



## Forgive, Let Go, and Open Your Heart

**Introduction:** Being able to forgive, let go and open your heart are essential for healing. It can also be a very difficult process. This is an interactive teleclinic that can be used to compliment your Quantum Techniques healing sessions.

I will guide you into a relaxed state. Then I will use guided imagery and affirmations to help with the process of forgiving, letting go and opening your heart. We will end the session with a healing code to help you through this process. To prepare, just have a comfortable quiet place you can sit or lay down and relax.



**Presented by:** [Heidi Gilman](#)

**Recorded:** January 17, 2012

**Time:** 6:00 PM Pacific

**Attend the Webcast:** <http://instantteleseminar.com/?eventID=25194423>

**Attend by Phone:** (206) 402-0100

**Conference ID:** 354648#

### Teleclinic Guide:

This teleclinic is to help you forgive, let go and open your heart. This is an important part of any form of healing. This process is not intended to take the place of your Quantum Techniques sessions with your practitioner, but can be used to enhance your Quantum Techniques healing.

Forgiveness is one of the hardest things to do: even if we say we forgive, many times we internally hold on to anger, grudges, spite, resentment and rage.

Once you offer forgiveness then you need to let it go, which is also hard to do. We naturally tend to keep mulling it over, playing the same movie of it over and over in our subconscious and conscious mind.



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**NOTES:**

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I would like to give thanks and appreciation to the teachers that have influenced and led me down my healing path including: Stephen and Beth Daniel, Cal Banyan, Masaru Emoto, Gary Craig, Ron Eslinger, Chuni Lin and Eldon Taylor and all the instructors at MN Center for Shiatsu Study. I hope you can also use this teleclinic as a tool in your healing path.

Wishing you Health, Healing and Happiness - Heidi Gilman