotherapy
- Hypnosis (& Visualization) and Working with the inner child
- EFT (Emotional Freedom Technique) & Stress Management
- Identify Limiting Beliefs for Deprogramming - Release conflicting programs in your subconscious: It is not safe to love, be in your power, etc - Balance and release all thoughts out of balance with your nervous system- Release any psychic weight you might be holding in your subconscious thoughts
- Learn what energy or patterns you have picked up from your parents
- Release attached feelings or karmic attachments to parents, lovers, or others from the past
- Soul Retrieval - Bring in all of your essence and any aspect which has not been safe to be here in the past - Identify any aspect of you out of the moment, held in past feelings, or emotions - Release energetic patterns you are carrying from **past traumas**

### **Inner Work - Mental/Psychic Development**

- Protection/ shielding, Merkaba (Light Body), Research in OBE (out of body experiences) & NDE (near death experiences)
- Dreamwork, Meditation, Prayer, Dowsing/Pendulum
- Working with symbols and sacred geometry - Identify symbols which unlock information from your past, Countries/Places of past influence & Sacred Sites
- Esoteric Sciences & Archetypes: Astrology, Tarot, Numerology, Sacred Geometry, I Ching
- Communicating with Source/Angels/spirit guides/animals
- Clairvoyance, Clairaudience, Clairsentience, Identify if you are visual, auditory or kinesthetic - Creative Expression, Synchronicity, Manifesting

### **Spiritual Development**

- TUNE INTO SIGNS OF THE TIME – What is the Ascension Process, Experience Higher Dimensions and bring higher vibration into your 4 bodies
- Connect with your God self in a way you can do so easily, even after the session
- Meditation, Prayer, Communicating with Source/Angels/spirit guides/animals
- Kabala (Tree of Life – Science of Light)
- Modern Religious Experiences - Eastern and Western Mysticism (Ageless Wisdom) – Inspirational Channeling - your soul essence color
- Soul Retrieval (refer to Emotional Development)
- Discover your mission and purpose for being here now

## **HEARTLINK RELATED AREAS OF STUDY AND THERAPY:**

- In Utero experiences, Past life therapy & Future life progressions and multidimensional realities
- Jungian Archetypes & Voice Dialogue Sub-personalities
- Client Profile, Communication and Listening Skills, Law and Ethics
- Stages of Development, Sexuality, Aging, Dying
- Counseling physical and sexual abuse clients
- Working with ET experiencers and children
- Marital and family counseling
- Treating co-dependency
- Working with phobias, obsessive behaviors, post-traumatic stress disorder
- Specializing in smokers or weight loss
- Blessing and depossessing homes, places, structures of all kinds

## **SOME BENEFITS OF HEARTLINK SESSIONS**

- Clarification of ego distortions
- Personal empowerment
- Creation of new behavior patterns
- Freedom from reoccurring destructive emotions and mental programming
- Integration and understanding of the lessons of past lifetimes
- Experiencing and understanding lessons from all four perspectives: mental, emotional, spiritual, and physical
- Clarifying the reasons for reoccurring patterns in relationships and present life conditions
- A realization each of us has a divine right to exist, our own right to be, and the right to occupy 100% of our own personal sacred space
- Reexamination of relative values and why we have emphasized particular issues in our present life situations
- The experience we are more than just our body
- The opportunity to take our greatest fears and make them our greatest strengths
- A new sense of the spirit being real and that spirit is the basis of all reality
- Produces clarity and an understanding which may change the way we view the death experience
- Greater self esteem and sense of self worth, as well as greater ego strength
- An overview of why it is so important to assume responsibility for one's own motives, intentions, emotions, desires, behaviors and actions
- Supplies increased personal awareness, understanding and a sense of integrity, as well as an expanded inner spiritual awareness
- Connection with Higher Self, Source, spiritual guides and teachers
- Release of the spirit from regret and ambivalence
- Reintegration of fragments and separated parts of the personality
- Highlights our own individual core patterns and soul purpose
- Our cleared mind can become a true reflecting point or mirror for the pure self consciousness and the flow of universal harmony in our lives without blockages or obstructions
- Rebalances our core patterns to perfect center point where we can claim 100% of our energy and activate our full potential to fulfill our life's mission and purpose.

Go to Certification Program page: [http://www.cabiz.net/zolaric/certification\\_program\\_i.htm](http://www.cabiz.net/zolaric/certification_program_i.htm)