

Body Wisdom Energy Healing

Module 1

Part 2: Deepening Your Skill – Therapeutic Touch

A Word about Confidentiality

As we continue these classes, we will be discussing the relationship of blocks in the flow of the energy body to human life issues. You may feel the need to share experiences with the class that may have a personal nature. It is VERY important to create a safe space for this type of information to be shared. Confidentiality is absolutely necessary to maintain safety for all participants. It is never appropriate to discuss personal information shared in class with others outside of class. If you continue with this practice and plan to assist others on their healing path, you will also want to adhere to this rule. Healing can only take place in an atmosphere of safety.

Seeing the World through a Different Lens

Studying the human energy field will probably cause you to begin to view your world differently. No matter how deeply you study and practice these techniques, your perspective has been shifted dramatically from that of most of the individuals you meet. The longer you play here, the more you will come to know that we truly do attract everything to us. You will begin to understand that every physical ailment, has an energetic source first. This is usually, if not always, related to a personal life issue...a place where you have made a choice that is no longer serving you. The physical symptoms are just messages from this amazing computer that is your body, telling you it is time to re-direct something in your life. When you get the message your body is trying desperately to convey, the symptom is no longer necessary. This is a very different perspective from allopathic medicine which has a tendency to only look for physical causes of symptoms, if a cause is sought at all. Generally, it is more about symptom management.

One thing we don't want to fall into, as we begin to broaden our perspective, is victim-blaming, seeing someone with a symptom, at fault in some way. A key question we can ask is: "What does this illness (or symptom) mean to me (the client)? What is the message to me from my body? How have I forgotten who I am?" The disease or symptom is a specific answer to the question, "How does this pain or symptom serve me?" If we continue to keep ourselves separated from our own truth, we can never truly discover the meaning or the source of our illness. We keep ourselves separate by managing symptoms only, rather than looking for a root cause.

There are many different perspectives from which to view an illness. Here are a few:

Suppose a small child contracts AIDS from a blood transfusion. If that event is interpreted from a "separation" point of view, one might say, "Oh, poor victim." From the popularized version of self-responsibility, one might say, "Oh he created it, so it is his fault." But from holism, one would say, "Oh, what a difficult lesson that brave soul and family have chosen to learn from in their greater reality. What can I do to best help them? How can I best love them? How can I help them remember who they are?" When approached from this perspective, life holds no contradictions between responsibility and love. And you can see that there is also a great deal of difference between responsibility and blame.

Separation from truth promotes fear and victimhood; fear and victimhood only support the illusion of powerlessness. Responsibility and acceptance promote power, power from within to create your reality. If you unconsciously had something to do with making things the way they are, then you can have a great deal to do with creating things the way you want them to be.

We all create disease to some extent in our physical bodies. If you look back at the original cause, it is always based on forgetting who we are. Think back on a disease you have had in the past or one you are currently dealing with. Ask yourself the following questions about the disease:

What does this illness mean to me? How does it make me feel about myself? What is the message to me from my body? What is my body trying to tell me? How have I forgotten who I am? Write the answers in your journal. You may want to revisit these questions as we move through the modules or at future opportunities for learning that your body may give you.

Tools for Development

As you begin to see your body from a different perspective, maintaining your physical integrity takes on a whole new meaning. It becomes your personal responsibility to “clear” issues so that you can lead a healthy and fulfilling life. You will begin to see that staying healthy is more than just an annual physical check-up; and seeing a physician to remedy a physical ailment, though helpful and necessary at times, is usually not enough to get to the root cause of the problem. You may also begin to notice connections to difficulties that previously, you may have considered unrelated.

Below are some tools that can aid you with this journey as you begin to take more responsibility for your life and health. Though these seem simple and even mundane at first, you will find the rewards will be astounding.

1. Maintain a daily quiet/meditation time every day, preferably at the same time every day. The hours between 4 and 6 am work well as these are the hours that the body and mind can tune in well to the “outer” realms.
2. Use some form of meditation daily. I will be introducing several different meditations and posting the guided version on the classroom page. Find the one that you can stick with. You are going to find that care and maintenance of the physical body is definitely a spiritual matter. It is important to maintain this connection.
3. KEEP A JOURNAL of your experiences. Even if you just jot down a few feelings or events that happen during the day. A daily dialog with yourself will be imperative as you begin to re-adjust your perspective. You may want to record dreams or other insights that reveal themselves to you. These will be important to you, and may help others in class with their journey as well.
4. Begin to take more personal responsibility for your physical health, if you are not already doing so. This type of work can feel taxing and stressful at times. It will be important for you to eat healthy foods, get some sort of light exercise and plenty of rest daily.
5. Discuss your experiences with someone you trust. This important to develop your understanding and to keep you grounded as you explore realms that are new to you.
6. Do regular personal inventory. As you continue to work with your energy and develop your sensitivity to your own inner guidance you will uncover belief systems that may or may not fit into your healthier perspective of yourself. Belief systems that support the direction of your spiritual path are helpful. You may find, however, that you want to modify those that no longer support the direction you are heading. We will be providing plenty of exercises that can assist you in creating the changes you desire to create.

More Exercises to Enhance your Perceptions

Exercise 1: Enhancing Your Kinesthetic Sense

Sit in a comfortable meditative position and focus on feeling the inside of your body. Focus on body parts and organs. If it helps, touch the part of your body you are focusing on. If you tend to be visual, you may want to look at the body part. If you tend to be auditory, you may want to listen to your breathing or heartbeat to help you focus.

Now do the same for the space around you. With eyes closed, sit and feel the room you are in. Focus on, reach for, or beam forward to different locations in the room and different objects. If you need help, open your eyes or touch the objects in the room, then go back to simply sitting and feeling. What have you learned about the room that you didn't already perceive? What have you learned about your body? You can also practice this exercise on another person...with permission, of course.

Exercise 2: More Kinesthetics

Hold your cupped hands about 4-6 inches apart and set the intention to hold the vibration of a calm quiet room or venue between your hands. Notice what you feel. Now shake that off, and set the intention to hold the vibration of your local Walmart, or other major department store between your hands. Notice the difference.

Exercise 3: Enhancing your Visual Sense

Sit again for meditation and, with eyes closed, look at the inside of your body. If you have trouble doing this, find the sense that will help you. Touch the part or listen to your internal process until you get a picture of it. Now do the same for the room you are in. First with eyes open, examine details in the room; then, with eyes closed, create a picture of the room in your mind. What can you "see?" (You can enhance this process by going to an unfamiliar room and doing the same thing.) Enhance your skill: Do this with a friend. Ask to "go visit" (without ever leaving your home) a room in their home. Do your best to describe the room to your friend. See how accurate you are. You will surprise yourself.

Remember, we are speaking of visual perception here. This is different from the process of visualization, which is a creative act in which you visualize what you want to create. Usually visual "pictures" come in two forms. One is symbolic, the other literal. In the case of the symbolic picture, one simply sees an image that has meaning to the person from whom one is "reading." Or one might see a literal picture, a picture of objects that are in a particular spot at a particular point in time. It is important to be clear on the meanings of what you see and not to take them too literally. You are just learning, building muscle. The images are here as messengers and teachers. They are here to aid your growth.

Exercise 4: Enhancing Your Auditory Sense

Sit in Meditation. Listen to the inside of your body. Again, if you need help with this sense, put your hand on the part you are listening to and feel it, or look at it. Then go outside and listen to all the sounds around you. If you do this in the woods, you will begin to hear the synchronicity of the sounds. Together they make a symphony. Listen even more closely. What else can you hear? Sounds that don't exist? Listen more carefully—someday they may have meaning for you.

Therapeutic Touch

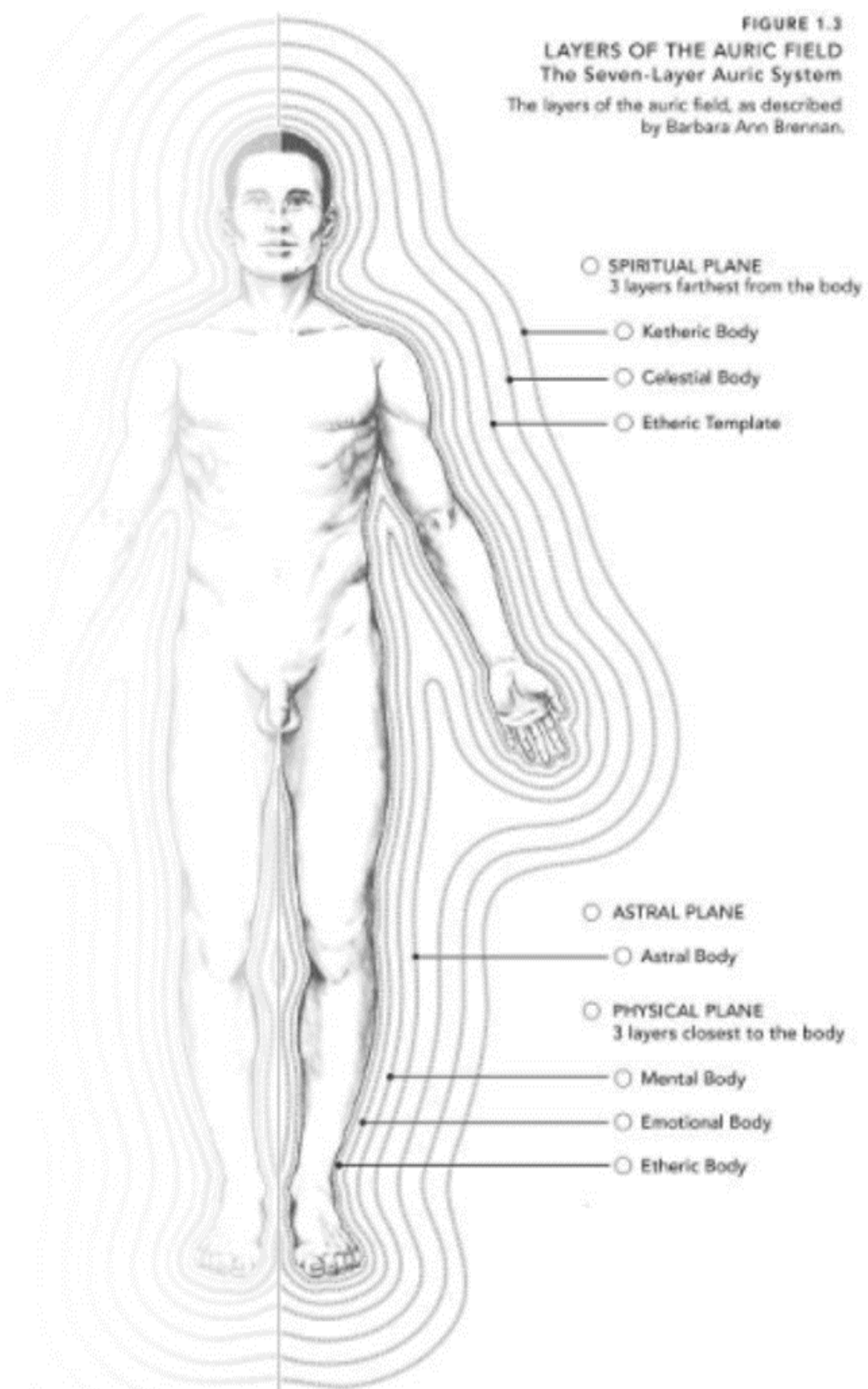
Therapeutic Touch is a complementary healing technique that can be used in combination with other forms of therapy to enhance healing. You can combine these techniques with the tools you have been practicing to use with friends and family. If you wish to pursue a more professional healing practice, therapeutic touch gives you a great foundation on which to base this practice.

The Human Energy Field

In order to understand how therapeutic touch techniques work, we are going to revisit what we know about the human body and the human energy field. We remember that a good way to think of the human body is to imagine a group of particles that are held together in a particular formation. In the center the particles are very close together and moving very slowly, therefore they seem more solid. As you move to the outer part of this grouping, the particles are moving faster and are much further apart. This is similar to a collection of stars, like in a picture of a galaxy, for instance. As you move to the outer portions, you can see between the particles but you still know that they are all part of the same grouping. This is one way to think of the human energy field, and a very useful one to help us understand therapeutic touch. Consider the heart space of the body, the center of the galaxy. The body is the part that appears solid. The energy field is the portion that surrounds the body, but is still a part of the body.

This field is composed of seven main layers. These layers are interpenetrating. Each succeeding layer interpenetrates completely all the layers under it, including the physical body. For instance, the emotional body extends beyond the etheric body and includes both the etheric and physical bodies. Every other layer is highly structured, like standing waves of light patterns, while the layers in between appear to be composed of colored fluids in constant motion. These fluids flow through a form set by shimmering standing light waves. Thus the first, third, fifth, and seventh layers all have a definite structure, while the second, fourth, and sixth are composed of fluid-like substances that have no particular structure. They take on form by virtue of the fact that they flow through the structure of the odd layers. ***Actually, all of these layers are more expansive versions of our self that carry within them the other, more limited forms.*** So each layer can be considered to be a level of higher vibrations, occupying the same space as the levels of the vibration below it and extending beyond it. Thus, we have seven bodies all occupying the same space at the same time, each one extending out beyond the last, something we are not used to in “normal” daily life. Each structured layer contains all the forms that the physical body has, including internal organs, blood vessels, etc., and additional forms that the physical body does not contain.

This is a basic overview of the human energetic system. Each chakra also corresponds to a layer of the human energy system and you can work on different levels to do different kinds of healing. See the picture below to gain further insight into how these systems work. We will discuss all the layers in depth in subsequent classes, but for now, this can give you a good foundation on which to build.



Ground Rules and Belief Structures Necessary to Provide Therapeutic Touch

In order to receive maximum benefits from therapeutic touch, there are certain basic assumptions that make up the foundation of belief that support this healing. These structures support the work you do.

1. A universal life force energy sustains everything living thing.
2. We all share this life force energy and share the energy fields that it supports.
3. We are open, dynamic, complex, multidimensional systems.
4. Healing is an intrinsic move toward order from disorder.
5. Health is homeostasis-balance.

All of these are basic assumptions which we have a tendency to take for granted, but once well-established, support the work that we do. With these in place, the practitioner works as a tool to manipulate and “smooth” the energetic field of the body to bring comfort and ease to the recipient. The practitioner simply becomes a calm, focused conduit for the Universal Life Energy and directs that energy to the recipient.

Working Energetically from a Distance

ENERGY FOLLOWS INTENTION. Because of this we are not separated by time and space! This is a big one, but one we are all going to have to trust if we are going to learn and work with each other from a distance. I will be teaching you distance healing, right out of the gate. This is usually something that is saved for after you have developed your skills. I think you will be surprised at how much this will work for you. So for those of you that are learning totally on-line, this is foundational! When we work with each other, one will sit in a chair where they are. The other will work on them from their home. It may help to put a chair in front of you and intend that that person’s energy body is in the chair in front of you. Then, work as if it was.

The effects it can provide:

Those who experience healing through therapeutic touch can expect it to:

Provide profound relaxation
Alleviate pain
Accelerate healing
Assist with the transition/dying process
Enhance well-being
Enhance the immune system
Reduce Anxiety

The Steps

1. Center and Ground your energy using a protection grid.
2. Have client sit in a straight-back chair with both feet on the floor.
3. Set Intentions. This can be intentions for healing, peace, and to be used as a conduit for Life Force Energy to flow through. Remember ENERGY FOLLOWS INTENTION. Be sure to discuss this with the recipient if there is a definite intent for the healing session.
4. Scan the field (running your hand around the body a few inches away) feeling to check for any blocks you may find. Just notice what you feel.
5. Smooth the energy pattern by “combing” the field.
6. Scan the field again. If there are still places of discord, continue to smooth and re-scan.

7. Modulate the energy. Listen for guidance here. If there are stubborn spots, ask if you need to send energy to this spot. If so, send it in the form of light, rose for love, blue for healing or cooling inflammation, or white – all spectrums.
8. Ground the recipient by placing your hands on their feet or knees imagine sending their energy down into the earth through roots.
9. Re-scan. Touch up. Re-ground.
10. Recognize when to stop. Get a sense that the energy field is clear. Listen to your own inner knowing and perceptions. The energy will build during the first portion of the healing. It is time to stop when the energy subsides and returns to homeostasis.
11. Share any insights about the healing with the client.

A note about sharing information during a healing....

It is always important to remember that the healing is for the client and not for you! As you begin to work with this field, you can feel very exhilarated and “connected.” During this time, you can be privy to information that may or may not be information the client wants you to know, or even wants to know themselves. The first thing to remember, is that the information is not yours and it is not for you, it is for the client...AND ONLY IF THEY WANT IT!! Always ask, “I received what I believe to be is some guidance for you in that healing, would you like to hear it?” If they say “no,” accept that and go on. FORGET IT! Period. You have completed your mission. That is it. If they say “yes,” share it with ABSOLUTELY NO ATTACHMENT to what the client does with the information, or even how they understanding. Let the information stand on its own and trust that the client will know what to do with it. At that point, your job is done.

Golden Grid Meditation

This meditation enhances your connection to Higher Self, divine Essence Energy and allows you to incorporate this energy within your body. You may want to play soft music and burn some sage or incense.

1. Still all outer activity of the mind and body.
2. After becoming very still, see yourself enveloped in dazzling white light. See a ball of light directly above the top of your head. See it streaming white light in through the top of your head, down your spine flowing out through your hands, and down your spine, spinning your chakras and flowing out through your feet. Then feel Mother Earth energy enter your body through your feet and move up through your body, mingling with the Spirit energy from above and exiting through the top of your head. Set the intention that both of these energy run throughout the meditation. While holding this picture, recognize and feel intensely the connection with Your Divine Essence, focusing your attention upon your heartspace and visualizing it as a golden sun.
3. Meditate quietly for awhile. Then acknowledge and accept the Divine Essence within you by affirming, "I now joyously accept my "Divine Essence, Higher Self, God Self," or whatever you choose to call this divine connection. Feel this connection intensely in every cell of your body.
4. Close the meditation with this affirmation: "I Am a Child of the Light. I love the Light. I serve the Light. I live in the Light. I Am protected, illumined, supplied, and sustained by the Light, and I bless the Light." (Or another affirmation of your choosing with similar intent.)