



BLUE SKIES ENERGY HEALING GRIDS

workbook

BLUESKYHEALING.COM.AU



Hello!



You're invited on this healing journey to listen closely to your energetic systems and connect to the deepest parts of yourself in the most authentic way.

Blue Skies Energy Healing Grids are a distant healing session that helps you to listen deeply to your spirit and connect to everything it needs to feel nourished and alive. By connecting to your auric field and feeling into this space any areas that aren't flowing in full alignment with your Spirit, your purpose, your joy and the life you are here to live can be brought into balance and harmony with energy healing and remedies to clear, align and activate the auric field.

This will allow you to feel more aligned with your purpose and follow your dreams with intention and vitality.

Allow yourself to connect to the deepest parts of yourself and find the flow of your life in complete alignment with Spirit and connection to the Earth and the skies.

Welcome on this journey to rediscover you.

Jenny Fitzgerald

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your blue skies healing

All your thoughts, feelings, ideas, dreams, fears and beliefs are held within your auric field and these can hinder us if they are fears that trigger us, beliefs that limit the way we live or we hold feelings of not being worthy of our dreams. When we live with alignment to our purpose and intention we are in a flow state, nothing is forced and time melts away. With a clear and activated auric field and energy centres we can live in a flow state every day and everything around us supports us and nourishes us and we can truly live in alignment with our highest purpose. The noise of the world recedes and we can hear our inner voice cheering us on every step of the way.

about the process

These sessions can be done from anywhere in Australia. All we need is an internet connection for our initial chat via zoom, an email address to send you photos of your grid and the metaphysical messages they hold and a postal address so I can send your personalised essential oil blend to you.

A 30 minute online appointment will allow me to connect to your intention for healing and understand your needs. The process will then unfold over the next few days as connect to your energy and tune into all levels and layers of your auric field.

As I tune in I will receive information that will help me to form the grid that will clear, align and activate the energies in your auric field that are most deeply connected to your purpose. Your grid is created with a variety of different energetic remedies including, but not limited to, crystals, essential oils, gifts from nature, sound healing, smoke clearing, light and colour healing it will be used to charge your personalised essential oil blend under the phases of the moon and sun that will be most useful to activate the grid and light up your entire auric field.

You can continue to use your oil in any way you choose but I might have specific meridian points, energy centres or times to use your oil that will be most beneficial to you.

To guide me towards your priorities for healing please reflect on the prompts in this workbook. I encourage you to reflect on the situations you find challenging and what needs to be healed in your life. This will allow me to be more specific with the information that comes through and work with the energies that need to be cleared, aligned and activated as they are presented.

I will then create a grid for you that both activates your oil blend and influences your energy for healing and allows the energies of your aura to shine brightly.



YOUR SPIRITUAL HABITAT PROCESS

01

STEP ONE

Booking made on [BlueSkyHealing.com.au](https://www.blueskyhealing.com.au). A 30 minute appointment time is allocated for your video chat. Download the workbook on [BlueSkyHealing.com.au](https://www.blueskyhealing.com.au) for Blue Skies Energy Healing Grid clients.

02

STEP TWO

Read through the workbook and reflect on the areas you would like me to focus on for your healing. Prompts have been provided for me to better understand the areas that need to be cleared, balanced and activated.

03

STEP THREE

I will send an email with the zoom link and some additional information for you. Check your emails to make sure you have everything you need for your online appointment and healing.

04

STEP FOUR

Appointment time! We will connect online to chat about your healing and set an intention for your healing grid and essential oil blend.

05

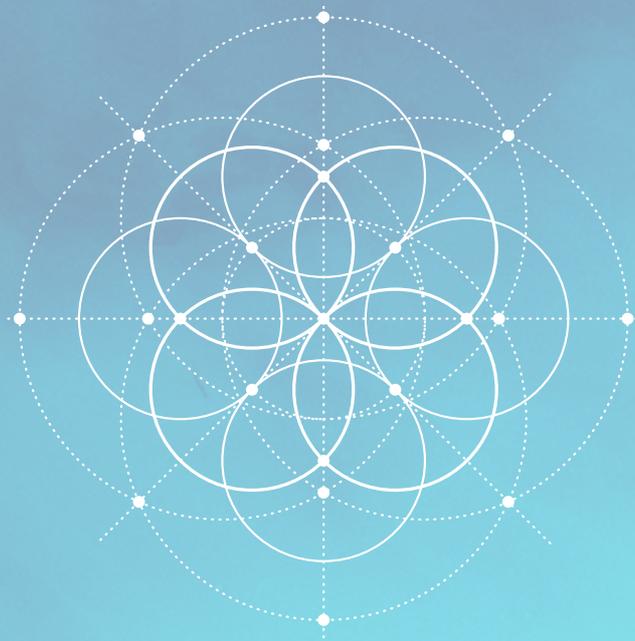
STEP FIVE

You will receive an email with a PDF attachment with photos of your grid and your oil blend charging within it. All the information that was received in creating and activating your grid will be on this document for you to download.

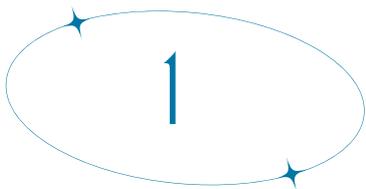
06

STEP SIX

Your personalised essential oil blend in a 15ml roller bottle will be posted to you to continue with your healing journey.



using the prompts



Read through the prompts on the following pages and reflect on the healing process. Be open to change. By taking action on your intention for healing the process of change has begun



Feel into the deepest part of you and be open to what comes into your heart and mind. Be open to awareness and ready to accept healing.



Journal as you explore any themes you discover or energies you need clearing and activating.

Providing this information allows me to work through the layers and levels of your auric field and find the imbalances that are having the greatest impact on you to prioritise these. I will use this information as a guide although the priorities you have (consciously) might be different to those of Spirit. If I am guided to work on another area for healing I will go wherever I am guided to. There is always an unfolding as we heal that we may not understand, especially if areas of the auric field are blocked and stagnant energies obscure the view and amplify the noise of the world. Often the healing is revealed at a time that we will understand and appreciate it the most. This is usually when we are more in alignment and we can reflect back on our old ways of being. The goal is for your aura to be in alignment with your purest potential and this shines through everything you do.

healing prompts

What areas of your life are you feeling most out of alignment with?

- Intimate relationships
- Connections with others
- Logical thinking
- Health practices
- Spiritual guidance/Intuition
- Emotionally

Are there behaviours or patterns that you are seeking to clear?

- Feeling unloved
- Feeling unsupported
- Perfectionism
- Feeling unsafe
- Connection to Spirit
- Feeling disconnected

Are there areas of your body you have ongoing health concerns with?

- legs/feet
- hips/lower back
- abdominal
- chest/shoulders/arms
- neck/upper back
- head

Where are you seeking growth and expansion?

- Personal relationships
- Career/purpose
- Health
- Intimate relationships
- Spiritual Awareness
- Other



healing prompts

Think about what keeps you awake at night

- Emotional overwhelm
- Conflict with others
- Expressing true self
- Uninspired, disconnected from Spirit
- Negative thoughts, overthinking
- Illness, pain, dysregulated nervous system

Describe your diet and eating patterns

- Intolerances
- Restricted eating
- Favourite foods
- Prefer salty, sweet, spicy, sour or bitter
- Meal routines
- Water intake

Favourite seasons/weather

- Summer
- End of summer when cooler
- Autumn
- Winter
- Spring
- Raining

Preferred activities

- Cardio, running, dancing
- Gentle activities: walking
- Moving with music, flow & rhythm
- Team sports
- Indoor activities
- Outdoor activities

healing prompts

When do you have the least energy?

- 7-11am
- 11am - 3pm
- 3-7pm
- 7-11pm
- 11pm-3am
- 3-7am

Which essential oils do you feel more connected to?

- Woody tones
- Citrus
- Relaxation/meditation
- Fresh - pines, fir, spruce trees
- Floral
- Sweet

Favourite crystals

- Blue/green
- Pinks/red
- Blacks/browns
- Yellow/oranges
- White/clear
- Your favourite

Spiritual Healing Practices

- Crystals
- Essential oils
- Yoga & physical therapies
- Meditation & mindfulness
- Oracle cards
- Other

healing prompts

So that I can focus on the areas of your life you are trying to activate please highlight any areas that are appropriate for you.

health

Grounded Strong Flexible Pain Chronic condition Respiratory conditions
Blood Bones Teeth Active Lethargic Digestion Lymphatics Circulation
Nervous system Skin Thyroid Hormonal Under/Overweight Vitality

spiritual

Oneness Self-discovery Meditation practices Connection Feeling guided Open heart
Purpose Compassionate Empathy Inspired Soul purpose Bliss Miracles Synchronicities

creative

Life flows Creativity Beauty Function & form Transformation Choices
Self-expression Playful Inspired Evolving Manifesting Colourful Energetic Co-incidences

habits

Addictions Routines Attachment Patterns Exercise Triggers Overthinking
Procrastination Resistance Lifestyle Holding onto past Avoidance Dietary

knowledge

Unlimited Positive thoughts Articulate Rational Clarity Foggy thinking
Unbalanced Hyper-focused Overthinking Logical Mindful Analyse Discerning

relationships

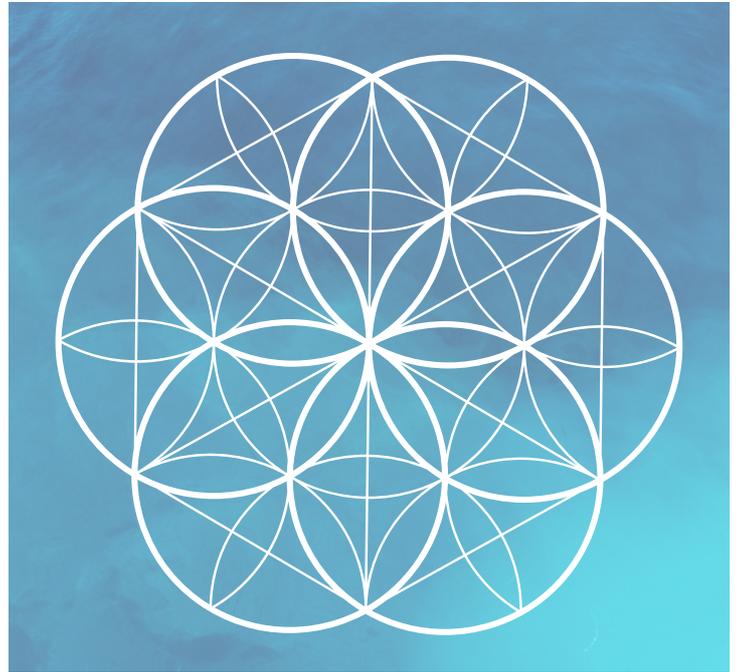
Intimacy Sexuality Honesty Independence Love Trust Kindness Balanced
Connection Generosity Open Welcoming Superficial Disconnected
Nurturing Boundaries Co-dependence Bonded

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checklist

- Booked Your Blue Skies Energy Healing Grid
- Downloaded workbook
- Made payment via bank transfer with phone number as reference number. Please contact me if there are any issues with this.
- reflected on prompts and journalled on intention for healing.
- Join Zoom call at appointment time.
- PDF received with images of remedies used and their metaphysical meanings, the layers and levels of the aura that were balanced in the healing and any activities to further enhance your spiritual habitat.
- Receive personalised essential oil blend by post.



to do:

Thank-you!



I'm so grateful to work with you.

I love this work and the insight it brings to my clients. Thank you for trusting me and I encourage you to continue your healing journey. Visit my website and social media pages for more healing insights.

for further insight & support



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[BlueSkyHealingArts](https://www.etsy.com/shop/BlueSkyHealingArts)

Over the following weeks I'd love to hear any feedback you have. Please email any questions or comments you have or share a review on facebook or google for anyone who may be contemplating this path for their healing.

Gratefully Yours,

Jenny Fitzgerald