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## **INTRODUCTION**

This document is meant to teach you the art of healing and enlist some healing techniques you will use. Remember that techniques and modalities are merely tools in your box and that as the healer you are the channel for healing knowledge and healing power. There are certain axiom's that healers must adhere to, in order to affect a successful healing and to ensure the continued health of the healer.

- Your belief system is the single primary function of healing
- Discipline is the most important aspect of healing
- Healing is a reversal of the process involved in becoming ill, and at the same time an awakening to one's true nature and the meaning of life.
- You, your client, the healing techniques you use, and the energy itself are all one (Unity).

## **HEALERS**

A healer is the channel or the tool through which manifestations of the energy life force are brought to the healing design. As a healer, you work between that which is being healed and higher consciousness that provides the knowledge and power to affect healing. Instrumental in your healing work, therefore, will be this ability to act as a channel for the knowledge and power. Every living being is born with this ability and you need only discover and make use of it.

The key to being a true energy healer is to heal from your whole being with a sense of unity and oneness. To do so, means the healer must become a clear channel to the energy, color and light which flow during healing procedures and to whatever psychic information and guidance are available. For this reason, it is important for the healer to become an *unbiased tool* meaning the quality of the healing is directly proportional to setting aside the Lower Self or ego and acting with self-knowledge.

## **LEVEL I**

You will begin the study of healing by learning to work with the "*Universal Energy*" or "*Life Force energy*". You've already learned that every living thing in existence is permeated by the universal energy. Different cultures call this energy by many different names, such as prana, mana, qi, and chi, but what is important is that they all recognize that an "invisible" *energy field* composed of this energy surrounds every living being. This energy field inherently supports the processes or operations of the physical body, the Higher Self, and the Lower Self which is commonly referred to as the Trine.

The energy in this energy field is active and intelligent as the expression of the universal consciousness that is the Universal Source in each of us and the entire universe. This energy emanates from the Universal source as a field of higher consciousness. This field is infinite knowledge and power, infinite creative force, unlimited resources and it also contains the higher self of every living being.

To understand this energy, we must understand the various systems contained within it, beginning with the chakra system.

Within the physical body resides a body double or spiritual body that contains the Chakras that are portals of the aura. The word Chakra means wheel or disc and each are centers of activity that receive, integrate, and communicate life force energy. Chakras are responsible for the person's physical, mental, and spiritual functions. They absorb and

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transmit energies to and from the universe, nature, celestial entities, from people, and even from objects or things. The chakras are constantly rotating and vibrating. When one or more of the chakra is blocked and the energy does not flow harmoniously through them, or it is wide open, it will result in imbalances that are manifested in all areas of life. Each chakra is expressed on the physical body in one of the endocrine glands that regulate physical and emotional processes in the body. The imbalance in the chakra will also be expressed in the endocrine gland linked to it. If we concentrate on balancing the chakras it will lead not only in balancing the chakras itself, but the physical, emotional, and spiritual imbalances caused by their deficient functioning.

The energy field is a holistic entity where every part affects every other part. Therefore, the chakra system can be used as a tool to fight viruses, debug and reprogram our lives. In order to run any of our programs we have to activate our energies, which are bipolar in nature, meaning we can plug in into this system just as we plug in our television or stereo. The chakras receive and broadcast at different frequencies. The seven vortices of the chakras are created by the combination of these two active principles: consciousness and matter. Consciousness in the form of Ethereal Energy enters through the crown chakra and flows downward through the body, and upward flow of Earth energies from the earth to ethereal consciousness. In order to be whole, a human being needs a balance between the downward flow and the upward flow of these energies. Blockages occurring in any of the chakras affect the flow of the energy.

The energy field is composed of seven layers representing the *aura* and the seven major *chakras*. It acts as a viaduct between higher consciousness and the physical world. All abilities, powers, and potentials of our body, mind, and soul stem from this energy. The energy field is both an indicator and a regulator of the manner in which the life force, abilities, powers, and potentials that exist within the field of higher consciousness are expressed into the physical life. If this energy field is balanced then the physical body exhibits good health and the mind, spiritual awareness, higher self, and potentials will all manifest in the physical life. Likewise, if imbalances or defects are present in the energy field then the flow of energy within this field becomes weak, unbalanced or blocked, preventing the higher connection. There are three effects manifested as personality trauma that can include repressed memories, energetic defects in the aura and chakra system and invasion by self-generated or imposed by others unhealthy/unbalanced/tainted energies that often exist together and are closely related. This generally occurs because traumatic experiences, harmful life circumstances or dysfunctional relationships in this incarnate life or past lives remain unintegrated by the psyche causing an imprint within the energy field with energetic defects that deny the person connection to the higher self resulting in rigid existential biases and core problems in the personality. This also compromises healthy energy fields by making it possible for unhealthy energies to establish themselves in the aura and chakras. Diseases or afflictions often manifest because of unhealthy energetic conditions in the energy field, and rigid and unhealthy patterns of emotions, mind and spirit that occlude the higher self of the person that will eventually lead to problems in the physical life. As a Healer, it is in your abilities and very essence to sense and correct imbalances and energetic defects in the energy field by restoring the condition of your client's energy field to its healthy state. In doing this, you will treat the ultimate cause of disease or afflictions by treating conditions in the energy field. By healing the energetic defects in your client's energy field you offer your client the opportunity to reconnect to their higher self by reintegration of the personality, a new vision of self beyond negative thoughts, emotions and self-limiting beliefs, and unlimited health. Remember that healing is not the product of your conscious mind, but rather through you from the self- knowledge and unlimited energies contained in higher consciousness from the Universal Source. You are able to heal the energetic defects by using various energies, healing techniques or modalities, and tools. You do not generate the healing power that makes the healing techniques work, but your proper use of the techniques will enable you to be a channel for the healing power that comes from the field of higher consciousness. You are the catalyst and the channel for the knowledge and power that enables healing to take place. This is the role of the energy healer.

To perform a healing treatment, you will channel, transfer, and regulate energy into your client by supplementing and enhancing the overall health of the energy field. Along with this, it is necessary to expand your awareness to receive intuitive information regarding the condition of the energy field and to sense or detect energetic defects of various kinds and causes. In order for this to happen, you must learn to channel energy. Energy channeling is the practice of bringing

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extra energy into yourself, allowing it to flow through your body and into your hands and then transfer and regulate it into your client. Every being has this inherent ability to channel energy. You need only open yourself to the energy, to do so. As you begin your practice of channeling energy into your client, your client's energy field will use the energy you conduct in the way that is most needed. As you grow in your healing abilities, you will become increasingly more able to sense the energy, more aware of areas in your client's energy field that harbor energetic defects, and more able to use the energy to heal those defects, using a variety of healing techniques. As your awareness and abilities increase, you will become a progressively more conscious participant in the healing taking place, and you will, should you continue your study of Life force energy healing, learn some extremely powerful and exciting tools to effectively sense and heal the human energy field.

## **CHAKRA SYSTEM**

As an energy healer, you must have an understanding of the chakra system as this will be of central importance to you as you work. Higher consciousness tells us that there are 88,000 chakras operating in every area of the human body. While the majority of them are small, there are forty chakras that have significant functions in the hands, feet, fingertips, and shoulders. The most significant ones are the Seven Main Chakras located along the central line of the body, from the base of the spine to the top of the head. They are located in the ethereal body and they express the embodiment of spiritual energy on the physical plane. There are 72,000 meridians (better known as acupuncture points) throughout the human body that work in conjunction with the chakras and level II will work with the twelve major meridians. There are also approximately 500 nodes that work in conjunction with the chakras and meridians and Level III will work with the 100 common nodes.

The seven major chakras will be of central importance to you as you learn energy healing. The true energy healer learns to expand intellectual and spiritual awareness and experience each of the chakras as a realm of being meaning each chakra is a realm with its own nature and consciousness. As you begin to channel energy into the chakras, and practice sensing them, you will begin to sense the unique nature of each chakra. This is not a conscious mind process, but rather a whole being concept allowing you to gain insight into the condition of each chakra.

These major chakras do not actually exist as "objects" in the physical body, but more as energy patterns accessed by portals with specific locations on the body that correspond to them. Each chakra is shaped like a funnel or whirlpool of energy. Their vortices lie inside the body, along the spinal cord which corresponds to a central energy channel and up into the head. Each of the seven chakras has a dominant front and a back, which are integrated. The 1st and 7th chakras, however, have only the one dominant component. The seventh chakra extends vertically upwards above the head while the 1st chakra extends forwards from the base of the spine, and downwards, at up to a 30 to 45 degree angle, although its exact position will vary from person to person and often appears to extend mostly downwards towards the feet.



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Each of these seven major chakras, or primary energy centers, has its own character and corresponds to a unique aspect of our being from the 1st chakra (physical vitality, or survival) to the 7th chakra (Spiritual enlightenment). Because the chakras are spiritual entities, however, it is impossible to convey a true explanation of the nature of each chakra in words alone as each is a *realm of being and consciousness* that cannot be described in mere words but must be experienced. Each chakra also has a certain true color of the visible light spectrum associated with it—from red (1st chakra) to violet (7th chakra). It will be important for you to learn to sense and see the true color of the chakras.

Number	Chakra	Name/Location	Character	True Color
7	Crown	Center crown of Head	Spiritual enlightenment	Violet
6	Third eye	Above the brow –center forehead	Higher Consciousness	Indigo
5	Throat	Pit of Throat	Communication. Creative Expression.	Blue
	High Heart/Thymus	Between the throat and heart	Immune System, Sound Healing	Bright White
4	Heart	Center of the chest	Self-healing, compassion, service to others	Green
3	Solar Plexus	In the curve of the rib cage	Creation of Self. Perception and Projection of Self.	Yellow
2	Sacral	Two fingers below the navel	Desire, Sexual Energy, Relationships	Orange
1	Root	Base of Spine	Physical Vitality, Survival, Grounding	Red

The chakras are energy processing centers called portals that act as the major energy junctions in the energy field. The energetic operations within them are what make every aspect of our bodily, emotional, mental and spiritual life possible. Every chakra is always receiving life force energy from all around, and it is this energy that supports the energy field and the entire life process of each individual. Aside from this entry of energy into the energy field through each of the seven major chakras, there is also an upward flow of energy in the central energy channel, from the lower to higher chakras. This upward flow of energy originates mostly from the earth and then moves through the 1st chakra, 2nd chakra, etc. as it ascends finally to the 7th (crown) chakra. This energy is processed at each chakra, on its way up, in accordance with the unique nature of that chakra. The lower chakras are simpler-functioning, but as the energy ascends upwards there is a greater degree of sophisticated and more spiritual functioning, intimately related to the life experience and state of being of the individual.

Chakras are important because defect in the energy flow through any given chakra will result not only in a defect in the energy provided to certain portions of the physical body, but will also affect emotions, mind and spirit in specific ways associated with the nature and character of that particular chakra. Defects will impair the entire energy field's ability to process energy by affecting other parts of the energy field. You also use the chakra system to bring energy into yourself to channel into your client. When you generate energy, it enters through your chakra system just as you have experienced when performing the clear, cleanse, and balance ritual.

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## **CHANNELING ENERGIES**

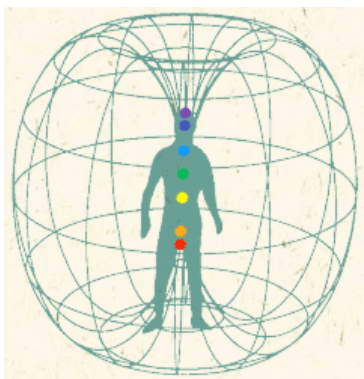
You already know virtually everything within and throughout the universe, circulates energies and exists because of energies. The flow of this energy connects everything that exists and you are always drawing this energy into your own energy field. You must first learn to bring a greater amount of the energy into your own energy field that is already supporting your life and must also support the life of all you seek to heal. In order to practice energy channeling you must first learn to conduct energy and then learn to transfer and regulate energy into your client for the purposes of performing healing work.

The technique you will use to do this is referred to as *generating energy*. You can generate energy in a number of different ways. One of the most common are the energy circles we have used in previous exercises. You can also generate energy by using your power of *Visualization*. Visualization is typically the most important tools because it allows you to generate and direct the energy with your third eye and Intent. To generate energy using visualization, you will "Focus" your third eye and begin to see and feel the flow of this energy into you, from all around you, in greater and greater measure through your crown. You will also visualize this energy, as it flows into you, move through your body towards your shoulders, down your arms, and collect in your hands, so that you can transfer and regulate this energy into your client. Generating energy, using this visualization, will start the energy flowing through you in when it is time for you to begin a healing treatment. Before you begin the process of channeling energy into your client, it is best to follow these important guidelines:

- Remove all rings, watches and jewelry from your hands before beginning a treatment (you can wear your healing or quantum energy pendulum).
- Wash your hands.
- Bless your body with sacred oil\*\*
- Set your healing Intent
- Ensure that all tools such as stones, crystals, and pendulums have been properly cleansed and empowered.
- Always ensure your client's comfort
- Always prepare your client for the healing. This will include explanations of what to expect, sacred oil rubbings, and deep breathes.
- Generate energy. Do not let doubt interfere. *Trust, expect and believe* that the energy is flowing.
- Use *zero pressure* with the hands to maximize the energy flow.
- *Be open* to the energy flow. Do not try to force the energy, but just open yourself and visualize the energy flowing through you. Your intention is sufficient to generate and conduct the energy.

*\*\* If the client has diseases of the foreign body nature such as cancer – massage sacred oil onto the client before beginning otherwise follow the procedure as described..*

The following exercise will help you generate energy:



### **Exercise**

***Every night before your clear, cleanse, and balance ritual generate the Earth and Ethereal energies. Stand with your feet slightly apart, relaxed and comfortable. Take three deep breathes, letting each one out slowly. Close your physical eyes and relax your arms at your sides with your hands not touching your body.***

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*Visualize bringing the earth energy up from the earth through your feet, and visualize bringing the Ethereal Energy down through your crown from above you, and into you. Really see and feel the energies coming into you, from all around. You may feel a slight tingling beginning, throughout your body, as the energy comes into you.*

*Visualize the energies mixing and balancing in the heart chakra. Next visualize moving the energies to your shoulders, down your arms and into your hands. As you hold your hands at your sides, really visualize with your third eye and feel the energies coming into you from all around, through your body, down your arms, and then filling up your hands. You should feel a tingling, or even a sensation of heat, as the energies flow and collect in your hands.*

*This tingling is not just a physical sensation, but is also a sensation you experience when emotions flow through you. Each time you practice this should only take a minute or two. It is best to master generating energies and recognizing the way energies feel in your hands before you proceed to channel the energy into a "live" client.*



## **SENSING ENERGY**

We perceive energy all the time, but most are not consciously aware of it. People sense subtle energy in different ways. Not everyone feels it bodily. Some people perceive it as colored light, "hear" it as a rising or falling sound or just "know" it. Some sense it in multiple ways at the same time or in succession. Some people can tell what consciousness, emotional, or situational "labels" are attached to subtle energy since energy can carry all possible outcomes at the same time. There is no right or wrong way, or no way that is better than the others. There are many channels of information that you can tune into and you may even sense entirely different things with the same client.

As a healer, you need to sense where and how your client's energy field has acquired energetic defects, so you can correct them and bring renewed energetic health. You will be able to pay special attention to those areas in particular need of healing: you will conduct a greater measure of the healing energy to these locations and begin to work to correct whatever problem exists there. As with energy channeling, sensing the energy with your hands is a natural human ability you already have inherent within you. Opening yourself to the sensations that the energy produces, in your hands, is all you need do. Your hands are very useful in sensing the energy in your client's energy field because they may be moved through various areas of the energy field to inform you of what areas are in particular need of healing.

Sensing the energy with your hands takes a little time to learn, as the sensations are often subtle, but the following *exercises* will assist you in beginning to feel the sensation that the energy produces in your hands, as well as, developing sight to see the auras:

### **Exercise 1 – Hand Sensitivity**

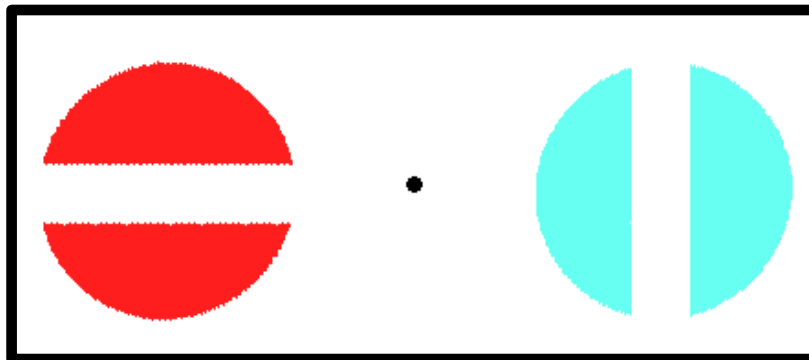
- 1. Sit comfortably with your back straight and tall. Allow your mind to quiet down.**
- 2. Spend a few minutes breathing deeply and comfortably into your belly. When your breath has become slow and even, then you are ready to go on.**
- 3. Rub the palms of your hands briskly together for 15-30 seconds.**
- 4. Hold your hands out in front of you, palms facing each other. Keeping your elbows in close to your sides will probably be most comfortable.**

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5. Slowly bring your hands together, as close as you can without touching. Pay attention to any sensations you feel in your hands.
6. Slowly bring your hands apart again, so that they are separated by 6-12 inches.
7. Repeat this process several times, bringing your hands together and apart. Be slow and steady.
8. As you do it, pay close attention to your palms. You may experience a sense of pressure or thickness between your palms; warmth; buzzing; tickling; pulsing; or other sensations. You're feeling energy! Don't worry if you feel something different than described above. Everyone is unique in what and how they sense energy. Don't worry that you are imagining what you are feeling. You aren't. Allow yourself to believe in what you are feeling. If you can't feel anything yet, don't be concerned. Try "imagining" that you are feeling something.
9. This technique can be very useful in opening a mind that is closed to the experience. If you still don't feel anything, don't worry. Sometimes it takes a while. If the experience is new for you, you might not know what you are feeling. Just keep an open mind and keep working on developing hand sensitivity by repeating this exercise at later times. If you are feeling something, try to articulate what it is you are feeling.

### Exercise 2 – Seeing Auras

Look exactly at the black spot for 30 seconds or so and observe colored dots with your peripheral vision. Resist temptation to look anywhere else but the black spot. Note that colored areas seem to be surrounded by the "Aura" of a different color. When peripheral sensors are stimulated for some time, we have color sensations, much different than when we use the central vision. The longer you concentrate, the brighter is the "Aura" around colored areas, because your sensitivity increases. Yesterday you could look at this picture for hours and never see anything. Concentration at ONE spot for long enough is the key. Rather than the true Aura, this exercise demonstrates the principle of how to look to see human Auras by making you aware of certain specific capabilities of your eyesight and your perception.



### Exercise 3 – Seeing Auras

1. Find a comfortable position in front of something plain such a white wall. Do not face the light, since that can give you false results
2. Do a breathing exercise to get your body as relaxed as possible so that your aura practice will be more successful. Make your body calm and your mind thoughtless.
3. Stretch out one of your hands in front of you. Now spread your fingers and look at the space between them. Do not focus on either the wall or your finger. Just gaze into the nothingness.
4. Take your time and do not rush the exercise. Give yourself time. Notice how you then begin to see a white shade around your fingers. Do not focus on the light but keep your focus at the space between your fingers.
5. As you continue to look, you may see the white color transform in to a blue color. This is your etheric body. If you don't see any color beside the white, take you time and have patience. Every skill takes practice so don't give up. Continue for as long as you like. Do this on a regular basis to become better and to be able to see



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**more of your aura. You can also do this exercise on your head in the mirror or on someone else. Just look at the space right beside the body and observe.**

After you begin to sense energy practicing these exercises, it is time to try sensing the energy field of a physical body. Proceed as follows:

Have your client lie flat on your treatment table, arms at his or her sides. Now, call in the energy as you have learned to do in steps 1 to 3 of the calling in the energy exercise on the "Channeling the Energy" page, until you feel the energy tingling in your hands. Once again, this tingling means your hands have been sensitized so they can feel the energy.

Now, begin to scan the body of your client, by using the palm of one hand at a time. Start with your right hand, whether you are right-handed or left-handed (the right hand is "dominant" in sensing the energy in most people). Begin at the top of the head. Hold your hand level, with fingers spread slightly, as if resting. Your hand should be about four or five inches above the body surface. As you scan, move your open palm slowly—two to three inches per second is the ideal speed. "Forget yourself" while you do this, and instead open yourself to any recognition that may form in your hand as you do so.

Move downwards, to the abdomen. Scan the entire abdomen. Continue scanning the entire front of the body in this way, including the hips, upper legs and lower legs. Do you sense something in any of these lower areas?

What recognition did you get, as you passed your hands over the chakras, or over other areas where you felt sensations in your palms? Make note of the areas where you felt sensations in your palms, and the recognition that came to you as your hand moved over these areas.

You can repeat these steps, scanning with your other hand. It is easiest to work with one hand at a time. After you have begun to sense the energy field with your right hand, try this technique with your left hand, too. Is one hand more sensitive than the other? Do your hands feel the same things, over the same areas, or slightly different sensations? Remember to use only one hand at a time, however.

### **Using a Pendulum to Perceive the Chakras**

Another common method of getting information about the chakras is to use a pendulum. A pendulum is generally your quantum energy or healing stone/crystal attached to a short string, cord, chain, or something similar. To use it, hold the pendulum a few inches above one of the chakras. Let it become perfectly still. Within a few moments, the pendulum will usually start to move.

There are different empowerments that you can tune your pendulum to heal. Most common are:

- a) Pendulum motion in a clock-wise direction is normal.
- b) Counter-clockwise shows that the chakra is spinning in reverse.
- c) No motion or a very small circle indicates that the chakra is under-active.
- d) An exaggerated circle indicates that the chakra is over-active.
- e) A moderate, clockwise circle indicates good function in the chakra

An even better set of empowerments for your pendulum are listed in the Cleanse and Empower Stones and Crystals.

- a) front to back or north and south motion like the nod of a head up and down will mean a yes



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- b) side to side or east and west motion like the nod of a head side to side will mean a no
- c) clockwise circle motion will mean open or cleared
- d) counterclockwise circle motion will mean blocked or closed
- e) no motion will mean finished or no information available

## **ASSESSING USING THE HAND AND WRIST**

It is not necessary to do the assessment over the body. It can be done over the palm as well. The first chakra can be assessed over the wrist, the second at the thumb, the third over the middle finger, the fourth over a small finger, the fifth over the index finger, the sixth over the ring finger and finally the seventh chakra over the palm.

## **HEALER PREPARATION**

As the healer, it is important that you always prepare yourself for a healing both before and after to enhance your healing abilities and to protect yourself. Always follow your daily bathing ritual by rubbing your body with sacred oil. Set the following Intent:

*With sufficient desire and sufficient belief, bring forth the Light of the Universe  
I invoke protection for myself against all that is negative, defective, diseased and afflicted.  
Bless and guide my hands to heal and balance all energies from the inside to the outside  
So shall this be*

For the healing, proper preparation begins with removing all jewelry (rings, watches, bracelets, etc.) from your hands. If you have your healing or quantum energy stone/crystal as a pendulum or pendant, you may continue to wear these as they will magnify the energy and any other stones/crystals you may be using for the healing.

Wash your hands. Apply a drop of sacred oil and rub into the front and back of your hands. Continue with the procedure.

## **Ending Treatment**

End the treatment by standing by yourself for a quiet moment, take three deep breaths and request that the energy stop flowing.

The healer should always perform a sage cleansing after treatment on themselves. This can be done by swirling sage smoke about the body and setting the following Intent:

*With sufficient desire and sufficient belief, remove all negatives, defects, diseases and afflictions from my body and soul  
and balance my energies from the inside to the outside  
So shall this be.*

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## **PROCEDURE**

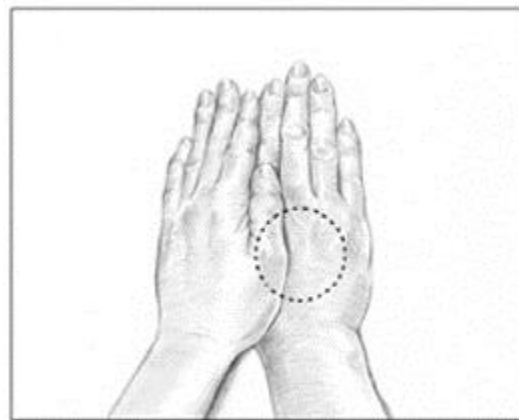
This is a general healing procedure for Level I healers which *does not include procedures for removing foreign bodies*. Other procedures will be explained in other levels II or III. Now that you are ready to begin energy channeling, proceed as follows:

It is best to have an adjustable treatment table or a flat surface that the client can lie flat on with their arms at their sides. Ensure that the client is comfortable. It is helpful to place a small pillow under the neck and a small roll under the knees. Ensure that you have prepared yourself. For clients that have diseases consisting of foreign bodies, you should prepare the client using sacred oil. If you are treating the client and no foreign bodies are being extracted, then prepare the client by placing a drop of sacred oil on the wrist of each hand, on the ankle of each leg, under the nose, and at the communication or throat chakra. While you do this, set the following Intent:

*With sufficient desire and sufficient belief,  
I ask that you remove all that is negative, harmful, defective, and diseased in [Name] life.  
I ask you to heal [Name] and replace these conditions with balance, knowledge and release.  
So shall this be*

Ensure that the tools you will be using (stones, crystals, pendulums, etc.) have been properly prepared and placed conveniently for access. Have the client take three deep cleansing breaths, letting each one out slowly. While the client is taking deep breaths, you will also take your deep breaths and generate energy until you feel the energy tingling in your hands. Rub your hands together to form an energy ball.

Your hands should be relaxed. Avoid keeping your hands rigid and flat. Place your right palm directly over your client's heart chakra (between the breasts) and place your left hand alongside your right hand, so that your hands gently overlap. This is called the "hands overlapping" position, which you will frequently use to channel energy into your client's chakras. Your hands should be elevated approximately 1 to 2 inches above the client's chakras. Always try to keep your right palm centered over the chakra.



Allow the energy to flow through you and into your client's heart chakra. As you do this, *trust, expect and believe* that the energy is flowing. Remember, all you need do is open yourself to being a channel for the energy. Focus instead on opening yourself to feeling and sensing the energy flow in your client and being aware of the energy as it moves through you and into the body of your client. Allow the energy to flow through you and into your client's heart chakra for several minutes. You will begin to sense how much energy is flowing. You may find that the energy "builds up" as you begin to channel it, but will then diminish after a few minutes as this chakra accepts all the energy it needs. After a few moments, or when you have sensed the energy flow diminish, remove your hands.

Channel energy into another of your client's chakras—the solar plexus chakra that is 2-3 inches above the navel, for example. It is the goal of the healer to complete the process by completing an entire balance of the chakra system. When you have completed the process, have your client take three deep breaths letting them out slowly. You should do the same and release the flow of energy. Always help the client to sit up and ensure they do not have any dizzy or nausea side effects before standing.

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## **TYPICAL TREATMENT**

### **Treatment Atmosphere**

Right from the start, you should learn to give each treatment in an atmosphere that is genuinely beneficial to your client. Be sure to conduct each treatment in the proper setting and manner. Healing treatments should take place in a peaceful, restful, calm and supportive environment. It is important that your client be lying down, and warm and comfortable. You should have a massage table of the proper height (it is virtually a necessity for this type of healing). Some clients enjoy having music playing softly in the background (Isochronic tones are best), yet make sure this does not distract you from giving an effective treatment. During the treatment you should maintain an air of calm and confidence, and above all an interest in nurturing the person you are treating. Healing is an act of nurturing, done to aid another human being. Generally, it is best not to carry on a "busy" conversation while healing, but it is acceptable to share a few words to the person if you feel it is beneficial during the treatment.

It will often be that your client will enter into a calm, peaceful and relaxed state during treatment and perhaps have experiences of expanded awareness. It is also possible, on occasion, that energy healing treatments may manifest experiences or memories of past traumas, repressed emotions surfacing, physical symptoms, or other things unpleasant to your client which sometimes accompany the personal healing process. These disturbances in the body or mind of your client cannot be predicted or controlled by you the healer. It is your responsibility at these times, however, to be a present and compassionate supporter and yet not become "wrapped up" in whatever is coming up, but rather to maintain the openness and clarity necessary for healing while acknowledging and encouraging your client to express and embrace whatever thoughts, emotions or sensations may appear during treatment. It is also possible for your client to have peak experiences, unusual or extraordinary experiences in consciousness, and you can again act in an affirming and supportive role.

### **Normal Sequence of Treatment**

After assessing the chakras, begin to channel energy to each of the chakras, in the sequence of treatment positions shown below. Begin this energy channeling, as you have learned to do above. It is important to use the proper hand position on each chakra. In each of the positions shown, keep your hands relatively open and flat, with fingers together but relaxed, and remember to use zero pressure. In each treatment hand position, be open and aware of the energy flow.

Relax and allow yourself to feel the energy flow through your hands as you treat each chakra, until you feel the flow diminish or until you gain a sense of completeness. This will inform you when it is time to move to the next chakra position. You will often find yourself treating each chakra for three to five minutes, but this will vary, because some chakras will need more of the energy than others. As you work, allow yourself to begin to gain a sense of how the energy is flowing through you and through your client. Begin to "tune in" to your client's energy field. Remember the conscious mind does not play into the treatment. Healing is best done in a state of openness and holistic awareness. All you must do to access this state is to set yourself free and release yourself to the energy and the healing taking place.

You will notice that the 1st (Root) chakra is not treated in this standard treatment. This is because to do so would require placing the hands directly on the genital region. In energy healing the hands are never placed on or near the genital region as this might disturb, offend or cause psychological discomfort to your client. In Level II Healing you will learn techniques to correct the common energetic defects that may occur in the 1st chakra.

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The chakra locations given below are a general guideline for you to use while learning. As you become more proficient, you will actually acquire the ability to “feel” the exact position of the chakras of your client, and it is ideal to use that information to center your hands more precisely over each chakra during the treatment hand positions, to maximize the energy flow. The precise positions on the human body that correspond to the chakras may vary from person to person, as each person is unique.

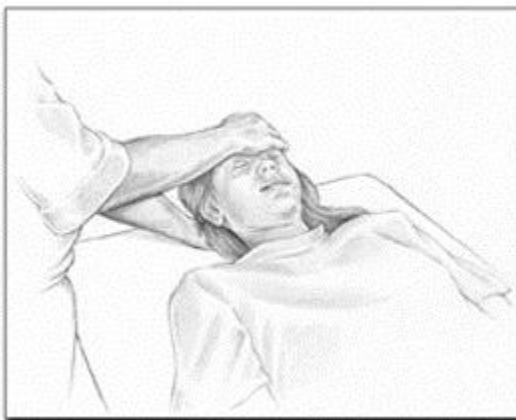
Most healers will find it comfortable to center the right palm over the chakra. The right hand is generally a little more active and more attuned to the energy flow. This is true for nearly all healers (whether right or left-handed) and so to place your right palm directly over the chakra position almost always provides maximum stimulation. If, however, you find yourself continuously uncomfortable using this arrangement, try modifying the hand positions above to center your left palm over each chakra. Your right hand will then either be underneath your client’s body (for the 6th and 5th chakras), or gently overlapping your left hand (for the other chakra positions).

### **7th Chakra:**

Stand at the head of the treatment table. Place your hands, not on the very top of the head, but on the top sides of the head, with your fingers pointing downwards. This provides for maximum stimulation. The hands should not be too far apart, perhaps with a gap of 2 to 3 inches between the little fingers. Conduct the energy, easily and effortlessly, into this chakra.



**7<sup>th</sup> Crown Chakra**



**6<sup>th</sup> Third Eye Chakra**

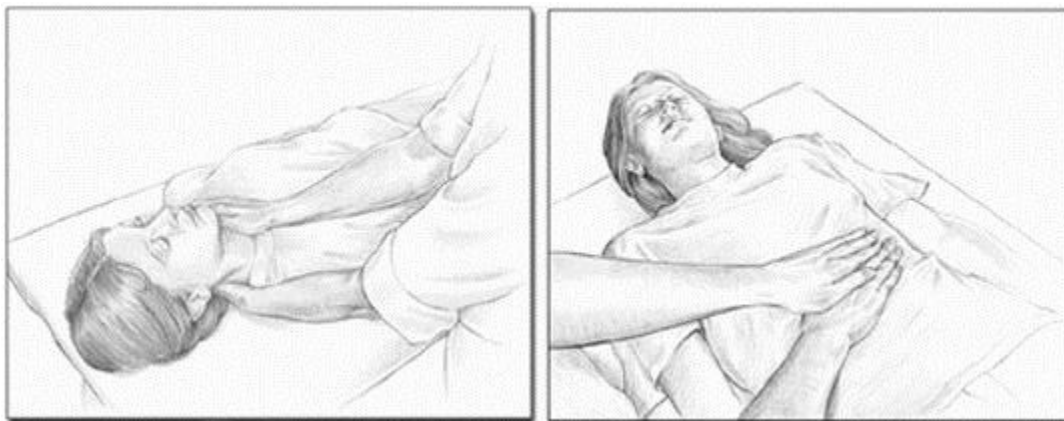
### **6th chakra:**

Move to the side of the treatment table (almost all healers will find the client's right side the best side to work from, for the rest of the healing treatment). Center your right palm between and just above the eyebrows. At the same time, place your left palm underneath the head, centering it, not directly underneath, but between the back of the head and the neck, just below the curve of the back of the head. Conduct the energy to this chakra. You are treating both components at the same time, one with each hand. This will require you to stand to the client's side, usually the right side, for this and the following chakra positions.

### **5th chakra:**

Center your right palm over or just above the pit in the throat, and your left palm below the base of the neck, underneath the client and directly back from the front palm. Conduct the energy as before.

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**5th Throat Chakra**

**3rd Solar Plexus Chakra**

#### **4th Heart chakra**

Center your right palm directly between the breasts (between the nipples), and then place your left hand alongside your right hand, and just above it on the client's body, so that they gently overlap (just thumbs, or thumbs and index fingers may overlap). If you are a male healer treating a woman, you will have to use care, and vary hand positions somewhat to show courtesy, but try to keep the right palm centered over the chakra. Now conduct the energy. You are just treating the front component of this chakra—you will treat the rear component later.

#### **3rd chakra**

Center your right palm at a point about half way between the depression at the bottom of the sternum and the navel. This will be several inches above the navel. Place your left hand just above the right, with them gently overlapping, as before. Conduct the energy.

#### **2nd chakra**

Center your right palm at a point about half way between the navel and the protruding front portion of the pubic bone (which is at the top of the genital region). Place your left hand just above the right, and gently overlapping. Conduct the energy.

#### **Arms and Legs**

Begin with the right arm, placing your right palm on the inside of the elbow joint, left palm on the outside. Proceed around the treatment table, in either direction, using your right palm on the inside portion of each limb joint (elbows and knees), your left palm on the outside. Conduct the energy.

#### **Supplemental Areas:**

Your client will benefit from treatment of any special areas that you sensed in the aura using this treatment. Place your hands directly over these areas in the same manner as with a chakra, the right palm centered over the area, with the left hand gently overlapping the right hand. You may also sense with your intuition, during treatment, additional areas that would benefit from treatment. Treat all such areas accordingly. In addition, you may also at this time wish to treat any

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area in the client's body where injury, illness or diseases are present. Place your hands directly over, or adjacent to, the affected area. See "Precautions and Special Situations," below, for some suggestions for situations you may encounter.

### **2nd chakra (rear component)**

Ask your client to turn over, so that they now lie on their stomach. Remain on the same side of the treatment table as before. Now center your right palm on the 4th or 5th lumbar vertebra (1 or 2 vertebra up from the sacrum), and place your left hand just above the right hand, gently overlapping. Conduct the energy.

### **3rd chakra (rear component)**

Imagine, first, where the rear component of the 4th chakra is (directly in back of the body from the front component), then center your right palm about half-way between this point and the point where you treated the rear component of the 2nd chakra. Then place your left hand just above your right, gently overlapping. Conduct the energy.

### **4th chakra (rear component)**

Center your right palm at a point directly in back of the body from the front component. Place your left hand just above your right, gently overlapping. Conduct the energy.

## **Precautions and Special Situations**

There are certain situations in energy healing which require you to take precautions or special measures to increase the safety and effectiveness of your treatments. Most often this occurs when disease is present in the client. It is wise to ask every client, prior to treatment, if there is any physical condition or disease present that you should know about, or if they are under a doctor's care for any specific condition. Always include the following precautions or special procedures, when appropriate:

**Heart Disease:** When treating a person with mild heart disease, proceed as usual. For a person who is on medication for heart disease, treat the heart chakra last. If the person has heart disease in an advanced stage, treat the heart chakra last, and for an extended period of time (up to half an hour in some cases).

**Diabetes:** Always treat diabetics from the ***lower*** chakras upwards (start at the lowest chakra you usually treat, the 2nd chakra, when treating the front of the body, and move upwards, as you usually do in the back).

**Neurological Diseases:** Treat from the ***lower*** chakras up, as with diabetics, above.

**Burns:** When the hands may not be placed on the body, as with burned areas, the hands may instead be placed a few inches, up to 3 to 5 inches, above the burned area, and the energy will still transfer to the client in good quantity, although it will not be quite as effective.

**Diseases of the Internal Organs:** Treat as usual, but spend extra time on the chakra(s) nearest the affected organ(s).

**Mental Disorders:** It is impossible to predict the effect of treatment. You must proceed with caution. Treat the person for a short time, one-half or one-third of the normal treatment time per chakra, and note any effects. Proceed carefully.

**Cancer:** No special precautions are required, but place your hands directly over the diseased area, or as close as you can, for an extended period (up to half an hour). It is beneficial to, instead of keeping the hands in a static position, vary the

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position of the hands around the affected area during treatment. *This is not a foreign body removal treatment as in Level II and Level III,*

**Pregnancy:** Pregnant women must always *lie on their side* for treatment. You may alter the usual hand positions in such a way that you treat both components of the fourth, third and second chakras at the same time, if you wish. If you do so, center your right palm over the front component, and your left palm over the rear component.

**Colds and Flu:** For persons suffering from colds, passing viral illnesses, etc., you may give frequent treatments, but of shorter duration, one-half or one-third of the usual time on each chakra position. These short treatments are a tonic to the sufferer, but a longer treatment tends to tire the body.

**AIDS:** Special considerations are not necessary, but after you have gained considerable experience with energy transfer, you may try the following advanced exercise: seek to impart a *stillness* in the energy of your hands, rather than an energizing force. Feel the stillness in yourself, and pass this on, as the energy, through your hands.

**Broken Bones, Sprains or Traumatized Areas:** Place your hands directly over the afflicted area in addition to normal treatment.

**Children:** Treat children for one-half to one-third the usual amount of time at each chakra position. Children should not receive more than one treatment every 8 or 9 days, also.



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**HEALING  
FUNDAMENTALS  
LEVEL I**  
*Certificate of Achievement*



*Walking in the Ways of the Chaldaï*

Presented to: \_\_\_\_\_

This \_\_\_\_\_ day of \_\_\_\_\_

*Victoria S. Whitney*

High Priestess

