



Tuning Into Your Energy Field

This powerful process is specifically designed to help you tune into your energy field and cultivate a greater level of self care. Feel free to work with this information in whatever way feels best to you. My suggestion is to practice the exercises daily. With just a few minutes per day, you'll be amazed at how quickly you can heighten your awareness and connection to your energy field.

“Asking” is powerful, yet many of us have a hard time asking, or simply don't think to ask. Receiving healing energy from heaven and earth is always available to us and this exercise provides a great way to stretch the muscles of asking and receiving.

This exercise has two parts. Part one involves scanning your body and noticing places that need attention. Part two offers exercises to help balance, support and heal areas that call for attention.

Part 1. Scanning the Body

You can do this lying down, sitting or standing. Take slow, deep breaths throughout the process.

Scan your body starting at your feet, moving up through your legs, torso, stomach, chest, arms, hands, neck, face, and head. Do this slowly, taking time to explore what you find. You may feel tingling, numbness, tightness, hot, cold, pain, comfort or ease. This process, in itself, will help you release stress and tension.

Notice where in your body you feel great. Acknowledge these good-feeling places with a sense of Gratitude and record the feeling tone of it in your heart.

Now, notice where in your body you feel ill-at-ease, heavy or in pain. Don't focus too long on it, just note it.

Now you're ready for Part 2.

Part 2. Choose OPENING TO HEAVEN or RELEASING TO EARTH.

Depending on your specific needs identified during your body scan, you have the option of:

- **OPENING TO HEAVEN** to bring fresh energy from the heaven into your body for vitality and radiance. This option will support any part of you that is low in energy.
- **RELEASING TO EARTH** to free excess or blocked energy which expresses itself as pain in the body. This option will support you by releasing congested energy into the earth.

Trust yourself. You will easily know which option is best for you.

OPENING TO HEAVEN

OPENING TO HEAVEN is for energizing, balancing and healing the body, by drawing in the energy of the Heavens.

Remembering the information you discovered while scanning your body, take a deep breath in while lifting your arms outstretched to the heavens. Notice all the energy that is there for you! Feel the beauty and power of the universe and accept its invitation to support you. Then exhale while turning your palms out and bringing your arms down to your sides.

Inhale again, bringing your arms up and outstretched to the heavens, then exhale. Continue to breathe slowly and fully as you **hold your LEFT hand, palm up, towards the heavens** and your **RIGHT palm on the area of your body that is asking for healing energy**.* While maintaining your hands in these positions...imagine, feel, sense and see heaven's healing energy flowing into your body to nurture and energize every place that needs it. Continue to breathe slowly and fully as you speak the affirmative healing words below:

"I begin this day with a fresh spirit. Good Energy flows freely through and around me. I am supported and energized by the heavens above me. I am rooted in the earth and it nourishes and supports me always. It keeps me steady and resilient. My body is a vessel and channel that is willing and receptive to whatever it needs.

"I call fourth the brilliance of the heavens to energize, balance and inform this *(specify the area of your body that needs healing, revitalizing energy)* in my body.

"As I breathe in the vital energy the universe has for me, I let go of any resistance to perfect health, vitality and my greatest good. I accept I am worthy to receive and do so NOW! I am grateful and know all is well. I move through my day feeling radiant and grateful!

Continue to bask in receiving the healing energy coming to and through you for as long as you like. You may repeat this exercise again and again, at any time. Please feel free to be

creative and modify these words to your specific needs. Let nature nurture you through the energies of heaven and earth.

RELEASING TO EARTH

RELEASING TO EARTH is specifically used when you are experiencing pain. It will siphon painful and excess energy from your body, releasing it into the earth.

Remembering the information you discovered while scanning your body, take a deep breath in, lift your arms and outstretch them to the heavens. Exhale, noticing all the energy that is there for you! Feel the beauty and power of the universe and accept its invitation to support you. Then, when you're ready, turn your palms out and bring your arms down to your sides.

Inhaling again, **hold your LEFT hand on the area that is in pain.** Position your **RIGHT hand below your left hand, with your right palm facing parallel to the ground.*** Exhale. Imagine, feel, sense and see the energy from that painful place move out of your body, through your downward facing palm, into the earth. While maintaining your hands in these positions, continue to breathe slowly and fully as you speak the affirmative healing words below:

"I begin this day with a fresh spirit. Good Energy flows freely through and around me. I am supported and energized by the heavens above me. I am rooted in the earth. The earth nourishes and supports me easily and always. It keeps me steady and resilient. My body is a vessel and channel that is willing and receptive to whatever it needs.

"I call fourth the brilliance of the heavens to relieve, calm and balance this *(specify the area of your body that is in pain)* in my body.

"As I breathe in the vital energy the universe has for me, I let go of any excess, blocked or unneeded energies that are causing me pain. I know the energy in *(specify the area of your body that is in pain)* is balanced and moving fluidly NOW. I let go of any resistance to perfect health, vitality and my greatest good. I accept I am worthy to receive support and healing in every way. I am grateful and know all is well. I am grateful and move through this day easily and free of pain."

Continue to bask in receiving the healing energy coming to and through you for as long as you like. You may repeat this exercise again and again, at any time. Please feel free to be creative and modify these words to your specific needs. Let nature nurture you through the energies of heaven and earth.

** If you feel more comfortable, sit or lay down while doing this process. You can modify it to suit any challenges you may have. For instance, if reaching over your head is too challenging, just focus on taking some slow, deep and centering breaths. This process also feels great when it's done outside in nature.*

You may also like to record these healing, affirmative words or words of your own, leaving a space in the appropriate place for you to fill in after scanning your body.