



## Breathe, *Love*. Heal

# Steps To Becoming Aware Of Your Life Force Energy Cheat Sheet

Have you ever felt energy within you?

You are a powerful being with life force energy flowing through you all the time. Why not use that energy for healing!

But before you can do that, you have to be aware of it and really feel it.

In my Breathe, Love Heal Podcast, Episode #4, I showed you how to become aware of your energy so in later podcasts, we can use that energy for healing.

Here are the steps to feeling your energy that we discussed in the episode.

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

#### **1. Ground Yourself**

The first thing you must do before any healing session or any time you want to work with your energy is ground yourself. What this means is you need to:

- ☀ Find a quiet place to do this.
- ☀ Quiet your mind – Try to think of nothing.
- ☀ Let your thoughts go – Let your thoughts drift away.

☼ You can sit or stand, it won't matter.

## **2. Pay Attention To Your Breathing**

Let your breathing become steady and pay attention to it. By doing this, you bring focus to yourself, and that maintains your energy.

Where your thoughts go, your energy goes, so you want your thoughts on yourself, and concentrating on your breathing is one of the easiest way to do this.

## **3. Raise Your Pointer Finger About Twelve Inches In Front Of You**

Put your finger at a comfortable distance in front of your face, you don't have to hold it at arms length.

## **4. Concentrate On Your Face. Really Focus On It With Thinking Things Like:**

- ☼ Look at the lines on your finger.
- ☼ Think of whats inside, the bones, blood flowing, muscles in it.
- ☼ Look at the joints and how they bend.
- ☼ Think of the color of your skin
- ☼ Look at your fingernail
- ☼ Think of anything else about that finger.

## **5. Keep Concentrating On Your Finger And Keep Your Focus On It.**

Keep doing it for three to five minutes then ask yourself, "Do I feel anything in my finger?"

What did you feel? Did you feel anything?

If you felt nothing, no worries, try it again. Be sure to quiet yourself and make sure you are not distracted by the sense that someone is waiting for you, or maybe how stupid you feel doing this, or that you have dishes to do.

What you'll discover is that you can feel your finger in a new way. It is a subtle energy, a kind of essence around your finger, or maybe a feeling of air around the finger.

What you are feeling is energy flowing through it, life force energy.

This is the first step in becoming aware of your life force energy!

## **STEP II: Becoming Aware Of Your Energy All Through Your Body**

### **1. Ground Yourself Again**

I know this seems trivial and insignificant, but it is an important step before any time you work with your energy or intuition.

### **2. Sit in a chair**

Get comfortable with your feet flat on the ground. Take a few minutes and think of your feet and concentrate on them.

Do you feel anything?

### **3. Move Your Focus To Your Ankles**

Concentrate on your ankles and think of them.

Did you feel your awareness move to them?

#### **4. Move Your Focus Up Your Body**

Move your focus up your body and stop at different parts and concentrate on that part.

- ☀ Stop at your knees and think about them.
- ☀ Stop at your hips.
- ☀ Stop at your gut or stomach.
- ☀ Stop at your heart.
- ☀ Move up your body and stop at your head.
- ☀ Then move your thoughts to your arms, elbows, then hands.

Were you able to feel anything in any part of your body?

Remember to be in a quiet place where you are not distracted. If you are distracted, that is where your thoughts go and then your energy follows. So keep your thoughts on different parts of your body and hold them in place for a few moments.

If you didn't feel anything at first, wait a while, then try it again later.

Everyone can do this.

If you find you can't feel anything, then it just may mean you are more disconnected to your own being than others. No worries, keep practicing.

Remember, energy healing is like drawing. We all can draw, we are not all artists. But with practice, we can all become better at it.

Do this until you begin to feel the energy in different parts of your body.

Then once you become aware of the subtle energies in your body, I want you to do one more thing.

### **STEP III: Create A Ball Of Energy**

#### **1. Put Your Hands Together**

Take your hands and put them in front of you a few inches apart, palms together.

#### **2. Cup your hands as if there is an invisible softball between them.**

#### **3. Rub your hands together for a moment vigorously.**

Really rub your hands together!

#### **4. Pull your Hands Apart**

Breathe into your hands. I don't mean to blow into them, breathe into them. You do this by keeping your mouth closed but imagine your breath moving through your arms, out your hands, and into your palms.

Do this for a few moments.

Do you feel a ball of energy between your hands?

Keep doing this exercise longer, and the ball of energy will become stronger, more powerful.

This is one way to focus your energy and amplify it. We'll learn many more ways to amplify your energy in later podcasts. But for now ....

Congratulations!

You are a powerful being! You are a healer!!