

## Amy's Energy Healing Library – Full Index

1. Detox from Other People's Energies (11 mins)
2. Clearing Lack of Energy (13 mins)
3. Stopping a Downward Negativity Spiral (10 mins)
4. Clearing Frustration with Self/Body (11 mins)
5. Feeling Anxious (14 mins)
6. Full Body Chakra Clearing (14 mins)
7. Calming the Fight, Flight or Freeze Response (12 mins)
8. Symptom Clearing Meditation (14 mins)
9. Honor Emotions and Raising Vibration (15 mins)
10. Mini Stress Relief Session (12 mins)
11. Just Feeling Yucky (6 mins)
12. Clearing Brain Fog (11 mins)
13. Clearing Energy Around Others Judgements (10 mins)
14. Clearing Energy in The Feet (11 mins)
15. Activate Abundance (16 mins)
16. Raise Your Morning Vibration (6 mins)
17. Sleep Meditation (9 mins)
18. Maintaining Balance Even When Others Trigger You (6 mins)
19. Tapping for Clarity When Making Decisions (7 mins)
20. Tapping to Calm Food/Environment Reactions (10 mins)
21. Tricks for Breaking Negative Thought Patterns (13 mins)
22. Feeling Lighter: A Guided Meditation (12 mins)
23. Clearing the Throat Chakra (12 mins)
24. Energy Reboot for Fatigue (6 mins)
25. Affirmations That Work (7 mins)
26. Clearing the Solar Plexus (Personal Power) Chakra (7 mins)
27. Hands-On Techniques for Clearing Stuck Energy (12 mins)
28. Clearing the Crown Chakra (9 mins)
29. Boosting Adrenal Function (11 mins)
30. Learning to Be Ok with Where You Are (21 mins)
31. Clearing Winter Blues (17 mins)
32. Tapping for Personal Peace (7 mins)
33. Solfeggio Frequencies (25 mins)
34. "I Love and Appreciate My Body" Meditation (10 mins)
35. Clearing EMF Fears and Sensitivities (19 mins)
36. Cord Cutting Ceremony (13 mins)
37. "Will I Ever Get Unstuck?" (11 mins)
38. Heart Chakra Clearing Meditation (8 mins)
39. Learning to Be Lighter on Yourself (8 mins)
40. Two Intuition Tuning Exercises (13 mins)
41. Feeling Detached or Disconnected (10 mins)
42. Clearing Reactions to External Things (11 mins)
43. Cleansing the Heart Chakra of Disappointment (15 mins)
44. Preparing for The Holidays (14 mins)
45. "I Can't Figure Out What's Wrong!" (19 mins)
46. Tools for Digestive Discomfort (20 mins)
47. Clearing Energy That Prevents Me from Shining My Light (15 mins)
48. Releasing All That No Longer Serves Me (12 mins)