

The Center of Enlightenment

presents our

Women of Enlightenment

Support Group

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Present

Patty Shaw

Author, Healer

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Patty Shaw, Reiki Master, author and co-owner of the [Candle Wick Shoppe](#), shared her knowledge and experience in energy healing. She spoke about Reiki, Pranic Healing, and Divine Direct Light Healing.

Below are her notes from the event. Please ask permission to copy or use.

What do we mean by energy?

1. The rate something is vibrating
2. Something that can be changed but never destroyed

Names of energy we use in our energy healing work

1. **Love** – light carrying the god consciousness of love
2. **Universal life force** – the kind of energy channeled in Reiki, vibrates very fast, faster than prana. Is often compared to unconditional love and raises the vibration of everything it comes in contact with. Often seen as purple, white and gold.
3. **Prana** – the kind of energy used in Pranic Healing – globules are of combined ether (spirit substance), air and light. Air prana (received through breathing), ground prana (received by walking on the ground), solar prana (received through sitting in the sun). The molecules are larger and are a slower vibration. This makes it easier for the physical body and the chakras to absorb them and use them. Seen as all the colors of the chakras plus more.
4. **Light** – the vehicle for delivering god consciousness from heaven to earth. We need help from the hierarchy of the angels and archangels or holy-ones to prepare the light for us, so we can assimilate it. Seen in all the colors of the rainbow plus more.

Terms we often use:

Energy healing – the act of calling in energy that vibrates at higher rate so the denser and stagnant energy found in the physical body, auric field and chakras can be uplifted, transmuted or released.

Heal – to cause a symptom or set of symptoms to be relieved. To cure. To make a permanent change for the better.

Energy Healer – a person who assists the flow of energy that affects positive change. They are able to follow intuition, inspiration from angels, holy ones, spirit guides, and god for the benefit of themselves or others.

Calling in – an act of prayer, or intention on behalf of our self or someone else of energy to be given or down rayed to improve the quality of the energy in and around us.

Transmuted – the atoms of lower vibrating energy or atoms void of light is filled again with light. It has been filled with God consciousness again. It now is helpful rather than hurtful. Atoms void of light are destructive because they don't have any directions from the god consciousness.

Intention – a directed thought

Prayer – a request for help

Reiki

Reiki a healing system that uses symbols, laying on of hands and channeling universal life force (unconditional love) to help heal and relieve pain, physical dis-ease, emotional upsets, mental stress.

Rei is the root word meaning life force that animates and sustains the entire universe and all its parts. It's not personal like Ki is. Ki is the word for the energy that flows through our body.

Together reiki means a healing system that directs life force into our bodies to heal, nurture and sustain us. The Rei fills and refills our Ki both consciously and unconsciously. When we intentionally invite the Reiki in we create a stronger connection to the light or universal life force.

Applied frequently and with intention, Reiki can make great changes to the physical body, mental health and emotional balance and spirituality of the person. I find Reiki brings peace to the client's mind and emotions, releases pain in the body and inspires a desire for spiritual growth. It is also very beneficial to the practitioner because reiki flows through the practitioner during all treatments. Reiki is applied to the auric field, chakras and the physical body.

A typical session is 45 to 60 minutes. The practitioner can stand or sit during the session. Client is usually laying on a massage table and often falls asleep. Sessions are meant to be relaxing for both client and practitioner, so the flow of reiki isn't interrupted because of discomfort. The practitioner asks the client for their intention for the session, then sends reiki to the entire body and aura, then give focused reiki to the chakras arms, legs and feet. The session is ended by sweeping the aura out, minimizing and stabilizing the chakras and aura and surrounding them with protective energy.

Additional tools to use:

1. Crystals
2. Meditation music
3. Pillows and blankets
4. Bucket of salt water to fling the congested energy into.
5. Spray bottle of alcohol and water to spray hands to dislodge any sticky energy from your hands.
6. Massage table

Education: Three or four levels. Level one and two can be taught in 3 to 4 hours each. Level 3 /4 can be taught in 6 to 8 hours. It all depends on the teacher and what additional subjects they wish to add to the course. To become a Reiki teacher, you need to get all three certifications (attunements) and learn how to pass the attunement. I recommend you practice a lot for a year before taking level three and teaching your first class. You have to train yourself on how to hold a lot of energy in order to pass the attunement. I teach reiki certification classes and give private sessions on Monday and Wednesday 4 - 8 pm at the Candle Wick Shoppe. It is easy to learn and do. Like any energy healing modality, the more you learn and practice the better you will be. I have a reiki share for practitioners at my store Candle Wick Shoppe, 175 W 9 Mile, Ferndale on the third Sunday of the month, 2-4 pm. Maybe Lisa will have one here at COE?

Pranic Healing

Pranic healing involves the transference of prana from the world to the client (you can only refer to the person you're helping as a patient if you are a licensed doctor.) This is a healing art that uses prana or ki or life energy to heal the whole physical body by manipulating the ki (energy) in the auric field and chakra's. Master Cho kok Sui calls the auric field bio-plasmic matter.

Prana is naturally absorbed through breathing, walking on the earth in bare feet and being exposed to sunlight. The chakras absorb prana also. Pranic healing is more than that.

The purpose of using Pranic healing techniques is to effect change to the body in a quick and direct way. The practitioner will sweep out "congested" energy from the chakra and then refill it with fresh pranic energy he or she directs with her intention (thought). The idea is, once the chakra is clear it will be able to send more pranic energy to the part of the physical body it supports, and the body will heal itself.

Pranic healing is called cookbook style healing. It is believed that following the protocols exactly as written and taught will bring relief and health back to the body. This is a physical sort of healing because the practitioner will be very active during the session. There is a lot of vigorous sweeping and filling of chakras and the auric field.

A full treatment is 60 - 80 minutes. In a general revitalizing session, the practitioner starts by sweeping the entire aura. Next, he sweeps and fills the individual chakras and then stabilizes the chakras and aura.

Additional tools to use are:

1. Bucket of salt water to fling the congested energy into.
2. Spray bottle of alcohol and water to spray hands to dislodge any sticky energy from you
3. Quartz wands to focus the energy in a laser so it can be broken up for sweeping out.
4. A recording of the Ohm chant. It breaks up congested energy and helps the process along.
5. Chair – the client sits during a session.

Education: Pranic healing is taught by select certified teachers in the Master Cho kok sui program. Many, many hours of study and practice are required before becoming a teacher. A practitioner can learn pranic healing in a couple of hours because of the cook book method of practice. Still the more you train with your teacher and practice the better you will become at pranic healing.

Being in someone else's energy is not a game, especially if they are sick. Know what you are doing and why before you practice pranic healing. The biggest mistake pranic students make is dumping the congested energy into their own aura and making themselves sick.

Teachers travel to locations to teach. For information on Michigan Pranic Healing, see Rose Fritch. You can find her on Facebook and at <https://pranichealing.com/michigan> and at Mind's Eye Healing Center in Macomb.

Direct Divine Light Healing

Direct healing is where the healing is done through the hands and the palm chakras in the hands. This is the simplest and safest way to be the channel of healing and can be used in all facets of consciousness: spiritual, physical, mental and emotional.

During a direct healing, the spiritual healers from the other side overshadow the healer and use him or her as a base of power. When the physical healer is in a good spiritual place, this technique is a tremendous boon to the healing process. The general technique employed in direct healing is to hold the hand about 4 inches above the affected area and ask that the light be down-rayed to that area through the palm chakras of your hands.

The palm of each hand has its own little chakra. The palm chakras are very potent and powerful. They are red in color and about the size of a quarter and located in the middle of the palm. Their purpose is to be conductors of energy for healing. The energy flows very quickly when working with these points.

In addition to the palm chakras, we have energy radiations that move out from the fingertips. Their color is also red, and they act as antennas to radiate energy as well. Our hands have been designed to truly be “healing hands.”

Your hands will be your primary tools of healing. What generally happens is the healers work through your Higher nature to down-ray the healing light to your palm chakra, which focuses the energy, and then direct your hand to the area that needs the healing. Occasionally, the spiritual healer will overshadow the physical hands directly. There are many variations to this process.

The light is not channeled through the body of the practitioner as in Reiki. The light is down rayed to the practitioner's higher-self point - 24" above the physical head. Then the light goes to the hand, through the palm chakra and to the client. The work can be general, or it can get very specific as in pranic healing.

The practitioner of DDLH learns how to raise their vibration so the holy-ones (etheric healers) can work with them. They also learn about the details of the auric field, chakras and bodies of the whole human and divine aura.

A session lasts about an hour. Light is sent to the chakras, physical body, astral body, mental etheric body. Then light is sent to the spine and nervous system. A maximum of eight specific color rays of light are "down rayed" to the client.

Each color carries a specific god attribute to strengthen the client. For example: green is for harmony and balance, blue for healing, purple for peace, orange for motivation, and red for vitality.

Additional tools used are:

1. Massage table
2. Pillows and blanket
3. Meditation music
4. Prayer

Education: Direct Divine Light Healing is only taught through the Spiritual Arts Institute with Dimitri Moraitis and Barbara Y. Martin (founder and clairvoyant) in California. They offer online and in person classes. This is a rigorous program with a lot of requirements. A student will not start learning the healing techniques until after a seven course (six classes in each) foundational program. This is to teach the student to raise and hold their vibration, so they can connect to the higher (holy-ones). Once in the healing program there is a lot of personal work to do to. You must be able to demonstrate that you can raise your consciousness to a specific level and sustain a connection with the etheric healers. This is a program for personal spiritual growth in addition to learning to heal others.

www.spiritualarts.org.