



# the path to **heal**

Imagine *Living a* **LIFE**  
without struggle



[www.thepathtoheal.com](http://www.thepathtoheal.com)

**DAILY HEALTH PACKET**

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Dear Clients,

Welcome to the The Path to Heal Daily Health section. The Daily Health Packet, which is to be done at home, is a major component of the healing process. In order to get the full benefit of your recent session, I encourage you to do this work every day. The packet contains the following three techniques:

- 1) **Restoration** : to be done daily for one week after your session
- 2) **Transcendence of Struggle**: to be used in stressed and emergency situations
- 3) **Be Your True Self**: to be done every day to aid in the release of struggle, regardless of whether or not you've had a session recently

You will also need to hold a Rose Quartz Heart while performing each technique.

During the week after your session, you will be experiencing release in which you may have many “aha” moments. You may also experience physical release which may include, stomach gurgling, trips to the bathroom, and if your body is releasing infections you may experience mild virus like symptoms. These symptoms will not be serious, and if they are, they are not related to The Path to Heal and you should treat them as you would treat other illnesses that you experience. Please also feel free to contact your The Path to Heal practitioner if you have any questions.

To a life without struggle!

*Becky*

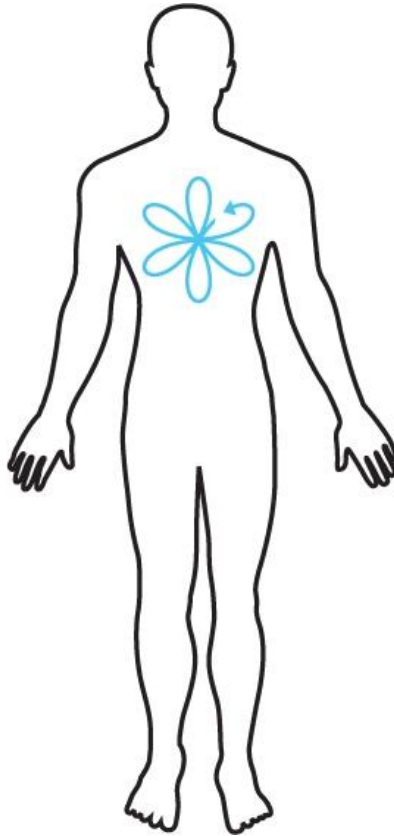
Becky Cohen  
founder of The Path to Heal



# Restoration to a State of Pure Love

## Step 1: Release:

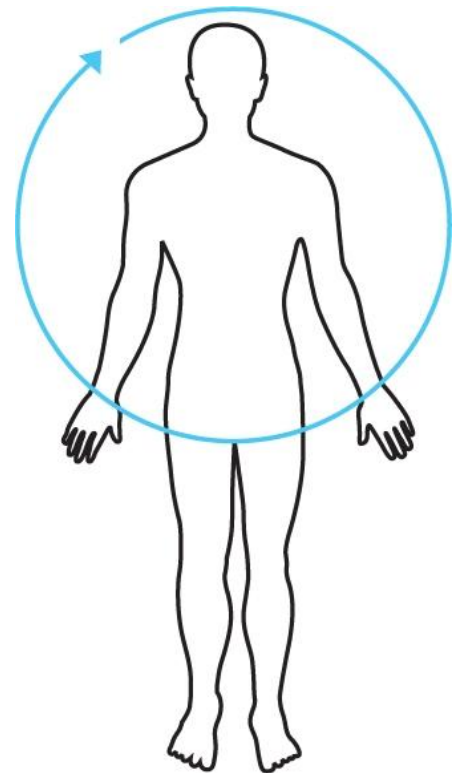
- Read each personalized wound and obstacle sentence out loud
- After each sentence, with Rose Quartz Heart in hand, draw an infinity flower over heart, then open hands to sky and take a deep inhale followed by an audible exhale



## Step 2:

### Transcendence:

Rose Quartz Heart spins from Crown Chakra to Base Chakra quickly (three times)



*Step 1 done multiple times after each sentence is read, step 2 is only done once after step 1 is completed for all sentences*



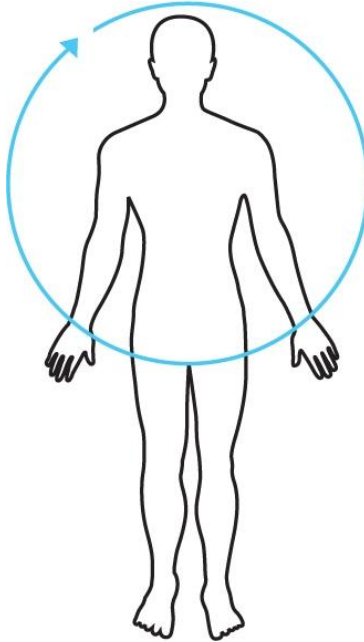
*Client performs Restoration once daily for one week post session.*

## ***Transcendence of Struggle*** ***For emergency and stressed situations***

### **Step 1:**

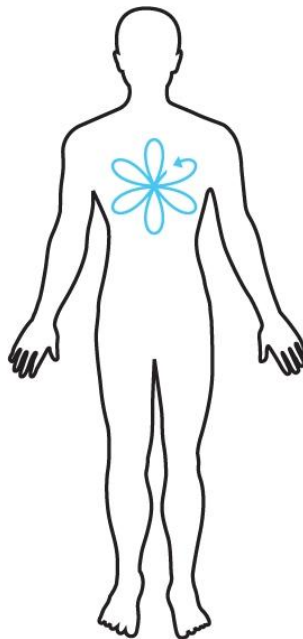
#### **Transcendence:**

Rose Quartz Heart spins from Crown Chakra to Base Chakra quickly (three times)



### **Step 2: Release:**

With Rose Quartz Heart in hand, draw an infinity flower over the heart



***Repeat Steps 1 & 2  
three times***

#### **•Notes:**

- This technique can be used in any stressed situation including a medical emergency or an acute reaction to any situation, emotional or otherwise, to calm the situation down.*
- If crystals are not available during a stressed situation, visualize love and light penetrating the body while doing the techniques.*
- If used in a medical emergency, call 911 prior to performing technique. Do not touch or move client.*
- The Transcendence technique creates a nurturing cocoon of light providing a safe place to transcend fear and express all aspects of self*
- Drawing the Infinity Flower (aka Heaven on Earth symbol) releases the power of self love to dissipate struggle.*

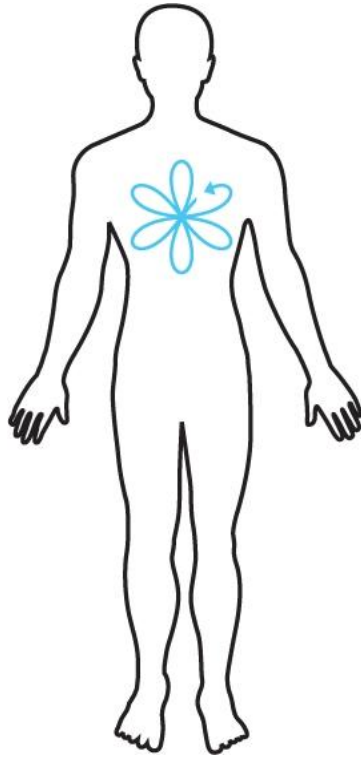


# Be Your True Self:

## A Being of Pure Light and Unconditional Love

### Step 1: Illumination:

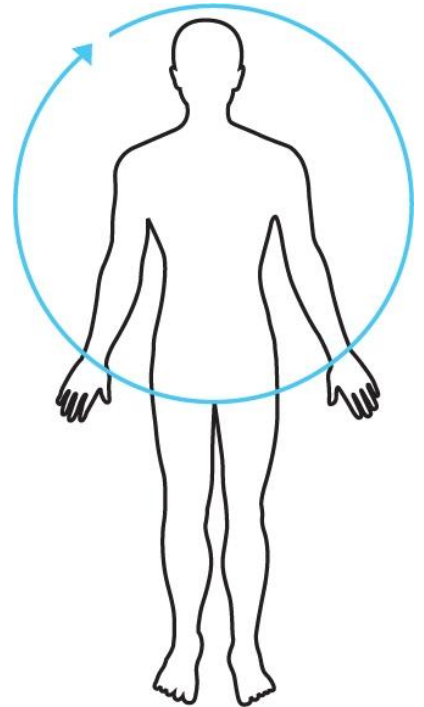
- Write down current struggles, but in a positive form (example: sleep issues become “I sleep well every night”)
- After reading “positive struggle” out loud, with Rose Quartz Heart in hand, draw an infinity flower over heart



### Step 2:

#### Transcendence:

After reading each “positive” struggle out loud, spin Rose Quartz Heart from crown to root chakra 3 times



*Step 1 done multiple times after each sentence is read, step 2 is only done once after step 1 is completed for all sentences*

*Be Your True self performed once daily, not linked to a session. Each day when techniques are performed they continue to run energetically for approximately 48 hours*

