

GROUP LIGHT BLAST

ROBIN CHEYNEY

HOW TO PARTICIPATE

When a Group Light Blast is announced:

- Think about how you want the light to assist you
- Making a list may be helpful
- Within a day or two of the Group Light Blast, set your intentions
- Your intentions may be broad, specific, physical, emotional or spiritual
- You do not need to attend the Live Group Light Blast to receive the light blast, but you must set an intention to receive the light
- Being in a safe, comfortable place is ideal, but anywhere you can safely relax will work
- Group Light Blasts are pretty quick, so be sure to sign in as soon as you are notified by Instagram that I am live
- Although I prefer not to cancel, sometimes things come up or I do not feel my energy is strong enough to provide adequate light for the group. If this happens, I will post the cancellation on IG
- Prior to the Live Event, go to www.RobinCheyney.com and fill out the Release Form

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EXPERIENCING A GROUP LIGHT BLAST

- Live Healing Events are announced with an Instagram post
- Participation in the Live Healing Event on IG is free
- Experiences vary widely and can be different for each participant. I have received reports of:
 - bliss
 - sadness
 - happiness
 - tears
 - coughing
 - headaches
 - relaxation
 - tingles
 - warmth
 - yawning
 - sleepiness
 - breezy
 - various detox symptoms
 - nothing at all
- Sensations may move , shift, hover in one place or fade in and out
- Everyone receives energy differently, try to relax and allow whatever happens
- Although I do my best, it may not work for you. Feel free to continue trying if you want.
- If at anytime during the Live Healing Event, you do not want to receive light, say "STOP" out loud. The light will immediately cease for you

