

# Prune Harris - Energy Essentials for Everyday Living

**Energy Essentials for Every Day Living**Energy You will learn the tools, techniques and understandings that you need to feel healthy and energized every day. This course will teach you what you need to do physically and energetically to empower this choice and make it real.

**My goal for This course is for you:**

- Learn about your six energy systems and how they are organized within and around you body.
- Understanding how the energy systems relate to you will help you live a healthy, vibrant life.
- You can feel empowered by simple energy exercises that will help you feel happy, energized and healthy every day.
- Choose the most powerful and efficient exercise for you for It is there for you whenever you need it
- Discover why it is important to stay grounded and the easy steps to make sure you are.

**What's Included**

- **20+ Videos in Short**Energy Understanding and techniques for bite-These 10 minute lessons will help you find balance in nine areas of your life.
- **21-Page Course Ebook**You will find all the exercises and suggestions from the course to help you in every step of your learning
- **Two bonus handouts**Your Amazing Energy Anatomy and The Fabulous Fundamentals of Energy For deeper understanding
- **There are many techniques that can help you deal with daily challenges**Stress, fatigue, insomnia and immunity. Pain, sadness, anger, depression, work-to-home transition.
- **Energy Anatomy Module**Find out how your six energy systems work together within and around your body
- **Quizzes**To keep you on the right track and to consolidate what you have learned
- **Access for Life**You can return to the content whenever and wherever you like. for The course will last for the entire life of the course








**Course curriculum**

- 1  
**Let's get started**
  - How to navigate this course
  - FAQs Prune

- My private community group
- 2
  - You are most welcome**
    - Welcoming from Prune
    - Setting an intention to get the best out of this course
    - What is your intention? for This course?
    - Let's get to know each other.
- 3
  - Course Handouts**
    - Course Handouts
- 4
  - Module 1 – Energy Anatomy**
    - A summary of your AMAZING Energy Anatomy
    - Your Aura
    - Your Chakras
    - Your Energetic Core
    - Your Meridians
    - Your Elemental Rhythms
    - Your Heartfield
    - Your Amazing Energy Anatomy
    - Energy Anatomy Quiz!
- 5
  - Module 2 – Understanding your energy, understanding your life**
    - Do you want to live a small life or a big one?
    - Being stable, strong, and resilient
    - What is going on with your energy when you don't feel great?
    - Fabulous Fundamentals Energy
    - Learn how to understand your energy!
- 6
  - Module 3: Your Every Day Energy Tools**
    - How to use the section
    - How to deal with fatigue and energy slumps
    - Stress: What to do when you feel stressed?
    - How to deal with physical pain
    - How to get help for insomnia?
    - What to do when you're feeling sad?
    - Anger – What to do when you're about exploding!
    - How to deal with brain fog when you feel disconnected
    - The transition from work into home – building energy resilience
    - How to boost your immune system when you feel sluggish
    - Main Course eBook
- 7
  - Next Steps**
- You are indispensable and always, always sufficient

- Congratulations! Thank you! for you...
- More resources for You
- Before you leave...

## Here's what you can expect in the new book Prune Harris – Energy Essentials for Everyday Living

	1 - Let's Get Started	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	2 - Welcome	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	3 - Course Handouts	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	4 - Module 1 - Energy Anatomy	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	5 - Module 2 - Understand your energy, Understand your life	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	6 - Module 3 - Your Every Day Energy Tools	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital
	7 - Next Steps	Shareknowledge Digital	Dec 29, 2021	Shareknowledge Digital

