



heartcore ~ GLOBAL ~

WEEK ONE

WELCOME

Thank you for being here and for completing the survey! You all rock! We've got a great group here including a number of eyesight conditions:

- Lots of you are wearing readers – and getting worse.
- Early cataracts
- Astigmatism
- Miopia
- Strabismus

I'm excited to see what kind of results you all get. No matter what the results, my intention is to teach you exactly what i did to achieve my outstanding results, to give you enough information so that by the end of this, you'll be able to tailor your practice to your ongoing needs. As you know, we're all different. We all come to the table with our own genetics and other contributing factors, so this will be fun!

Keep in mind, we're going to be human together – i may discuss bodily functions, emotions, trauma, nutrition, and other elements of being human.

EACH CLASS:

- 15 minutes on sonic slider techniques. Each session will build on the last.
- 40 minute group biofield tuning with the intention of benefiting eyesight.
- Q&A for about 15 minutes. Let's try and keep the topic on what we covered during the session to be respectful of everyone's time. This is a late class for many of you.

If you're brand new to biofield tuning. No worries! I'll explain as we go. By the time the course is over, you'll know plenty!

FOR THE RESEARCH

Please take notes on anything you notice. I'd love to know when you notice any changes, the dates or session just prior is great! What kind of changes you notice, and it'll be cool to see if there's a pattern of results showing up after particular sessions. Where – eyes? Elsewhere? Be open to being surprised. But i won't know unless you take notes, so please do! Anything you notice, even if it's weird --- especially if it's weird!

wellness, efficient healing, naturally



heartcore

~ GLOBAL ~

USING THE FORK

- **HOLDING** – Keep your fingers on the long handle and avoid touching the prongs of the fork. Your hands may get a little sore at first. They'll get stronger.
- **PRESSURE** – Give a pretty good amount of pressure when using the fork. At least 1/3 more than you might initially use. You want to feel the frequency going through your bones when applying directly to bony areas, which is all of the points we're learning in Week One.
- **DURATION** – Give it a good smack on the pads of your hand below the thumb. Let the vibration run all the way down.
- **BREATHING** – Audible exhales are great anytime, but we really want to allow that to happen as the vibration is completing and running down.
- **TEETH CAUTION** – Don't bite your teeth together when using the fork on the face and around the mouth. We don't want to chip teeth or have them chatter with the vibration. Keep mouth open slightly anytime you feel the jaws and teeth vibrating with the fork.
- **POINTS – ALL SKULL TODAY – FEEL THE VIBRATION IN THE BONE**
 - **CHIN** – The bony point of the chin
 - **UNDER THE LOWER LIP** – The indentation below the lower lip and above the rounded part of the chin.
 - **ABOVE THE UPPER LIP** – The indentation below the nose and above the upper lip.
 - **BETWEEN THE EYES** – The indentation at the top of the nose between the eyes.
 - **THIRD EYE** – Between the eyebrows, just a speck higher.
 - **UNICORN** – Right on the hairline in the center.
 - **TOP OF HEAD** – Right in the center of the top of the head. This is a good point for migraine relief.
 - **BACK OF HEAD** – The place at the round part of the back of the skull. If you were standing in front of a wall and leaned back on it, this part of your skull would touch the wall.
 - **OCCIPITAL RIDGE / ALTA MAJOR** – This is where the bottom of the skull meets the top of the spine. Move the fork around and find a place that feels good. Can be on the bone as well as just under the bone.
 - **SIDES OF HEAD** – 1" above ears + 1" forward – you might find one of the head points where it can feel like a combination of tender and really nice to have the fork on it.

TIPS FOR BIOFIELD TUNINGS

- Wait about 3 days before doing the tuning again. You'll want to do it twice in the week of the class it was from.
- Keep hydrated during the sessions and especially for 3 days after a tuning.
- Take Epsom or sea salt baths. I take these baths for 3 days after a tuning.
- If you can't take a bath, do a salt foot soak. Also recommended for 3 days after a tuning.

STARTING SURVEY LINK - <https://forms.gle/hPzQEJbw4Rt7DRxv6>

wellness, efficient healing, naturally