

Body Wisdom Energy Healing

Module 3

In-Person Intensive – Part 1

Introduction

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.

In- Person Intensive Schedule:

All classes will take place at my office: 3200 Mesa Way, Suite A, Room 1, Lawrence, KS 66049. Because I feel so strongly about being a clear vessel to give a healing, I will lead yoga everyday before we get started.

Tuesday, July 17, 2018

10:00-10:30 – Check-In

10:30-11:15 – Yoga

11:15-11:30 – Learn new technique – Brain Balancing

11:30-1:00 – Chelations with new technique – Round 1

1:00-2:00 – LUNCH

2:00-3:30 – Chelations with new technique – Round 2

Dinner – on your own

Wednesday, July 18, 2018

10:00-10:30 – Check-In

10:30-11:15 – Yoga

11:15- 12:00 – Learn new technique – Spine Cleaning

12:00-1:00 – LUNCH

1:00 –2:45 Chelations with new technique – Round 1

3:00-4:30 – Chelations with new technique – Round 2

Dinner – Together (optional)

Optional: Campfire and dance out at Bhaktivan

Thursday, July 19, 2018

10:00-10:30 – Check-In

11:30-12:30- Question and answer session/Final Instructions

10:30-11:30 – Go over reading

1:00 – Close for the day

Technique 1: Brain Balancing

Brain Balancing is very easy and that is part of the reason we teach it first. Also, it is very versatile. Because our lives are so stressful these days, this technique can be quite useful in calming and “balancing” the part of the body that we overuse the most: our brains! It can be used to assist with the following:

1. Headaches – these can also be related to being ungrounded, so it is important to make sure to ground the person at the very least, and preferably do a full chelation before the balancing.
2. Eye strain/blurred vision
3. Confusion
4. Male/female issues, issues of balance between the masculine and feminine
5. Anything that is stress related

The Technique:

1. Do a full chelation.
2. Return to holding second level.
3. Place palms on sides of client’s head.
4. Concentrate a ball of energy in your right hand, and throw it to the left (through the brain). Begin tossing it back and forth. It usually will move slowly at first and then speed up as it begins to free up the clogged space. It will finally move so fast it will begin to feel like a solid beam of energy.
5. When the beam feels solid, stop the energy and remove your hands.
6. Close as usual.

Technique 2: Spine Cleaning

A Spine Cleaning is a total “flushing” of the main vertical power current in the auric field. This is a good technique to use at the beginning of a healing series when an individual is working on deep personal issues and wants to get to the root of the problem. All memories and history, both present life and past lives, are housed in the spine. It is a great tool to clear out “old stuff.” Most of the spine area clears during a chelation, but now always. A thorough cleaning of this area will keep the system functioning properly.

Other indications that it would be useful would be anything related to the spine: spinal meningitis or other infections, curvature of the spine, misalignment of the spine, headaches, nervous system dysfunction, depression, and ruptured disc (paying close attention to which chakra it is closest to).

A brief outline of technique~

To do a spine cleaning you will be learning a special technique that requires holding, pushing and pulling energy with your hands to encircle each vertebrae and move blockages on different levels up the spine and out of the body. You will need to do this on every level of the field, so seven times, holding the corresponding color of the field (not the chakra) as you flush each vertebrae. I have listed the colors below and there is a list on the wall so you don't get lost. Because it is so involved, you will want to not spend too much time on one spot. This can extend the healing from 45 min to an hour longer. So you want to be sure that if you are going to do one, you plan in advance. I also charge more for this because it usually takes so much time and energy.

Colors

Below is a list of the colors of light you will be running while doing a spine cleaning. Please note that these correspond to the color of light within the field, not the color of the vibration of the corresponding chakra.

First – Blue

Second – Light Rainbow

Third – Yellow

Fourth – Rainbow plus Rose

Fifth – Cobalt Blue

Sixth – Rainbow plus Pearl

Seventh – Gold

Steps to a Spine Cleaning

1. Complete a full chelation and clear 2nd and 4th levels.
2. Ask client to turn over on their stomach
3. Begin by holding hands over the base of the spine and building energy in a circular motion without touching the body on the first and second levels (red/orange).
4. Massage vertebrae all the way up the spine.
5. Then, holding the second level in your hands, and once again without touching the body, build the energy at the base of the spine by making a small circular motion with your hands. Then sweep the hands all the way up the spine and over the head three times-all without touching the body. This begins to move the energy in the spine and wake it up.
6. Then, holding first level energy in your hands, beginning at the base of the spine, push first level energy through the first vertebrae with your right hand and block that energy with your left hand, creating a

circular energetic spin of first level energy that flushes that vertebrae. Continue up the spine, flushing each vertebrae on the first level.

7. When you have completed first level, go back to the base, and hold second level and repeat the process. Remember the color here is Light Rainbow, not orange.
8. Continue this way through all seven levels.
9. Once you have completed, chelate up the spine from the base to the head as you would in a normal chelation.
10. Check for any debris and clear it on the second and fourth levels.
11. Close as usual.

We will be reading Chapters 11-13 in [Hands of Light](#) for this Module. We will go over some of it in class so you don't have to fret so much about it!