

# ENERGY LEAKS

## Identification Guide



Leaks tend to occur most often with energetic wear and tear. They can also occur from more acute and extreme energetic exchanges or experiences. For the purposes of this exercise, practice first on yourself and then on others.

### Instructions

Use your priority hand mudra for each steps in the exercise.

1. Clearly instruct the pendulum to show you how many energy leaks are presenting in the energy field.
2. Go over the chart with your pendulum and identify general location of the first leak. Where is it? What about the others?
3. Is this leak connected with a person, place, thought or emotion? You can inquire more from here.
4. Test the spectrum for severity of leak, minimal to severe.
5. What do you gather about leak based on location, what it is connected with and severity?