

Body Wisdom Energy Healing

Module 2

Part 1: Introduction & Working with a Pendulum

A Review...and Introduction to Module 2

Module 1 gives an overview of the electromagnetic field of the body and the planet. It explains what those fields look like and how to work within them and return them to balance in virtually any energetic system. It looks deeply at the human energy field and how it is structured, as well as the chakras, where they are located and introductory material on what they hold, how they work.

Module 1 also discusses many different tools to enhance and encourage perception of this field and work within it. It covers basic perception and healing techniques, including Therapeutic Touch, and offers enough skills to for anyone to begin to work in this field. It also covers self-healing techniques and includes meditations to assist students in staying “plugged in” to their field. For students who practice and use the tools in Module 1, it provides a solid platform to begin doing “energy work.” It is also a wonderful addition to those with Reiki I and/or Reiki II, providing basic knowledge of this field and how it works, as well as ethics training for beginners.

Module 2 will begin taking students to a much deeper and broader level. It will include more layers about the chakras, the basic energetic biology of the body, and more tools to assist the healer to develop their skills. It teaches Energetic Chelation Therapy, which will be the basic vehicle used to provide energy work for the rest of the modules. All of the subsequent modules will be based on this basic model. It will also cover use of a pendulum as a chakra diagnostic tool. It will be important to be as precise as possible with the techniques in order to make sure that healing perception in the future is accurate. If students are used to a free-flowing Reiki session, this may feel a bit more constricting and confining at first. Once accurate placing of the hand positions is learned, more freedom to move with the energy will be allowed. Accuracy at this juncture is very important so healings are precise and not sloppy.

A word about certification...

There is a handout about certification on both Module 1 and Module 2 classroom pages. (Since these are “stand alone trainings” each Module will have a separate classroom page.) I am including them here so we can be sure to discuss them in class:

Students “can choose to get a certificate of completion **by simply filling in the tracking sheet and turning it in at the end of class via email.** Once I receive it, I will email you a certificate of completion.

If you decide you want to become a **certified Healing Practitioner**, there are a few extra criteria you need to meet:

- 1) **Fill out tracking sheet and return to me via email.**
- 2) Read assigned chapters in text (Module 1 – Chapters 1-7, Module 2 – Chapters 8-10 in Hands of Light and answer questions at the end of chapter and email to me.
- 3) Give and receive 3 energy healings (whatever modality we are learning at the time, Module 1 is Therapeutic Touch and/or Reiki if you are attuned. Module 2 will be Chelation Therapy, once we learn the hand positions via Barbara Brennan, Hands of Light.)
- 4) On-line students will be learning distance healing right out of the gate to make sure you have ample practice!

High Sense Perception

As we move into deeper development of skills, your perception of what you are doing in the field will become enhanced. This is just a natural consequence of working in this field on a regular basis. Many times students will want to this part of the journey to happen immediately. They may feel that they can't give an adequate healing if these skills are fully developed and functional. This is absolutely not the case. In fact, it is very far from the truth. These skills develop over time and with increased use of the healing techniques. Anyone can give a healing to anyone whether they have developed these senses or not. The only thing the practitioner truly needs to practice is awareness. By simply being aware that these senses are available and will develop with time, you can begin to discern more information about your client. The basic senses that will be developed and enhanced actually correspond with the chakras. Thus if there is one that you particularly want to enhance, work with the corresponding chakra can support that.

High Sense Perceptions and the Chakras:

Kinesthetic	1 st Chakra
Emotion	2 nd Chakra
Intuition	3 rd Chakra
Love	4 th Chakra
Taste	5 th Chakra
Smell	5 th Chakra
Auditory	5 th Chakra
Visual	6 th Chakra
Direct Knowing	7 th Chakra

The most common perceptions that healers use and the most talked about, are “seeing, kinesthetic, and hearing or direct knowing.” As we move forward, at least one or two of these will begin to become more dominant. It will feel “easier” to get information in this way than any other way. This could be a combination of 2 or several of these, or even one not listed. This may change the longer you receive healings and do inner work. Clearing work, especially receiving healings yourself, is the best way to enhance these skills. But once again, be reminded that this is not a place to put a lot of focus. Simply allow the process to unfold in an organic way. You will be shown how to do these techniques without any perception at all. They will still work.

That being said, let's talk a bit about what to expect with the main three: Seeing, Kinesthetic, and Hearing:

Seeing

Though this can happen with your physical eyes, it is not very common, especially at first, unless it was a skill you developed in a previous life that you came in with. Mostly our "outside" eyes are taught to see a certain spectrum of light and that is all they perceive. They can learn to "see" other spectrums of light with practice and there are exercises to enhance this in books and exercises discussed in Module 1.

However, "inside" or "internal" sight can be just as valid and is usually much easier to acquire. For some it is as simple as closing your eyes and asking to see something, for example an organ of the body, or a past life that might be influencing this individual, etc. You can imagine a blank screen or just close your eyes, ask and wait. If nothing comes just keep working. The less you stress over these skills the easier they are to acquire.

Knowing the difference between true perception and your imagination...

It is important to remember that imagination is your "doorway in." It is not a bad thing. It is truly the beginning of perception. However, there is a line between imagination and true perception. The key that determines the difference is groundedness. The more grounded you are, the more you are going to be able to rely on your perceptions and trust them. When you are not grounded, there is more of a chance for the ego to take over.

Kinesthetic

Kinesthetic is feeling with your body, usually your hands. This can show up as feeling temperatures, or different "tickle-ey" feelings in your hands as you work. If this is the way, you begin to develop, you will also begin to be able to discern the difference between different sensations in your hands. This will simply develop over time. It will grow with your attention to it.

Another way to enhance this skill is to extend your energy hands into the body. As we get into learning about chelations, you will learn how to be conscious of your energy hands as well as your physical hands and to move both of them at the same time. If you have ever had a healing where you had the sensation of someone have more than two hands on you (ie. their physical hands moved to another position, and you could still feel their hands on the spot they left), you experienced the feeling of energy hands. As a rule, you want to keep your energy hands attached to your physical hands. Usually not moving those hands together constitutes a sloppy healing. But you can explore feeling kinesthetically by intending to extend the energy hand in to feel certain places in the body that you are working on.

Hearing

This is basically getting guidance. It many times crosses over with internal knowing and intuition. Hearing can be a physical sound. It can also be guidance you receive for the client via an internal dialog. It usually happens automatically without you having to think about it. It is generally spontaneous and many times there is no way you could know the information. You may also get guidance to tell an individual about a topic you know about. So it might be something like: "Explain how energy works," or "tell them about your dream," or "discuss a vegan diet." And it will usually be one or two words like "vegan diet," "lemon juice," or "dream."

This skill can also be something you ask for during a healing. You can go inside and just ask, “What is going on here?” or “What do they need to know?”

Diagnosis

During this Module we will be working to become more precise with our healing. It is one thing to send Universal Life Force energy into the body. It is quite another to get to issues, clear blocks, and assist a client to strategically do things to restructure and balance their lives. For this reason, it helps to begin our “fishing (for information) expedition early, even before we put our hands on the client. Though I steer clear of using medical terms when I work with clients, and I encourage you to do that as well, diagnosis, is a term that everyone understands and gives us an accurate description of the first step of the healing process. To put it in plain terms: figure out what is going on!

As we continue our healing practice, you will begin to become more specific in your healing expertise. This and all the subsequent healing modules will focus on the process of defining your skill, incorporating techniques into your practice that focus on specific difficulties, and utilizing various assessment tools to discover which techniques will be most appropriate.

The first place we look with this is always the client. As we discussed in Module 1, it is always a good idea to ask the client, “Why did you come in today?” or “Is there something specific you would like to work on?” Once you have clarified with the client, the next place to look is the energy body, itself. Although the client is a good resource as to what difficulties they have been having, they may not know the cause. It is your job as a healer to help them find that root cause and move it back to balance. This may not and probably will not happen in one session, so don’t feel pressure to “cure.” You are just assisting...being an extra set of energetic eyes for them, and making a few energetic adjustments, so they can make adjustments in their outside world easier.

Looking at or assessing the energy body can be as simple as a body scan...using your hand to scan the body for blocks, or hot spots. Another place to look is the chakras. They reveal a lot about your habits for getting energy from your environment and processing it. This too can be done with your hand. It’s as simple as putting your hand over each chakra and seeing if you can discern movement, temperature, size, etc.

Another tool that is particularly helpful as you develop and define this skill is the pendulum. With a pendulum, you can begin to read the seven major chakra centers to define exactly what energy is present at the beginning of the session. You can also read to see if you have effected any change in those areas at the end of a session. It is important to remember in this process, that the chakra system is a fluid system that changes and adjusts constantly. The chakras are interdependent and adjust to compensate for one another, as they continue to assist us in taking in outside energy and assimilating it into our system.

The Pendulum as a tool...

A good choice of pendulum to use in the diagnostic process is a wooden one because its energy is very benign, meaning it doesn’t give off much energy of its own and it doesn’t pick up much energy. /crystal pendulums have to be cleansed constantly because they can pick up energy and have a tendency to hold on to it...they are designed to hold programming. Celestial Forest will be providing you with wooden pendulums. If you have

not received your yet, a crystal one is fine to practice with. You can also use a simple chain necklace with some sort of heavy pendant on it. Once your wooden pendulum arrives, begin using it for all your healings. As you begin to use the pendulum, (or your practice one), you will begin to “feel” your connection through it, and it will become more comfortable to use. In our healing practice, we will be using the pendulum to measure and define the activity in each chakra. You can also use a pendulum in other divination practices, but it is advised to reserve your wooden pendulum for your healing only.

Diagnosing Chakras

To measure the state of the chakras, you will be holding the pendulum on a string (or chain) about six inches long. You want to have the pendulum as close to the body as possible without touching it. The closer you can get to the body, the easier it is for the pendulum to “hook in” to the energy of the chakra. You will be measuring both the front and back chakras and noting their positions on your diagnostic sheet (included in this packet).

To begin, while holding the pendulum over the chakra, empty your mind of all bias as to the state of the chakra. Your energy will flow into the field of the pendulum to energize it. This combined field will then interact with the field of your client, causing the pendulum to move. You will then be able to assess the movement within that chakra. The chart on page 84-85 of the text will assist you in assessing and documenting the chakra’s condition. (I have also included a copy of these pages in this packet so you can use it as you work. You will quickly learn what the chakras mean and be able to dispense of the “cheat sheet.”)

The most common and typically desired condition is a clockwise rotation © between 3 and 6 inches in diameter (C6). However it is quite rare to find someone with a perfect reading at any given time (except maybe immediately after a healing) because the system itself is so fluid and dynamic. When you document the condition of the chakra, you can use the initials to define the shape and direction and a numeric notation to denote size, for example C6 means clockwise, 6 inches in diameter. There are many different forms the chakra can take and you will begin to become familiar with them as we move through this process. Use your diagnostic sheets to refer back to until you become more familiar with the readings and what they mean. During this and subsequent sections, we will be practicing with the pendulum so you can begin to understand the process.

The following chart denotes the psychological functions of the seven major chakras. Please note that the front and back of the chakras govern different things. From now on, the front chakras will be denoted with an “A” and the back chakras with a “B”. It will also be important to remember that the chakras on the back are our “Will” centers – they push us forward in the world. The chakras on the front are our “Feeling” centers – we use them to discern our environment.

Psychological Function of the Seven Major Chakras

Mental Centers

7 Crown Center

Associated with

Integration of total personality with life & spiritual aspects of humanity

6A Forehead Center
6B Mental Executive

Capacity to visualize and understand mental concepts
Ability to carry out ideas in a practical way

Will Centers

5B Base of Neck

Sense of self within society and one's profession

4B Between Shoulder Blades

Ego will, or will toward the outer world

3B Diaphragmatic Center

Healing, intentionality toward one's health

2B Sacral Center

Quality of sexual energy

1 Coccygeal Center

Quality of physical energy, will to live

Feeling Centers

5A Throat Center

Taking in and assimilating, speaking your truth

4A Heart Center

Heart feelings of love for other human beings,
Openness to life

3A Solar Plexus

Great pleasure and expansiveness, spiritual wisdom,
Consciousness of universality of life. Who you are in
the Universe. Self-esteem

2A Pubic Center

Quality of love for the opposite sex, giving and
Receiving physical, mental and spiritual pleasure.
Relationships to people, power, money, etc.*

*Hands of Light, p. 73.

CHAKRA READING

NAME _____ DATE _____

BEFORE

AFTER

7

7

6A

6B

6A

6B

5A

5B

5A

5B

4A

4B

4A

4B

3A

3B

3A

3B

2A

2B

2A

2B

1

1

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