

Body Wisdom Energy Healing

Module 4

Part 1 – First Level Restructuring

Introduction

As we learned in our last Module, we are at a point in your training when we are going to begin adding techniques to the basic chelation so that you can be very precise in your work with clients. From now on, every class will give you a new technique, along with the specific uses and how to do it. All these techniques are added AFTER you have completed a basic chelation and BEFORE you close the healing. Once you have learned the technique you will be given time to practice in class on each other. Most won't add much time to the chelation but will do much to enhance the work you are doing. They also help you get very specific about the healing.

First Level Restructuring

The first level of our energy field forms the basis for all of the other layers of the field. Even though fifth level is that photographic template that out-pictures the body structure, it all begins at the first level. So anytime there is damage to the structure, whether it is a broken bone, a sprained ankle, a cut, or even a bruise or bug bite, restructuring on the first level can assist in the healing process by “reminding” the energy body (and therefore the physical body) what it is supposed to look like and behave like when it is in a healthy state. So this technique is very effective for any kind of structural damage. It is also good to use after a person has had surgery. Doing this technique in conjunction with a full chelation can help a body heal as much as 60% faster than without it.

Steps for First Level Restructuring

1. Complete a full chelation and clear 2nd and 4th levels.
2. Then, place your hands near first chakra and intend to hold FIRST level in your hands.
3. Move to the area where there has been damage and, holding first level energy in your hands, shoot blue light through your fingertips and “re-structure” the first level grid in that area. You can imagine what that looks like by referring to figure 7-7 in Hands of Light. It is simply a blue webbing that forms the basis for the physical body. You will want to hold the image of the perfect structure of this grid before any damage took place.
4. When you have completed first level, you will want to “integrate” all the other levels. This does not have to be complicated. You can simply move your hand up your chakras and “paint” the area with each level.
5. Continue this way through all seven levels.
6. Once you have completed, chelate up from the place where the damage was located as you would in a normal chelation. Once again, this does not need to take long. You don't need to stay in each position more than a second or two.
7. Check for any debris and clear it on the second and fourth levels.
8. Close as usual.