



# System Guide

## by Marisa Russo

## Worksheet - Session 1

NOTE: The following course uses only stages 1,2 and 6 of the full, 6 stage protocol. The stages 1,2 and 6 in the Start Up course contain only some of the steps of each of the stages. The full steps for each stage are contained in the full protocol. The most advanced protocol is learned in the 5th module of the Forensic Healing System called 'Spirit'. The full course contains over 90 healing pathways and many other steps, healing words of power and scan lists that advance your healing session.



## 1. Energy

Where are you giving away your energy or focus?

Write down 3 areas that you are giving away your energy/focus that are non productive

### Example

1. Watch too many crime shows
2. Think about my negative sister in law
3. Unhappy in my job

1.

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2.

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3.

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Write down 3 areas that you will give more focus and energy to that are productive.

### Example

1. Focus on being successful healer
2. Improving my skills so I can help myself and others
3. Focusing on the people I love

1.

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2.

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3.

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## 2. Intention

Write down 3 intentions you have for your life

### Example

1. Have a full time career in healing
2. Have a loving relationship with my partner
3. Be financially independent.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 3. Creation

Write down 3 ways you would like to feel every morning you wake up

#### Example

1. Energised and excited to start the day
2. Feeling as though I am so abundant I could buy exactly what I want
3. Happy and grateful that I can do what I love every day and help people

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 4. Question

If you had absolutely no financial, relationship or health restrictions and could do anything with your life. What would you do?

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