



HEART²HEART

Mini-Me Healing Exercise

Before you begin...

When you begin to live from the heart, there can be moments when you are challenged by old patterns and painful experiences that are buried deep within you. These are barriers to your success. One way to overcome these barriers is to find the parts of you that you have buried, abandoned, discarded or embraced. This is a tool to go on that spiritual quest where you discover and explore who you really are. You come to "Know Yourself." This exercise allows you to find out what barriers exist and how you can take action to resolve these issues, feelings, disappointments and pain. **This is not about thinking through the issues. This is about feeling the emotions and then healing them from the heart.** As you heal from the heart, you feel differently. You make commitments to yourself during this healing exercise to help you become whole and achieve your dreams.

Find a quiet place where you can be undisturbed. This is time invested in you. Set an intention to work from your Higher Self – that place within you that is loving and non-judgmental. Intend that you are also receiving information from that Higher Self within each of your "mini-mes" in order to heal. How you receive information is unique to you. You may see a picture or video in your mind, hear words in your mind or feel the energy move according to what you learn.

This is a time for quiet contemplation and healing for the many parts of you. If you are 53 years old, beginning with age 0, there are 54 "mini-mes" that you will receive insights and guidance. View all the information you receive without judgment and with unconditional love. This exercise is designed for you – who you are, who you have been and who you wish to be. This is a time where the splintered parts of you can be made whole or "healed". This is a time for lessons and insights from your past. Remove any blame, shame, guilt, remorse or judgment. (NoB – No Blame, NoS – No Shame, NoG – No Guilt, NoR – No Remorse and NoJ – No Judgment.) This may be a difficult experience at times, but it is vital to your emotional, mental, physical and spiritual health. In order to heal, you will need to acknowledge any pain, release it, learn the lesson and then let it all go with love.

For each mini-me, place that baby, child, teen-ager or adult on the field, stage or altar you have created in your mind. Ask them the questions and listen quietly for their responses. It is vitally important that each one be heard and commitments made to heal them. Take them in your arms and love them. Forgive them – yourself – and take this golden opportunity to allow the buried pain of the past to be healed. It is time to love yourself fully and completely, reconnecting with all the parts that make you whole.

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<p>Step One: Imagine a place where you can ask questions. It can be a stage, a field, or an altar that you create that is a safe place for you.</p>	
<p>Step Two: Place the mini-me in that place. Ask each one of them, "May I work with you?" Then ask, "Do you absolutely 100% support and accept my magnificence?" Listen quietly for the answer.</p>	<p>Results: If the answer is yes, then wonderful. You are free to continue a more loving relationship. You are free to ask them the other questions from this higher place of understanding. (You may need to establish trust. Remember these are the little parts of you that need love.)</p>
<p>Step Three: Ask the mini-me, "What is hurting you so much that you have to hurt me to heal?"</p>	<p>Listen for the insight this mini-me has to offer you. Make any commitments or ask for forgiveness if that is what is needed to heal this situation or relationship with this mini-me.</p>
<p>Step Four: Ask the mini-me, "Is there anything that you have to tell me that I might be afraid to hear? What wisdom do you have to share with me?"</p>	<p>Have the courage to listen to what this mini-me has to say to you. You can continue to ask questions and receive answers. There are no restrictions or limitations. Remember to remain in a state of unconditional love and non-judgment.</p>
<p>Step Five: Provide healing for this mini-me. Place him or her on a mini-massage table the size of a note card. Place them in a pink bubble of unconditional love. Intend that the person be filled with love, light and healing. You will feel the healing for yourself also.</p>	<p>Heart 2 Heart Healing seminars are available to learn more about healing. If you practice another form of healing others, intend that unconditional love be the power behind this healing with the mini-me in your life. Filling them with unconditional love is the catalyst for change. This step is very important.</p>
<p>Step Six: Make the commitments you need to recover all the "mini-mes" in your life. Write down the commitments and periodically check to see how you are doing. When memories come to mind, it may be an indication that a mini-me is ready to be healed. There are no restrictions to how often this process can be used. Follow the steps to heal more layers from your "mini-mes".</p>	<p>When you have completed all your "mini-mes," place all of them on the stage, field or altar and ask them, "Do you absolutely 100% support and accept my magnificence?" It is a joy to hear a unanimous "YES"! When we learn to love ourselves – all parts of ourselves – we begin a lifelong love affair with ourselves that creates more love for us and those we love.</p>



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Mini-Me	<p>“May I work with you?” “Do you absolutely 100% support and accept my magnificence?” “What is hurting you so much that you have to hurt me to heal?” “Is there anything you need to tell me that I might be afraid to hear?” “What wisdom do you have to share with me?” Place them in the pink bubble of unconditional love to bring the fragmented parts into wholeness. Enter feedback and commitments here.</p>
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