

LINDA HEARTISAN COURSE CONTENT

RELAX
RELEASE
TRANSFORM
workbook

11 DAYS OF TRANSFORMATION

LINDA@LINDASIMPSON.COM.AU

WELCOME

To this eleven-day course of understanding and intention, bringing a new level of awareness, Body Mind and Spirit.

11 Days of Magic Inspired by Intentions

Installed inside your Heart Library

Incorporated in your New Energy Life

Each day you'll only need to find 16 minutes to inhale and enjoy the mini process and the information which will land in your heart library and will work with you through the day or night, whenever you wish to listen.

Then, if it feels good, use this work book to record, to embed, to further enjoy that which you have discovered.

Welcome Beautiful Soul. Thank you for the honour and the trust you show by jumping into this transformational course.

This course is for YOU. It's for you to see more. I was given these words recently to show me the simplicity of making the choice to change.

Find the NEW

See the New

BE the NEW

AND enjoy this process. Sending you Big Love Bubbles to assist your intentions. With Love and Hugs, LINDA

CONTENTS

RELAX

1. Dreaming & Knowing
2. Breathe & Balance
3. Mind & Soul

RELEASE

1. Using Your Senses – Part 1
2. Using Your Senses Part 2
3. Clear Your Thoughts
4. For Clear Communication & Understanding

TRANSFORM

1. Intentional Change
2. Transformational Harmony
3. Transform with your Heart Chakra
4. Wrap up & Meditation

RELAX - DREAMING AND KNOWING

We'll be looking at areas and ways to Relax over these first three days.

Relax is a very important first step in any transformation as I can't see any loving steps being made with your growth and awareness in a stressed space. Oh, steps will be made, but they may not be the ones you desire.

Which word best describes your feelings after our Brain File Clearing today?

1. Energized
2. Aware
3. Clearer
4. Learning
5. Beginning

Are there other words and feelings you'd like to record?

RELAX - BREATHE AND BALANCE

As the title says we'll be working with life balance and breathing. Yes, your body breathes BUT when do you restrict the flow AND how does this affect you on your journey. Finishing with a Beautiful Heart Library Code to bed in our intentions.

Did you achieve another level of relaxedness today? How does this feel?

- 1. I feel relaxed and dreamy**
- 2. I feel more relaxed**
- 3. I understand more about becoming relaxed**
- 4. I feel less stressed**

What else would you like to record to confirm your own feelings and growth?

RELAX – MIND AND SOUL

Relax Your Mind and Your Soul

DISCOVER More about Who You Are

Unwrap the beautiful being that is YOU.

Follow the growth curve that suits you, know yourself better each day.

What does this bring to mind? INTEND that you hold these thoughts in your heart library for easy access.

Which word best describes your feelings after today's information?

- 1. Patient**
- 2. Calm**
- 3. Creative**
- 4. Open**
- 5. More Aware**

What else would you like to record to confirm your own feelings and growth?

RELEASE – USING YOUR SENSES PART 1

Our next four days are all about Releasing.

The action of releasing something so that it can just BEE is a powerful step on your journey. When you hold the beautiful picture of happily walking your path then all releasing aligns with Love and Shine and Joy. In this session we'll look at how using your senses intentionally assists in aligning you with your journey.

How do you feel after working with Taste, Hear & Smell?

- 1. Positive**
- 2. More aware**
- 3. Full of positive memories**
- 4. More clarity**
- 5. Holding space for clearing**

What other sensory moments would you like to record to confirm your own feelings and growth?

RELEASE – USING YOUR SENSES PART 2

Growing into the knowledge of HOW your senses guide your life and how YOU can utilise your senses to intentionally move forward to Your New Next.

How do you feel after working with Touch, Feel, Thoughts & See?

- 1. Positive**
- 2. More aware**
- 3. Full of positive memories**
- 4. More clarity**
- 5. Holding space for clearing**

What other sensory moments would you like to record to confirm your own feelings and growth?

RELEASE – CLEAR YOUR THOUGHTS

Clear Your Thoughts – Improve Connection

Clear my thoughts, she says. Huh. Chance would be a fine thing.

How many ways have you tried to divert your brain when it's on one of its circles of thinking? Well, I have a truly simple solution and one that you can take into your every day.

How well do you communicate with others?

- 1. Top of my game, this is Me**
- 2. Really well**
- 3. Fairly well**
- 4. I'm learning**
- 5. I prefer constant hermit mode**

What expanded types of communication would you like to include in your world?

RELEASE – FOR CLEAR COMMUNICATION AND UNDERSTANDING

Today we'll be working on intentionally allowing your cells to communicate health and abundance. This then brings transformation through from that cellular level.

Communicating with Your Cells, With Your desires and With other humans.

How do you communicate? How best do you understand? How do you filter? How can you know yourself better? and one that you can take into your every day.

How much can you feel your connection with your cells?

- 1. All the time**
- 2. Sometimes**
- 3. Not at all**
- 4. I haven't thought about it until now**

What else would you like to record to confirm your own feelings and growth?

TRANSFORM - INTENTIONAL CHANGE

TRANSFORM through **CHOICE GENTLENESS** and **FLOW**

The act of transforming is unique and personal to each being and while you can get ideas of the **HOW**, the **WHY**; the **WHERE** and the **WHAT** is all yours to choose.

INTENTIONAL CHANGE This is how you make the transformation yours - your journey - your life here on Earth

Where did you most feel this Transformational Intentional Change?

1. Star Chakra (above your head)
2. Crown Chakra
3. Third Eye Chakra
4. Heart Chakra

What else would you like to record to confirm your own deep energy connection?

TRANSFORM - THROUGH HARMONY

With all of the sifting and sorting we've done so far, we're going to stop and breathe for a while here with the intention to Harmonize our knowledge and our Whole Being. Using the powerful Brain File Clearing meditation process and our Heart Library Codes we'll bed in some of the changes and let them flow in our world.

Where did you Feel that Harmony landed the most today?

- 1. Thoughts**
- 2. Feelings**
- 3. Physicality**
- 4. Inner world**
- 5. Mixed Feelings**

What else would you like to record to confirm your own deepening harmony?

TRANSFORM - WITH YOUR HEART CHAKRA

Together we'll take a mind walk - Harmonising your Heart Chakra, Your Heart Library and your Source to Earth connection. Aligning and Smoothing and Harmonizing

When translating Harmony into your Transformation, how have the processes assisted you?

- 1. Not sure so will run through this again**
- 2. Beginning to believe in my inner growth**
- 3. Am intending to bring this into my every day**
- 4. Can see how this has worked for me already**
- 5. Am using this regularly in my life**

What else would you like to record to confirm your own deepening harmony?

TRANSFORM - WRAP UP & MEDITATION

In this, our last day, we'll be magically transported into our Sacred Crystal Space for a Soul Refresh. Letting go of what is no longer needed and allowing in that which will assist in our journey.

Some Final Do's and Don'ts

DO Allow everything to just Land

DON'T quantify the shifts

DO acknowledge that some stuff has just been cleared

DON'T try to find it again

DO come back and complete this process again

Thank-you!

If you see my work as an avenue for change then know that I do work privately with those who are shifting.

My skill base is as a Pure Connection and a Clear Conduit for communication.

I work with your Divine Team and am guided to those spaces which need some extra magic.

Together we utilize any and all skills to create a clear shift, a clear message for You for This Next New - Your SHINE.

If this calls to you then drop me an email, linked below, and we can expand on the How, the When and the Where.

Sending YOU Big Hugs and Awesome Love Bubbles to Shine in your world. Much Love from Linda

Contact:

[Neutralizing With Love Home](#)

[Email Me Here](#)