



ACTIVATE YOUR HEALING ENERGY

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- ❖ Foundation & Principles of Energy
- ❖ 5 Minute Daily Energy Exercise
- ❖ 8 Spiritual Senses



FOUNDATION & PRINCIPLES OF ENERGY

Energy is All There is...

The Principle of Vibration is «Nothing rests; everything moves, everything vibrates» -Kybalion

Modern science endorses this, and there are many forms of energy, such as Potential, Elastic, Kinetic, Light & Sound Energy.

The *Law of Conservation of Energy* states that energy can be converted in form, but not created or destroyed. **Therefore, we are all part of one source of energy in different forms.**

When our energy is blocked, it creates a resistance and conflict within ourselves and in our lives. In some cases it can even come up a physical pain.

Blocks are from 4 main sources:

- ❖ Through family history
- ❖ Past unresolved situations from past lives
- ❖ Accumulated unresolved issues in your life
- ❖ Imbalance in the body, such as over acidity



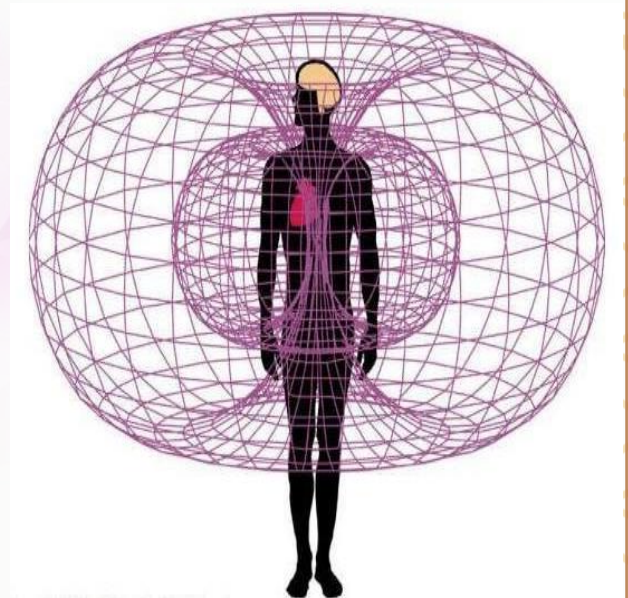
5 MINUTE DAILY ENERGY EXERCISE

Energy is Everything... There is nothing else out there.

Have you ever felt like a cold breeze is going through you or you are constantly exhausted? We are surrounded by an Electromagnetic Field (EMF), which can be measured by quantum energy devices. Tiny electrical currents exist in the human body and in the etheric field. The **heart** is about 100'000 times more electric and 5'000 times more magnetic than the **brain**.

Quick 5 Minute Daily Energy Exercise

- ❖ 1. Scan your body and observe if you feel any physical sensations, then send healing energy to any location where you felt the physical sensations
- ❖ 2. Wave your hand and notice if you feel the wind blowing through you, like a slight breeze through you
- ❖ 3. Then move your hand clockwise from your outer field towards your physical body with the intention of sealing your energy field



8 SPIRITUAL SENSES

"As above, so below; as below, so above." - Kybalion

The Principle of Correspondence embodies the truth that there is always a correspondence between the laws and phenomena of the various planes of Being and Life. This Principle is of universal application and manifestation, on the various planes of the material, mental and spiritual universe.

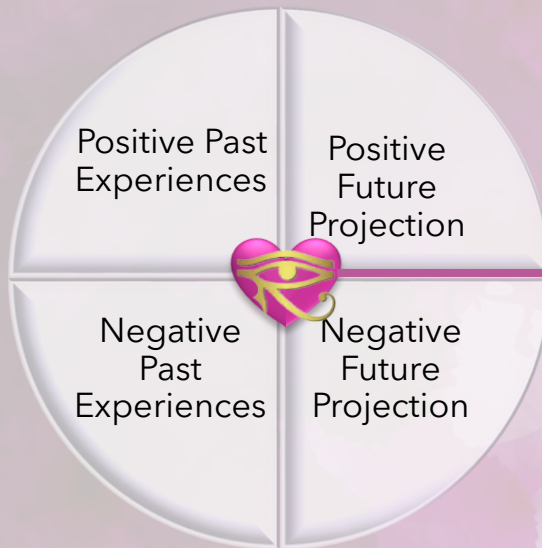
8 Dual Conscious Senses (experiencing all realms simultaneously)

- ❖ Clairvoyance - Consciously Seeing
- ❖ Clairsentience - Consciously Feelings
- ❖ Claircognizance - Consciously Knowing
- ❖ Clairaudience - Consciously Hearing
- ❖ Clairience - Consciously Smelling
- ❖ Clairgustance - Consciously Tasting
- ❖ Clairtangency - Consciously Touching
- ❖ Clairempathy - Consciously Empathy



8 SPIRITUAL SENSES

When being in the moment of dual consciousness, it is to equally be in the present, past and future. Observing in a non-dual state, connecting to all planes of the material, mental and spiritual universe simultaneously. Imagine a sphere that is separated into 4-parts. The top 2 parts represent the past and future positive experiences. The bottom 2 parts represent the past and future, negative experiences. When you consider the center point where all part come together, this is the neutral point, zero-state, dual-consciousness or UNI-CONSCIOUSNESS (universal consciousness).



Universal Consciousness

A place where no judgement exists, and you are in neutral state where you can observe the situation and respond verses react.

