

ENERGY HEALING 101

Four Square or Rhythmic Breathing

- expand your abdomen to fill the lungs for a specific count cycle
- if you do 6-8 sets of 4-second four square breathing you will hit 90 seconds

Power of awareness and healing:

1. Healing – transform difficult feelings, thoughts, and emotions
2. Centering: center and ground yourself to stay calm, focused and balanced regardless of external events and circumstances
3. Presence – bring presence to your interactions by slowing them down and responding to them instead of habitually reacting to situations
4. Connection – dramatically improve the quality of your interactions in all areas of life
5. Expansion – learn to tap into limitless energy and source and loving awareness for yourself and all of life; understanding flow of energy from a higher perspective and the school of higher consciousness

Two Systems that Run the Body:

- Nervous system (made up of synapses)
- Electromagnetic System: the master system that built the nervous system; electromagnetic energy vibrates at different frequencies and vibrations

6 Essentials:

1. What we Eat
2. What we Drink
3. How we Rest
4. How we Exercise
5. How we Breathe
6. What we Think****

The body can only be in one mode at a time: fight or flight or growth and healing

- sympathetic nervous system: fight, flight, or freeze; adrenals; like an on or off switch; if you don't know how to shut it off, this system can run wide open for years and will cause dis-ease
- parasympathetic nervous system; directly affects rest and digestion; is organ specific; is more like a knob or a dial; should be turned on for the body to feel rested, healthy, balanced, and for digestion and other processes to run smoothly

There are five truths that can help you understand what I am trying to explain

1. Everything is energy (or everything is spirit). The body knows how to heal itself
2. Your life is a reflection of your energy. Your thoughts create your reality



3. You are the creator of your life (including your mind and body and experience)
4. Your creation – creation – your life is always expanding (unless you are in defense physiology)
5. The purpose of this life is to discover creatorship and co-creatorship by aligning yourself and your thoughts and your words to what is supportive and in growth orientation. Gratitude and service is the easiest way to do this

Invocation 'I am the word' by Paul Selig to lift the vibrational frequency

Word I am word

I know who I am in truth and love

I know how I serve in truth and love

I know who you are in truth and love

I know how you serve in truth and love

All is sacred as am i

All is divine as am i

All is blessed as am i

All is created in love, as am i

All is spirit as am i

I am in the upper room

I am the open door that no one can shut

Word I am word

Things to Remember

-you have a light inside of you that no one can take away

-all healing comes from within

-for health and to feel better you need energetic balance

-you are created in health and not to be sick; the body knows how to heal itself

-it is not what you think but how you feel about what you think

-every thought has a frequency; thoughts are things; the thoughts we think create the energy flow within us; if you can change your thoughts, you can change your frequency and your physiology

-protect mechanisms and masking pain keep you stuck in defense; some of these include: self-destruction, self-abandoning behaviors, shutting down emotionally, dissociation, running away, freezing, learning to keep emotions buried, having a lack of trust for your environment, self, and others, taking the blame for others to avoid conflict, panic attacks, numbing behaviors, checking out or zoning out, stopping breathing altogether to attempt to halt what is happening to you on an external or internal level

Anger



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- anger is a tool and is a signal that either your boundaries are being crossed or your needs are not being met
- acting out in anger is never acceptable or appropriate
- to use anger as a tool, when it surfaces you pause (the power is in the pause), become mindful, and ask yourself what need do you have that is not being met or what limit do you need to set

Mindfulness

mindfulness and meditation grow the grey matter in the brain → you can change your neurocircuitry!

- definition of mindfulness in the psychotherapy world= paying attention on purpose, in the present moment nonjudgmentally
- my definition of mindfulness is changing pausing, going inwards, and reassessing your internal and external relationships to change and modify patterns of thoughts, behaviors, and actions that are no longer serving you

The choices we made in the past created our life in the present. If we don't like our present, we have to change our choices in the present to change the future. Most of our beliefs are established by the time we are two years old

Maria Montessori: "The child grows best in an environment of peace and serenity, secure and trusting."

If we did not grow up in an environment where we felt safe, secure, seen, and soothed, we will have relational problems as well as issues in the way that we relate to ourselves and the world

The Mind is an operating system with programs on it – they are either helpful and positive or faulty and limiting/outdated

- subconscious programming is set between 0-7 years of age
- 0-2 years = implicit memory; non-verbal and harder to access; can only be accessed through body sensations; cannot be accessed deliberately because the least conscious
- explicit memory begins when the child is verbal; is more conscious and accessible; is factual, objective and devoid of feeling has to do with linear, logical, analytical memory/ left brain
- trauma and crisis force you into an opportunity to heal and grow exponentially
- SEMO: subconscious memory override happens when an imprint is created by an emotional and physical trauma that occur at the same time
- primary function of emotions is to transmit information and energy to others or ourselves; emotions are waves in which we share our inner world

You are who you are because of your beliefs and past experiences. If you want to improve who you are, you must forgive the past, live positively in the present, and project your future as you want it to be (spirit/soul connection)



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Forgiveness steps:

1. Forgive the other (forgive the 'perpetrator' for they are your teacher)
2. Forgive yourself
3. Send the vibration and frequency of love, peace and acceptance to both parties
4. Find the lesson, uplevel your consciousness, become aware, and open up a new and more mindful program for yourself and your life

Body as a Map

- Energy field has different layers or levels: physical, mental, emotional, etheric, spirit/essence
- goal of processing emotions and healing is to recalibrate and balance the right and left and upper and lower hemispheres of the brain
- balance and integration of the masculine and feminine within and without

Healing is an Inside Job

- in order to be a conduit for healing for others you first must heal yourself
- healing is cyclical and not linear in fashion
- start where you are
- as you do your healing work for yourself, you do your part in **healing the collective**

We must let go of... in order to let in...

victimization	self-responsibility
pleasing others	pleasing self
trying to fix others	creating a life for myself
total responsibility	self-responsibility
rigid rules	making healthy changes,
fear obligation & guilt	assertion skills (has to do with the third chakra and will center)
chronic self-sufficiency	reaching out to others for support
anger	understanding
tension and anxiety	relaxation and clarity
powerlessness	power over my own life
focus on one person or something outside of yourself	focus on my own life
hopelessness	self-direction and life plan
helplessness	problem solving skills





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