

Body Wisdom Energy Healing

Module 7

Part 3: Head-to-Heart Connecting and Long-Distance Healing

Head-to-Heart Connecting

This technique is good for clearing all kinds of fourth, fifth, and sixth chakra blocks! Usually when a physical issue shows up here, there is a lack of connection between one's thoughts and mind, and one's heart knowing. Anything from headaches, heartaches, decision difficulties, shoulder aches, moving forward, etc., all is fair game for this technique. I use it in many healings as a standard part of the chelation.

Here's the technique:

1. Begin by doing a regular chelation, removing clouds and mucus on second and fourth levels. You may also want to perform any other techniques first as this is also a good way to calm the client before you close. You may also get the opportunity to "channel" information for the client because you will be sit/standing right in the field of their "higher self."
2. When ready for the technique, position yourself at the client's seventh chakra—top of their head. If you are comfortable sitting, this is a good one to sit for.
3. Place your right hand on their heart and the left hand on the left side of their head. Balance.
4. Switch hands and do the other side.
5. Switch hands again and imagine a figure 8 of energy running through their heart, crossing at the throat and through the head. Don't worry about which direction the energy is running, it will run on its own. You are just jump-starting it.
6. Switch hands and run the energy on the other side.
7. During this time, I like to ask the client if they have any questions.
8. When you feel complete, close as usual.

Long-Distance Healing

We are now moving into healing that goes beyond the realms of time and space. The astral level, where we work, has no distance or geography. Even when we read a chakra, it can be considered a "long distance" perception, because there are so many things that can influence a chakra reading, including influences from past and present lives, as well as other genetic influences.

Long-Distance healing can be done any time you cannot be physically with a client. Some have great success with this technique and others find that they may not feel like they have as clear a connection with their client as they would like. The more you practice with this technique, the clearer your connection will become. The healings are just as powerful as if they were done in person. This can be a great way to supplement your healing practice and your work with clients. I know some healers who ONLY work on the phone.

Here are some suggestions for the technique:

1. Have client call at a pre-selected time.
2. Ask the client about the physical layout of the location, what they are wearing and how they will be positioned. Suggest that they stop what they are doing and lay down or sit in a relaxed position in a chair, just as if they were getting a healing in person. They shouldn't be running around doing stuff.
3. At this point, you could hang up and do the healing. I like to stay on the phone so I can maintain connection with the client and tell them what I am finding. This is where technology has really improved our capacity to connect with our clients. If you do decide to hang up, schedule a time to call back and remind the client to just relax.
4. Proceed with the healing as usual by placing the client's energetic body on a (pretend) healing table in front of you. The beauty of this is that you can actually sit down and put the client out in front of you. You can energetically move the client instead of moving your body. If you need to touch something, use a pillow. You will get to the point that you will literally be able to feel them and/or see them while you work. If this doesn't happen right away, don't worry. It took me YEARS! And everything is moving faster now, so I have no doubts it will happen to you sooner than it did for me. From here you can read the chakras with a pendulum and proceed with a chelation and any other healing techniques necessary. Then close as usual.
5. I like to tell the client periodically where I am working to help them track with me.
6. After I close, I tell the client I have done that and ask for questions.
7. This is a great way to Segway into "good-bye." The client will want to process. I keep them on the phone so we can process as we go. You want to keep these to an hour just like a regular healing.
8. If you did the healing without being on the phone, text the client or wait for them to call you back to share the information you received.