



Harmonic Healing

How to Use Your
Quantum Energy Art

My Art – By Sharon Beaumont

My art is channeled.
My art is intuitive.
My art is intentional
My art is energy
My art is vibration
But most importantly
My art is done from a place of unconditional love for
my fellow humans and Gaia.

To produce a piece of work I meditate with a set intention in mind. By doing this I connect to my higher self and then in my mind's eye I see images.

The next step is to scribble down what I see on my I-Pad.

It then takes several hours after that to pad out the original scribble. Embellishing and adding codes as I am guided and finally the colours.

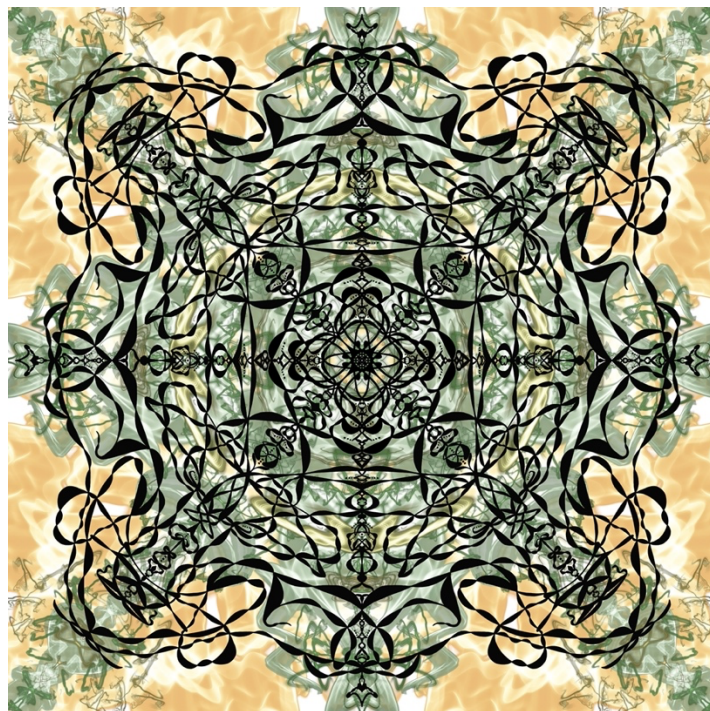
I then intuitively combine the art with an appropriate frequency listen to as you gaze upon the piece.

Loose yourself in it.

Let your eyes move around the piece slowly and with intent.

Don't allow other thoughts at this time.

Just this – Just you – Just Frequency



Starting the healing journey

The good news is that you have already started!!

You started when your intuition, your higher self, guided you to my art.

You have been healing self, either consciously or subconsciously – now it the time to make it an intentional daily activity.

Your Healing Toolkit.

Intuitive Intentional Art

You have purchased a piece if intuitive channeled art which should be used as a tool in your meditation and mindfulness practice for healing, activation and awakening your consciousness.

Frequency

Listen to the frequency recommended for each piece.

This information is on my website

These frequencies can be easily found on YouTube and Spotify.

Mindfulness Meditation Practice

Meditation is being in tune with our inner universe

Mindfulness meditation is the practice of awareness of the present moment without judgment.

A common approach involves finding a quiet and comfortable space to sit or lie down. I would then like you to pay attention to your breathing and any sensations you feel in your body whilst listening to frequencies and/mantras and looking at your meditational art.

Pay attention to thoughts, feelings, bodily sensations, and the surrounding environment with openness and acceptance.

You can start with just a few minutes per day and then gradually increase the time to a sustainable practice – consistency is the key.

Intention Setting

Get into the habit of setting a daily intention.

Write it down without any expectational pressure.

Imagine it has already happened and write it in the past tense.

For example:

- I have released emotions that do not serve me.
- Energy is flowing through all levels of my consciousness.
- I am pain free.
- I am calm

It can be whatever you want it to be.

**When you set an intention, the universe conspires to give you the
Inspiration to make it happen.....**

Unconditional LOVE

Undoubtedly the most important tool – UNCONDITIONAL LOVE FOR SELF

No Judgement - No Shame - No Guilt

Hold compassion in your heart and a knowing that you are making positive steps towards connecting to the authentic you, to the higher version of you, to your joy, to your passion and by doing so you will make a difference to this planet and the people around you!!

**I thank you now from the bottom of my heart for taking this healing journey
and for trusting me to be part of it.**

Here we go

Firstly, I would like you to read through all the chakra information on the following pages and start to absorb the art.

There are questions to ask yourself to further explore where the possible blocks are for you. I would like to repeat a point I made earlier. I cannot emphasise enough how important it is to be totally honest when you answer the questions – even if you do not like the answers. If not, the only person you are hindering, is you, and it will impact on your healing journey.

I was certainly challenged at the start of my journey. The questions uncovered some traits I had that I didn't particularly like – but that is part of the process, without dark there can be no light.

If this is the very start of your healing journey you may find that there is work to be done in all the chakras – do not see this as a negative! Rather be excited that you have identified areas that have been holding you back and when you clear these energetic blocks you will be unstoppable, because

you will discover who you are at your core – your source – your super power. Then look out world – here you come!! EXCITING!!!!!!!

Then it is time for you to set your intentions. Each day it can be different. If you have work to do on all 7 chakras – then you could maybe focus on one a day.

I am convinced at the end of a month you will have noticed huge shifts.

Then ask yourself the questions again.

Has there been change? Can you change your intentions and focus to maybe 2 or 3 chakras now.

It is your journey – at your pace – for your healing and spiritual development – no right – no wrong – no judgement – just compassion and self-LOVE

Your how to guide

Set aside time and space for this.

The length of your practice is entirely up to you.

Some days you may have more time to dedicate to it than others.

The important thing is to dedicate some time every day if you are able.

That said if you miss a day or two – that is ok too.

There is no judgement - no expectation – it is a journey to be taken at a speed that is comfortable to you – it is your journey after all.

No phone – No interruptions – Total YOU time

Maybe light a candle – some incense – have an oil diffuser pumping out soothing aroma frequency.

Play the frequency or mantra or both – see what feels right for you in this time and space today.

Dedicate this time to yourself.

Look at the affirmations – they may help you with your intention setting.

Set today's intention - Only today - Yesterday has gone - Tomorrow is unknown- Be in the now only!

Shut off the other conversations that are happening in your head and focus on the piece of art that you have chosen. Keep looking at the art – look deeper – look deeper – look deeper

If your mind starts to wander re-focus on the art and sound – return to this place of healing for you.

Printing Direction

For maximum effect, it is recommended that you print your artwork at an A3 size. The following tips will ensure that colour and quality remains at the highest level possible.

- If given the option, print in RGB rather than CMYK
- Select “fit page to entire screen” rather than printing with a border
- Don't print any smaller than A5 (ideally, print at A3)



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Healing

THANK YOU
for journeying with me.

I wish you all that you
would wish for yourself
(and a bit more)

With LOVE & HARMONY

Sharon

www.harmonichealing.co.nz