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**Name:** Beautiful Souls **Location:** Around the World **Ages:** Various **Date:** 04-21-21

**Session Notes: Heart Wall Group Healing Session**

Your cloud recording is now available.

Topic: Joy Harris' Personal Meeting Room

Date: April, 21 2021 11 PM Mountain Time (US and Canada)

Share recording with viewers:

[https://us02web.zoom.us/rec/share/pNOZqlyZVvOA\\_inlu1d5dU8rtg9vIFZD4xl\\_xM8L4AQ1HSQ30uR2ggD-Dpfz77Pq.QqEwYTvBmJ\\_0SMvJ](https://us02web.zoom.us/rec/share/pNOZqlyZVvOA_inlu1d5dU8rtg9vIFZD4xl_xM8L4AQ1HSQ30uR2ggD-Dpfz77Pq.QqEwYTvBmJ_0SMvJ)

**Goals for this session:** Release one Heart Wall emotion from each participant and also, from every participant that also has the same resonating frequency trapped in their own Heart Wall. We also request Universal Source Energy heal the Global Heart in the manner deemed beneficial, creating a truly great Synergy of Healing.

**Notes:** Such a delightful Group, so heartwarming to work with you all! The Whole is Greater than the Sum of its Parts. First coined by the philosopher Aristotle, this phrase aptly defines the modern concept of synergy. For anyone who has played sports, it echoes the T.E.A.M. acronym— Together Everyone Achieves More!

For Each of our new or returning Participants we found: Notes by Elsa  
HEARTWALL EMOTIONS, 1 pm 21st of April 2021

**Gratitude & Expectation Prayer**

Worked on heart-wall emotions for Elsa, Diane, Alma, Gabriella, Patrick, Victor, Katrina, Shoshana and Joy

**PATRICK**

Circadian rhythm, 10 am highest alertness, since 3 weeks, organ communication, from heart, Trapped Emotions: Depression, Resentment

**GABRIELA**

Preconception Heart-Wall Emotion: **Shock**

**DIANE**

Inherited Heart-Wall Emotion: **Anger**

~ father, her grandfather, great grandmother, 3 generations,

**ELSA**

Preconception Heart-Wall Emotion: **Taken for Granted**

**KATRINA**

Prenatal Heart-Wall Emotion: **Shock** ~ 3rd trimester, absorbed from Father

**ALMA**

Inherited Heart-Wall Emotion: **Guilt** ~ father, grandmother, great grandfather, 3 generations,

**Released all emotions from each of the group and also with group Synergy from those ready in the Global Heart connection.**



**Release ~ Restore ~ Revive**



JOY raised SHIELDS for EVERYONE **Shield:** I placed a shield around you that will protect you from negative energies that come from others. It's a good idea to get in the habit of reactivating your shield every morning, but especially a volatile situation, when you're in a crowd, or in a hospital where you can pick up energies from suffering people. All you have to do is think or say "shields up" and your shield will reactivate.

**Processing** will take 2-3 days, will be effective and efficient, understandable, and simple.

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**Support Articles:**

[joyfulenergyheals.com/remove-your-heart-wall-free-your-heart/](http://joyfulenergyheals.com/remove-your-heart-wall-free-your-heart/)

[joyfulenergyheals.com/heal-your-heart-and-mind-by-grounding-on-the-earth/](http://joyfulenergyheals.com/heal-your-heart-and-mind-by-grounding-on-the-earth/)

**REMINDER about Energy Processing:**

Above are the results of our Group Session. **I loved our session and it felt so good to be with you!**

I hope you find both immediate and long-lasting benefit. If you have any questions, please let me know and I'll be happy to help. Please keep in mind that after a session you always go through a healing period that we call processing which usually lasts 1-3 days.

Occasionally (less than 20% of the time), there may be some symptoms that come along with processing that I want you to be aware of just in case. Usually this is something minor such as emotional ups & downs or a little fatigue, but it could end up being something more uncomfortable like headache or nausea. It all depends on what we released, what is going on with your body currently, your stress level at the time and many other external factors.

Be sure to be gentle with yourself, replenish and release in a Salts Bath, drink lots of water + lemon will help Kidneys to flush as you liberate this Emotional Energy, journal if you feel led, walk in nature, grounding your feet on the earth and also rest when and as you can.

I invited restorative balance, protective energy, love and light to help balance your mind, body and spirit. I placed a protective shield of pure energy around you and requested the shield to move your negative energies out peacefully while protecting you from negative or offensive energies of others. It will take 2 days to fully release your trapped emotional energies. Recognize this as a valuable part of this process . . . Cheers to your Healing!

**ACTIVE PROCESSING EXERCISE:** I encourage you to help in the processing, and take some time today or tomorrow and look at the emotions released and age or circumstances, then if you can ... just let your fears out, write them down, vent every word you feel you need to say about your thoughts or concerns about Everything, Frustration or anger with whatever or whomever, circumstances of life, etc. Just write the words down in a flowing stream of consciousness, put anything that comes into your head or heart that you need to get out! Please write it down and then do a Symbolic ritual of ridding it from your mind and heart. Whether that means to burn it in effigy, put it in a "Divine box" and give it away completely, or simply tear it all up and throw it away, Do that!!! Please liberate your conscious mind and heart with this loving act of self-care!

If you can sit in the grass while you write this all down, even better and then go for a walk barefooted. I promise you will feel better and it will truly help, not just today, but for long term. Blessings to you!!

Warmly,  
**Joy Harris**

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Thank you for joining our Global Heart Healing Group Session.

We're so glad you found your way here!. Please join the Joyful Energy Telegram community here <https://t.me/joinchat/Sy58v-oHBIKACXE2> to receive updates and notes and share.

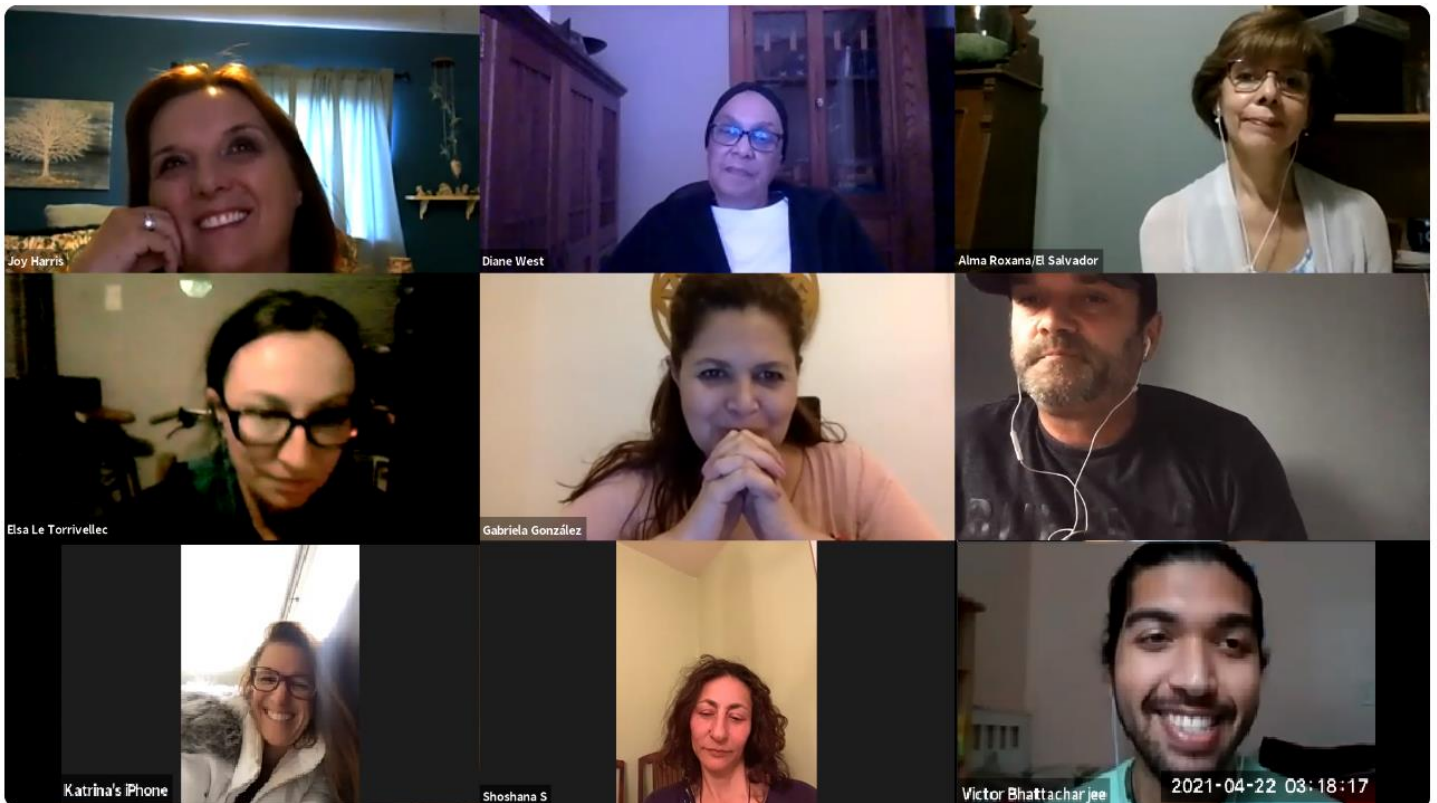
We work with the Emotion Code and Body Code Transformative Energy Healing system. Group Sessions of LIVE Remote Energy Work Featuring Heart Wall Healing - Learn how this gentle yet profound Energy Healing system works and then experience it for yourself.

Each of you special Souls is invited to join the new Joyful Energy Community ~<https://joyfulenergy.newzenler.com/community> This is a safe place to gather all together, interact with like-minded Souls, open our hearts and share what makes us sing. We look forward to seeing you there ... 🎤📺❤️🌸

Cheers to Healing,  
Joy Harris ~ Joyfulenergyheals.com

# THANK YOU, DEAR FRIENDS

for joining my  
**Global Heart Healing Session**  
on April 21<sup>st</sup>, 2021!



**Release ~ Restore ~ Revive**