

Prune Harris - Summer Energetics - Embracing Abundance

Summer EnergeticsEmbracing Abundance

What's included:

- 31 videos per day
- Exercises, tools, and techniques to increase energy
- Meditation guided
- Six recorded webinars
- Weekly nourishing Nature Lesson: I discuss summer herbs and nutrition
- Access to recordings, videos, and meditations for life. You can listen at your convenience whenever you like

Learn more Summer EnergeticsEmbracing Abundance

Join me on a summer adventure!Get immediately your free download to rediscover your passion for life and creativity, and fall in love yourself with your precious and unique life. **Prune Harris – Summer Energetics – Embracing Abundance**

Course curriculum

- 1
Welcoming
 - We are glad you came to Summer Energetics
- 2
Week 1 – Grounding in Summer
 - Week 1: Welcome!
 - 1st Week in the Workbook
 - 1 – The earthfire of sustenance
 - 2 – Water and Fire
 - 3 – Stellar Diamonds
 - 4 – Balance, not Burnout
 - 5 – Relaxing!
 - 6 – Earth Electrics
 - 7 – Nourishing Nature-Mint
 - Mint Properties, Health Benefits and Recipes
- 3
Week 2 – Burnout, Bliss or Burnout?
 - Week 2 is here
 - Workbook Week 2
 - 8 – Heart Massaging
 - 9 – Listening To the Story of the Heart
 - 10 – Heart Loop

- 11 – Barefoot Routine
- 12 – Welcoming the Warriors
- 13 – Fanning Heart Flame
- 14 – Roses for a Nurturing Nature
- Rose – Properties and Health Benefits and Recipes
- 4
 - Week 3 – Spontaneous Expansion**
 - Week 3: Welcoming You!
 - Week 3 of the Workbook
 - 15 – Dreaming Your World
 - 16 – Strong Container
 - 17 – Easy Expansion
 - 18 – Relieving Pressure
 - 19 – Peace and balance
 - 20 – Sharing Abundance
 - Additional Meditation: Adrenal bliss
 - 21 – Nourishing nature – Lemon Balm
 - The properties, health benefits, and recipes of lemon balm
- 5
 - Week 4 – Living in Abundance**
 - Week 4: Welcoming You!
 - Workbook Week 4
 - 22 – Loving Right Now
 - 23 – Temporal Tap
 - 24 – Connecting to The Cosmic Web
 - 25 – Illuminating the Health Template
 - 26 – Connecting at all levels
 - 27 – Sacred Space
 - 28 – Self Healing – Nourishing Nature
 - Self Healing – Health Benefits, Recipes and Properties
- 6
 - Week 5 Summer Gifts**
 - Week 5: Welcome!
 - Week 5 of the Workbook
 - 29 – Doing nothing
 - 30 – Simple Summer Routine
 - 31 – Wow! You're amazing!
- 7
 - 2021 Recorded webinars**
 - Webinar 1 – Joyful Fire, Joyful Life
 - Webinar 2: Why your thyroid is so vital for health and vitality Summer
- 8
 - 2020 Recorded webinars**
 - Webinar 1 Video Healing From Lockdown

- Webinar 2: Relationships and The Magical Space Between

- 9

2019 Recorded Webinars











- Webinar 1 Audio: What does the energy of summer look like? How it interacts with your energy fields?
- Webinar 2 Video – Adrenal Health
- Webinar 2 Audio – Adrenal Health
- Webinar 3 Video – Joy!
- Webinar 3 Audio – Joy!

- 10

Herbal Suppliers in the UK & USA

- Herbal Suppliers in the UK and USA

Here's what you'll get in Prune Harris – Summer Energetics – Embracing Abundance

Name ↑	Owner	Last modified	File size
 1 - Welcome	me	Jan 15, 2022 me	—
 2 - Week 1 - How to Ground in Summer	me	Jan 15, 2022 me	—
 3 - Week 2 - Burnout or Bliss	me	Jan 15, 2022 me	—
 4 - Week 3 - Spontaneous Expansion	me	Jan 15, 2022 me	—
 5 - Week 4 - Living in Abundance	me	Jan 15, 2022 me	—
 6 - Week 5 - Summer Gifts	me	Jan 15, 2022 me	—
 7 - 2021 Recorded Webinars	me	Dec 20, 2021 me	—
 8 - 2020 Recorded Webinars	me	Dec 20, 2021 me	—
 9 - 2019 Recorded Webinars	me	Dec 20, 2021 me	—
 10 - Herbal Suppliers in the UK and US	me	Jan 15, 2022 me	—