

HEALERS

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Interested in exploring the HWS membership group? Welcome!

In our zoom meetings and remote energy offerings you will receive energetic support, regular clearing of your energy field and loads of insight and information to support conscious reality creation.

Important details:

- Membership is rolling – join any time!
- Membership is annual. When you sign up, you are committed for 12 months from your sign up date.
- Investment: \$299 for the year in one payment. Or monthly payments of \$28 for 12 months.
- If you want to add family members, after you pay \$299 for yourself, you can add family for \$144 per person.
- We send zoom links for our monthly meetings – add us to your safe send list and check spam for our emails.
- We send replays for live meetings, so you can watch at your convenience.
- You receive the notes and videos from the remote sessions in your inbox.
- You can send specific requests for me to address in the remote sessions by writing in the feedback form provided to members. You may also use this form to share your insights, challenges and wins.

New services added for 2024:

I am thrilled to offer these two new services that will be facilitated by Jacquelyn Trotta. For over a decade, Jacquelyn has been working with energy as a Reiki Master, Healers Who Share practitioner and Theta Healer. She has training and experience with energy and frequency healing, medial intuition and reality creation.

- Membership Session – A one-on-one session with Jacquelyn where she helps you go deeper into the energy work, subconscious beliefs and water formulas that



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Michelle works with in the group sessions. This service is only open to those in the membership. This service is \$175

- Rapid Reading - A 20 minute call with Jacquelyn to help identify the root energetics and match vibrations. This is for any acute issue that you need insight into and quickly. Members receive the special price of \$33 (regularly \$44).

We all juggle so much in our lives for ourselves and those we hold space for – our loved ones, co-workers, clients and communities. Tending to your energy is one of the best and most impactful things you can do for yourself and I am thrilled to join you in this endeavor!

No matter what we want to experience or change in life – physical conditions, creating abundance, changing careers, cultivating relationships, knowing our path, etc...becoming aware of the underlying energy creating a physical reality is the key to it. Energy comes first.

Each month, there will be one remote energy session and one live meeting on zoom along with additional videos with energy offerings and insights sent to your inbox. In these sessions, we journey into the body and work with subconscious beliefs. In the live meetings, I try to reserve time for us to chat so you can share your experiences.

Membership is rolling, so you can join any time during the year. You can purchase memberships for family members too! We have partners, spouses, siblings, children, best friends and cousins practicing together.

If you are wondering if the membership is for you, it is open to anyone that is interested in exploring frequency and conscious reality creation. You do not need previous experience to join and participate.

My original intention in starting the group was to bring together a community of people interested in exploring frequency and conscious reality creation. I wanted to offer additional energy support for those on water protocols or utilizing our frequency formulas because it complements the waters so well. It created a space for those unfamiliar with our water formulas to get acquainted with them and the potential that they hold.



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When I offer remote sessions, I share the general information I received (keeping anonymity to all members) the subconscious beliefs that showed up, matching water formulas and any other info or techniques that came up.

I also do live sessions on zoom that you can participate in live or via the recording that is sent out afterwards.

What to expect and know about the energy offerings:

In order to do the sessions, I have a process of centering myself and creating a container to offer remote healing to the group. I have been practicing distance reiki and distance healing for many years. In this program I combine what I know from this background, subconscious belief work and my knowledge of the Healers Who Share frequency formulas. I have a specific, energetic process that I developed, for offering these frequencies.

Using the HWS frequencies in this way is a very unique offering and methodology. Joining the membership is a wonderful way to learn about and experience the wonderful frequencies that you can find only at Healers Who Share.

My job is to make the offering and be a witness to your energy as it meets those frequencies. Your intention, higher self and soul direct the healing. When I say “your energy” I mean you as an individual, since you each take in the work in your own way. I am also referring to the group, since the work is done as a group.

The energy of the group shows me where we need to go. I often get information in metaphors, from music and imagery. In terms of sensory perception – I receive information by feeling, seeing, hearing, smelling, tasting, and knowing. The information does not just come in one way. It comes in many ways, and I am open to all of them!

As I sit with your energy in the remote sessions, my eyes are closed and I have an intention and a topic to work with. I look to see what is going well and I also look for the blocks that are ready to clear. I use a combination of HWS frequencies, working with limiting subconscious beliefs, patterns and other techniques as it is shown to me. For example, I may feel called to do a cord cutting or use a singing bowl or use a technique such as the Heart Song from ThetaHealing.®



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I try to share all that I remember and sometimes try to type notes with my eyes closed while it is happening. I add to and refine the notes after the session. I have found that it is helpful to bring your awareness to the specifics of the session by sharing the notes. I make suggestions of limiting beliefs to work with or other things to consider for yourself. I hope you find my notes helpful and humorous!

Clearing for a group is a wonderful way to support one another. As one person's energy shows something, the whole group gets to benefit from it. And you all show something different.

I first set up the container for this to be a safe, supported, easy, gentle release and shift. If it does not feel this way to you, you may want to look into your subconscious beliefs so you can clear the limiting one and download an expanded one that allows you to enjoy this process more.

I invite your higher self and soul to come into the space and guide the process for each of you. I ask your unseen friends to come in and support the process as well.

The session is programmed to activate for you when you choose it to. This means that if you do not want it to begin activating at the moment I offer it, you can set a command by using your intention, that it activates when you choose. Some people command it to activate when they go to sleep on Friday night or on Saturday morning. You get to choose!

And it integrates at the perfect pace for you, determined by your higher self and soul. Remember, you are in charge of your reality, so if anything in here does not resonate with you, just leave it. You do not have to take it in. You take in what you choose to take in.

In my written notes, ALL CAPS indicates a HWS water name. I do this in case you want to look into using the waters or energy test them. I often do many integrations, my term for offering HWS frequencies to your energy field, as I am guided by the energy of the group. All of them may not apply to you and if they don't, they will not interact with your energy. You can energy test them for yourself to see which ones have resonance with you.

You may choose to work with a HWS practitioner to help you determine the one/s that you would like to work with more deeply by using the water formula. The energetic integrations offer a way to open up to the frequencies used in the waters. They may illuminate the best paths and opportunities for shift. It can be really helpful to identify



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when it is most beneficial to use a frequency by water or by energetic integration – HWS practitioners are skilled at doing so. Please contact us at community@healerswhoshare.com to set up a 20 minute intro call.

The waters are a way of working with energy while meeting the physical substrates of the body with a physical substance – water! When we have an issue that benefits greatly from deep, committed attention to the body, the waters can be just the thing.

Using the waters on a daily basis can help bring our awareness to our intention for wellness/shift. It regularly reaffirms these intentions and it meets the body's needs to facilitate full transmutation. In my experience, the waters have been the most helpful thing for *sustaining* a healing or shift.

I highly suggest getting an energy field analysis with a Healers Who Share practitioner. A full energy analysis is a wonderful way to gain meaningful insight into the landscape of your body. I get at least two analyses done a year for myself. We have wonderful practitioners that can assist you.

With roughly 30,000 frequency formulas in our library, it is a vast selection. They are specific, targeted frequencies, best assessed by a skilled practitioner. However, some of our water formulas are widely applicable – often they are the ones that show up in the clearings here. I am always happy to answer questions about the water formulas on our monthly membership calls.

If you are new to energy work, or this group, a few things to keep in mind:

- Stay hydrated on days you receive the energy. It helps keep the energy flowing.
- Human beings are reality creators. We do it consciously and unconsciously. These offerings will bring more awareness to why things are the way they are in 3D.
- Being a reality creator means – you create it all! What a relief! That means if something is not to your liking, you have the ability to choose differently. In addition to our live meetings, I can suggest resources for practicing with this.



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- Your intentions matter. Spend a little time cultivating your intentions in receiving energy work.
- If you feel you are overwhelmed by the energy work, this is a great sign that there are subconscious limiting beliefs that are ready to be illuminated and worked with.
- If you haven't yet done so, I highly recommend reading *The Map to Our Responsive Universe* by Boni Lonnsburry. It is a most valuable resource.
- If you have a question about how all of this works, please ask! Knowledge helps us make aligned choices for ourselves. Members have the option of using a linked feedback form to share information and ask questions.
- All sessions at this time are done remotely. The interactive sessions are once per month via zoom. Other clearings do not require you to be present – you will simply receive the notes or video afterwards.
- Everyone experiences these sessions in their own way. There is no one “right” way.
- What is shared with members is for members only.
- My role is to pay attention, follow the energy, offer targeted energy work and witness the changes. The healing and shift that occurs is credited to you and your higher power.
- Each participant is responsible for their body, choices, actions and life.
- I often make reference to Source/God/Goddess/All That Is. Please use whatever suits you best, which may be one of these, or something different.
- Let this exploration be what you choose it to be. Letting it be fun is a good start!



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I look forward to exploring and expanding energy with you!

With love and gratitude,

Michelle

