

CLIENT INFORMATION AND WORKSHEETS

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Note: Please do not **type** additional information onto the sheets. If you need to add more information, print out the sheet and handwrite the information, so that your client is aware that you have added to the notes.

UNIT 1 Client Worksheet 1

Date:

1. Where will you set up your third eye chakra altar?

2. These are the aspects of your third eye chakra that require improvement:

3. Next to each goal at number 2 above, is the item and/or herbs that you will place on your altar, to represent that goal.

4. Indigo is the third eye chakra colour. Indigo items to be placed on your altar:

5. Determine anything else that you would like to add to your altar. (E.g. candles, tarot/angel cards, crystals, significant items, etc.)

6. Fold this sheet up and place it on your altar. It doesn't have to be visible. You can for example, place it in an ornate box on your altar.

7. Sit at your altar and meditate on these days:

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UNIT 1 Client Worksheet 2

Date:

Third Eye Chakra Meditation

1. Sit in front of your third eye chakra altar (either on the ground or on a chair).
2. Choose a comfortable but upright posture (spine straight, head in alignment with the spine)
3. Massage in a circular motion or lightly tap your third eye a few times. Then rest your hands in your lap.
4. Focus on your third eye chakra altar until your eyes grow heavy and then close them.
6. Imagine the following colour/s _____ as a glowing light at your third eye chakra. Focus on your breathing, and the light for as long as you intuitively feel is right.
7. Now mentally place your goal into that light. Do this through imagining words, images, sensations – try to see your goal achieved and then send this all to the light.
8. When you are done, return your focus back to your breathing (or focus on nothingness) for as long as you'd like.
9. When you are ready, open your eyes. Finish by saying 'With gratitude'.

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UNIT 2 Client Worksheet 3

Date:

DEVELOPING YOUR THIRD EYE – 1

1. Select a shape, image or scenario and try to visualize (imagine) it in as much detail as you can. Do this one or two times per day.
 - Stay focused on the image for as long as you are able (at least a few minutes).
 - If you notice your mind beginning to drift, then gently bring your awareness back to your image.
 - Be mindful that you may not see the image in its entirety. You might only see parts of it, or even just get a sense of it.

2. Try to increase the duration of the visualization each day (or when you are ready to).

3. As you progress, you can try to change the colour of your image, to further exercise your third eye.

Allow time for this skill to develop. You may not see a colour to begin with; or only see glimpses of it.

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UNIT 2 Client Worksheet 4

Date:

DEVELOPING YOUR THIRD EYE – 2

1. In a calm, relaxed meditative state, randomly select a future date in your mind (without looking at the calendar so that you don't know the day or what is planned for that day).
2. Write down that date on a piece of paper or on your phone.
3. Ask spirit or your higher self to show you a message of how that day will go. The message may come through in different ways. You might see, feel, hear, sense or just have a knowing of the message.
4. Write down whatever comes to you.
5. Put a reminder on your phone to alert you on the evening of that future date. (So you can cross check to see if your prediction was accurate).

Note: Accept that you may not be accurate – at all – to begin with. This is a normal part of the process of developing your intuition. Release expectations of the outcome and approach the activity from the perspective of 'exercising' the third eye.

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UNIT 2 Client Worksheet 5

Date:

DEVELOPING YOUR THIRD EYE – 3

1. Put yourself into a calm, relaxed and meditative state.
2. Focus on your third eye and then ask spirit or your higher self to give you a message or show you an event that is relevant to tomorrow. *Allow this to come through in whatever way it does – you might see, feel, hear, sense or just have a knowing of it.*
3. Write down whatever comes to you, without filtering or second guessing it.
4. Do this every evening for one week.

Note: Accept that you may not be accurate – at all – to begin with. This is a normal part of the process of developing your intuition. Release expectations of the outcome and approach the activity from the perspective of ‘exercising’ the third eye.

UNIT 3 Client Worksheet 6

Date:

Perception and Gratitude

1. Write down all the things that have gone well in your day today.

2. Write down all the things that haven't gone well.

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UNIT 3 Client Worksheet 7

Date:

PERCEPTION

The problem/challenge I am having:

Is the way I'm seeing this problem helpful?

How might someone else view this problem/situation?

What opportunities does this problem provide me with?

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UNIT 4 Client Worksheet 8

Date:

THIS IS SOMETHING I VALUE

I worry about:

Because I value:

Instead of worry, I can show myself that I value _____ by:

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Client Worksheet 10

Date:

UNIT 5 CALMING THE MIND - ACTION WORKSHEET

Worry stems from inaction and a scattered mind. From thinking but not acting. Making the decision in the moment, to *do something*, and then *following through* gives you a sense of control. And in turn, worry transforms into hope, empowerment, focus, purpose, achievement, fulfilment....**CALM**.

1. What task could you aim to start, work on or complete by the end of this year?

2. What task could you aim to start, work on or complete by the end of this month?

3. What task could you aim to start, work on or complete next week?

4. What task could you aim to start, work on or complete this week?

5. What task could you aim to start, work on or complete tomorrow?

6. What task could you aim to start, work on or complete today?

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UNIT 6 Client Worksheet 11

Date:

MEMORY BOOST

Exercise
Diet
Sleep
Relaxation
Keeping the brain active
Curbing habits (e.g. alcohol, drugs, smoking)

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