



BODY WISDOM ENERGY HEALING MODULE 2- PART 2

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Part 2

- Chakra Reading Review
- Ways to Use Energy in Healing
- Holding the different levels
- All the Pieces of Energetic Chelation Therapy

Chakra Reading – Things to remember

- The chakra system is a dynamic system. The chakras change to compensate for changes in other chakras and in the energetic field as a whole.
- The size of the chakra is not the diameter of the circular figure circumscribed by the pendulum, but is indicated by it. The size of the pendulum's circle is a function of the interaction of all three fields, the subject, the healer, and the pendulum.
- The size and intensity of the swing of the chakra does indicate the energy level available.
- A comparison of the size of all chakras is the best indicator of the balance within a chakra system. The energy level may be low but if all chakras are relatively the same size, it is a sign of a healthy system.
- Right or left elliptical swings are indicators of an imbalance of masculine or feminine energy within a chakra.
- A horizontal or vertical reading indicates an individual is diverting energy. A vertical swing indicates that a person is diverting energy upward and avoiding personal interaction. The horizontal pendulum movement indicates the individual is holding down and compacting the energy flow and feelings to avoid personal interaction.
- With time and practice you can learn to “pick up” other subtleties and nuances from the pendulum swing such as tightness, peacefulness, tension, exuberance, heaviness, sluggishness, sadness and grief. For instance, fast swings can be combined with an exuberant feeling, indicating a lot of positive aggression in that area. Or, a fast swing can be fast and tight, indicating overwork, tension and pressure. You will also be able to tell if the reading is accurate for most of the time or only temporarily. Allow your intuition and guidance to instruct you and be sure to practice.



Energetic Chelation Therapy – The Pieces

There are many different aspects or “pieces” to this type of a healing that you need to know about. This week, we will learn “about” all of them. Next week, we will learn hand positions and begin to practice. Below is a list of all the “pieces” and then an overview of each one.

Energetic Chelation Therapy

- The ways of using energy in a healing
- Holding different levels
- Balancing and the importance of grounding
- All the steps of the healing
- Hand positions for balancing
- Healing on the etheric level
- *Removing clouds
- *Healing on the astral level
- *Removing mucus
- *Closing



Ways to use energy in a healing:

We can direct the way energy flows through us during a healing, simply by our intention. You will remember in Module 1 we did exercises to practice all the different ways to use energy in a healing. If you are not yet able to perceive this or even if you can, the best way I know to make sure you are directing the energy the way you desire to is to silently command it in your mind as you work through the healing. It looks something like this: Silently say to yourself: “I am holding the second level in a state of allow.”

The different way to use energy are explained on the next slide.



- Allow – this is like the neutral on a car. This is what we generally use the most in a healing. In this state, we simply “hold” a certain level or vibration of the energy field as we place our hands on another, our body simply acts as a tuning fork to bring the client’s body to the same vibration. We are not “sending” energy, we are simply “allowing” our client’s energy to attune naturally to the level that we are holding.
- Pull – this is like reverse on a car. This is an advanced technique that won’t be taught until much later. You have to be very careful with it, as you don’t want to “pull” other energies into or through your own body, if you can keep from it.
- Push – This is like drive on a car but even more than that, it is literally pushing energy into a “specific place.” This is specifically not used in energetic chelation therapy. (Later on, we will paint the field with light and use light to lay specific kinds of energy into the field. This is not the same as pushing.)
- Stop – In a chelation this is used very consistently. It is simply stopping the flow. In the beginning, you may want to silently command it, “Stop.” For instance, when we want to change hand positions, we will “stop” the energy before we move our physical hands so our energetic hands will travel with us.



Holding Different Levels

During the balancing portion of the healing, we place our hands on different chakra points on the body to balance them. As we mentioned, our body then becomes a tuning fork for the client's body. The level we want the body to attune to is second level. This is the only non-structured layer of the lower three chakras that deal with life on the physical plane. It resonates with our emotional body. Since this is the level of understanding is where much of our impulses for behavior originate, this is where we balance the body.

To do this we can simply intend by commanding in our mind silently: "I am holding the second level in a state of allow." At other times for other procedures we my only command, "I am holding the second level" as we may be moving the energy in some way.

Another level we will work in for a basic energetic chelation is the fourth level. We will not be attuning the client's body to the fourth level during the basic chelation, so you can simply silently command, "I am holding the fourth level."



It will be important to continue to silently command throughout the healing until you get really comfortable holding it without thinking about it. In the beginning it can be very easy to move out of the level you are trying to hold, especially if you are talking to the client. Another way you can make sure you stay in the level you intend to be in, is to use your non-healing hand (when you aren't using both of them) and place it over the chakra that resonates with the level you have intended to hold. For instance, when I hold second level, if I am not using both hands on a client's body, I will use my right hand to heal and my left is placed over second chakra if I am holding second level, or fourth chakra, if I am holding fourth level.



Balancing and the importance of grounding

Just as in reading chakras, and getting accurate information and guidance, GROUNDING when you are doing all parts of a chelation is essential. If you are not grounded when you work on someone, you can “pick up” their stuff energetically and carry it home with you!

Tips for staying grounded:

- Always do a grid before a healing.
- Keep both feet about shoulder width apart and firmly planted with your knees slightly bent.
- Keep your body standing upright – bend over as little as possible. This will require you to experiment with the height of your table to make sure it works for you. It will also mean that you don't try to do healings on couches, the floor, coffee tables, etc. Trust me, taking on others' stuff is not fun. Take the proper precautions.
- Check your ground periodically throughout the healing.
- This can also be “commanded silently in your mind” at any time during the healing. It might sound like: “I am grounded, holding the second level, in allow.”



All the steps of the healing

1. Pull down a grid, and make sure the room is prepared and ready (music, essential oil diffuser, etc. before the client arrives. Have a client intake form ready, if you need or use one.
2. Greet the client and have them fill out an intake form if necessary. (First time only)
3. If it's your first time with the client, chat for a few moments and explain the procedure. You may want to ask them what they want to work on. (If they are recurring clients, I ask that question while I am reading chakras. This gives you more time to work.)
4. Read the chakras and record them.
5. Set the intent to be grounded, to hold the second level (You can put your hands in front of second chakra to attune them to that level.), in allow.
6. Place your hands in first position (palms over top of feet, thumbs under the ball of the foot.) Let your energy hands "sink in" to the body, and just be in allow. As a rule you can stay in any position for up to 5 minutes or longer-your goal, balance. When you feel balance between the two places there your hands are, you know you can move.
7. When you know you are ready to move to the next hand position, intend for the energy to STOP (just say "STOP" in your mind, and feel your energy hands retract back into your physical hands. Leading with your left hand, move your hand to the second position (left hand on top of right foot, right hand on bottom of right foot.) Hold the second level and sink in. And so on through all the hand positions. (Hand positions will be taught in our next session.)) As you move through all the hand positions, you will attune the client's body to the second level. Anything "not like that vibration" will rise to the top to be cleared. This energy will be found on both the second (etheric) level and the fourth level (the astral level).

8. Once you have finished the balancing of the body, it will be time to clear on the second level (etheric). Once again, holding the second level in allow, you will place your left hand near your second chakra and use the right hand to assess (feel to see if you find any “clouds,” energy blocks on the second level. You will move through the body beginning at the feet and clear all clouds. The second level blocks will resemble emotional blockages so you may pick up on stories that are held in place by strong emotions.
9. Then it will be time to clear on the fourth level. This time you will hold the fourth level in allow and, holding your left hand near your heart, you will assess and clear mucus on the fourth level, the astral. The astral level is the place that resembles the ahkashic records, so ALL of our stories. So here you may pick up on stories from this or other lifetimes. Use discretion when sharing information here.
10. Once you are finished clearing clouds and mucus it will be time to close if you are only doing a basic chelation. Later, once you learn other techniques, this will be where you add them.
11. Standing at the client’s head, holding the 6th level (placing your hands near your third eye and then raising to the 7th, you will place a protective grid bubble of blue light around the client. This is called, “closing.” A deeper explanation of the final three steps is found below.

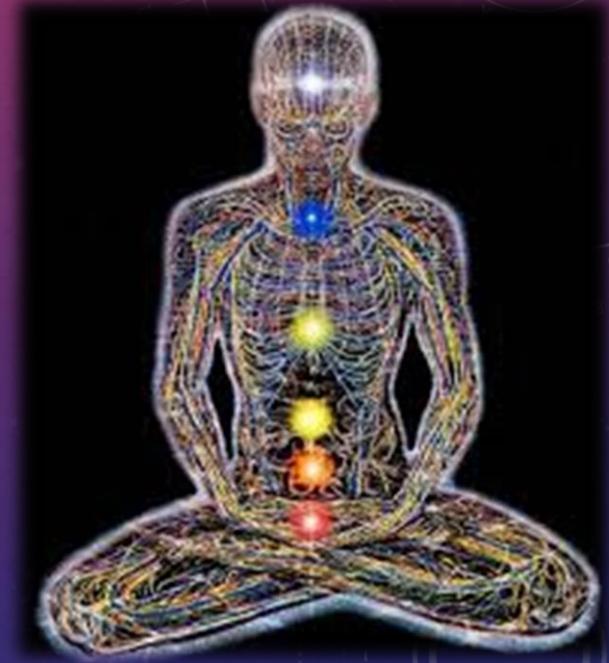
Hand positions for balancing

Will be taught in our next session.

Healing on the etheric (second) level

Healing on this level consists of releasing energy flows and vibrations in the etheric body. This literally restructures the energetic body and balances the energetic metabolism. It is considered straightening and repair. This allows an individual to re-establish physical strength and a sense of well-being.

The process consists of tuning your own energetic body to vibrate at the second level or etheric level and then allowing your body to serve as a tuning fork for the individual receiving the healing. This is truly alchemy in every sense of the word. As you move up the body, allowing this balancing of energy to occur at major chakra locations up the body, you allow the body of the client to readjust and realign to its original state of being. As this balancing process takes place, energetic blocks on this level will become more pronounced. They will appear or feel like clouds or a thick haze that seems to hang over the body in certain areas. You will be able to locate these blockages and remove them. As you move your hands over the body to locate these pockets of energy, trust the energy tools that you are developing to guide you. Once you locate a blockage, still holding the second level in your hands, you will cup your hand over them and remove them as you remove a literal cloud of energy from the body. This is literally what you are doing. While holding this energy, lift it up through the fourth level of your own field, and allow these “cloudy” energies to evaporate into the vibration of love and compassion, lifting your hand above your head and passing the energy off “to the angels.” Be sure to recheck your work to make sure all of the “cloudy” energy has been removed before finishing on this level.





Clearing Clouds

1. Intend to be in the second level.
2. Scan the field for distortions.
3. When you find one, scoop out the distortion.
4. Holding it in your hand, bring it through the fourth level of your field to be uplifted through love and compassion and hand it off through the seventh (guides and angels) for transformation.
5. Repeat through the whole body

****At times it may seem like the “clouds” move away from the energy hand. If this is happening, use your left hand to stabilize by holding it above the area and allowing your energy hand to sink into the body, stabilizing the field and allowing the lower hand to scoop up the energy. Then remove both hands****

Healing on the astral (fourth level)

Healing on this level allows you to move more energy for an individual that may be blocking their progress. Energy blocks on this level feel thicker and murkier than they do on the second level. Sometimes they are described as mucus, since that is their consistency. They appear to have a bit more structure and seem to cling to an individual's field more than on the second level. However, removing them is much the same. Once you have finished balancing and clearing on the second level, you will adjust to hold the fourth level vibration. To do this you can command silently, "I am grounded, holding the fourth level, in allow." Place both hands over your heart to attune them to fourth level. Then, leave your left hand there to anchor yourself in the vibration, and use the right to scan the field and clear the mucus. Use your perception tools to move through the energy body again checking for blockages or thickness on this level. When you find one, cup your hand over the affected area and allow your hand to attune to its vibration. It will actually then move itself toward your hand. You will then be able to lift the energetic block with your hand over your head and "hand it off" to your guides and angelic assistants who will then dissipate the energy appropriately. Another way to think of this is pulling the energy up to the seventh level where it can be transmuted. It is important that as you do this you focus on keeping your hand clasped tightly around the "energetic mucus" as it had a tendency to "slip through your fingers."



Clearing Mucus

Intend to be and scan in the fourth level of the field. When you find an energetic block, extend your energy fingers into it and attune to it so it will actually be drawn to your hand.

Grasp the mucus and bring it outside the 7th level. Here the guides will take it.

Re-scan and clear as many times as you need to make sure the space is clear.

Then fill the area with Rose Light by using your healing hand to spray it in by your intention.



Closing – 6th level Uplift and 7th Level Close

1. When you are ready to close, go to the head of the table and place your hands in the position for closing:
2. (index fingers side by side, with a closed flat surface connecting both palms.)
3. Silently command to hold the sixth level of the field and hold your palms of your hands near your third eye.
4. Once, you are holding 6th level, place your palms about 1 ½ inches above the client's 6th chakra.
5. Allow the vibration of the 6th level to flow freely in your hands, and let the client's field fill with 6th level energy. (The client will come to 6th level by harmonic induction.)
6. When the client has moved to the 6th level, raise one hand up to the edge of seventh level, while going into stop with the lower hand, using it to stabilize the field of the client. Then, without disturbing the client's field with your lower hand, raise it to the edge of seventh level, to meet your other hand.
7. Lift both hands into seventh level.
8. Allow gold threads or strings to come out of your fingers and create an arc over the top of the client's field.





9. Connect your fingers into that golden arc, and gently and smoothly bring your hands down—spreading the golden lines around the edge of your client’s field. Be sure to keep your own hands’ vibration up as you bring them down and around the field.
10. Bring the hands to a connection—forming a connection either at your sacrum, or in front of you. You want to be sure that the bottom of the client’s field has golden threads from both hands coming together, not leaving a hole or gap at the bottom of the field.
11. Go into stop. Step out of the client’s field without disturbing it, honor your client, and take yourself out of the Universal Healing Chain. I like to command silently to myself, “I step out of the circle of healing, and give the responsibility for healing back to _____, where it always was anyway.”