



Body Wisdom Energy Healing

With Kathy Daugherty



Body Wisdom Energy Healing

Module 1

Part 1: Introduction to the Human Energy Field

*“Miracles do not happen in contradiction to nature,
But only in contradiction to that which is known to us in nature.”
--St. Augustine*

Why study energy?

Most of us have grown up in the Piscean Age and are now beginning to make the major adjustments necessary to acclimate to the “New Age” of Information: The Aquarian Age. In this major adjustment period we are beginning to assess what we have learned. During the last 2000 years, we spent our time dividing the world into different parts and studying each one. We have mechanized our world to the point that we know much about the many different parts of our life. We have divided ourselves into mental, emotional, physical, social and spiritual aspects. Because of this “dividing in an effort to understand,” we have a tendency to look at things mechanistically. We see all the different pieces and may have difficulty seeing things from a holistic point of view.

One of the areas we are beginning to reassess is our physical health. As we look at our outcomes, it is becoming increasingly obvious that even with all the advancements we have made in healthcare and all the wealth we have amassed that should be able to facilitate a healthy population, we are still losing lives to heart disease, cancer, and a myriad of other new more complicated diseases at an astronomical rate. The sale of Prozac and other anti-depressants, and now even more addictive opiates is at an all-time high. And now many of us are beginning to experience seemingly phantom diseases and disorders in our own bodies that allopathic medicine does not seem to have a remedy for. This has prompted all of us to reconsider the path we have chosen and to ask some serious questions. It is not that our trip down the mechanistic path has not profited us. We have learned much from this journey. However, now it is time for us to begin to combine ALL the pieces—to take advantage of all the information available to us in an effort to truly enhance our lives.

As modern science has progressed, we are now more aware than ever that the human organism is not just a physical structure made up of molecules, but that we are electrochemical and electromagnetic beings made up of “energy fields.” Our bodies may appear to be solid, but as we look closer at the cells, molecules, and atoms that make up the body, we see that at the most basic level we are made up of energy: electrochemical and electromagnetic activity that is constantly happening in our bodies. Scientists have now coined the word, “bio-photons” to refer to the tiny particles of actual physical light that make up this electro-magnetic field.

“If electricity is the force behind our electromagnetic energy fields, then magnetism is the direction-giving aspect of that force.” ([Human Energy Systems](#) by Jack Schwartz) The magnetic aspect of our energy field helps us function in the physical world. For example, it helps us walk upright. This field also “Sources” the physical body and keeps it functional. It literally feeds and supports the physical body. It holds the physical parts together and keeps them bathed in nourishment.

The Universal Energy Field

Of course this study of the human field has expanded to include all of life. Science is finally beginning to “catch up” or remember ancient wisdom. Not only are our bodies electromagnets, but we live in an electromagnetic world. We really *literally* are ALL CONNECTED by this electromagnetic field that surrounds the earth itself. This field, many times referred to as the Universal Energy Field (UEF), has been known and observed throughout the ages. It has been studied as far back in history as we can go. Our ancestors knew that our physical body was a prime example of the “impeccable design of life...They knew that by design, we are a fine achievement; a unique organic computer.” (Path of Empowerment. Barbara Marciniak) They kept their physical bodies very fit because they knew that this helped them to achieve access to and maintain the energy field around them. It was through the care and maintenance of these two bodies, the physical body and the energy body, that they were able to perform functions that are simply not possible utilizing third dimensional (physical) energy alone. When functioning properly, the human energy body and the physical body work in tandem to support each other and create a system of consciousness that supports unlimited creation. In this kind of system, phenomenon such as intuitive guidance, plant, animal, and all forms of nature communication, increased psychic awareness, and even astral travel and bi-location were not out of the ordinary. In fact, these were not considered “spiritual gifts” but common place, our birthright.

This class is designed to remind you of your energetic connection to all things. In another sense, it is helping you remember things that you already know but may have forgotten. This truth is embedded in our cells...we have always known it or sensed it on a deep level. So this information may feel vaguely familiar even if you have never thought of it before. It is truly ancient. But we have a tendency to forget and neglect this truth in a mechanistic world from lack of use and focus. However, new discoveries are happening in science all the time that further validate this truth. At a later time we will explore more of these discoveries, but for now we are going to accept this truth and others that support it:

- 1. The Universal Energy Field does exist and our human bodies are themselves human energy fields that exist within the larger Universal Energy field.**
- 2. Everything in the Universe has an energetic Field.** This energetic field contains the same characteristic information as the physical object, itself. In fact, the energetic field precedes the physical manifestation of an object in linear time and serves to support that object once it has manifested in material form. In ancient times, our ancestors referred to this energetic field as the “spirit” or “medicine” of the object. They knew that each animal, plant, planet, river—everything found in their world was intricately connected to each other and to themselves through this universal (electromagnetic) energy field. ***They also knew that this was governed by a larger Creative Force inherent in all things.*** Their world was not divided into the spiritual, emotional, physical, mental etc. They saw that everything was connected. ***You could not effect change in one area without causing change somewhere else.*** They had a great respect for this fundamental law and took great care to thoroughly access their actions. They became quite skilled at the understanding of energetic fields and how to manipulate them. This was never done for personal gain, but to restore balance and therefore healing to any situation.

Accessing these realms can become very important to us if we hope to affect change in the material world in a short period of time. Our mechanistic forgetting of this fundamental truth is about to destroy our planetary home. It is causing our bodies to break down. In order to be able to move the kind of energy necessary to shift consciousness in the way that is needed on the planet at this time, it will be necessary for individuals to begin to harness their own power and access it on behalf of the planet. Before working with energy it is important that you understand this law, ***and that you live by***

it. When you begin to work with energy, you are working with Source energy. You are beginning to work with forces that are universal. The Universal Law that governs this area is:

3. For every action, there is a reaction.

It is important that you develop a respect for the tools that you are going to be using, and learn how to use them with respect. If you do not, your experience may be less than favorable. As we look around at the state of our planet today, we can see what happens when people forget this fundamental principle.

Perceiving Energy Fields

The Human Energy Field or Aura

The Human Energy Field (HEF) is the manifestation of universal energy that governs or forms human life. It looks like a luminous body that surrounds every individual. Many can actually see or perceive this luminous body. Many pictures depict it very noticeably surrounding highly enlightened beings like Jesus Christ, Buddha, or Kwan Yin. If it is perceived closely, it is usually seen as being divided into layers that are sometimes called bodies. Each of these layers inter-penetrates and surrounds each other layer successively, similar to stacking cups. Each succeeding body is composed of finer substances and higher “vibrations” (or faster speeds) than the body that it surrounds and interpenetrates. Each energetic body plays a part in what manifests in our physical body. Health or disease will form in an outer lying energetic field of an individual long before it manifests in physical form. Thus, you can cure a disease before it manifests in physical form by clearing the human energy field of any imbalances.

For years, scientists have been able to detect the energy emitted by the body by measuring skin potentials and the electrical output of various organs using electrodes placed on different areas of the body. For instance an electrocardiogram measures the electrical output of the heart. A lie detector measures the changes in electrical potential of the skin. There is now a powerful device called the Super Conducting Quantum Interference Device (SQUID) that measures the electromagnetic forces around the body. And of course, the use of kirlian photography has been able to detect the radiation of photon emissions produced by the cells in our bodies that are in the ultraviolet frequencies, beyond what we know as the visible light spectrum.

All of this information gives us a better idea of what is meant by the word “aura” or “auric field.” Because we are still just beginning to “remember” this information about our existence, that word has acquired a metaphysical meaning, and many feel that it is not “really there” or that it can only be seen by very highly developed, sensitive, spiritual beings. **THIS IS NOT TRUE!** What prevents you from perceiving the aura with any of your senses is that you have not been educated to do so. In fact, in recent years, you have been educated not to. As you begin to educate your senses, you will be able to perceive this field and work with it. You do not need a “sixth sense” or be psychic in order to perceive these fields. You do not have to be “special” in any way. You just have to be trained.

The following exercises are designed to awaken the forgotten knowledge of energetic perception within you. As you do these exercises, please remember that this is a skill you already possess, but it needs to be awakened within you. As with all new learning, practice will increase your skill and understanding. You may find that your perception skills will excel in one area more than others. For instance, you may be able to see energy patterns but not feel them. You may be able to sense them but not see them. Try to use a variety of exercises that will engage all of your senses. At this time, focus on what comes naturally and develop it. As you grow in a skill where you feel confident, you will find that your capacity to perceive in other areas will increase. You may also discover that you really already use some of these skills all the time but have just not been consciously aware of it. For instance, you may “see” energetic patterns out of the corner of your eye, or

know intuitively when someone is angry. As your skill levels and awareness grow in this area, be patient with yourself, and remember to practice, practice, practice. This is how you develop your skill. ***You will develop your own energetic language that is unique to you.*** (The following exercises are adapted from Hands of Light by Barbara Brennan.)

Feeling Energy

Exercise 1

Hold your palms about two to five inches apart; slowly move your hands back and forth, decreasing and increasing the space between them. Build something up between your hands. Can you feel it? What does it feel like? Now take your hands further apart, about eight to ten inches. Then slowly bring them back together until you feel a pressure pushing your hands out so that you have to use just a slight amount more force to bring your hands together. That place where you felt the push back, is where your energy body from one hand was touching the energy body of the other hand. If your hands are 1 to 1 ¼ inches apart, you have touched your etheric body edges together (the first layer of the aura). Now, very carefully move your hands closer until you can actually feel the outside edge of your emotional body or energy field of your right hand touch your skin of your left hand. Move your right palm about 1 inch closer to your left palm. See if you can feel a pressure or tingling on the back of your left hand as the edge of your energy field touches it. The energy field of your right hand went right through your left hand!

Exercise 2

Now take your hands apart again and hold them at a distance of about seven inches. Point your right index finger at the palm of your left hand, making sure the fingertip is about one half to one inch away from the palm. Now, draw circles on your palms. What do you feel? Does it tickle? Journal your experiences.

Fundamental Energy Law: Energy always follows intention.

Exercise 3

This exercise will require the help of 2 or more people. Sit in a circle and hold hands. Allow the energy of your auric field to flow around the circle. If you are new at feeling the flow of energy, you can do this by setting an intention, since energy always follows intention. Simply set the intention for your energy to flow a certain direction. See if you can sense this pulsating flow for a while. Which way is it going? Which way does your neighbor feel it going? Do they correlate? Now, without changing anything or moving your hands, stop the flow of energy. (Simply command it in your mind to stop.) Keep it stopped for a while (everyone at once) and then let it flow again. Do this several times. Can you feel the difference? Which do you like better? Journal with this experience. Doing these exercises and recording your experiences a little bit everyday will help you begin to develop your perception muscles.

Fundamental Energy Law: You can do four things with energy: push, pull, stop and allow.

Exercise 4

This exercise will require a partner Sit opposite each other touching palms together. Let the energy flow naturally. Which way does it go? Send energy out of your left palm; then allow it to come into your right. Reverse. Now stop the flow. Next try pushing it out both hands at once. Now suck it in both hands at once. Practice the 4 basic modes of energy: push, pull, stop, and allow. Journal your findings.

Seeing the Universal Field

Exercise 5

While sitting outside, allow your eyes to go into a soft focus. Look at the top of the tree line. See if you can identify the energy field of the trees. Notice how far out you perceive the energy going. Journal your impressions.

Exercise 6

Relax on your back outside on a sunny day and gaze at the blue sky. After some time you will be able to see tiny globules of orgone making squiggly patterns against the blue sky. They may seem to be tiny white balls, sometimes with a black spot, that appear for a second or two, leave a slight trail mark, then disappear again. When you continue this observation and expand your vision, you will begin to see that the whole field pulsates in a synchronized rhythm. On sunny days these tiny balls of energy will be bright and move fast. On cloudy days they will be more translucent, move slowly and be fewer in number. In a smoggy city they are fewer, dark, and very slow moving. Do this for several days in different locations and journal your findings.

Exercise 7

If you look closely at a houseplant, you will see the energy field of the plant. Put the plant under bright lights with a dark background behind it. You may see lines of blue-green flashing up the plant along the leaves in the direction of growth. They will suddenly flash; then the color slowly fades, only to flash again, perhaps on the opposite side of the plant. These lines will react to your hand or a piece of crystal, if you bring them near the aura of the plant. As you draw the crystal away from the plant, you will see the aura of the plant and aura of the crystal stretch to maintain contact. They pull like taffy. Through the methods of Kirlian photography, people have been able to photograph an image of an entire leaf after half of it was cut away. A leaf will form energetically on a plant before it will ever manifest in the physical world. This re-emphasizes the importance of respecting the space and energy field of all things. As we begin to understand the workings of energy, we begin to understand the effect we have on our world. We begin to live more consciously. Do this exercise several days in a row and record your findings in your journal. You may also want to take notice of the well-being of the plant and what effect this kind of attention has on it, if any.

Exercise 8

Dim the light in the room. Hold your hand so that the tips of the fingers point toward each other. Hold your hands in front of your face at a distance as long as you can extend your arm. Make sure there is a plain white wall for a background. Relax your eyes and softly gaze at the space between your fingertips, which should be about one and a half inches apart. Do not look into bright light. Let your eyes relax. What do you see? Move your fingertips closer and further apart. What is happening in the space between the fingers? What do you see around the hand? Slowly move one hand up and the other down so that different fingers are pointing to each other. What has happened now? Journal your findings.

Feeling and/or Sensing the Universal Energy Field

You may find that you have heightened sensitivities in the area of feeling energy. All of us understand terms and phrases like “bad vibes” or “the energy there was intense.” We know what we feel when someone is standing too close to us “invading our space” or when we feel a “drag” on our energy. The way to awaken to this type of energetic communication is to begin to pay even more attention to what you are sensing and feeling. This may take a leap of faith on your part, as we live in a society that has difficulty giving credence to a mere “feeling.” We have a tendency to need to “see” it in order to believe it. However, if you utilize your intuition on a regular basis, this may begin to feel more comfortable and familiar to you.

Exercise 9

The best way to awaken this sense is to use it. Collect several random objects, things like rocks, a vegetable, an egg, crystals, sea shells, things that you might have difficulty distinguishing if you were blindfolded. The best way to do this is to have someone help you with this. If you can't do that, then put your items in a box. Blindfold yourself, and open one hand out flat. Have someone place objects in your hand one at a time. If no one is available, select an object with one hand and place it in the open hand. Begin by selecting objects with your non-dominant hand and placing them in your dominant hand opened out flat. See if you can distinguish what the object is. Then take it further. What does the object "feel" like? Is it smooth, prickly, flat, heavy, light, etc. Does it feel hot or cold? Do you feel other "energies" emanating from the object? Remember the more you allow your true senses to come forward, the more you will be able to discern. A simple potato, for example, may not just feel like an oblong, cool, potato...it may feel heavy and dark, like the earth it lived in for several months. In other words you may be able to pick up more information than just what you can perceive through physical touch. Go deeply into this exercise and allow your senses to awaken. Use as many different words as you can to describe the object. Be sure that the words describe what you are "feeling" and not a simple characteristic use of the object. Journal about your experience.

Exercise 10

Once you have learned to "pay attention" to what you are feeling, you can begin to "feel" energy patterns. You may be able to develop this sense to the point that you can distinguish the energy of one object from another. The plant world is also a good place to practice this. Place your hands approximately 2-4 inches from a live plant. Relax. Begin to notice any sensations that you feel in your hands. Do you feel warmth? Do you have a prickly or tickling sensation? Does what you feel in the plant cause you to feel a certain emotion? Focus inward. Notice any reactions you feel in your hands or in your body. Utilize as many different plants as you can. See if you can notice any subtle differences between the different plants. Does one feel happy or sad? Does one make you feel afraid or remind you of a feeling you had when you felt afraid? Do you hear words, as if the plant is speaking?

Other Things You Can Do to Enhance Your Perception

Reiki Attunements, or other Healing Modalities

Some of you taking this course may already be utilizing Reiki or another hands-on healing modality. These are not necessary for a beginner but will definitely enhance your perception, the more you use them. This happens because, with Reiki, every time you give Reiki, you also receive it yourself. The more you work on your field, the more you will develop your perception. The more you use any other hands-on healing modality, the more you will deepen and develop your skill. You will be learning Therapeutic Touch in this six-week course. Reiki Attunements are also available throughout the year.

Dirt Time

We are electromagnetic beings. You simply cannot raise your vibration without charging your battery. Thirty minutes a day, barefoot on the ground is the bare minimum. If you cannot do this, then get a grounding mat. (These are available on Amazon, or I keep some at the office for purchase.) Sleep on it. Sit with it under your feet when you are sitting at the computer or watching TV. Make grounding a priority.

Extended time in Nature

If you have not spent at least 3 days tent camping, then you do not know what it is supposed to feel like to be in a physical body that is connected to the earth. You have become separated and citified. If you have spent

this much time in Nature, I need not explain anymore. This is the number one thing you can do to increase your perception skills. Period.

Clean up your diet

Eat LIVE ORGANIC food. Period. My preference is no meat, dairy, or sugar. It is dead. If you have to have animal protein, try to stick to fish and eggs. Stay away from processed and fast food. Drink lots of water. Get plenty of exercise and rest.

Skills of the Apache Scout

The following exercises are based on the teachings of Grandfather Stalking Wolf, an Apache Elder who was the teacher of Tom Brown, Jr. Tom has written many books on his time with Grandfather, and what he learned. These exercises are based on Apache Scout exercises designed to create “spiritual fusion,” a synthesis of all of the realms we live within, rather than just the physical realm. You see, right now, we get most of our energy from our physical body and our physical environment. The more you begin to raise your vibration and blend the fields together, the more energy you have access to. You literally can source your physical body from the energy field around it. This is how the scouts were able to go for days and weeks without food and water, in very difficult terrain and remain physically sound and viable. The exercises are very simple, yet very profound. They work to train the reptilian part of the brain. This part of the brain is the vast amount (80-90%) that we don’t use anymore, our survival instinct. It is a very active part of the brain, and can be trusted, but must be trained. Those connected to the Earth have the deep mind circuits in this part of the brain “switched on”, and can act with instinctive awareness to everything around them. They know that everything around them is alive and deeply connected via the Universal Energy Field. With this awareness, communication with all of these areas is possible. Once trained, we will be able to build a stockpile of energetic doorways to access big power for healing when necessary. Through continued use of these simple yet powerful tools, we will begin to build pathways of consciousness in our subconscious mind.

Sit Spot

This is a simple practice of doing your morning and evening prayers outdoors and connecting with Mother Earth and Father Sky, even if it is only for 5 minutes (15 is preferred) every morning and evening. Make it a point to do it about the same time and in the same spot every day for at least three months. Journal your experiences.

Wide Angle Vision

This is an apache practice that activates and begins to train your brain to respond to you. It is the conscious act of broadening your senses and your vision to take in more than just what is in front of you. You can practice it during your sit spot time or anytime you want to awaken this part of your wilderness awareness. A good way to begin is to sit in a relaxed upright position. Let your eyes go to soft focus. Extend both thumbs all the way out in front of you. Begin to slowly move them away from each other as you open your arms wide. As you do this keep both of your thumbs in your peripheral vision. Do your best to extend how wide you can see on both sides of your body. Once you are there, see how long you can hold it. Then practice extending how far you can stretch your arms before you lose sight of your thumbs. You may notice that this practice moves you into an altered state.

Fox Walking

This is a walking meditation that can also help you access more of your reptilian brain. It is done very slowly, lifting one foot and bringing it down on the outside of the ball of the foot, then slowly rolling the whole ball of the foot to the ground, then slowly lowering the rest of the foot, shifting your weight to that foot and lifting the other foot to do it again. When done slow enough the scouts could actually “disappear” as they began to move at the same pace as the Earth (1 step every 80 seconds). This is all to be done without looking down at

your feet (except when you are learning, of course). This is how you can learn to walk barefoot without stepping on anything that would hurt your feet. When you get really good at this, you can slip into wide-angle vision while you are fox walking. The ball-toe-heel pattern is the key to awakening your reptilian brain.

Long Form Meditation

This meditation is designed to help you awaken and gain access to your “inner vision.” You will begin to rely heavily on your inner vision during healing work. By practicing this meditation often, you will become quite familiar with the terrain of your inner world. We will do this meditation in every class and a recording will be on the classroom page and emailed to you. The more you can be outside when you do this meditation, the better. Soon you will be able to do it on your own, even with your eyes open. The steps are listed below. They won’t mean anything to you now, but after you do it a few times, they will help you begin to do it spontaneously on your own.

1. Command Breath
2. Segmented Body Relaxation
3. White Light Sequence
4. Body Position/Breath to Surrender
5. Gravity
6. Flight
7. Head of your path
8. Stairway
9. Enter your Special Place
10. Holy area

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

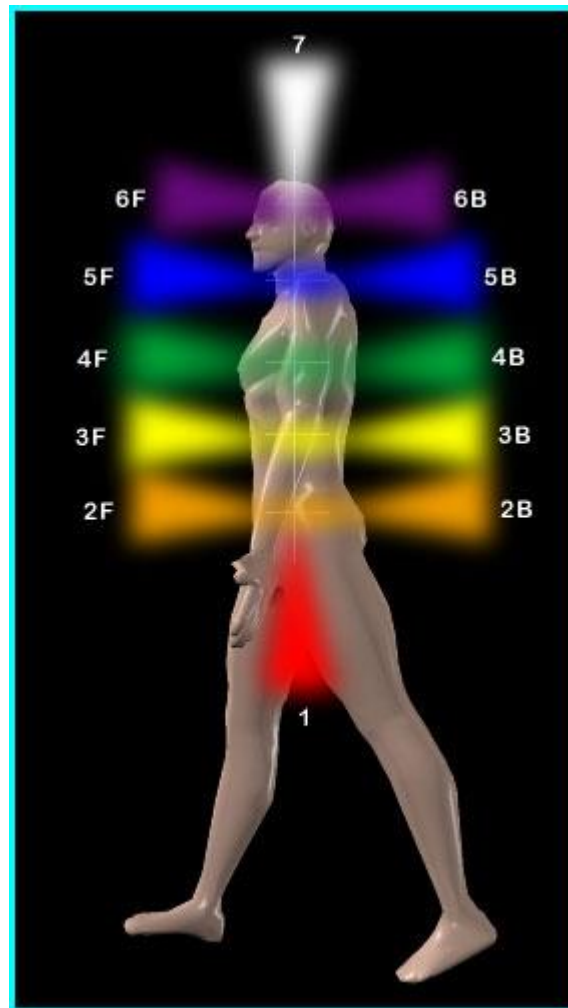
Many find that as their sensitivity of energy develops, they feel more vulnerable to the vibrations of the energy fields of others. This is a common phenomenon that will soon pass, and is easily remedied. Below is an outline of a way you can manipulate your own energy field to help you feel safe and 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.”



These exercises are designed to help you begin to awaken and develop your perception of energy skills. Practice this week and be sure to record your findings. The more you practice, the more this skill will begin to awaken within you. Bring your notes, findings and questions to our next class.