



HEART OPENING SAMPLE SESSION

This is a SAMPLE SESSION. Your session will be unique to you and your needs. You will not have everything come up that is shown in this sample, and you may have different things come up not shown in this sample. This is just to give you an idea of what you can expect from your session. Please [click here](#) to book your Heart Opening Session.

Jane Doe
2-16-21

Heart Opening Session

[Audio explanation of session](#)

	<u>Beginning of session</u>	<u>End of session</u>
● Heart open to goodness, light & truth	43%	76%
● Heart open to giving love to self	69%	89%
● Heart open to giving love to others	77%	97%
● Heart open to receiving love from God	41%	79%

Heart-wall release

- | | |
|------------------|-------------------|
| ● humiliated - 3 | ● oppressed - 13 |
| ● lonely - 27 | ● enslaved - 21 |
| ● stressed - 8 | ● obsessive - 12 |
| ● ridiculed - 8 | ● heartbreak - 17 |

Adversarial Attacks

- adversarial loop connected to “I have no one”
- adversarial enhancer connected to forgotten
- adversarial darkness connected to over-controlled & enslaved

No will to...

- be seen energy: connected to “They will judge me”
- control behavior energy connected to “It has to be hard” and “I don’t have control”

Negative Programming

- entangled loop program connected to “I must keep the peace”
- habitual error code program connected to unworthy
- adopted exaggeration program connected to perfectionistic & escapism

Released absorbed emotions
Released dark & negative cords

Essential oil recommendation: Apply lavender over your heart once a day for 3 weeks.

Can do another Heart Opening session in 3 weeks, on or after 1/4/2021.

[Heart Opening guided visualization](#) (this will be a link to an audio file)

Thank you and I hope you enjoyed your session. Please remember to drink a lot of water and rest when you can. If you notice light-headedness, dizziness, nausea, headache, or are feeling more emotional, these can be processing effects from releasing and adjusting energetically. They usually pass within 1-2 days.

Please let me know if you have any questions. nicole@nicolervincent.com. If you would like to book another session, please visit <https://www.nicolervincent.com/services>

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products and/or recommendations are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before making any changes.

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Notes and recordings are **not** to be shared or published to others.

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