

White Light Workshop 2 Checklist

A list of techniques, mindset shifts and tools to help with emotional intensity.

Tick

Energy Management

Spending time connecting with your own energy before event



Stay grounded + focus on breath



Have a morning routine that includes grounding + protection



Visualise a positive outcome for all



Set your intention (prior to event)



Relationship Management

Devising a strategy for any likely scenarios



Talk it out / get support beforehand



Communicate feelings + needs to a partner /friend / ally



Express gratitude / appreciation directly to difficult people



Focus on breath + pause before responding



Create a cooling off period



Plan how to get personal space



Choose a location to disrupt negative patterns or habits




Focus on the things you *can* control



Lower expectations (of happy / perfect family) – be realistic





Commentate your feelings inwardly



Cast yourself in a movie



EFT tapping (before + during event)



Be proactive about feelings + needs – communicate in advance



Devise an exit strategy



Be aware of fusing / healing fantasy with family members



Be aware of projections (of your own shadow)



Maturity Awareness Approach

Express then let go



Focus on the outcome, not the relationship



Managing the situation / people, not engaging or trying to improve



Use White Light

White Light Healing Meditation / Visualisation – on self



White Light Healing Meditation / Visualisation – on situation



In Spiritual Emergencies

Connect to your angel(s) – Angel Meditation



Connect to Archangel Michael – Meditation / Visualisation



Connect to Mother Mary – Meditation / Visualisation



***** Always ground, protect and disconnect after energy work. *****