

# Intentional Quantum Energy Attunements and Adjustments

*Without any self-judgement, and with a lot of curiosity and loving kindness,  
circle your answers to the questions on a scale of 1 - 10.*

**1 = not at all    10 = YES, fully, and completely!**

## **Authentic Confidence**

How much do you trust your own judgement and act on your own knowing?

1 2 3 4 5 6 7 8 9 10

How confidently do you express your thoughts, feelings, needs, desires, and ideas to others?

1 2 3 4 5 6 7 8 9 10

How able are you to connect to your inner knowing?

1 2 3 4 5 6 7 8 9 10

## **Calling & Life Purpose**

How connected to your unique gifts and genius do you feel?

1 2 3 4 5 6 7 8 9 10

How much of a priority is having a positive impact on yourself and others?

1 2 3 4 5 6 7 8 9 10

How able are you to contribute your gifts and genius to others in ways that are meaningful and have a positive impact?

1 2 3 4 5 6 7 8 9 10

## **Prosperity & Prosperous Living**

How prosperous do you feel? Do you have all the financial resources you need to thrive?

1 2 3 4 5 6 7 8 9 10

Are you doing something that puts you in alignment with your important values?

1 2 3 4 5 6 7 8 9 10

How positive, aligned and energized do you feel by how you make a living?

1 2 3 4 5 6 7 8 9 10

## **Health & Self-Care**

How much of a priority is caring for your physical wellbeing now?

1 2 3 4 5 6 7 8 9 10

How energized, well, and healthy do you feel?

1 2 3 4 5 6 7 8 9 10

How peaceful and at home in your body do you feel?

1 2 3 4 5 6 7 8 9 10

## **Mental/Emotional/Spiritual Clarity**

How often do you make your wellness and performance a priority?

1 2 3 4 5 6 7 8 9 10

How healthy are your Vegus nerves and your limbic brain system?

1 2 3 4 5 6 7 8 9 10

## **Supported Spirituality**

How supported do you feel by your connection to a higher power?

1 2 3 4 5 6 7 8 9 10

How connected do you feel to your deeper intuitive knowing?

1 2 3 4 5 6 7 8 9 10

## **Creativity & Manifestation Creativity and Self-Expression**

How connected to your creative expression do you feel?

1 2 3 4 5 6 7 8 9 10

Are you able to regularly give energy to creative self-expression, fun and play?

1 2 3 4 5 6 7 8 9 10

How much of your life reflects your creative ideas and vision?

1 2 3 4 5 6 7 8 9 10



## Love & Relationships

If you're already in a romantic relationship, how safe, seen, valued, and supported do you feel by your partner to become the best version of yourself?

1 2 3 4 5 6 7 8 9 10

If you're looking to attract a life partner soon or in the future, how clear are you in your vision for love, and confident in your ability to create a loving life partnership with someone who can "meet you in all ways"? (10 = super confident!)

1 2 3 4 5 6 7 8 9 10

## Inner Harmony

How clearly do you express your thoughts, feelings, needs, desires, ideas, and visions to yourself?

1 2 3 4 5 6 7 8 9 10

How often do you tap into peace and tranquillity?

1 2 3 4 5 6 7 8 9 10

How often do you feel radiant and alive?

1 2 3 4 5 6 7 8 9 10

## Positive Empowering Influence & Impact

How much of a difference are you making in the lives of others?

1 2 3 4 5 6 7 8 9 10

Do you feel like you're uplifting and empowering the people directly around you?

1 2 3 4 5 6 7 8 9 10

How many actions are you taking in your life to change the things in the world that concern you and creating positive change in the world?

1 2 3 4 5 6 7 8 9 10

***Look back at what you circled. Some are closer to 10, some are closer to 1.***

Of the ones that are closer to 1, which of those are you most wanting to turn around to be a stronger force in your life?

If you're not quite sure yet, these questions may be of service to help you decide.

*The pathway to step forward and manifest your heart's desires and fulfill your soul's potentials happens by releasing your blocks and limitations and by unlocking your inner power.*

***What would it look like and feel like for you to step into more of your potentials in these areas of your life?***

Authentic Confidence, Calling & Life Purpose, Prosperity & Prosperous Living, Creativity & Manifestation,  
Health & Self-Care, Supported Spirituality, Love & Relationships, Inner Harmony, Positive Empowering Influence & Impact

***Which area(s) do you feel intuitively drawn to focus on manifesting?***

## Despite being smart, conscious, caring, and gifted, at the same time you also experience which of these? ✓ Check all that apply.

- Feeling emotionally overwhelmed, anxious, or depressed.
- Finding yourself in relationship patterns where you are over-giving and are undervalued, under-recognized, and feel invisible.
- Yearning for an intimate partnership, but not knowing how to meet someone who is a true equal.
- Feeling called to create a project that is of service to others, but not knowing what it might look like and how to support yourself in that transition.
- Feeling pulled to express your gifts and talents, while at the same time experiencing paralyzing self-doubt.
- Feeling a desire to be radiant, alive, and at home in your body, but struggling with your health, and feeling shame and confusion about not being able to make the changes you think you should make.
- Feeling lonely and isolated even though you have good friends and family members in your life.
- Sensing you came to this world to participate in some larger world-changing calling.

**Key Take-Away:** The struggles you've been having to manifest your higher potentials are neither your fault nor a personal failure. They are often a product of beliefs you installed when you were very young, inherited in your DNA, or brought with you when you reincarnated.

**Note:** They *can* be removed and/or changed to be empowering for you.

## Key Areas of Personal Fulfillment

**Can you imagine what it would look and feel like to have:**

- Authentic confidence?
- Love and intimacy?
- Inner peace, balance, and harmony?
- Unlocked your unique gifts and talents?
- Living your true life purpose and calling?
- A prosperous living that is aligned with your values?
- Creativity, fun and play, and the power to manifest your desires?
- A deeply rich spiritual life where you feel supported by a higher power?
- Effortless structures of self-care so you can feel deeply alive and at home in your body?
- The power to ignite and lift up people around you, making the world a better place?
- To go from, **“What’s wrong with me?”** to **“What’s Strong with me?”**

**Key Take-Away:** The potentials for your life that you sense and feel, are REAL. In fact, they are greater than you can imagine, especially in these key areas of your life.

When you make the shift to creating with the Whole Hearted Healing Daily Energy Transmissions, you'll have the power to create in these key areas of your higher potential.



## Questions to ignite this process:

*What do you most deeply yearn to create?*

*Where are the biggest gaps between your potential and your current reality?*

*Which has the biggest energy?*

*Imagine stepping into your own true power, turning inwards, connecting with your deeper yearnings and being a creator. Just think of overcoming your biggest gaps and committing to having a breakthrough in this area, even if you can't see the how to right now.*

**Key Take-Away:** Focus on your deeper yearnings to activate a change reaction for your manifestation potentials and for your life!

## People who've received energy attunements and adjustments have claimed:

- Restored and stronger personal and professional relationships
- Restful sleep
- Less pain
- Elimination of pain over time
- Sharper mind
- Better job opportunities
- A greater connection to their Higher Power
- More confidence
- Greater link to their calling and life purpose
- Having a wealth mindset
- Attaining a healthier mindset
- Manifesting more of their desires
- Greater health and vitality
- Feeling more at home in their own bodies
- Feeling more balanced in their lives
- Tapped into Universal Intelligence
- Being more creative and feeling more alive
- Feeling valued and supported
- Having a clearer vision of their world
- Feeling calmer and more peaceful
- Releasing allergies
- Stepping into greater potentials
- Taking actions once too hesitant to take
- General improvement in their life

# Break Free From Your Inner Glass Ceiling



Your **biggest barrier** to being able to manifest and create the potentials you feel is not the lack of resources or time. Research shows that a large percentage of what goes into making your “experience” is generated from your brain (memories, beliefs, patterns and connected feelings and emotions), and only a small percent come from the actual circumstances and events.

You absolutely *cannot* manifest at the level of destiny it was created if you have an inner block or barrier. The roots of these old beliefs and patterns developed at a much younger age. Unknowingly, you have employed these patterns and beliefs your whole life. That’s normal for people to do. We can get stuck in these ways and stay stuck for our entire life. However, just like you let go of some childhood thinking and ways, you can also let go of these patterns and beliefs. It is time for you to move past these old ways.

There is a part of you that is more powerful and has the wisdom and power to break you free. Connect with your most wise and powerful self and bring that into the area where you are stuck and struggling.

## How connected are you to a sense of power and possibility in the area you’re wanting to create and manifest in?

- Who or what have you been blaming as the reason you can’t get traction in the life you want to create?
- What can you now see is the deeper cause?
- What might become possible for you if you were to manifest in ways that aligned with this deeper truth?

**Key Take-Away:** To manifest and create in all areas of your higher potential requires growth out of the limiting beliefs and patterns that have been holding you back.

You are likely yearning for something deeper than surface-level goals. You are yearning to reach your higher potential. *AND* you *can* create at this level by activating it all *with the Whole Hearted Healing Daily Energy Transmissions*.

# Magnetize the Support, Resources, and Opportunities You Need to Thrive

If you're struggling to create and manifest the things you desire, chances are you're suffering from a deficit.

When you join forces with your soul and Higher Power partners, **your own power amplifies exponentially!**

How many other people in your life are aware of what you most desire to create and are supporting you to create it?

If you could create or manifest any kind of emotional or practical support, or access any resources, what would you most need right now?

**Key Take-Away:** You can't become yourself by yourself. You need support from others to grow into who you came here to be. You need to expand your own personal power to connect with the Universe to manifest at the level of personal possibility and your higher potential.

*Imagine yourself 60 days from now having applied all the insights from the downloads and removal of what no longer serves you to your life and unlocked your own personal power ... what becomes possible for you?*

*What would it cost you NOT to make this shift?*

*What will you lose if you don't make this shift—time, opportunities, confidence, or something else?*

**Key Take-Away:** The possibilities for your life that you sense and feel, are REAL. If you sense a higher possibility for your life, making the shift to employ the **Whole Hearted Healing Daily Energy Transmissions**, is the single most important shift you can make.

[Check out the programs available starting this link.](#)

[Link back to the Web Page that gave you this quiz.](#)

Stay connected with [Whole Heart Energy Healing](#)

*to discover your unlimited potential!*