

## Letting Go and Returning with Energy & Sound

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### RESOURCES

Downloads of directions for some of the Energy Medicine Exercises

<https://www.rachelmichaelsen.com/downloads>

Resources for Resilience Website (videos of energy medicine exercises)

<https://www.r4r.support/>

### UPCOMING CLASSES & GROUPS

Upcoming Chochmat HaLev Class

Energetic Teshuva for Daily Practice

Sundays • 6:30 – 8:30pm PT

October 10, 17, & 24

On Zoom

Weekly Free Sound & Energy Healing Drop-In Zoom Gathering

Mondays 7 to 8 pm PT & Thursdays 6 to 7 pm PT

Upcoming Groups:

Unblocking the Path to Life Partnership

Thursday Evening 7:30-9 pm PT starting September 30 for 8 weeks

Clearing Blocks to Reaching Your Goals Using Energy & Sound Healing

Wednesday 7:00 - 8:30 PM starting September 22 for 8 weeks

To join the mailing list put your email in the chat or email me at

[rachel@rachelmichaelsen.com](mailto:rachel@rachelmichaelsen.com)

