



## How To Use Your Energy For Healing.

Have you been able to feel the subtle energy inside your body? Have you succeeded in becoming aware of the energy inside of you?

If not, then go back to my Episode #4, You Are An Energy Being. I'll Show You.

But if you were able to feel the energy within you and are aware of it, then you are ready to take your energy healing to the next level.

Here are the steps to harnessing your energy for healing.

### **STEP I: Feel Your Energy**

Decide what you want to energize for healing. Do you want to heal a sore knee, your eyes, or even one of your houseplants that has seen better days? Anything.

2. Sit in a chair with your feet flat on the floor and eyes closed.

3. Ground Yourself.

Remember always to ground yourself which includes quieting your mind and let all distractions drift away.

Take 5 - 10 minutes and let your thoughts go, let them drift away. Try to think of nothing.

Thump your chest three times and say "I love you." (Called thumping your thymus) This is not absolutely necessary, but helpful.

## **STEP II: Let Your Energy Flow**

Imagine a flow of energy from the ground moving through your feet and into your legs, up through your body. Visualize it. The more you can visualize it, the more energy you will produce.

Then imagine the energy moving through your legs, up your body to the top of your head.

At the top of your head, imagine it going back down through your arms and out your hands.

## **STEP III: Amplify Your Energy**

Keep imagining this while taking deep breaths. The deeper the breaths, the stronger the energy will become.

If you do this long enough, you might begin to feel a buzzing up your spine, or in your hands. It is a wild sensation if you amplify your energy plenty.

## **STEP IV: Direct Your Energy**

Now put your hands on whatever object you want to heal, i.e., your knee, a foot, your stomach, your eyes, etc. I would keep it to something on your body at first so you can feel the energy. It makes it easier for you recognize the sensation and become aware of it if you can sense it.

Keep this up for as long as you can. The longer you can do this and imagine the energy from the ground going through your body to the top of your head, and then back down through your arms out your hands, the more energy you will produce. With the more energy you produce, the more powerful the healing energy will become.

Then, to make it even more useful, set an intention to your energy. If you have a sore knee, place an intention to let the soreness drift dissipate. If you are working on your eyes, set an intention that your eyes will relax and not be so tired as you put your hands on them while breathing.

The options are endless. Use your imagination. Some people have even imagined they had a sponge cleaning out their knee to relieve the pain. Or they imagined white light filling their knee for healing.

Experiment and have fun with this. You are now an energy healer!