



mindvalley academy  
online training

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**WORKBOOK**

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Energy Clearing Session

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*with Christie Marie Sheldon*

# Energy Clearing Session

Online Training  
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## YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

### 4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

*Thank you* for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Write down parts of your life that are similar to the stories shared by Christie at the beginning of the class:

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2. Write down the part of your life you want to work on today. Find the avenue that you are the most blocked in, and let's work on that part of your life.

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3. Steps to clearing your energy:

Step 1:.....

Step 2:.....

Step 3:.....

## — — — — — START OF ENERGY CLEARING — — — — —

During this part - you will be guided by Christie through a series of questions and exercises to clear all of your Energy Blocks. Take notes at the end of this workbook when asked to and inspired to. You will also be able to write directly to Christie and her team.

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## **AFTER YOUR ENERGY CLEARING**

**What is involved with doing this dream life?**

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**What steps do you rationally have to take?**

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**What massive action are you going to start taking?**

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**Write down the 1 week action steps...**

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**Write down the 4 week action steps...**

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**Write down the 3 month action steps....**

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## Power Questions to ask yourself:

4. What would it take for ..... to happen now?
5. Labels and stories about what you perceive are .....
6. I am willing to .....
7. What would it take for me to .....?
8. What would it take for me to be able to .....?
9. What would it take for me not to .....?
10. What would it take for me to create .....?
11. What would it take for me to connect to .....?
12. What would it take for me to keep the door open to .....?
13. What would it take for me to say yes to .....?
14. What would it take for life to change .....?
15. If I do 12 monthly clearings with Christie, will my life improve?  
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Use this space for any additional notes you have:

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## CASE STUDIES

### **“I have already recommended this program because of the shift it creates”**

My goal was to clear limiting beliefs around all areas of my life. About two weeks after beginning the program, a shift began to take place in my life. I manifested a client who in turn asked me to not only coach her but to also work with her employees.

She also wants to refer me to her clients in her spa. Right after that I got invited to be on a local TV talk show to discuss one of my main coaching tools. I am doing that next week. I am only on the 3rd session! I love knowing that I am clearing any emotions that are no longer serving me so that I can move forward and serve and live from the highest place. I have already recommended this program because of the shift it creates, not only for me but for everyone. I believe when I shift then the world shifts too!

*Dawn Weaver*

### **“I’m far more creative — ideas just keep coming and they’re good quality ideas”**

I’m having a much better time socially, I feel very much better about myself and people are seeking me out, and often tell me they love me, which is lovely!!

I’m a musician and web designer. I’m far more creative — ideas just keep coming and they’re good quality ideas. And technically, with playing, some of difficulties I was having have just resolved themselves. I teach horse riding. I can now see their energy and the horse’s much more clearly and I just ‘know’ how to change it and unblock it, and what to say so they understand on their level. I have always had problems with food sensitivities, and these are disappearing fast. I had body image issues, and eating disorders and those are improving drastically also. I wish I could tell you how grateful I am but I don’t really have words to say it.

*Margaret*

### **“I’ve gained approximately \$60,000 worth of consulting contracts”**

It has taken a few weeks, but manifestation has been at work — so I’ll be in a position to pay my outstanding *Unlimited Abundance* course fees on Thursday. Just to fill you in, I made a promise that, if within the 10-day \$1 trial period I was able to gain an additional \$4,000 in resources, I’d happily pay for the course.

The flow of events has been such that I’ve gained approximately \$60,000 worth of consulting contracts stemming from actions and decisions taken during that trial week. As the flows have begun to arrive, I’m delighted to pay my fee, and also to share my success story with you.

*AJ*

## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

*What energy blocks have impacted your life the most? What can you do right now to change that?*

*How will you contribute to yourself and to those around you after you have cleared your past energy blocks around abundance?*

*How will your life change when you have identified your energy blocks?*



To sign up for 12 months of Energy Clearing Sessions with Christie, please visit <http://mindvalleyacademy.com/store/energy-clearing-live/products/special> for more information. But wait until April 23 to sign up. Near the end of the live session, the sessions will be offered at a special price as a thank-you gift for class attendees.