



AWAKEN CHANGE

MY 10 FAVORITE HEALING TOOLS

For Personal Growth &
Developing Your Intuition

Tools to Help You Along the Journey

Everyone starts their spiritual journey from their own place.

Maybe you're just beginning. Or maybe you're already well down the path of learning to follow your guides & listen to your intuition.

My journey started more than 20 years ago. Along the way, I've used many healing tools on myself and in my practice, but this checklist I'm going to share with you lists my 10 absolute favorite healing tools & how I use them!

Learn to use these 10 tools & you'll begin to develop your intuition and hear the answers you're looking for as you follow your own path of healing.

Peace and Love,
Lillian



Tool #1

Spiritual Self Help Books

There is so much advice in the world today! By reading a spiritual self help book you will teach your mind to look inside your soul rather than asking outside influences for the answers.

Make an effort to read before going to bed or waking up a half hour early in the morning to start your day off right. Each book you pick up will have insights you need to heal something going on in your life.



Tool #2

Meditation

Meditation is the ultimate spiritual connection that aligns and balances your life.

Making time to mediate allows you to quiet your mind and open yourself to visualizations and messages from the universe. These visualizations & messages will become more clear as you improve. Meditation is the quiet time you use to connect with the higher power that put us here!

Decide when and where you can meditate in your house or outside with nature. Then schedule it in your day and enjoy! Try to at least get in 15 minutes a day to start!



Tool #3

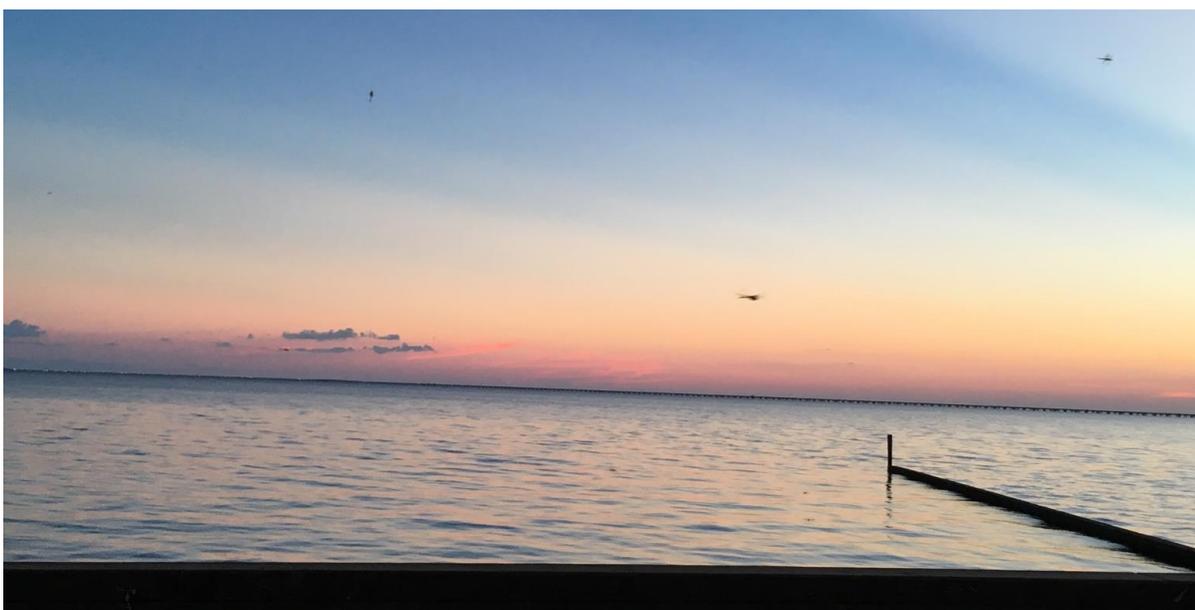
Reiki & Energy Healing

Reiki is a form of energy healing which balances physical, emotional and mental blocks in your body such as depression, anxiety, anger, fear & even physical pain.

I use Reiki to harmonize and balance the emotions from hurtful past relationships, family dynamics, and daily stressors of money, career and love.

Reiki can also help release the emotions tied to physical pain by doing hip corrections, muscle and tissue work, and aura cleansing.

Ask friends and the universe to bring you the right healer for the issue you are trying to solve. Or try a Rainbow Reiki session over the phone for a distant treatment.



Tool #4

Oracle Cards

Oracle cards are a great way to open your mind up and begin to trust your own intuition. There are many cards on the market and all of them are filled with colorful cards with different messages and a guide book that can help with situations in your life.

Here is how to use Oracle cards:

First: Pick out your own set and take them out of the box and spread them out on a table.

Second: Ask an opened ended question to the cards. Run your hand on top of the cards and pick a card.

Third: Take a moment to look at the pictures and the message on the card. Then read the meaning.

Let the message soak in and think about how this relates to your life and how it can help you change. These cards can be used for all ages and are a great way to open up communication with yourself and your children!



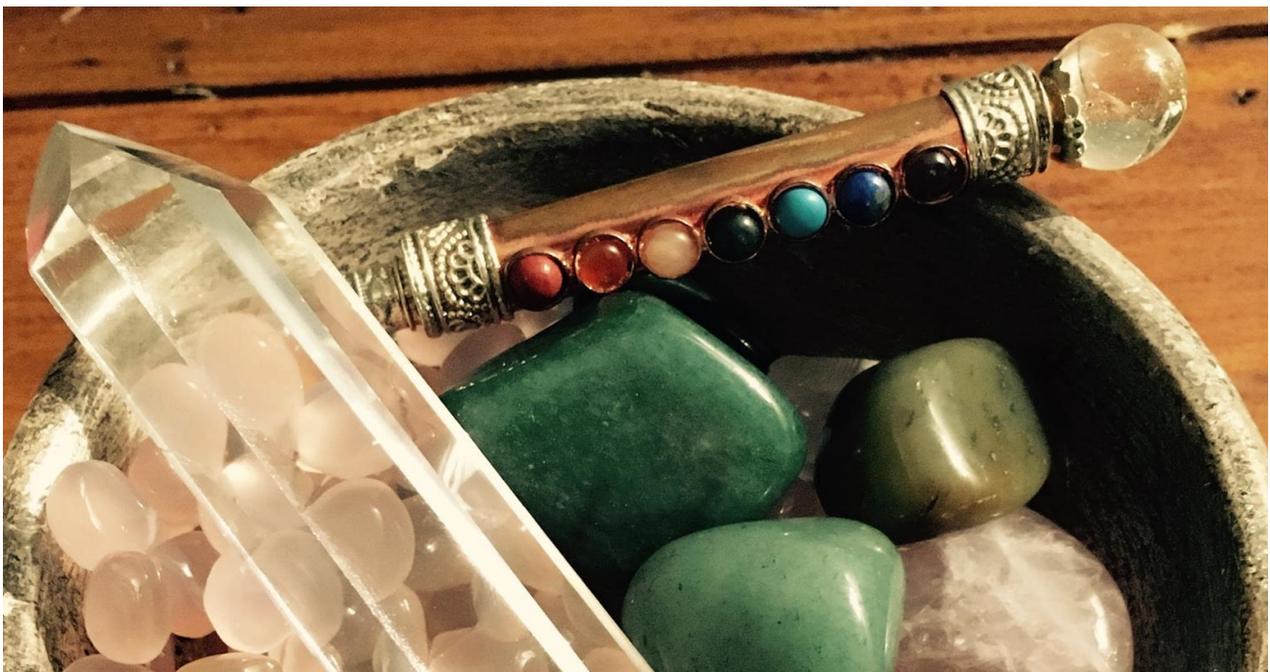
Tool #5

Crystals

Crystals have natural healing qualities locked within them. You may be drawn to buy a necklace or a bracelet or keep one in your pocket. That is because the crystal can heal the imbalance in your life even if it is subconscious!

Crystals are filled with Love and provide Peace!

By holding on to the rocks or crystals, the energy will transfer to your body. Some crystals are calming, others are energizing, and all of them will harmonize health or emotional issues.



Crystals are important in self healing because they develop your intuition. Once you begin to learn how they are made, what they are made of and their specific healing properties you can use those healing attributes to heal yourself. The journey is incredible!

Tool #6

Awaken Change Energy Sprays

Each product in our line of mists is individually created to help you Awaken Change where you need it most!

They are created with Reiki mantras, the power of crystals, a touch of essential oil, and even the power of an eclipse. Just pump 2-3 mists near the face, body or any other object you would like to infuse with positive energy – Set your intention – Experience the shift!



Do you struggle to find enough money to pay your bills and dream of being financially independent? Our **Abundance** spray attracts more of the things you want into your life!

Are you looking for true love or do you need to add passion back into your relationship? Our **True Love** spray is an major relationship booster!

Do you ever feel like you have no idea what you want to be when you grow up? Our **Soul Purpose** spray will awaken you to your true calling and passion in life!

Does it feel like an uncontrollable tornado is swirling around you, tossing the pieces of your life in different directions? Our **Inner Peace** spray is a catalyst for transformation!

Tool #7

Essential Oils

We are avid users of essential oils in our family. They can be used to alleviate symptoms of common colds, allergies, viruses as well as boost the immune system.

I use a lot of oils in my spiritual practice because it helps calm the body and mind. It helps open the chakras in the body and each oil has a healing element that will bring balance to parts of the body.

Oils are amazing to use in meditation & help develop your intuition. As you get more comfortable, you will be able to pick the oils that will bring you the energy you need and alleviate the pain or discomfort you are feeling either emotional or physical!

Essential oils provide balance in today's society of overuse. Taking an alternative path and listening to what nature has to offer is a good first step.



Tool #8

Your Chakras

Think of your chakras as a rainbow. There are seven chakras and each has a color. If one of the colors of the rainbow was greyed out or lost its color the whole rainbow wouldn't appear to look or feel whole. It would display incorrectly in the sky and something would look or feel wrong within that rainbow. The chakras in your body are the same way.

Each area of our body has a color. If we struggle with an emotional illness or physical illness our chakras also lose their vivid color, becoming blocked or weak. Doing energy work will keep your chakras functioning to their highest potential in turn helping you to be your best!

Once you learn how to clear and balance your chakras you will open yourself up to full healing.

You can use chakra balancing for the whole family and it is safe for everyone.



Tool #9

Acupuncture

Acupuncture is another form of energy healing. Instead of working with the chakras and clearing out the energy using hands on or hands off methods, acupuncturists use tiny needles to access your meridians to move around “chi”.

Acupuncture is based on Chinese medicine and hundreds of years of schooling with the majority of people calling it “Eastern Medicine”.

Acupuncture includes a method of “cupping” which is my favorite to pull out the toxins in your body, to release stress and ease sore muscles. You get to rest on the table for at least a half hour while the “chi” is moved around your body. It is very relaxing!



Tool #10

Food Detox

Food has become a mental game. Some people have too much, some people not enough, mind games are played with food, disorders are created with an abundance or lack of food. The first step in changing your relationship with food is accepting it will be a mental shift!

Decide to make a change and accept the fact that it will be a journey and not an instant process. Also, drop your expectations and the attachment to the outcome. No that doesn't mean that you need to give up everything you love right away. However, if you have been suffering with an allergy, chronic illness or weight gain or even some new aches and pains you must look at what you are eating.

By developing your intuition you can begin to have a life of balanced healthy eating. Check out my [Reiki Weight Loss Guide](#) to help you begin the mental side of eating healthy.

You can also learn to use meditation, pendulums, body scans and muscle tests to pick the appropriate foods to balance your mind and body!



Dear Friend,

I offer this “tool kit” for you to discover the path of how to heal yourself emotionally, physically, mentally, financially and anything else you can think of.

The possibilities are limitless, and living the life you were meant to live is a wonderful reward!

Always seek professional advice if you have questions! I use these tools every day in my life and in my healing practice, so don't feel overwhelmed if something you read in this guide doesn't make sense.

If you'd like to learn more, I offer a few options:

- [Join our free Facebook Group \(the Inner Voice Parliament\)](#)
- [Schedule a 1 on 1 Intuitive Session](#)
- [Find out about our Group Program](#)

Love, light and peace to you,
Lillian



**Would you like to learn more about
healing yourself? Contact me today!**

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