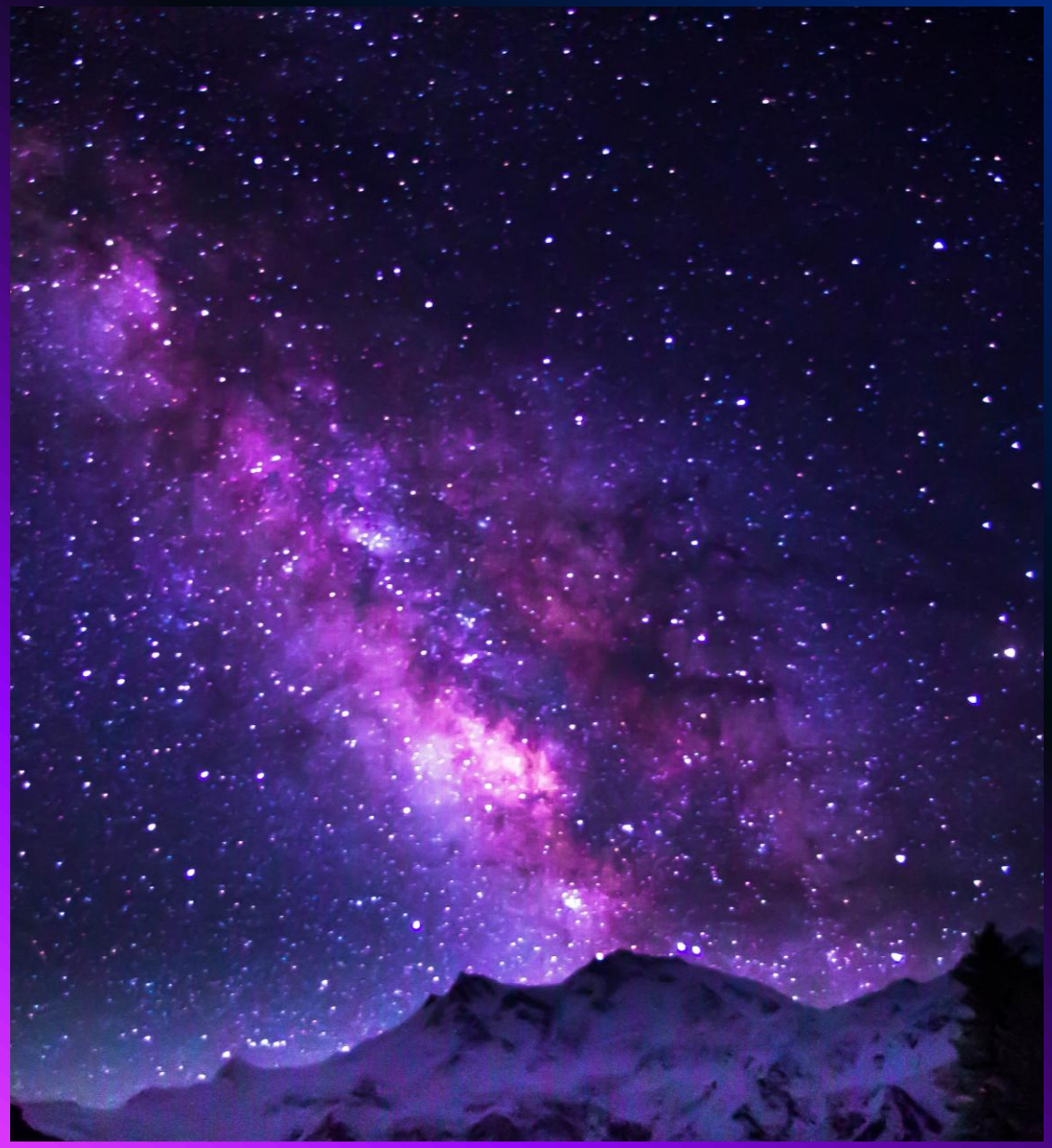
Kathy Forest, MS, CHt

Celestial Forest Institute of Energy Healing & Shamanic Studies

Body Wisdom Energy Healing

www.celestialforestinstitute.com

www.KathyForest.com



AGENDA – CLASS 5

- Check-In
- Go over Book Questions
- Homework

CHECK-IN

A Practical Use for What You Have Learned So Far: The Protection Grid

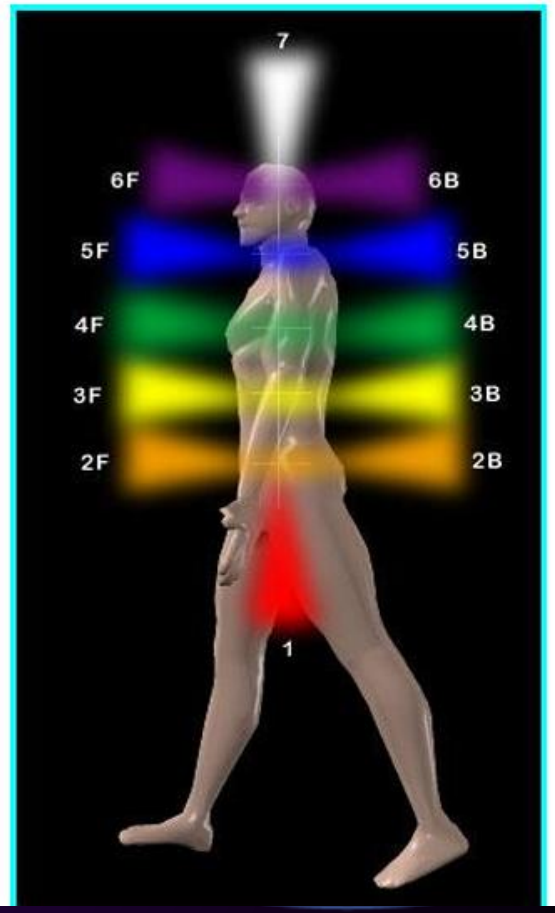
Many find that as their sensitivity of energy develops, they feel more vulnerable to the vibrations of the energy fields of others. This is a common phenomenon that will soon pass, and is easily remedied. Below is an outline of a way you can manipulate your own energy field to help you feel safe and secure in the outside world by keeping your own energy field intact. You will learn a fuller richer meaning of each of the steps as your training continues. For now, these are the basics.

1. Begin by standing with your feet shoulder-width apart, knees slightly bent.
2. Feel yourself sending roots deep into the ground and centering them in the core of Mother Earth.
3. Place your hands cupped and turned into your abdomen approximately two inches below your belly button. This is your "Tantien," your assemblage point, your center. See it as a ball of light energy. Send energy from your fingers and build this energetic space. Then shoot a bolt of energy from this space directly down into the core of the Earth. Feel your groundedness.
4. Place hands in prayer position, pointed down, right on top of your tantien. You are going to align yourself with your "line of intention," your hara line – the reason you incarnated. Gently begin to separate your hands, turning your left hand up aligning it with the center of the body over your high heart, and then on up over the top of your head, as you lower your right hand just a bit lower along the center of the body. Set the intention to align with this energy coming down through the top of the head. Then lower your left hand back over your high heart, and by your intent, send that energy all the way down through your hara line into the center of the earth, using your right hand as a guide.
5. Bend the ring finger and pinky on both hands inward and set the intention to spin and circulate this energy in the body. You may want to say a little prayer of thanksgiving here.
6. Then, placing your hands in an open cupped position, facing the floor, set the intention to open your first chakra or energy center and spin it clockwise. Then move up the body, opening each successive chakra, front and back, setting the intention to spin them clockwise and open. (All chakras spin right to left and they all have an opening in the front and back of the body, except one and seven which open down and up respectively.) Refer to the picture below.
7. Once all the chakras are open, hold your hand over your 5th chakra located in the throat area. The color this energy center resonates with is sky blue and is the home of your personal will. Set the

intention to hold the energy of this chakra in your hands. Then place your hands over your head and push this energy outward as if you are extending your energetic fingers to create a giant bubble around you. You can also pull down this level grid in the room you are in, or any other place you desire, by your intention.

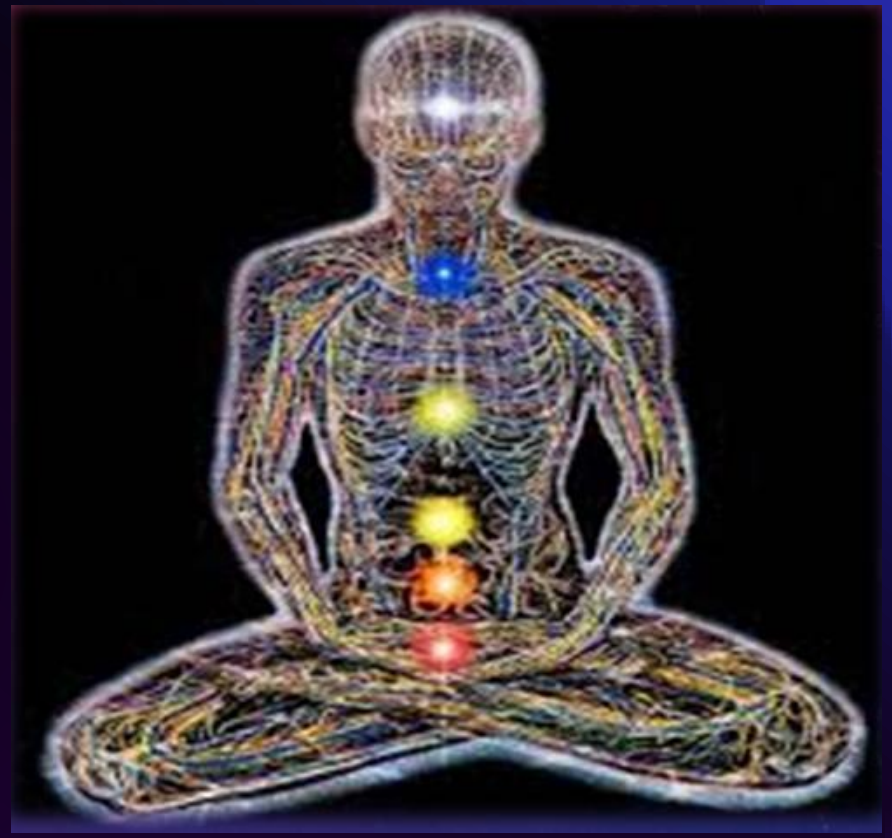
8. Next, do the same thing with the seventh chakra. Set the intention to hold this energy in your hands. The color emanating here is crystalline white and gold. Hold your hands over your head and pull this energetic bubble grid down around your body, and anywhere else you feel you need added protection.
9. Next give thanks to your Creative Source for providing you with this protective covering. Set an intention about your day and how you want to manage your energy. Here's an example:

"Divine Creator, Dear Mother Earth, I give great thanks for the energy that you send me every day. I set the intention that only the highest good goes out from me and only the highest good comes back to me. Aho. And so it is."



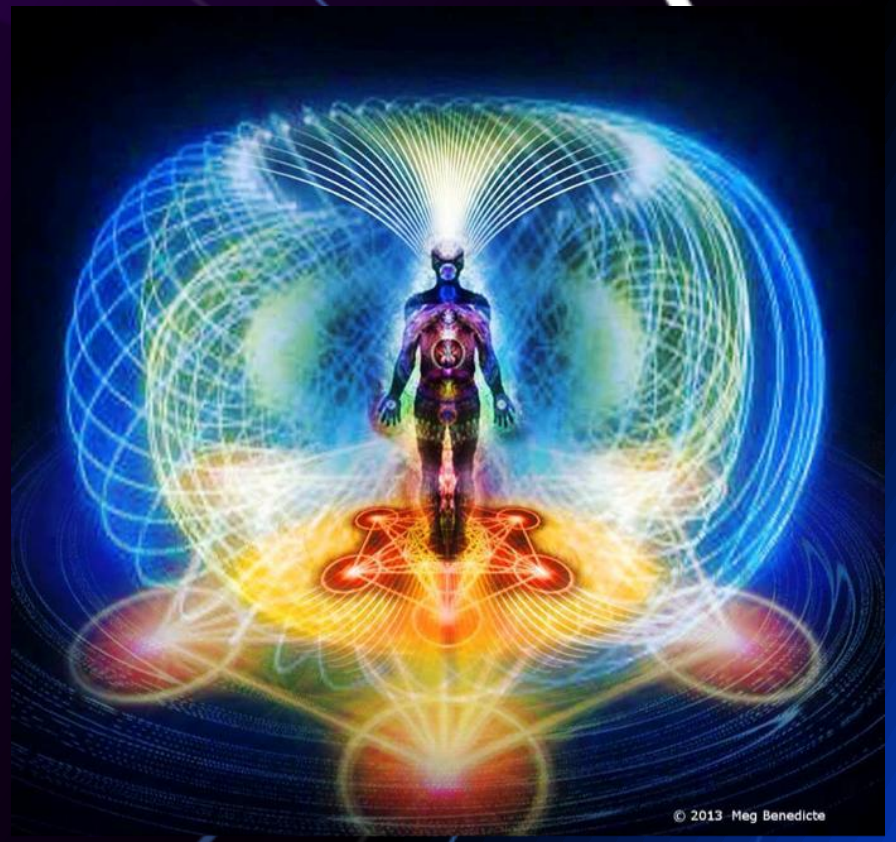
Chapter 3 Review… page 16

1. What kind of technical training does a healer need? Why?
2. What is the simplest form of guidance in your life?
3. What are some of the more profound experiences of guidance in your life, and what effect did they have on your life?
4. How well are you able to follow your guidance?
5. Do you consciously listen or ask for guidance for yourself? How and how often?



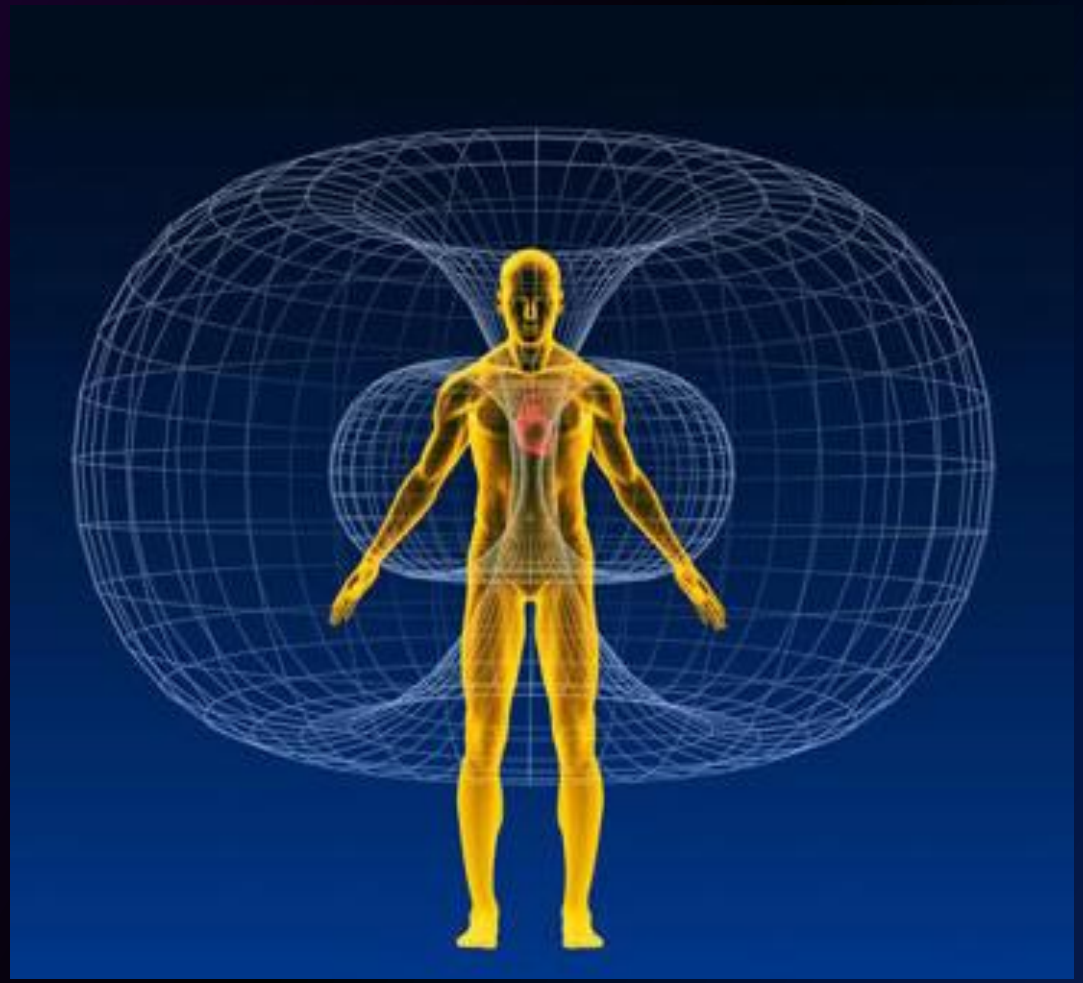
Chapter 4 p. 28…

1. How have scientific views influenced our self-concepts?
2. Why is th3e view of a fixed physical world impractical to us now?
3. Skip
4. What is superluminal connectedness and what is its significance in our daily lives?
5. How can the idea of multidimensional reality help describe the HEF?



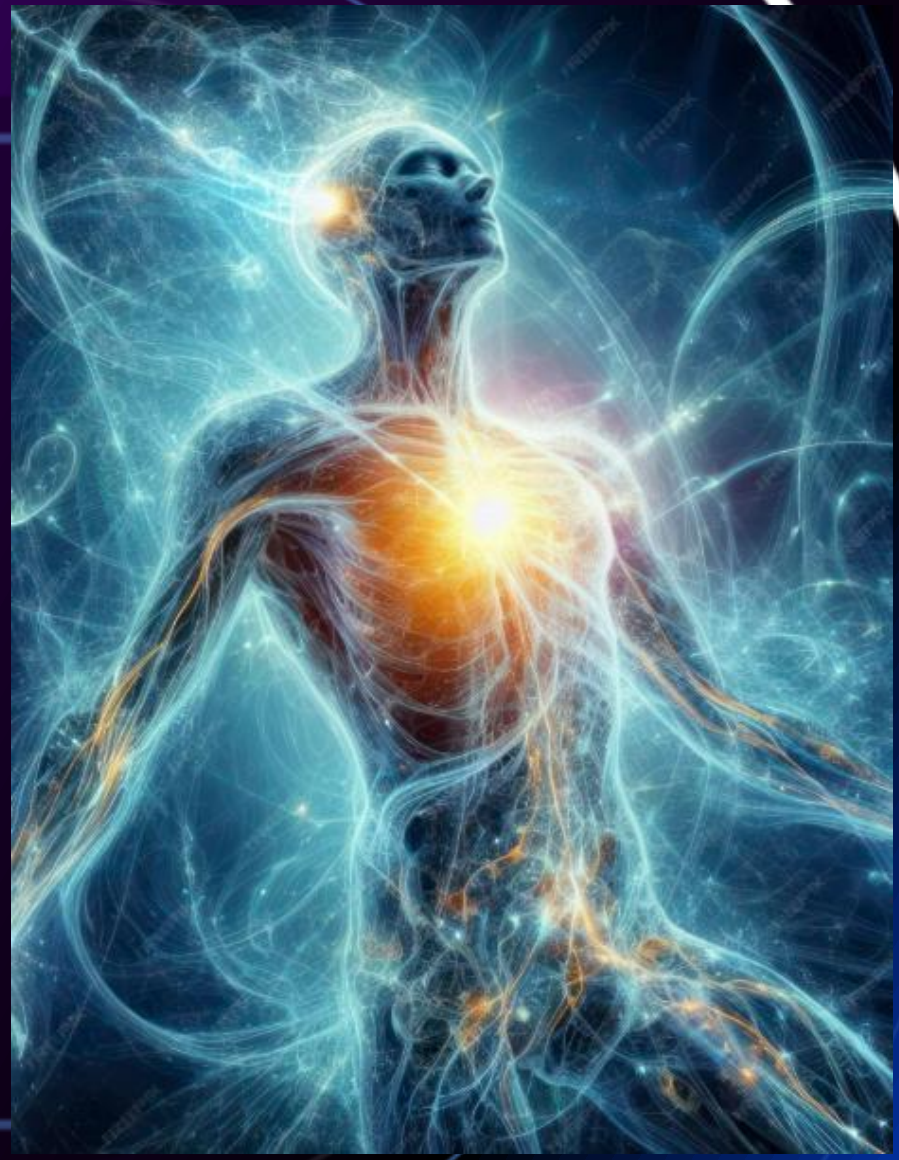
Chapter 5 – p. 35…

1. How has the HEF been measured?
2. When did human beings first learn about the auric phenomenon?
3. When was the aura first observed in the 19th century and by whom?
4. How does the phenomenon of the HEF go beyond what today's science knows?
5. From the point of view of theoretical and experimental science today, what is a good model to account for the HEF phenomenon?



Chapter 6 – p. 40…

1. What is an aura?
2. Does a penny have an aura?
3. What does not have an aura?
4. Describe the UEF.



Chapter 7 – p. 56…

1. What is the relationship between the UEF and the HEF?
2. What does the etheric body look like? How does it differ from the emotional body?
3. What are the three main functions of the chakras?
4. Why is a chakra a certain color?
5. Where is the heart of the chakra?
6. What anatomical structures are the chakras related to?
7. Describe the 7 lowest layers of the auric field and their functions
8. Describe the relationship between the chakras and the layers of the aura.
9. Where are the 8th and 9th chakras located?
10. Describe a chakra on the 7th layer of the field.
11. Where is the main vertical power current located?
12. Which layer holds the HEF together
13. In which layer of the HEF do the emotions appear?

The Seven Layers and the Seven Chakras

Each layer appears different and has its own particular function. Each layer of the aura is associated with a chakra. That is, the first layer is associated with the first chakra, the second with the second chakra, and so on. This is a general overview that we will learn more about as we go along:

First Layer and Chakra: Physical Sensation and Physical Function - Automatic and autonomic functioning of the body- Family of Origin

Second Layer and Chakra: Emotions

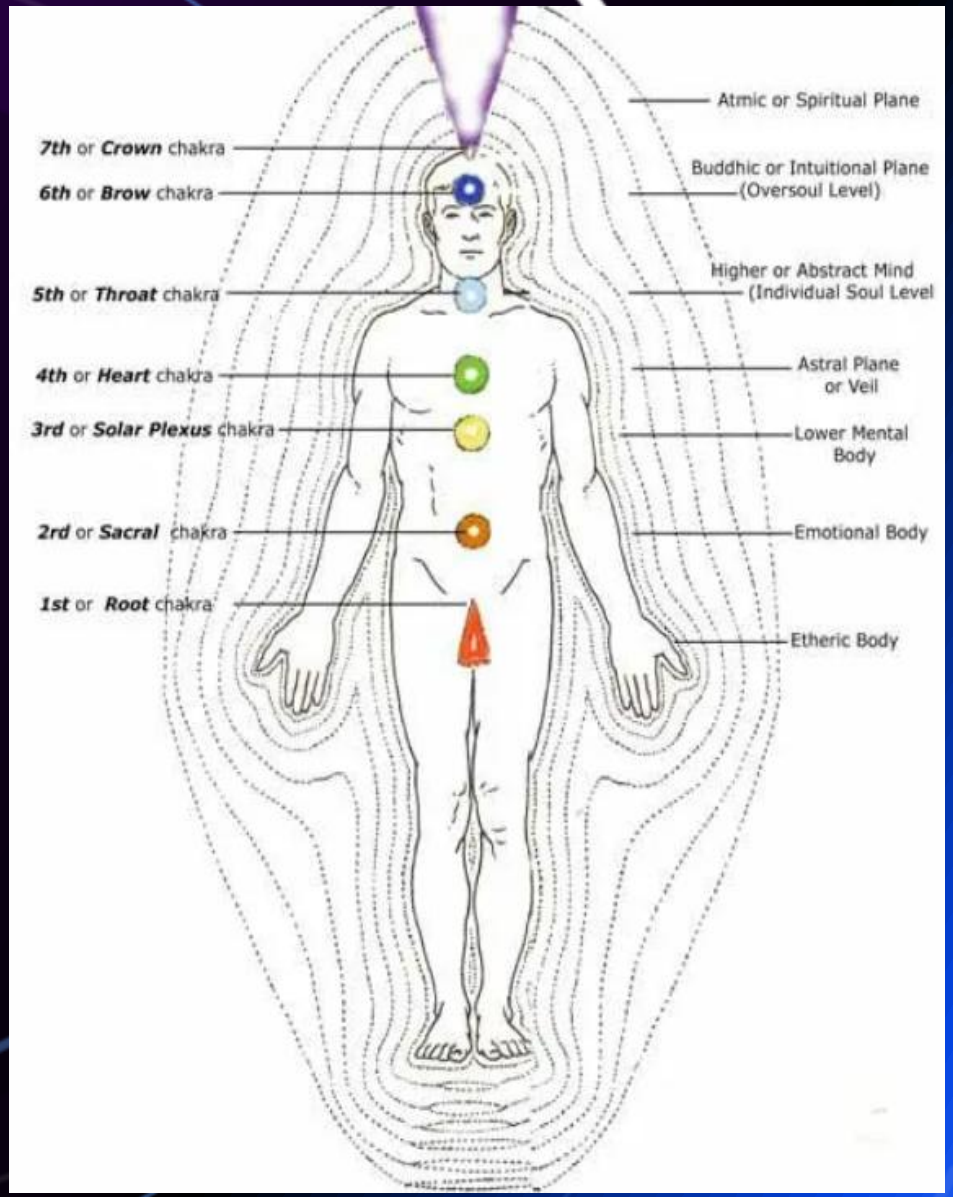
Third Layer and Chakra: Mental Life and Linear thinking

Fourth Level and Chakra: Heart, love, metabolizes the energy of love

Fifth Level and Chakra: Power of the Word, Strength of Will, Personal Responsibility

Sixth Level and Chakra: Celestial Love that extends beyond the human range of love – holds all life forms as precious manifestations of God.

Seventh Level and Chakra: Higher mind, knowing and integration of our spiritual and physical makeup.



17. Ending the session.

Spend a VERY short time talking after the healing, but don't allow the client to dominate your time. If it was a very good session, the client will not want it to end. They will want to 3 spend more time talking to you to extend "the good feelings." Give homework or make suggestions on thoughts and behaviors they may want to spend some time working on. You may want to write this down for them. Some things I do to facilitate the process:

a) Get them a drink of water. This puts them back in their body, encourages them to sit up, and if you make sure you need to leave the room, it breaks the bond between you both, allowing them to get used to being in their own field again without you.
b) You can encourage them to get up slowly so they can begin to move around. Tell them to take their time.
c) Once they get their shoes on, they may want to continue talking. You can write down their assignments and begin to move toward the door and even open it.
d) d) You can schedule clients close together so that you need to keep the energy moving.

Answers

3-1. counseling, anatomy, physiology, pathology, acupuncture, homeopathy, nutritional and herbal cures and or know others to make referrals to.

4-1 – made us more linear less wholistic.
4-4 – We are connected through a higher plane.
4-5 - We can view the different layers of the field as another dimension.

5-1 – Eyesight, clairvoyance, wave lengths, frequencies, in a dark room with instruments designed to pick up very faint light, electrical charges, electromagnetics etc.
5-2 – Over 5000 years ago
5-3 – Van Reikenbach – Mid 1800's
5-5 – Light Electromagnetics

7-3 – Vitalize the auric/physical body-bring in food!, develop self-consciousness, transmit energy between the auric levels.
7-4 – Frequency being emitted by each chakra – doesn't match the color of the layer it is associated with.

HOMEWORK

PRACTICE the meditations

PRACTICE on each other.

PRACTICE on other people.

DO THE PROTECTION GRID DAILY

WORK ON DEVELOPING YOUR SENSORY PERCEPTIONS

READ HANDS OF LIGHT – **Chapter 7**

NO CLASS NEXT TUESDAY!