

## My Healing Steps

### 1. I surround myself with protection.

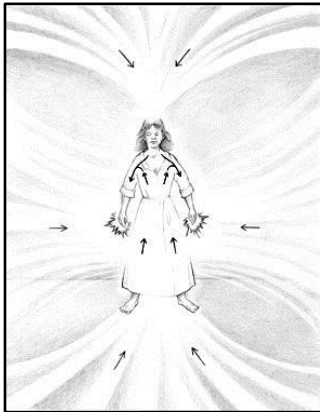
I send my energy deep into the Earth to connect with Earth's power, I bring that energy back up into me, through me and send it up to connect with my Divine Heavenly Father; I am protected in all ways and am a clear and perfect channel.

### 2. I recite my prayer/invocation of Divine Spiritually Guided Healing Energy and request the Archangels to share their healing frequencies

I have a specific prayer I recite that was given to me by a Shaman to invoke the Archangels and their healing. After, I sit quietly and let the connection settle within myself. I become an agent of healing, love and forgiveness as they are.

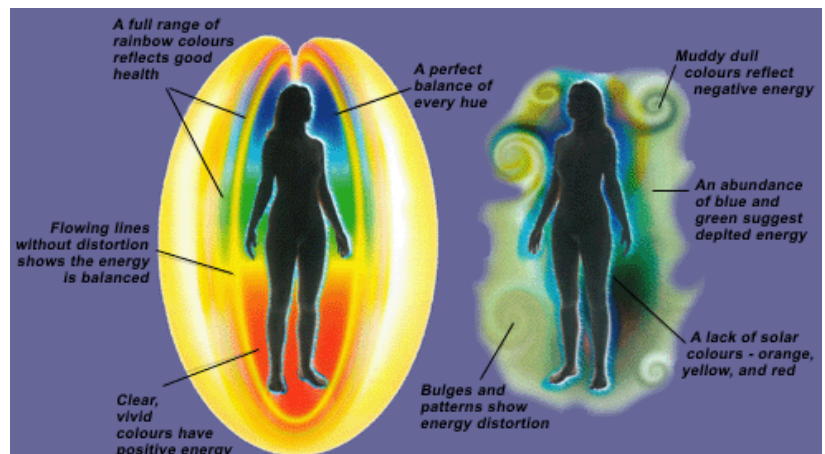
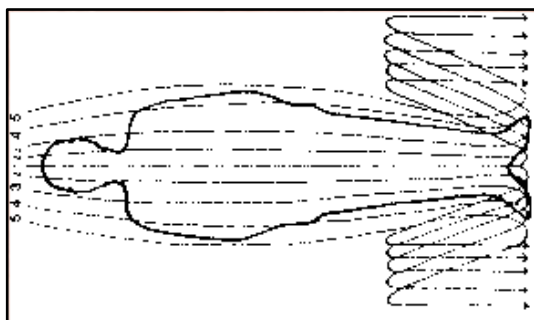
### 3. I call Spiritually Guided Divine Energy into myself

I do not use my own energy to heal. I call in spiritually guided energy from the heavens down into my crown chakra, from Earth's sentient being up into my feet, from the energies all around my body into every pore of my being, I filter all that energy through my heart for the best and highest good, send it down my arms and into my hands. This energy will be used to send to the client. Touching is not required.



### 4. Aura Combing

I hold my hands a few inches from the physical body of the client, starting at the top of the head, I move my hands through the auric field of the client with repeated and successive short sweeps toward the feet. It may be necessary to use a flicking motion with the auric sweeps to separate out any clinging and spiking energy disturbances in the auric field.

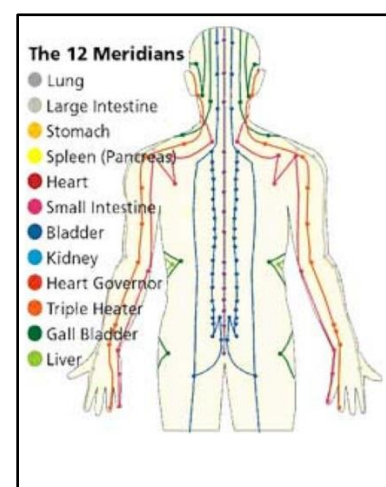
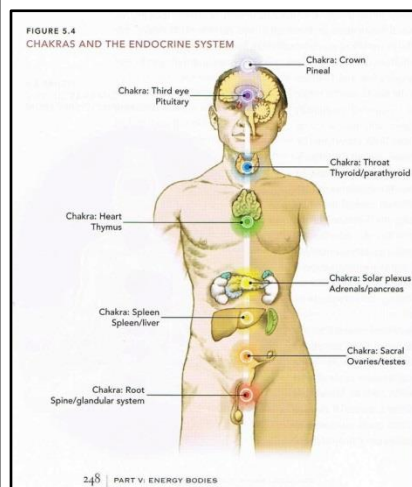
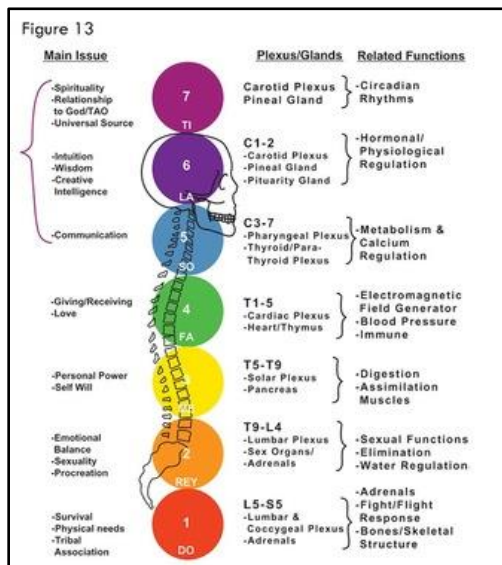
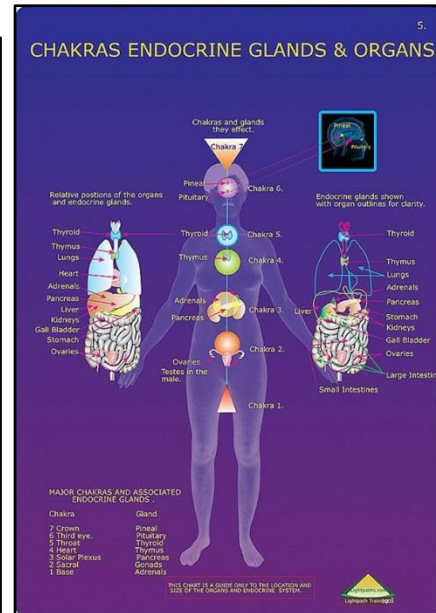
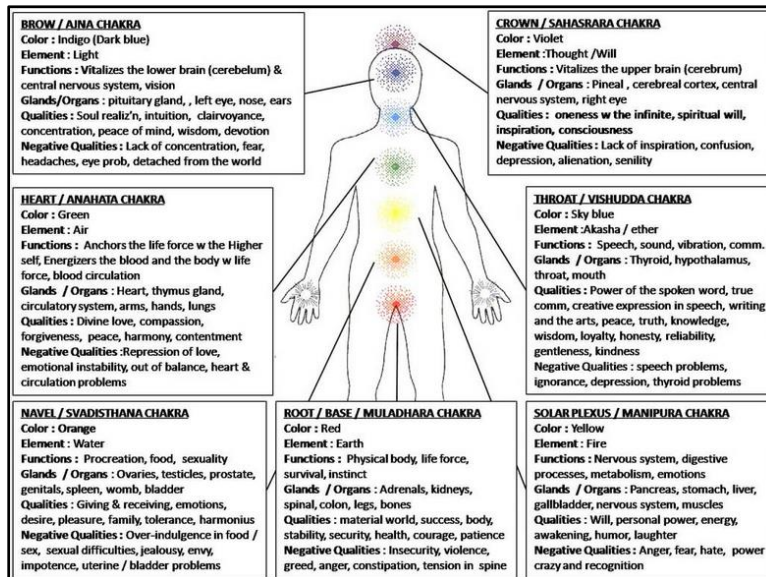


## 5. Chakra Therapy.

I open each chakra, clean & clear them of anything unhealthy or unholy, balance them, then close each chakra.

Each chakra corresponds to major organs and glands in the body. There is a clear connection between the condition of a chakra and the condition of its corresponding gland & organ. A chakra can be over active, under active or in balance. Using Reiki can give the chakras balance and the organs health. The endocrine system plays a major role for the body's daily health; the glands release hormones directly into the blood stream and control all aspects of growth, development and daily activities.

Physical problems are often the result of a blockage in the energy flow in the system made up of meridians. Meridian channels run throughout our bodies.



## 6. Scan the Client's Physical Body.

I hover my hands above the client's body and slowly scan each area of their body. When I feel an issue, I remove it (can use a counter clockwise motion to remove anything unhealthy and unholy, or I may be guided to pull something out using my hand or a wand to flick it out, etc.).

## 7. Reiki and Archangel Healing attunement.

I use Reiki energy and Archangel Frequencies with the Archangel healing hand positions.

7.1. Below are some Archangel Healing hand positions:



**Over Crown**



**Over Crown & Heart**



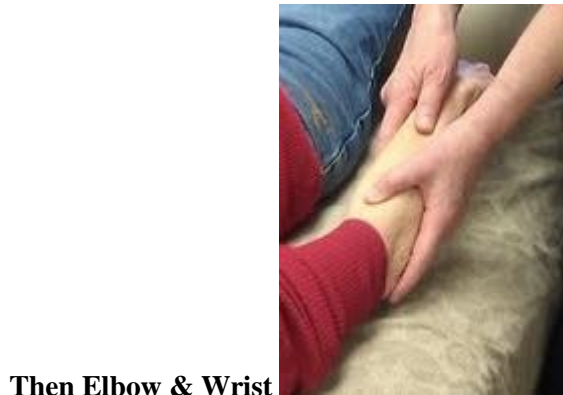
**On Shoulders**



**Over Heart**



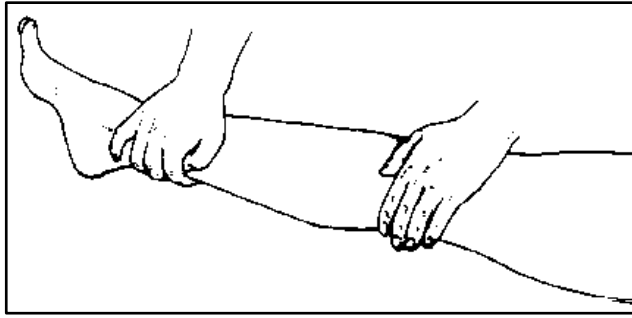
**On Shoulder**



**Then Elbow & Wrist**



**Over Belly**

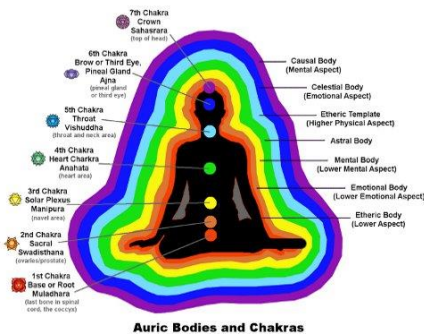


Then Knee & Ankle

## 8. Aura Clearing/Cleansing, if needed.

Often during healings, I am guided to cleanse/clear the client's aura/energy bodies. I start with my hands at the last aura layer, the one farthest from the physical body—I can feel the 'bounce/resistance' when encountering someone's energy body. I clear and cleanse each one, proceeding down to the next one until I get to the physical body.

The 7 main chakras have their origin in the physical body but they also exist in all the layers of the aura. The speed and vibration level of the energy is increased with each level.



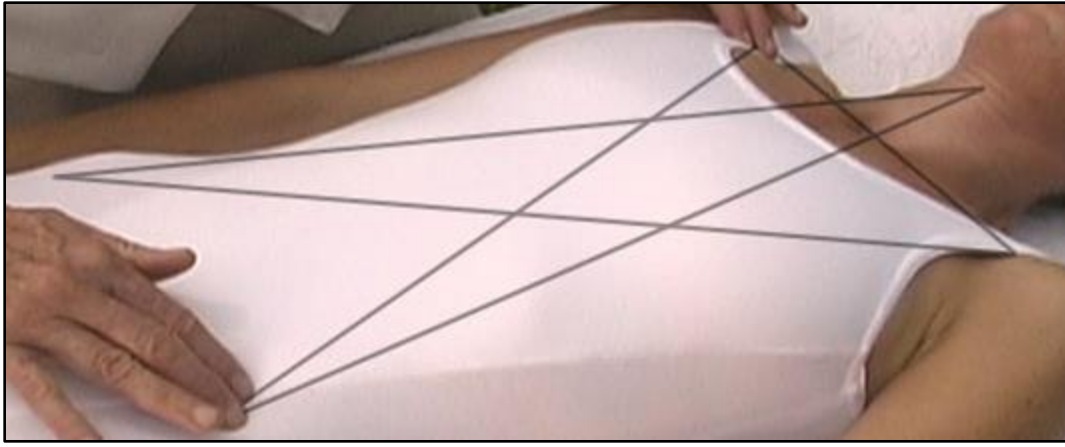
## 9. Polarity Balancing, if needed.

The goal of polarity therapy is to realign and unite body, mind, spirit and emotions into harmony and vibrant health. When energy is unbalanced, blocked or fixed due to stress or other factors, pain and disease arise. Polarity Therapy seeks to find the blockages and release energy to normal flow patterns, and to maintain the Energy Field in an open, flexible condition.

The human body has an energy system similar to a magnet, having positive, negative and neutral poles and currents that flow through them. When the currents are blocked, when our thoughts, emotions and body are out of alignment with the energy necessary to meet a life challenge, when we have moved away from source, energy imbalances appear in the form of physical pain, emotional distress and disease.

The basic idea for polarity balancing is for the healer to hold his/her hands on **opposite sides in a diagonal manner** (*left hand on upper back or shoulder and right hand on lower back -OR- left upper thigh and right ankle*) and **send the healing energy into the client at the points, then switch sides** (*right upper back or shoulder and left lower back -OR- upper right thigh and left ankle*).





## 10. Spinal Alignment, if needed.

- 10.1. The etheric double is very flexible, so it can be stretched and straightened independently of the physical body and healing of the physical spine can be effected by operating on the etheric spine. **The healer would place the heel of one hand at the base of the spine and the other hand at the top of the spine.** *Visualize the etheric spine aligning and adjusting for a few moments.*



- 10.2. Alternate Spinal Alignment: With one hand poised over the crown chakra (or sometimes the third eye chakra) of the client, the other hand curls around the etheric spine and slowly moves down the etheric spine. Visualize the spine being straightened and aligned.
- 10.3. Alternate Spinal Alignment: The palms of the healer's hands are held about 1 to 2 inches apart with palms facing each other. The palms are placed on each side of the etheric spine and are slowly moved down the etheric spine. Visualize the spine being straightened and aligned.

## 11. Healing Cocoon, if needed.

I place my hands over my chest and form a golden cord within my heart. I send the cord out my crown chakra into Heaven to connect with the Archangels. Iridescent white, and purple light fall like stars around us; it coalesces into a glittery dome. **The energy shifts immediately.** Sometimes the client can feel it if they're sensitive to energy.

I send energy out my hands and feet, down into the planet's sentient mother. Sparkling streaks of gold, and green light seep up from the ground. Twinkling vines wind around each other until they form the bottom half of the dome.

I then remove anything unhealthy and unholy. Light may flare as globs of ill-will around the client are transformed into positive energy.

Then I protect the client now and going forward for their best and highest good. I draw the Reiki power symbol (a seven with spirals wound around its middle). I either push the symbol into the client or up, into the ceiling. It pulses and living-cords of silver energy fall like flickering stars to surround and protect the client.

Then I harmonize and Balance the client. To heal their deep repressed feelings, traumas and abuse. I draw the Emotional/Mental symbol that basically looks like the side profile of a stone head from Easter Island. I place it in front of me. It vibrates. I either push it into the client or spin it; energy wafts off in a cloud of green smoke, billows out to fill the area, bathing the client in healing energy.

**Last, but never least, I give the client unconditional love.** I draw pink energy from my heart and/or the Angels, roll it in my hands, expanding it into a giant ball in front of me. I pull a little bit at a time, casting it forward in pink ribbons to encompass the client in unconditional love.

The energy of Unconditional Love in your aura helps with sleep, restlessness, physical sickness, mental illness and past abuses/traumas.

The silver, green and pink seamlessly connect until they layer the outer edge of the client's auric-field.

*That's the cocoon.* My body is usually warm and tingling with satisfaction.

Know that each cocoon is unique because each client's needs are unique. Usually, I'll see an illuminated, sparkling cord of light, pulsating and moving of its own free will to meet my intent, the best and highest good for the client. If needed, the cords, move like silver vines and create beautiful, intricate flowers around the cocoon, like 'flower of life' to disperse herbal healings. Each flower and each color ribbon seamlessly connect together until they comprise the outer edge of the client's auric-field.

Once the cocoon is complete, the Angels incorporate their divine energy frequency/vibration corresponding to the client's needs. Energy flows through the cocoon, like tangible colors. A lot of time white, soft pink and green flows within the cocoon, into the crown, and throughout the client's body, to every particle of their being.

Clients stated they felt warm, angel hands on them, something slow and gentle moving through their body, like warm honey. They've also reported seeing colors with their third-eye.

When complete, I thank my guides and the Angels.

### **USING REIKI SYMBOLS (such as power symbol, emotional/mental symbol,)**

The symbols energy will vibrate around you and sends energy out as well to the clients.

Alias: "The Power Symbol"



**Choku Rei – 1st, The Power symbol,** Protection, Clear Negative Energies (looks like a seven with spirals wound around its middle). There will be gentle dissolution of many blockages in your entire energy field and it protects you at the same time. THE POWER SYMBOL may represent energy coming down to earth, or down a spiral column. The spiral represents a cocoon of protective energy, much like being in a labyrinth. The power symbol can be used to create a sacred or protective space around you: Imagine yourself within that spiral, in a protective energy field around you. The energy vibrates around you and sends the energy out as well. MAYBE envision the power symbol in front of you (or in the middle of a lot of people/animals), protecting each like a shield, keeping negativity away.

It will vibrate and fall like flickering stars to surrounded and protect the client going forward.

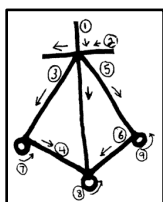
!!!Putting the power symbol on each chakra and in the palms of your hands, clears your channles and empowers your hands before giving a treatment.

!!The power symbol over the crown chakra creates a cocoon of Reiki energy and a sacred space to work in.



Sei He Ki

**Sei He Ki – 2nd , The Mental/Emotional symbol.** Addictions, Harmonize and Balance, Release Deeply Repressed Feelings, Weight, Memory, Traumas, Abuse (looks like the side profile of a stone head on Easter Island). **MAYBE envision the Emotional/Metal symbol in front of you (or in the middle of a lot of people/animals).** Reiki energy comes up like a cloud of smoke (often green) and fills the symbol. Energy comes out of the symbol and surrounds the people/animals in a cocoon of Reiki so they are bathed in healing energy.



**Harth – HEART.** Addictions, Heart matters, Restore Love of Life. (looks like a 3D pyramid with two sides showing, on three coaster with a cross at the top)

## 12. Reconnect Client

Pull energy cord from root and cord from head and tie them together to reconnect client's physical body to their higher self. I also pull cord from heart and connect it to higher self.

## 13. Speak with the Client

Having an opportunity to speak with the client is preferred. If a client leaves after a healing, but their perceptions of their world has not changed—there's a chance the same issues will continue to bother/plague the client. The client has a responsibility to put energy into achieving their own best and highest good.

### 12.1. It is suggested that the client look at how to create a healthy life style and attract healthy relationships that will support wholeness and a life filled with healing.

- 12.1.1. How will the client use the healing, loving energy given to them during the session—now that a level of vitality has been returned, will the client choose to create a positive present and future for themselves?
- 12.1.2. And how can the client bring passion and meaning back into their lives again so that they thrive instead of just survive?
- 12.1.3. These types of “life after healing” issues need to be addressed for client to create long term healing.

- 12.2. When the client was numb, they were probably aware that things in the world were not right but were *easily distracted* from feeling a need to change. When we are fully “inspired” there is no place to retreat to and we are more inspired to change our lives so we are happier and healthier. As people feel more present in their bodies and in the world they become more conscious of behavior that might be out of balance and disharmonious; they consciously make decisions to change their world so they remain in a healthy state.