

Quantum Energy Infusion Homework Module 1

For optimal benefits from your energy treatment
do the following BEFORE each treatment

- Watch the instructional videos for each module
- Experiment with the new Energy Technology of the module at least once
- Practice the new energetic daily exercise - another energy technology - at least once
- Write down your questions about the your experience with using the new technologies so that Connie can answer them during your session.
- Write 5-15 minutes **a day** on the journal prompts below.
- Send any feedback from the previous module or sessions in an email to Debra. DLarsen2016@outlook.com THIS is how we improve the program!

THEN utilize your Energy Technologies throughout the day!

Benefits of Daily Journaling

- This will raise your energetic awareness
- You will heighten your intuition by learning how to listen to the intelligence of the energy
- You will see how the energy makes your body feel different
- You will become more attuned to how the energy works by acknowledging the synchronicities and unexpected happenings unfolding in your life
- You will notice physical healings quietly taking place
- You will appreciate how your emotional experience is evolving
- You will acknowledge your expansion
- You will experience gratitude as you see your life unfold in magical ways

Module 1 Testing Your Truth Prompts

Choose at least 1 prompt in addition to the **bold prompt**.

Today, I tested these 3 things...

Today, I was pleased and surprised by...

Today, this felt different in my body...

Write about your experience...