

SOULVANA

masterclass

WORKBOOK

Activate Your Higher Energy

with Carol Tuttle

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

Access links for this masterclass:

- **Europe Broadcast:** London Time: July 14 Tuesday, 7pm - bit.ly/GMT_access
- **USA Broadcast:** US/Pacific Time: July 14, Tuesday, 6pm; **Asia/Singapore** Time: July 15, Wednesday, 9am - bit.ly/PDT_access

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 deeply 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 masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Let's set the Intention: "I am open to"
2. Everything is
3. As Einstein proved, energy cannot be created or destroyed but it can be
.....
4. We live in a dualistic world — part and part
5. Your level of success and well-being are directly proportionate to your
.....
6. All the major challenges you face are because of the lack of awareness of your
.....
7. There are types of.....

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This session will be an immersive session with you being guided into an altered state.

You will get very relaxed, so assume a posture where you will not fall asleep. Its best to sit in a meditation posture or on a chair. Keep your back straight to prevent falling asleep.

Exercise 1: Birth Clearing & Re-Frame

1. We're imprinted from birth into this energy of
2. Clearing old imprints that you took from

Listen to Carol's instructions. Go through the exercise.

1. You just flipped a switch to create a life of and joy and
2. "I now choose a life of , abundance and love and

Exercise 2: Activating The Foot Chakra

1. Your Foot Chakra is your
2. When your Foot Chakra is open you're feeling

Listen to Carol's instructions. Go through the exercise.

1. Simple methods create
2. It is so much easier to live understanding

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Exercise 3: Opening Your Third Eye

1. Your Third Eye is located at of your.....
2. Your Third Eye is your center.
3. Through your intuition opens up a

Listen to Carol's instructions. Go through the exercise.

1. Put your in the center of your forehead.
2. Pretend that you have an

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Use this space for any additional notes you have:

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SUCCESS STORIES

“I absolutely loved your Energy Healer’s Mastery Course! It was literally life changing for me.”



I learned so much about myself and was able to identify and clear lifelong patterns that were preventing me from succeeding at the levels I knew I could! Before the class, I was frustrated and had a lot of neck and back pain. After going through the course, I am a new person. My business is moving forward and I no longer have pain! I am amazed at how effective and powerful energy work is and I am excited to be able to help others with what I have learned!

Thanks for all you do. You are making a profound difference in our world!

~ Lisa Maghrak

“This magnificent course was like a shaft of healing light for me.”

I had recently, this last year, taken Carol Tuttle’s Energy Healer’s Mastery Program, or shall I say, that I was fortunate enough to have had it brought into my life then! As it seemed to be at a most critical period in my life, at that time — having gone through a divorce, and a falling out with my brother and sister, after a dispute over a family matter — things back then for me really seemed dismal at best!



This magnificent course was like a shaft of healing light for me, at the time, and like the Godsend it was, really helped me to shift energy, release what I suppose had certainly needed to be released, and gain much real strength, through a truthful and loving understanding of myself and others, which allowed me to move forward in my life, in likely all the best of ways.

At the time, and now looking back upon it all, I can hardly imagine having ever taken a better course than this one, which really offered so much — and I actually found the content . . . included Carol pouring her heart out to all her students, which was unbelievable! And that we can ourselves, even possibly go on to follow in her footsteps, working in our own healing business, and helping out others along the road to wellness, seems to me, to be an absolutely amazing bonus, at that.

Consider yourself quite blessed, and really fortunate to be involved in this program, as I, for one, certainly have!

~ John DiStefano

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SELF-REFLECTION

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

What would it be like if I finally lived my life in alignment with my true self?

How would it feel if my energy were supporting me and I could achieve anything I wanted easily and effortlessly?

What can I do today to start working on healing my energy and attracting more abundance into my career, relationships and goals?



To sign up for *Energy Healer's Mastery Program*, Carol's course on Soulvana please visit bit.ly/Special_link for more information. But wait until September 22 to sign up for the course. Near the end of the masterclass, the new course will be offered at a special price as a thank-you gift for class attendees.