

SMART HEALTHY WOMEN ACADEMY

BECAUSE YOU MATTER

THE MAGIC IN YOU – AND HOW TO CONNECT WITH IT.

WORKBOOK

of

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MODULE 1

To me FUN is ... (at least write down 5 things but if you have more than please do!!)

GO!

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MODULE 1

To me FUN is ...

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MODULE 2

Only if you feel called to do so, pick up a pen and answer the following question.

Just write, don't stop to read back what you wrote.

Things are bothering you, right? Now tell me **“What is really going on?”**.

(if you need more paper, just print this page again or pick up another paper)

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MODULE 2

Findings after the **rainbow** shower exercise:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

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MODULE 3

EXAMPLES of my own findings:

1. **Clair voyance** (clear seeing)

2. **Clair sentience** (clear physical feeling)

3. **Clair audience** (clear hearing)

4. **Clair gustance** (clear tasting)

5. **Clair salience** (clear smelling)

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6. Clair cognizance (clear knowing)

7. Clair empathy (clear emotional feeling)

8. Clair tangency (clear touching)

9. Clair dreaming (clear dreaming)

10. Channeling and being a medium (receiving info from other beings than living humans)

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MODULE 4

Findings after the cosmic grounding exercise. What colors did you use?

How did it make you feel?

Could you visualize it or did you just know it or did you sense it?

Did the middle of the Earth feel different than the middle of the Universe?

Did you meet someone or something?

And if nothing happened this time, it might happen another time.

Trust that you will receive whatever suits you best.

Day 1

Day 2

Day 3

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Day 4

Day 5

Day 6

Day 7

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NEXT STEPS



If you like my way and you feel that it resonates, maybe you would like to dig deeper and do personal energy work in a 1:1 session with me.

I would be honored if you would contact me. Just pop me an email via my contact page on my website <https://www.vanessavink.com/en/contact/> or send it to info@vanessavink.com, regardless of where you are in the world.

Energy know no time or distance: it feels just the same for you whether you are in my practice or whether we do a session online.

For now thank you so much for your attention and your time!

I always love to end with my most important wish for you:

I wish for you to become all that you came here to be!

Your personal energizer,

