



BODY WISDOM ENERGY HEALING MODULE 1- PART 3

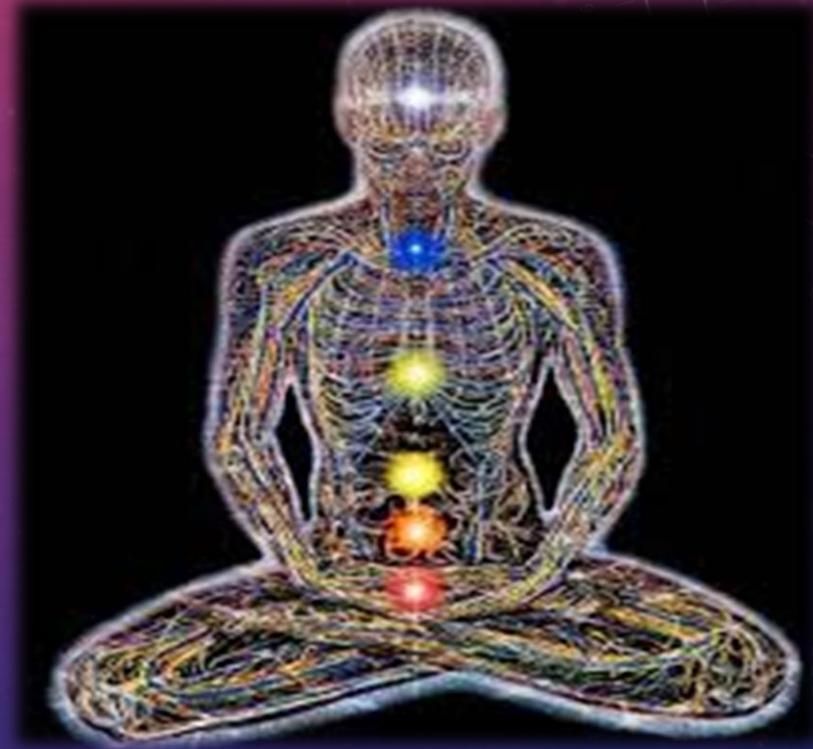
WITH KATHY DAUGHERTY, MS, CHT

Part 3



- Energetic Information
- Paying Attention
- Energy Field Maintenance
- Body Wisdom Tool Box
- Blowing Roses

As we continue our journey deeper into the human energy field, it is important that we begin to explore the different ways we can access information. In fact, this is what we are doing every time we do a healing on ourselves or others. We are accessing or making contact with energetic information. This is the work of our chakras...pulling in and processing, digesting, if you will, ***energetic information***. As we continue our practice, we are opening other doorways for this information to be received and assimilated by both ourselves and any others to which we offer this assistance. As we deepen our awareness, we begin to notice all the ways our Higher Self finds to assist us in this process. If we learn to pay attention to these clues we will find our life an enchantment rather than a seeming mine field.



Paying Attention: Acting as if the Spirit in all Life matters

What we have learned so far is that our energetic field is like a powerful magnet. As we begin to open pathways for other forms of information to reach us, it is as if we turn a switch in the Universe and our life “turns on.” This can have surprising effects if you are not ready for it. However when you begin to read these signs, you can pay them heed and save yourself from obstacles in the future.

When you begin to see all of life as energy, things really begin to move. You begin to understand that your energetic field has an effect on everything it touches, and in turn, everything it touches affects it. The spirit or energy that specific items hold for us, the meaning that they have for us in our lives can influence how we behave and what we draw to us. Our guidance can also use items that we have placed much importance on in our society to speak to us about how we are influencing this energy in our lives and how it is influencing us.



For instance, for many people, their vehicles sometimes have a tendency to represent our egos, the part of ourselves that we “put out there” or show to the public. Consequently, many of our “messages” can come to us through our vehicles, if we are paying attention. In my own life, flat tires or major vehicle difficulties can give me clues about what is truly going on in my life, and the adjustments that need to be made. In order to read these “clues,” I began asking questions like, “What function does the defective part of the vehicle serve?” (i.e. the battery=energy, gas=fuel, tires= push (masculine) and pull (feminine) energy, depending upon which tire, etc.) In this way, I opened another door of communication.



Another space that holds energy for most people is their home. It tells us so much about ourselves: where we are bogged down, places that hold much light and life for us, areas that need attention, where we might be “leaking energy.” As you begin to read these clues and pay attention to what they are telling you, your life begins to run a bit smoother. Let’s practice with some of the following examples and see what you can come up with. Here are a few guidelines:

A Fung Shui Map can be a helpful guide to indicate what areas of your home may be trying to speak to you about. I have included one in this packet.

Water usually represents “Source” so leaks can indicate where you are leaking or having difficulty with that connection.

Asking the question for anything: “What function does this serve? What is it a metaphor for in my life?” is always helpful.



FUNG SHUI MAP

| | | |
|---|----------------------------|---------------------------------------|
| PROSPERITY | FAME REPUTATION | LOVE RELATIONSHIPS |
| FAMILY | HEALTH | CREATIVITY CHILDREN |
| KNOWLEDGE EDUCATION SKILLS | CAREER | TRAVEL/ HELPFUL PEOPLE |

This end corresponds to the front of your home.

Look over the situations below, and see what message your Higher Self might be trying to convey:

- The left front tire on your car goes flat
- Your battery goes dead on your car
- Your transmission on your car goes out
- Your sink in your kitchen springs a leak
- Your toilet backs up
- You get rear-ended in traffic



114/365

It will also be important as you begin to look at these clues that you learn to listen to your own guidance and look at other things that are going on around you. Ask yourself important questions:

Is it time for me to slow down?

Am I trying to move in a direction that is not the highest outcome for me at this time?

Am I holding on to something too tight?

Where am I leaking my energy?



This is yet another tool that you can use to move your life and learning forward. My suggestion is that you repair the outward “messages” (fix the leaks) as well as heed the messages as quickly as possible. The quicker you attend to these leaks in your life and pay heed to the messages that are coming to you, the smoother your life will become and the easier and faster more information will come to you.

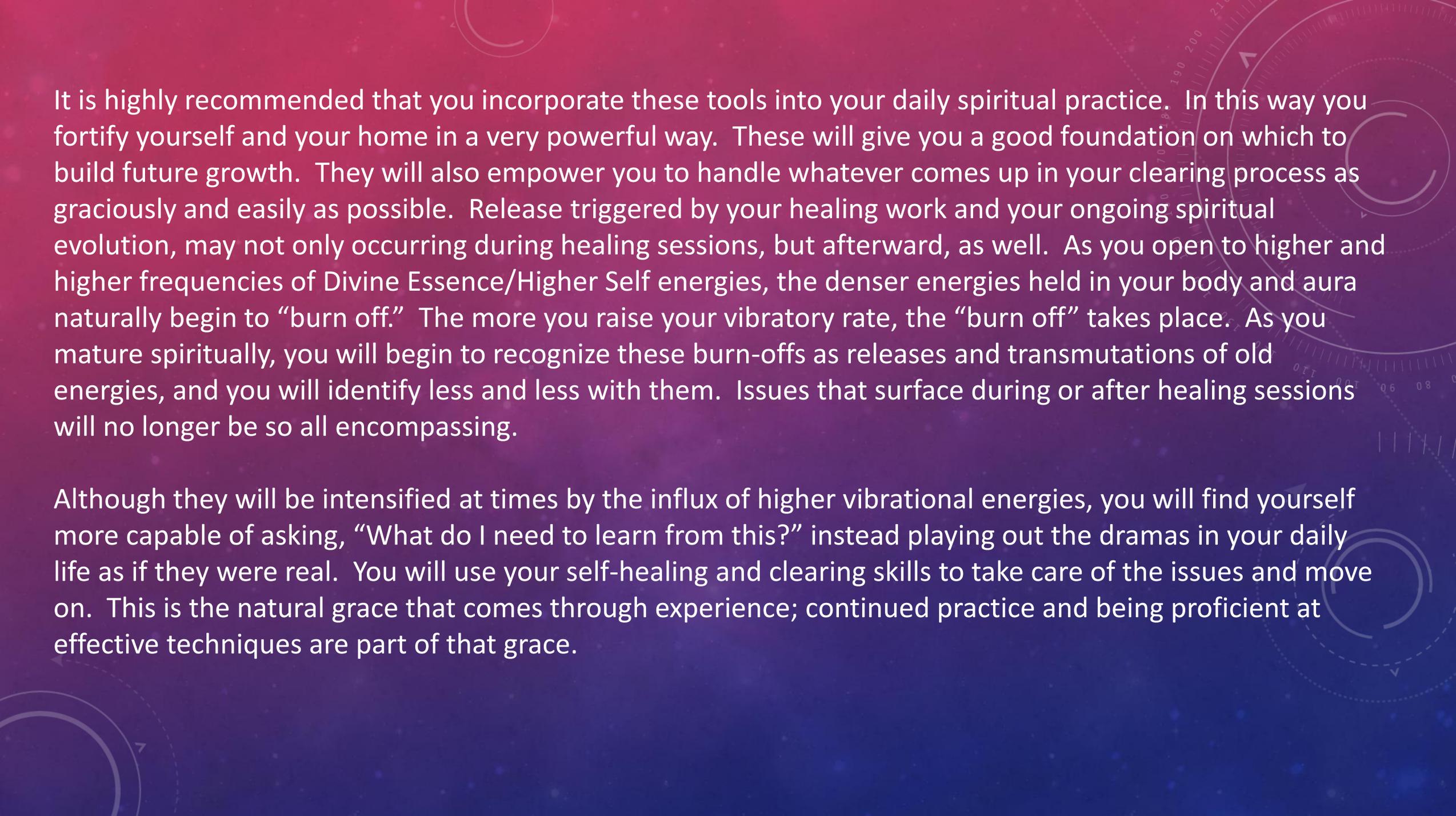
Note: You can also tell your Higher Self, how you want to receive your messages. You can choose to learn from the Path of Wisdom rather than the Path of Woe. You can say things like, “Show me in a way I can understand, but don’t blow my life up.” Do your best to pay attention, so you don’t have to receive a real loud message.



Your continuing healing and clearing

During the past few weeks, you have been encouraged to practice what you have been learning on yourself and others to become proficient. I encourage you to continue to do so at a pace that suites you. You will be receive more techniques during this session that will assist you in your own personal clearing. They will also enhance your abilities to stay grounded and fortify your boundaries. If you are going to continue this work with the goal of assisting others, I encourage you to pour yourself into your own healing now when you have the support of others. These techniques are intended to increase your ability to heal and clear yourself easily and efficiently as you move through normal spiritual growth and expansion of consciousness. As you move through these techniques, your spiritual growth may accelerate. With it, the opportunity to release karmic patterns, thoughts and beliefs that need clearing, as well as energy blocks from miscellaneous sources may also show up for review. As you do your healing work, you may find yourself entangled in past images, formerly repressed emotions, or negative thoughts. These tools are designed to be used when these or other would-be problems arise.





It is highly recommended that you incorporate these tools into your daily spiritual practice. In this way you fortify yourself and your home in a very powerful way. These will give you a good foundation on which to build future growth. They will also empower you to handle whatever comes up in your clearing process as graciously and easily as possible. Release triggered by your healing work and your ongoing spiritual evolution, may not only occurring during healing sessions, but afterward, as well. As you open to higher and higher frequencies of Divine Essence/Higher Self energies, the denser energies held in your body and aura naturally begin to “burn off.” The more you raise your vibratory rate, the “burn off” takes place. As you mature spiritually, you will begin to recognize these burn-offs as releases and transmutations of old energies, and you will identify less and less with them. Issues that surface during or after healing sessions will no longer be so all encompassing.

Although they will be intensified at times by the influx of higher vibrational energies, you will find yourself more capable of asking, “What do I need to learn from this?” instead playing out the dramas in your daily life as if they were real. You will use your self-healing and clearing skills to take care of the issues and move on. This is the natural grace that comes through experience; continued practice and being proficient at effective techniques are part of that grace.

Basic Maintenance of your Energetic Field

As we continue to work and learn about our energetic field, you will be given many tools and techniques that you can use to maintain your own space. These are not to be seen as magic charms or to be used from a place of fear. Rather, they are given to you for you to begin to work with the energetic space around you and to clear and heal your own energy field and body. As you become more healed and grounded, you will automatically raise your vibration, the vibration of those around you, and the planet. As you become more skilled at utilizing this energetic force and working with it, you will be better able to maintain your own space, and assist others with theirs without taking on things that don't belong to you.



When you begin to think about this, there are several guidelines that you can utilize to assist yourself in “staying clear” of baggage (yours and that of others.) Techniques for meeting these guidelines are included in the Protection Grid technique, which we have already discussed and practiced, and others that you will be given in subsequent classes. Knowing what purpose these practices serve will help you as you begin to work actively with these energies.

Grounding

It is important that you maintain your connection to the Earth. Our modern world can create many obstacles to doing this. We have virtually insulated ourselves from our most important Source of health and well-being. Think for a moment how much more connected our ancestors were to the earth than we are. We are working with powerful energies. The clogs in our system are due, in part, to not being connected with the Source of Power and energy underneath our feet. Utilize the grid and meditation to set the pace for your day, then check your “ground” periodically throughout the day. This not only serves to clear the blocks in your field, but to give you an added Source of Energy throughout the day. Anything else you can do to enhance this connection is also advised. Utilize stones and crystals. **GO OUTSIDE!!!** Stand barefoot on the ground. Do sacred ceremony on the bare ground without shoes. Speak and communicate with trees, flowers and animals. Pet your cat or dog!



Connecting, melding and balancing Spirit and Earth Energy within your body

This connection is made and enhanced with both the grid and the Golden Grid Meditation (that we did last week.) These are both of your energetic sources of information, power, truth and strength. These are the MAIN PLACES THAT WE ARE SUPPOSED TO SOURCE OURSELVES FROM! In our modern world, however, it seems these are the last place we go, and thus we create dis-ease in our body from SOURCING from lower vibrational energies. Checking in energetically, mentally, emotionally and spiritually with these Sources of energy and power will do much to maintain the flow of energy throughout your body and your energetic space. If you get depleted during the day, take a moment to ground, center, and re-connect with both of these power sources. In five minutes you will be refreshed and rejuvenated.



Managing and maintaining the integrity of your Energetic Space

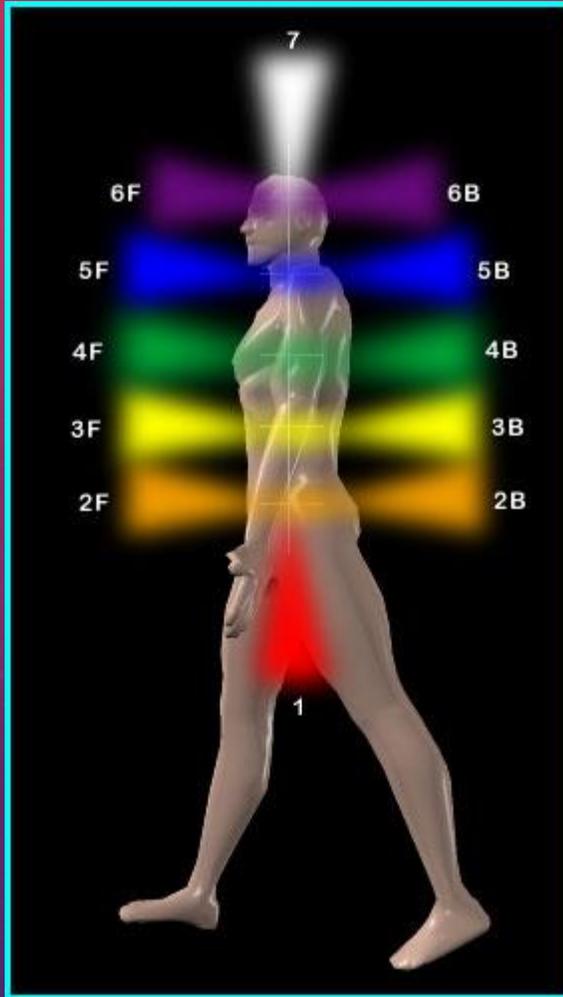
Pulling down grids on a regular basis works to cleanse, refresh and enliven your energetic egg. As you move throughout the day your energy field has a tendency to “mush” into strange shapes and places, and may become distorted if you have a particularly difficult day, especially if you are not conscious of where your energy is flowing. By pulling down a grid, you automatically align your energetic egg to its natural form around your body. You seal up any leaks and provide yourself a safe and strong energetic protection. You can also use this to provide yourself added protection by utilizing gold and cobalt blue light grids and by pulling in the Violet Transmuting Flame to cleanse and clear your space. The Violet Transmuting Flame is a vibrational form of Violet Light that is quite literally a large dose of Divine Light and Earth Fire, combined through the heart that can clear and cleanse any space and raise any vibration that is lower than feels comfortable for you. It is accessible simply by calling it in.





Opening and Clearing the Chakras

The chakras protect, provide information, and are gateways to different levels of growth and understanding. You can do much to enhance your energetic level simply by paying attention to them and making sure they are open and functioning properly. There is much you can do to enhance their function and we will be learning more practices that enhance their function in coming classes. Daily maintenance and attention will give you radical improvement right now.



Maintaining the integrity of your Spinal Column

By pulling energy from the core of the earth and the energy of Spirit through your body via your spine, you maintain the integrity of this area and protect yourself from unwanted or unneeded information, distraction, or energetic intrusions. You will improve your focus and be able to direct your energy toward those things that you intend or desire, rather than the distractions of others. You will be able to better listen to the sound of your own guidance.



Dealing with Issues as they arise

As mentioned earlier, as you work on clearing your own energetic space, you may encounter karmic clearing of issues and belief systems that no longer serve you. In order to get past these things so you can go on to lead the fulfilling life you were meant to live, you must work through these issues in the 3-d world or release them. They will continue to come up for you to clear. Many times these images, memories and beliefs are associated with old fears and traumas that are in the past and simply need to be transmuted to a more loving place. There will be times when you need to work with someone, a healer or even trusted friend to mentally process these images and let them go to the past where they belong. This is not always possible, however, and there are other tools you can utilize to assist yourself in ridding yourself of these unwanted intrusions. Below are a few suggestions, including the Golden Grid Meditation introduced last week, that can have reliable, long term results if done consistently.

Body Wisdom Tool Box

A Spiritual Practice

At the risk of sounding too repetitive, a daily spiritual practice or quiet time (especially one that includes DIRT TIME) is imperative as begin to deepen your spiritual growth. Even if you only use the following tools for a short period of time everyday, you will begin to notice a gradual difference in your overall well-being. I want to emphasize that this can be a practice or meditation from any spiritual tradition that SINGS to you. You are going for connection – spiritual ecstasy. You probably won't “get there” everyday, but the times when you do and the overall well-being that will be generated, will make all the other time spent, worth it!





Creating Sacred Space

Do your meditation in the same space everyday. Open a circle, calling in the Elemental Archetypal Energies, offering sage and prayers to the Seven Sacred Directions. Invite heaven to participate with you throughout the day. As you do this on a regular basis, you will begin to notice these energies as they move in and through your life. You will begin to create balance.

The Protection Grid

We have already discussed the importance of utilizing the grid to strengthen your energetic body. When you do this on a regular basis, you activate these structures in your auric and physical bodies. You keep yourself more grounded, and you continue to enhance the integrity of your energetic body. Be sure to incorporate prayer to both Spirit energies and Earth energies within this practice.



The Golden Grid Meditation

This is outlined in part two and from experience, I am sure you can feel the difference it makes to connect with and accept within you, the energy of your Higher Self. It is a vibrational shift every time.

Grandfather's Meditation

This is outlined in part one and contains too many energetic trainings to mention. It helps you understand the difference between your physical and spiritual bodies, teaches you to travel, to use your second sight, to literally maneuver in the spirit world, and so much more!



A New Tool-HEALING WITH ROSES

Visualization and psychic clearing work using etheric images of roses predates contemporary use by at least several centuries. The rose is a healing symbol and is a very effective and useful tool for clearing both yourself and others. It is used to symbolize and bring about the purity of self-affinity. This means that roses have the ability to eliminate energies in your energy field that are unnatural and foreign to your essential and inherent way of being. You can utilize the energy of the rose etherically by your intention. So you need not carry roses or even essential rose oil with you, although these may be useful and enhance your healing from time to time. You can command, through your intention, the energy of the rose to hold and remove any unwanted, foreign debris from your energetic field. The rose will literally absorb this energy, transmute it, and return it to earth to be utilized in a more constructive way. If this energy was absorbed from another person, it will return the energy to that person in a transmuted form to be utilized in an appropriate way. Rather than creating a karmic link with a person, you create the opportunity to eliminate the karmic debris.

The following techniques for utilizing roses are called "Blowing Roses." It can be used to strengthen your boundaries and energetic space or to clear unwanted or problematic issues in your life.



Blowing Roses:

1. Close your eyes and ground yourself.
2. Check your aura and make sure it is uniformly around your body about 2-3 feet. You may want to just do a Protection Grid before you do this technique to make sure your field is intact.
3. Check your fields' boundary colors (Protection Grid) and make any needed adjustments.
4. Visualize a rose of any color in full bloom in your aura, in front of your eyes. Stay with the visualization until it feels real to you. See or imagine it in as much detail as you can.
5. Move the rose outside your aura and make it disappear.
6. Now, create a rose inside the center of your head. Intend that it take on anyone else's energy that might be there. Hold the vision of the rose inside your head for about thirty seconds.
7. Pull the rose out of your head and outside your aura and then make it disappear.
8. Next create a rose outside your aura in front of you.
9. Think of someone in your life with whom you have had recent conflict or ill feelings. See that person's face in the rose and ask the rose to clear any negative thoughts you have about that person, or any of his or her energy you are holding.
10. Continually watch the rose for about thirty seconds. You may notice it closing up, the way certain flowers, like morning glories do after dark. This is an indication that the rose is absorbing something.

11. Move the rose outside and above your house, then dissolve it.
12. If the last rose closed up completely, indicating that it removed a lot of energy from or about the chosen person, create a new one outside your aura with the same person's image in it. Keep watching until this rose either fills up completely or stops closing shut when it is partially full of the person's energy or your negative thoughts about the person, whichever comes first.
13. Once again, place the rose above your house and make it disappear.
14. (Optional) If the last rose completely filled up, you may want to continue the process of creating and dissolving roses with that person's image in them until a rose remains unaffected for about ten seconds. At that point, you know you have released all you can relative to that person at this time.

You can utilize this technique to clear unwanted or problematic issues or fears in your life by creating a symbol for them and then “blowing roses” to them until they release. Make sure you take the energy of the rose completely outside of your energetic space when you release it and see its energy transmuted and going as healthy energy back into Mother Earth. The following exercise is a way to use roses to clear issues:

1. Close your eyes, ground yourself, and do any needed aura adjustments.
2. Bring a cosmic gold sun above you and run the golden light along your spinal and arm channels.
3. Bring in Earth energy through your feet and legs and allow it to blend with the gold moving up your spine and out your arms and head. When both energies are flowing smoothly and fully, set the intention that they remain flowing in this manner until the healing process is complete.
4. Think of something you want to work on like a bad habit or an attitude or emotional tendency that you wish to release and choose a symbol for that problem.
5. Just outside your aura, create whatever color rose comes to mind and put the symbol inside the rose.
6. Breathe deeply to assist in the release while you watch the rose. When it is filled with energy that you have released into it relative to your particular problem area, dissolve the rose.

7. Continue blowing roses with your chosen symbol inside them—creating and dissolving them, outside your aura, until the final rose remains unaffected for at least ten seconds. Then dissolve that rose.
8. Meditate for a few minutes or close the healing.*

The implications for this meditation are endless. You can use this to clear an organ in the body, to clear a disease in the body, to clear a space in your home or car or workplace, to clean your house, to release addiction, to release bad habits, to release false belief systems...need I go on? On a global level you can “blow roses” to the planet, to any government agency, to any traumatic event, etc.

USE THIS TOOL! It can change your life.
SHARE THIS TOOL and you can change someone else’s life.
TOGETHER WE CAN CHANGE THE WORLD.

