



Intentional Healing Systems, LLC.

Thank you for participating in the ‘I AM’ Symposium!

In this document you will find *two* of the exercises I shared during my presentation and interview with Renee Baribeau.

The first: Fear Release Exercise – to use in the moments you realize you are succumbing to, or generating fear.

The second: Abundance Integration Exercise – to use as a follow up to the Fear Release Exercise and support for staying centered in an abundance mindset.



Fear Release Exercise:

Intention: I choose to disconnect from, release, and neutralize the trauma of fear, lack, and separation programming.

Affirmation: I am only connecting with the energies of love, abundance and connectivity.

Visualization: See yourself in a state of abundance and actively lost in laughter and joy as if it is happening right now.



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Fear Release Tapping Sequence

Heart Chakra, Above Lip, Top Back of Head,
Hairline, Heart Chakra, Hollow of Throat,
Top of Head, Btwn Eyebrows, Thymus,
Top Back of Head, Heart Chakra,
Hollow of Throat, Bridge of Nose,
Hairline, Middle Forehead,
Btwn Eyebrows, Solar Plexus,
Base of Skull, Top Back of Head, Tailbone



Integrating Abundance Exercise:

Intention: I choose to integrate, connect with and maintain an energetic foundation of beliefs, a mentality, and emotions that only support being in a perpetual state of divine abundance.

Affirmation: I am integrating, connecting with, and maintaining an energetic foundation of beliefs, a mentality and emotions that only support being in a perpetual state of divine abundance.

Visualization: See yourself in a state of abundance and actively lost in laughter and joy as if it is happening right now.



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Abundance Tapping Sequence

Heart Chakra, Hairline, Sacral,
Btwn Eyebrows, Heart Chakra, Hairline,
Above Lip, Sacral, Above Lip,
Btwn Eyebrows, Sacral, Btwn Eyebrows,
Sacral, Bridge of Nose, Btwn Eyebrows,
Top Back Head, Base of Skull, Thymus, Thymus
Base of Skull, Top Back of Head, Tailbone