

Energy Essence – The Miracle of Life

By combining our psychic abilities we'll search for areas that may be able to absorb a healing with the aid of just our mind. Sessions will consist of several healing touch lessons that you can apply to those you know, or for yourself. Poor health issues nagging you from minor to major agony? Secretes of age old techniques are at our fingertips.

Energy work is the simple basics of aligning Mother Nature's gifts from every molecule in space into the realm of regenerating a balance from within.

Our inner mind is the real key to our humanitarian connections that bond everyone together using our energies montage to its fullest. With the use of multiple modalities were able to tap into the real source of mental and physical resurrections and enlightenments. Restoring our life as we build new levels of consciousness leading us back as a child yet guiding us towards becoming new again.

Achieving a compromise of having to grow older yet retaining the youth of energy is a talent we will discover as we become healing practitioners, and we'll be loving what we do.

This exercise will encompass several modalities with the use of mental images of focused intent using deep breath techniques, gentle hands on touching, and colorful chakras.

The sole purpose is to have the intent that something positive is going to happen.

Conditioning our beliefs system to transpose into the molecular level even to the DNA core allows us to make adjustments to change and or aide in the attunements of physical wellbeing along with mental health benefits.

The term "Women's Intuition" is intended to extend to everyone while practicing our talents. It's the part of us that's referred to in a statement we all use now and then. "I just knew" is what haunts us from early childhood. Applying this psychic mental technique and drawing upon its source we can validate what we feel and hear or see.

Blending intuition with a real touch as we draw energy from invisibility and transform it back into usable energy we are able to resonate with others to facilitate in their wellbeing. With a finger soft touch to areas we'll be spreading healing energy waves throughout our bodies. Take pleasure in relaxing while experiencing its benefits at the same time

A hands on workshop that allows each person to participate in an exchange of learning how to accomplish the basics of energy healing. Students who are attuned to help others will definitely benefit from learning this modality.

I have taught *Quantum Touch* along with being certified in *Kathara Healing* and *BodyTalk* etc., and doing healing work for over ten years

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Mental Techniques:

Sit quietly with your hands in your lap,,, your palms up,, Eyes closed. ,, Now,,,, Imagine this light is pointed towards you and creating a ball, of energy,,,,, Visualize in your **mind**, a color, beginning to glow, as a soft spot starting inside the top of your head,,

Take in a quick breath and hold it,, causing the ball to rotate, in a circle,,like a **small** planet of its own.

Using your focus have this lighted energy start to gain speed, while it travels down your body, changing colors along the way,,, You can see,,, Indigo,,, Blue,,, Green,,, Yellow,,, Orange, and Red.

As it travels down your body it's melted into a **shiny**, liquid stream, of pure silver **white** light moving to the bottom of your feet,,, spinning faster and faster,,,,,, now, it begins to leave your body and travels down towards the deep inner core of **our** Earth,,,

Your energy is now resting in the very center of the planet,, **take a Deep Breath**,,,,, energy begins to expand like the rings of Saturn,, and it **glows**,, and continues to **grow** to the far edges of your planet,,,,, Visualize this energy of light spinning faster than your own planet,, causing it to escape to the outer limits, past **your** own solar system where it draws more energy from the whole universe.

Quickly,,, in a large deep breath,, inhale,,, and attract this super charged energy back into **your** earth's core.

Now it's bigger than ever,,, still spinning and radiating, and **growing** to every corner,,,,, **Imagine** this energy of power is pulled backup to a spot just a few inches from the bottom of your feet.

You can feel it tingling,, vibrating and **charging** with **anticipation** of re-entering up through your feet again,,

With all **this** power imagine it begins to re-enter your life and starts to activate every chakra color **making** each chakra section start to spin ,,and grow,, one by one.

You feel a point where all the chakras are spinning and **glowing** and expanding to the edge of your body,,, Experience the surface of your skin starting to **tingle**,,, This causes our chi, to resonate with all the colors,,,, See in your mind's eye this vast amount of energy escaping out into the room,,,,, filling the entire space that surrounds you. **(Take Another Deep Breath)**

Feel this energy continuing to grow,,, and spin,, to the entire surface of our planet.

As it travels around the globe it gathers up knowledge from every living soul on earth,,,,,, weaving, its **wisdom** within your many colors of light.

Accept this gift,, ,, Reach out with your open hands,, and bring this living energy back to you.

As this healing energy is brought back,, take, another deep breath,,,,,

Envision your bright lights coming back towards you,,, direct this energy to travel to a peaceful place just a few inches above your head,,. still Spinning,,, and Glowing,,

While up there,, it's able to see and feel your entire inner life's source.

Quickly fill you own thoughts with all this wonderful energy. ,,,,,,

This ball of light knows it must travel farther to gather more wisdom,, ,, Your many colors are blending again, and now your pure, silver white light of energy is moving up into the heavens above, To a place known as "your Information Highway". It's a galaxy of wisdom you tap into,,,,,, it's been here from the beginning of time.,,,,,,, From there **you're** able to search for something that's attracting you to explore,, while looking for answers,,

You're able to absorb a vast array of knowledge from your **guides**, **who've** always been there for you,,, they will influence your future,,,,, Listen, to what they say,, **take back** with you their message and blend it into your ball of healing energy,,,,

It's time to have your ball of energy fall back to earth, to only a few inches above your head,,, . As it hovers just above you,,, **you're** able to **absorb** this wisdom as it leads you to your **next** level.

(Take another deep breath) Have this energy brought back into you as an enormous **pulsating** ball of **pure silver white** light. Glowing and Expanding into this **super** charged Healing Ball,,,

NOW, It's rolling downward and picking up extra strength and speed as it reaches your **heart** chakra,,,,, , **this powerful Love** touches your core, while constantly **spinning**, and now it's blended **into ALL** of your energy,,

As quick as you can, gather up all this energy,, and direct it to your **shoulders**,,, and now to both **arms**, while it **continues** picking up speed,, traveling down, and out through your open **palms** and energized **fingers** like a **striking lightning** bolt healing everything in its path.

It's attracted to the person just in front of you. In **an** explosion of force,, send it straight to the **inner core** of their body,,

With this **knowledge** you begin to **heal**, in pulsating waves,, one following another.,,,, Feel *connected* within every molecule combined with bright chakra colors surrounding all the **cells**,,,,, **bones**,,,,, and **tissues** ,,,- Nonstop surges of healing thoughts melting away any and all obstacles,, curing **all** ailments in its path.

Experience this **connection**,,, and **begin** transferring **energy signals** back and forth,,,,, linking the two of you together.

Your intuitive mind seeks out a message, of how your energy may be soaking in all this,,, Like a sponge **bringing** in relief, through a loving touch.,,,,, Feel,,,, , See,,,,, , Smell,,, blend and share those emotions together. **(KEEP BREATHING DEEPLY IN AND OUT)** **Continue** healing until you feel content with accomplishing your goal to help,,,,,,,,,,,,,

Go out and start your healing sessions now. Emotional psychic healing tethers you two telepathically together. Visualize all these steps to generate your energy and be ready for a supper charge. Both partners benefit from a beautiful healing experience.

Jump Starting Each Touch:

History tells us that energy works best when it is started from the left foot. You can have your friend sit in a chair or lie down. You may want to be able to touch them from the front and back at the same time. If lying down, the fetal position beginning with the left side up generally provides overall access. Loose clothing, no shoes and/or any leather, very little or no jewelry.

Ask mentally in your mind for permission to explore this journey with your friend. Also, it works best when you ask for healthy positive protection from outside influences.

Meditate together for a moment and begin breathing deep slow breaths in unison.

Place your hands on your friend's left foot starting with the middle bottom. It's "**Extremely Important**" to inhale a large breath of air, fill your lungs and hold a moment. What this does is to take in your friend's chi that surrounds their body. It allows your lungs to analyze what is happening with your friend. Exhale fast and with extreme force, and as you do focus on this being a bolt of lightning traveling out of your body and into your friend. Do this several times. After enough practice you will begin to absorb knowledge about your friend through your fingertips while using their chi within your lungs to help locate low or high, weak or strong etc. areas. You may experience colors or tingling / warm feelings just go with the flow. At times you may ask your friend for feedback to help validate your findings.

Work your way up the legs to middle body and to the shoulders and to the arms and hands. Then back to the neck and head. Proceed to the right side and move down to the shoulders and arms and hands. Then back to the chest and to the lower sections and through the legs and feet. At this point you may have an inner intuitive - visual feeling of where more spots may need extra care. Continue to focus in on special sections more intently.

More options are to place your hands in separated locations to get a cross section of energy. Also allow the intent to focus on a variety of colors that may apply to specific conditions. It is even encouraged to bring in spiritual guides and help from others if permitted. Sounds may even be incorporated along with appropriate music.

The way you place your hands and the positions of fingers can greatly give a positive influence to the outcome. At times you may feel the urge to place several of your fingers just about a half of an inch above them within troubled areas. Start to rotate your fingers in a clockwise direction as if you're stirring and mixing a bowl full of thick rainbows with bright liquid colors. You're looking for a chill to run up your back as it indicates you're working your magic. Blend colors as you swirl your fingers mentally projecting this energy sending it deep into their body creating soothing relief. Always keep in your focused mind the intent image that you are positively producing intuitive healings to take place.

The length of time spent on each section varies upon the amount of energy levels you and or your friend experience. Keep in mind that any and all parts of your body may exuberate energy flow to your friend. An example is the strong level of energy that is present within your navel area. Stronger reactions may occur when added chakra sections are allowed to join in and pour energy from your areas to locations within your friend's negative areas. Imagine your friend is a musical instrument and your fingers are locating special notes to create a beautiful melody of music. Harmonize together.

Cautions are to be observed, such as feelings of low energy being caused by your not maintaining your vibrant breathing practice. "**IMPORTANT**" The breath techniques are what starts and stops the flow. If you feel a low energy or hardly any energy at all then it is time to revamp a more extensive breathing exercise. Like a fire breath that is pulled in and pushed out of your lungs very rapidly as if you are running in high speed. This multiplies the energy cells and causes an uplift in energy going to your friend. Now, keep in mind that after some time this energy will level off and you will experience a sense of completion and you will "Just Know" when it is time to close this session.

After a session it is also important that you and your friend drink plenty of water to help rejuvenate each other. Also, know that during some sessions your friend may experience discomfort and even some pain during and or after the

session. What this expresses is that something positive is taking place. It is most reassuring that this symptom may occur because it shows that you have done something wonderful. A person may not notice anything happening during the session. However remind them that there can be reactions that can take place even several days after the session. Follow up calls can be helpful to express comparisons of the healings.

Also, know that a person can never have too much of this energy because it is comprised of pure love.

Medicinal Energy Alternatives

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Topics to Discuss:

1. Permission: From your friend. Also, ask for protection
2. Focused Intent and especially Imagination (**The Most Important Part**)
3. Grounding: Before and after. Feet on the ground: Rubbing hands together
4. Where and how to perform: Sitting or standing: Laying Down: Quiet place
5. Atmosphere: Candles: Music: Loose Clothing: Dim Lights etc. Clean Hands:
6. Have open discussions about any issues: Feedback. Express that it is LOVE doing the healing.
7. Meditate together, Hold hands etc,,, Exchange personal items.
8. Distant Healing: Objects: Photos: Names:
9. Emotional psychic healing: Tethers you two telepathically together. Envision them small in your hand.
10. Inner Vision: Intuition: Self Knowing: "I just knew" :Visually See Improvements.
11. Guides: Talking or listening and showing you things
12. Water: The written word etc. Water has memory.
13. Breathing Techniques: Fast: Full: Shallow etc, Fire Breath:
14. Chakras: All colors. Blend with intent.
15. Chi: Outer skin, Info from the air, theirs and ours.
16. Placement of hands: Body Etc.: Cross Section :Parts Connected:
17. Visualize: Colors: Auras: Sounds: Cold: Hot: Vibrations: Smells: Taste: Dark: Bright
18. Objects: Precious Stones: Crystals: Pendulums: Aroma Therapy: Amulets
19. Lightning Bolt Feelings in your arms: Chasing Pain:
20. Pulsations between you two, Levels that go up or down
21. Movement detection: internally: physically or mentally. Imagined or felt.
22. Expect things to happen: Bones Move. Pain goes away.
23. Remember to drink lots of water. May experience discomfort during and after sessions.