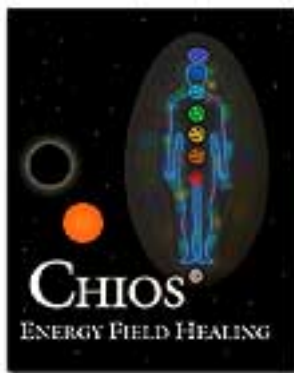


# CHIOS<sup>®</sup>

## Energy Field Healing

*Course Manual*



# Healing Level II

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## INTRODUCTION

Welcome to Chios Energy Field Healing Level II. This level will assist you in greatly adding to your healing power and repertoire of healing techniques.

As you begin your study of this level, you will benefit by receiving the second Chios energy attunement. This attunement is significantly more powerful than the attunement you received in the first level. It will assist you in channeling much larger amounts of healing energy, and will make your hands much more sensitive to energy flows in the human energy field as you practice the passing-of-hands. It will additionally enable you to effectively perform the many healing techniques that you will learn in this course. Because it is a strong attunement, it is important that you be as rested and pure as possible, in both body and mind, on the day the attunement is given, so that you may receive its full benefits.

### **The Importance of Holistic Awareness and Action in Healing:**

In your study of Chios Level I, you began to work with the energy—you began to channel energy and learn to sense the human energy field with your hands. As you know, the energy field is composed of the aura and the chakras, and it is energetic defects within them that result in afflictions and illness in body, mind and spirit. In this level, you will expand your ability to sense the condition of your patient's aura and chakras, by learning to receive psychic information and guidance. You will also begin to learn to see the aura and the chakra colors for yourself. You will learn to channel much greater amounts of healing energy which, in combination with the healing techniques you will learn, will increase your ability to heal energetic defects in the aura and chakra system. You will also begin to use color and light in your healing work, in addition to the energy.

The human energy field is composed of the aura and the chakra system. The aura exists in seven layers or bodies, beginning with the etheric body. Each layer of aura relates to its corresponding chakra—from 1st to 7th. The etheric body, or 1st layer of aura, is an energy body which closely follows the outlines of the physical body, and which consists of the energetic operations that support the biological and chemical processes that operate within the physical body. You have begun to sense the energy of this etheric body through your practice of the passing-of-hands, and have also probably begun to sense energetic defects within it.

You will now begin to work towards acquiring the ability to sense and view this 1st layer, and eventually the higher layers of aura, as well. The emotional body, or 2nd layer of aura, and the mental body, or 3rd layer of aura, are intimately connected to the emotional life and mental life, respectively. During your practice of this level, it is very possible that you will begin to gain information on phenomena in these higher layers of aura, and perhaps even begin to see them. They will begin to become involved in your sensing and your healing techniques.

These layers of aura, as well as the remaining higher ones, interpenetrate and form a seven-layered higher energy field around the physical body, an energy field that supports all the various facets of our worldly life and which is a direct indicator of our physical, emotional, mental and spiritual state of being. Each layer of this energy field works upon a successively higher level of “vibration,” and although these successively more refined

levels become increasingly difficult to sense, they bear a vital relationship to our innermost nature and life experience, at all levels. Energetic defects within the energy field of the patient can profoundly influence the physical, emotional and mental life, sometimes resulting in disease. In this course you will practice techniques that allow you to sense and then correct these defects, particularly on the lower layers of aura. In Chios Level III you will learn further techniques to sense and see the higher aura layers.

There are seven major chakras in the chakra system, each of which corresponds to a different aspect of our being and which bears relationship to its corresponding layer of aura. The 1st chakra, for example, is a regulator of physical vitality and physical life, and bears a close relationship to the first layer of aura—the etheric body—which is the energetic pattern for the operation for the physical body. As one proceeds from the 1st chakra (located near the base of the spine) to the 7th chakra (located at the crown of the head), each chakra displays a successively more complex and more spiritual mode of functioning, although each relates to the others and functions as a part of the chakra system. These chakras also each have a characteristic color, from red (1st chakra) to violet (7th chakra). Energetic defects in the operation of the chakras are common in most human beings, and often also accompany many forms of illness. You will, in this level, begin sensing and treating simple energetic defects in the chakras. In Chios Level III, some very advanced methods of chakra healing are explored.

It is important to know, however, as you practice all the techniques in this level (and those in Chios Level III), that it is the holistic awareness and action of the healer that makes effective perception and effective healing treatment possible. All of these parts of the human energy field interrelate in their operation, and so you must not limit your awareness, as you work, but must remain open to the entire condition of your patient, and to the entirety of whatever holistic healing is necessary and is taking place, instead of remaining too focused on any particular part of the energy field or any particular energetic phenomenon within it. The various parts of the energy field—the chakras, and the layers of aura and the phenomena within them—are not to be thought of as separate entities, but as parts of a greater whole that work together. Each affects all the others, and all work, in a holistic way, to make up the health and state of being of the individual.

For example, in addition to the important relationship between each chakra and its corresponding layer of aura, there are energetic relationships that exist between the chakras in the chakra system, and between each layer of aura and the others. The content and activities of the 3rd layer of aura, for example, are often tied to those of the 2nd layer, and faulty conditions reflected in both these layers of aura often “filter down” into the etheric body and eventually result in physical disease. Of course, conditions in one or more of the chakras are often intimately involved. Should you find yourself treating a condition in this first layer of aura, you must not limit your awareness to this “isolated” energetic condition you are treating, but must remain open, allowing impressions of conditions on the layers of the patient’s aura, the state of the patient’s chakras, and correlating conditions in the psychology and life experience of your patient to form in your mind, including impressions on the proper course of treatment. Life, and the energy field of living things, cannot be fully understood intellectually, nor purely on the basis of the operation of “parts,” but on a

holistic perception of the whole. The body, the emotions, the mind and the spirit of the patient interrelate, always, to create the state of holistic health of the individual.

The way that a healer cultivates this expanded holistic awareness is through openness. Of all the qualities that the energy healer must cultivate in order to heal effectively, perhaps openness is the most important. The healer must remain open to the entirety of the patient's condition and to whatever information and guidance may assist in treatment, even while treating one particular area in the patient's energy field. If the awareness and action of the healer are limited to one part of the energy field, other important aspects of the patient's condition may remain unknown and untreated. An effective healing treatment is not a preprogrammed and predetermined process, but a process whereby a complete understanding and awareness of the patient's condition emerges in the whole being of the healer during treatment, and wherein the healer allows an organic and complete treatment of the patient to unfold as he or she works. This is true, even though the healer uses specific perceptual and healing techniques.

In this level you will study many new techniques, but it is important to understand that all of these healing techniques are not different from yourself. They are not separate tools that exist apart from your use of them, but must be used in a holistic way. As you have probably begun to experience in your healing work, there is, ideally, a holistic awareness of the unity between yourself, the energy field of your patient and the healing energy itself, as healing is performed. You must come to a similar state of unity with each of these perceptual and energetic healing techniques that you will learn in this course. With each healing tool, you must come to experience yourself, the energy field of your patient, and the healing technique as all one. Your primary goal, as healer, is not to become preoccupied with any particular technique, but with the overall expansion of awareness and becoming a pure channel to the healing power. This is what provides you the ability to provide genuine spiritual healing (holistic healing) to your patient. True healing work begins and ends in this awareness, and not in technique alone.

Effective practice of the art of energy field healing requires this unity in the perceptions and actions of the healer. This is true because the healer is a channel through which the knowledge contained in the field of consciousness is brought to the healer to assist the healing effort, as well as through which the healing power implicit in the field of pure consciousness is channeled, in certain ways, so as to effect healing in the patient. Whatever perceptual abilities you acquire are based upon your connection to this larger realm of awareness, and whatever healing power you are able to exercise likewise comes from this higher realm of pure being, also. To get the full knowledge and guidance available from this realm, and to most fully access the healing power that is available to you, you must maintain this holistic awareness—this unity between yourself, your patient, and whatever healing activities in which you engage during treatment. It is the realm of pure being, a higher realm of awareness, that connects the healer, the person being healed, and the manner and methods of the healing work.

As you master the specific techniques in this level, seek also to elevate your awareness further into this higher realm. As you heal, this higher awareness must begin to be your guide, and not any specific guidelines or techniques. All of the instruction in this level and

in all other Chios levels is not intended merely to give you specific tools and techniques, but especially to assist you in contacting and working with a higher realm of awareness—to assist you in discovering and developing the inner conscious abilities you already have. Always seek to maintain a holistic awareness of yourself, your patient and the realm of pure awareness from which the knowledge and power that effect the healing spring. The art of energy field healing is much more than the sum of the many techniques the healer uses; it is contained, and is a holistic expression, of this higher realm of consciousness.

### **THE CHIOS SYMBOLS, AND USING THE SYMBOLS TO CALL IN ENERGY**

A good first step in learning to give more powerful and effective healing treatments is to learn to call in greater amounts of healing energy into yourself. In fact, the effective use of most of the healing tools you will learn in this course also requires that you have the ability to call in this greater amount of energy for use in healing.

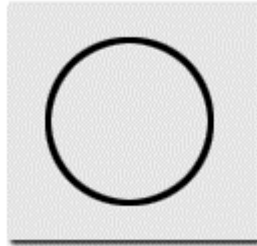
In the first level you learned how to call in the energy by “seeing,” in your mind’s eye the energy flowing into you from all around, down your hands and conducting into your patient. In this level, you will also use *symbols*, which are tools for greatly adding to the amount of energy you can call in and channel to the patient. It is possible to call in and channel the energy without using symbols, as you already have done, but the use of symbols will add much to the quantity and power of the energy. The symbols will have other uses, also, such as clearing blocked chakras. They are tools—vehicles for the focus of energy.

There are three symbols used in this level of the Chios system: the Circle, the Trine, and the Star. These symbols are simple and elementary, it is true, but they are also related to the elementary essence of all existence—they are simple and *close to the essence*, and this gives them the potential to be powerful and effective. Humanity has had an instinctive understanding of the powers that move in the physical world, the essence of the powers that make existence possible, the powers that build form and give shape to all we know. This instinctive understanding recognizes the shape of these powers, and in the mind’s eye these symbols take shape as representative of some of the basic, elementary powers of creation.

These symbols are not merely physical shapes; they are *universal* symbols that correspond to universal patterns of energy. There is, in each symbol, an essence linked to the shape. They are, in their essence, representations of the ways in which energy and awareness flows in our manifested world, and are therefore useful in healing work. Do not think that because they are simple, they cannot be powerful. At various times in the past, man has been much more aware of the power and uses of simple symbols than he is today, in our modern technological civilization, where it is often mistakenly assumed that something must be complex to be powerful. These symbols have been known, and used as symbols of power, in virtually every culture on earth, and in the magical tradition, as well. While there are other symbols that have been used in healing work, these particular symbols are potentially more powerful than any. They are powerful tools of awareness.

It may interest you to have some idea of the meaning and the essence behind each of these symbols—indicative of the energy patterns they represent—and this is given below. Do not be bound, however, by these descriptions, because the true understanding of these symbols transcends description. The description is only an approximation of the essence. *The essence of each symbol is beyond words or ideas.* It is important, therefore, not to think of any meaning when using these symbols, and to just be aware of the symbol itself. The true meaning and power is inherent in each symbol.

**The Circle:**

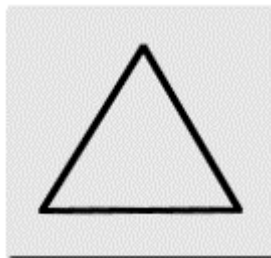


The Circle, which is the outline of a circle (not filled in), is the symbol of wholeness, unending life force, and the unity of creation—the beginning and end of all things. It attunes with the all. It is complete, and draws together and encompasses all that is. It also represents duality, inside and outside, but shows, in its completeness, that apparent duality resolves itself in unity, in one being.

In healing, one often works with separated (polar) energies—energies not completely connected or harmonious. The Circle not only calls forth polar energies; it pulls them together and resolves them. When summoning the energy at the beginning of treatments, it is used to draw life energy from the earth and all around, using the body life force to receive the universal life energy, the two energies meeting. The Circle uses the energy that is already in the body to receive the energy that exists all around. It assists the healer in opening his or her self and in bringing in the energy.

The Circle creates an opening of the spirit, a balanced harmony between the spirit and the earth.

**The Trine:**



The Trine, which is the outline of an equilateral triangle (not filled in), is the symbol of penetration to higher levels of existence. It awakens the mind to the higher levels. It points upward, and connects this world to the higher worlds.

Its three sides correspond to the many trinities in spiritual systems, but especially as a symbol of the passing, from one to the other, between incarnation and discarnate life (the base points of the trine), with the goal of spiritual growth and rising above the world towards a state of self-realization and spiritual liberation. As a symbol of this ascension, it represents a heightened and broadened awareness, a refined perception and a higher rate of vibration: an ascension to a higher level of reality.

When it is used at the beginning of treatments, it ascends to pull energy together and move it upward towards the higher levels, bringing the healing energy to a higher vibration. This lends a more powerful and purifying effect to the healing energy, and increases the healer's sensitivity to the energy.

The Trine leads the spirit towards growth; it is an elevation of the personal spirit as it relates to this existence, a rising from the earth.

**The Star:**



The Star, a regular five pointed star (and filled in to a solid shape), is a focus for energy between this world and higher worlds. It is a channel between the manifested world and the realm of pure being which is the source and essence of our life. It is different from the Trine, but can be thought of as the Trine symbol focused and combined with this earth (trine shapes spaced around a circular outline).

It has five points pointing in, and five pointing out, corresponding to its use as a focus for energy between this world and the higher levels. It can be used to draw and focus energy from a higher level onto this world, and has the power to correct major distortions in the flow of energy in the human energy field, by virtue of its ability to tap the power inherent in this higher realm. As a channel between our manifested life in the world and the realm of pure spirit, it is also very effective when used to treat the 7<sup>th</sup> chakra, which corresponds to the sum total of our beingness and our spiritual totality—the total relationship we have between the world of spirit and our material existence.

The Star is beyond the earth—it is where there is no beginning and no end, to a broader existence, not even existence, beyond existence. As we all exist on this earth now, we also exist above. As a person standing on the shore watches the waves on the ocean, and feels a stirring within, the Star calls forth the beyond and all times. It is also our higher self, the totality of our being. The Star is a channel to a realm beyond time and space. It is the light above us, and in us, and leads to an understanding of eternity.

**Using Visualization to Direct Energy:**

These symbols are one tool the healer uses to direct energy for the purpose of becoming able to heal the energy field of the patient. The ability of these symbols to assist in directing energy is activated by *visualizing* them.

Visualization is a very useful tool in healing, because it enables the healer to direct energy in many different ways. “Energy follows thought” is a well-known maxim, and the meaning of this saying is that the proper visualization of energy flow, in the mind’s eye, is sufficient to direct the energy in whatever manner the healer desires. This may be done by visualizing the flow of the energy itself, or through other methods—the use of symbols which represent patterns of energy flow being an important example. When the healer visualizes a pattern of energy flow itself, in his or her mind’s eye, the energy is activated to flow in that manner. When the healer visualizes a symbol in his or her mind’s eye, the nature of energy flow that is contained in the essence of that symbol is activated, and the energy flows according to that nature. Both of these uses of visualization are important and will be used in this level.

In order to make effective use of this ability to direct energy through visualization, the healer must visualize in the proper way. When an energy flow is visualized, for example, it is important to understand that visualization is not the same as “thinking about” the desired energy flow, or “pretending to see” the energy flow, but is a process of *sensing and becoming* the energy flow. This sensing and becoming the energy flow serves to activate the inner ability of the healer to direct the energy flow in the manner visualized and cause it to flow in or act on the energy field of the patient in a certain manner. When a symbol is visualized, it is similarly important that the healer *sense and become one* with the symbol, and not merely “think about” or “pretend to see” it. This proper visualization of the symbol is what activates the inner essence, the inner power of the symbol, and sets the energy flow into motion according to the pattern of energy flow that the symbol represents. Visualization is the process of maintaining one particular symbol or one intended flow of energy in the awareness, in a complete and effortless way, and it is this proper practice that makes the exercise of this energy-directing ability possible.

In this course, you will learn techniques that will often require you to sense and become a desired flow or pattern of energy, a symbol, or even both at the same time. Most of the techniques that you will learn, and use to heal the various defects that you will encounter in the energy field of your patients, will require you to use this ability of visualization to work with the energy. The first way that you will employ the power of visualization is to use symbols during your calling in of the energy, at the beginning of treatment, where you will use the Circle and the Trine to call in and refine the flow of energy, so that it may be effectively channeled to the patient.

To visualize these symbols opens the body as a channel for the energy, and summons the energy through the body at the same time. These symbols, when used at the beginning of treatment, greatly add to the energy available to the healer. They are information for the body and mind, and speak to the body and mind to pull in and raise the energy. They call

forth energies and awaken channels in the body for the energy, to make the body more receptive. The body responds to them by opening up further. It is the body's nature to respond thus—channeling the energy in this way is a natural human ability that the symbols (as well as the attunements) activate.

If you have learned the practice of Chios Meditation, you will have a good understanding of the process of visualization, and your experience of it through your meditation practice will be of great benefit to you in your use of these symbols and the various other healing techniques in this course. In your use of visualization at the beginning of treatment, as well as in the many places it is used during treatment, you should follow the learning and understandings of visualization you gained from that course.

If you have not yet studied this form of meditation, the following exercise will provide an introduction to visualization of symbols:

Sit comfortably with your eyes closed, and seek a calmness, a quietness in your mind. Imagine, in your mind, a Circle. Do not merely “think about,” or “pretend to see” the Circle, but begin to feel its circular shape with your mind. Ask yourself, how does it feel to be that shape? Feel that you are the Circle, and should other feelings or thoughts come up, simply “drop them”—allow them to become unimportant as you just return your focus of awareness to sensing only the circular shape of the Circle alone. Seek to merge with the Circle, feel your entire being sensing, moving into and becoming one with the Circle. If you find yourself “thinking about” the Circle, stop thinking and just be it. If you find yourself “pretending to see” the Circle, release the “visual” portion of your awareness of it, the portion of your awareness that “sees” it as if you were using your eyes, and just become it. Do not think about or pretend to see the Circle. Be the Circle. Sense it effortlessly. Continue sensing yourself as the Circle for a moment, then end the exercise by stopping your sensing of the Circle and resting for a moment, with your eyes closed.

Repeat this exercise with the other two symbols to gain a sense of them, also. The Trine is sensed in its outline shape, but the Star is sensed more as a solid (filled in) object, with its points.

You have, in your study of level I, already begun to practice visualization of energy flows, when you began to “see,” in your mind's eye, the energy flowing into you, conducting through you, and then into your patient. The very same principles of visualization that apply to the visualization of symbols, as discussed above, also apply to visualization of energy flows: When visualizing the energy flowing or acting in a certain manner, simply sense and become the flow or action of energy, in an effortless way, and do not merely “think about” or “pretend to see” the energy acting in that manner.

#### **Beginning Treatment with the Symbols:**

You are now ready to begin treatment using these symbols. In visualizing the energy begin to flow through you, and visualizing the symbols in order to increase its flow, be sure

to remember that your visualizations must be done effortlessly, and with a release to the energy.

To begin treatment, stand by yourself for a moment, eyes closed, and *visualize* the energy beginning to flow. Really sense it coming into you from all around, coursing through your body, through your shoulders and arms and down to your hands. Feel it begin to collect in your hands. Visualize this energy flowing into you—not by thinking or pretending to see—but by sensing and becoming this energy flow, in your mind’s eye.

Now, visualize the Circle. Sense yourself as the Circle, and then feel the Circle as being composed of a white light, brought to a dazzling, flaring brightness of light, and held in the mind for about 10 seconds, and then dimmed. Bring the Circle to brightness in this way for two additional times, for a total of three times, and then dimmed.

Visualize, now, the Trine. Sense yourself as the Trine, and then feel the Trine brought to a dazzling, flaring brightness, held in the mind for about 10 seconds, and then dimmed. Bring the Trine to brightness in this way for two additional times, for a total of three times, then dimmed.

Now visualize the Circle again, brought to a final, single, quieting brightness, unlike a flare, a brightness that is held in the mind for about 10 seconds, and then swells and fills out into you, a warm light suffusing into your entire body.

Throughout the entire time you perform these visualizations, be certain you are performing them effortlessly, and are releasing yourself to the greater energy flow. The symbols each have a beauty in them; therefore you should see them with beauty, also. You may very well sense the greater energy as a stimulating feeling in your hands and body. The harnessing of the energy provides a sensation in the body not unlike the sensation of emotion. You may notice a sensation akin to this. Note that the Star is never used at the beginning of treatment when calling in the energy.

You have now opened yourself up to channel much larger amounts of the energy into your patient, and will also experience more power in performing the many healing tools you will learn in Chios Level II.

### **SIMPLE ENERGETIC DEFECTS IN THE AURA AND CHAKRAS**

After learning how to call greater amounts of energy into yourself for use in healing, your next task is to begin to learn how to sense, and then treat, energetic defects you may encounter in the aura and chakras of your patients. The nature of these energetic defects will be discussed first, then you will practice several techniques for detecting them, and finally, during the remainder of this level, you will learn various methods for their correction.

There are a total of four potential defects of the aura that you will learn to treat in this course. They are: energetic impurities in the aura, leaks and tears in the auric field, energy depletion of the auric field and disturbance of energy flow in the aura. The fifth condition you will learn to treat is blocked chakras.

#### **Blocked Chakras:**

*Blocked chakras* are chakras in which the upward flow of energy that usually ascends through the chakra system has become restricted or stopped, at one or more particular chakra points. Blocked chakras also restrict the entire flow of energy in the body. The entire body is a conductor of the life energy—it does not merely conduct upwards through the spine, but also into each chakra and then throughout the body. Blockage of a chakra also prevents this energy flow, in addition to blocking the upward flow of energy through the chakra system, and so a blocked chakra has a significant effect on the entire energy field of the patient. Generally, a patient will usually exhibit at least one, and often more, blocked chakras.

Blocked chakras coincide with certain psychological issues—with certain existential biases that the patient has adopted in their relationship to reality. These existential biases inhibit the wider range of self-awareness and action available to the patient, restricting it to a limited range of expression. Often they are tied to the emotions, although other aspects of the being are invariably involved. The manner in which the energy in the chakra system (and the body) is similarly restricted, and cannot operate freely and effectively at certain levels, reflects the corresponding way in which the entire life process has become restricted. Because the operation of the chakras is central to the healthy functioning of the entire being—physically, emotionally, mentally and spiritually—it is very important to become aware of and correct any defective conditions in them. Unblocking chakras, in concert with other techniques, often provides a great deal of emotional mental or spiritual clearing for the patient, and prevents physical disease, too.

It is very common to find blocked 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> chakras on patients. Blocked 2<sup>nd</sup>, 3<sup>rd</sup> and 7<sup>th</sup> chakras are also fairly common, while blocked 1<sup>st</sup> chakras are somewhat less common. Many patients will have one blocked chakra, and many others will have two or even more blocked chakras—a low one and a high one, for example. When two or more blocked chakras are present in a patient, it is usually indicative of more than one cause at work—different causes in different chakras—although they may have some relation to each other. Sometimes patients will exhibit a chakra that is chronically blocked, as well as another chakra or chakras that are blocked occasionally, with changes in the individual's life. Working to unblock chakras that have become blocked can have far-reaching benefits to the patient.

#### **Leaks and Tears:**

Leaks and tears of the aura are portions of the auric field where the “fabric” of the auric field layers has become damaged—areas in which the integrity of the energy field has failed. Leaks and tears are closely related, and are treated using the same technique, yet also have important differences.

*Leaks* generally occur on the first layer of aura, the layer closest to the physical body. They are regions of the field where the energy of the field is being slowly dissipated, instead of being retained in its normal pattern to support the health and proper functioning of the life process. Leaks may be likened to a “wearing thin” of the auric field. As a wearing thin of fabric allows for a loss of protection and weakening of a fabric garment, resulting in a loss of body heat, leaks of the aura reflect a weakening and loss of protection of the auric field. The loss of energy that results from leaks is detrimental to the patient, for the weak energetic condition that results inhibits the life process by sapping the strength of the life energy.

Leaks are generally found over areas of the physical body that have been subject to wear, strain or physical trauma of some kind, and are often found over joints. They are a weakening of the energy field that requires strengthening. Leaks are usually found on the front of the body, for instance, the knees and shoulders are very common places to find them. They are also found near the neck, the ankles and the elbows.

*Tears* are similar to leaks, in that they are regions where the auric field has become damaged. Tears, however, are a more severe form of damage. They can be likened to an actual “tear” of the field. As a tear in fabric serves to completely destroy the covering, tears in the aura are more like complete openings: they are “holes”—regions of complete loss of field integrity—and are harmful to the patient. Like leaks, tears can result in loss of energy, but whereas leaks are a more gradual loss of energy, tears are more serious. They also leave the patient vulnerable to outside energies. They are a loss of protection from the energy covering that the field provides, also.

Tears usually exist on the lower layers of aura. They can be found on the first layer, but can sometimes also extend beyond the first layer of aura, out to the second and third layers, and even higher. Such tears almost always begin on the first layer of aura, nearest the body, and successively extend through higher layers, although in rare cases they may begin on higher layers. Tears, like leaks, are often related to stress of some kind, but tears are a more severe form of damage, and are often related to emotional, mental or spiritual stresses or past traumatic experiences. Some traumas are severe enough to cause tears in two, three or even more of the higher aura layers, and tears can be found on any layer of aura. Such large tears on multiple layers can result in not merely energy loss, but also in further psychic vulnerability.

Tears are usually found only on the front of the body, and can be large or small. It is somewhat common to find small tears over the chakras (often the 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup>), or over the face or other portions of the body. Larger, more catastrophic tears, including ones that extend to the higher layers of the aura, can sometimes be found over various parts of the torso—the abdomen or chest area—although they can occur elsewhere, too. It is of great benefit to the patient to correct these damaged areas of the field layers.

**Auric Energy Impurities:**

*Auric energy impurities* are areas of energy in the aura that are not necessary for the normal, healthy energetic functioning of the field. They are zones of undesirable stagnant energy accumulation in the aura—stultified energies that inhibit or act as blockages to the free flow of energy in the energy field. They are unhealthy energies that are not necessary for the life process of the individual, and that can contribute to further physical disease, emotional troubles and illnesses, or problems in the mental or spiritual life. They inhibit the free flow, and hence the healthy energetic functioning, of the aura.

These energy impurities are often “stuck” to the energy field at certain locations, almost as though with static electricity. These blocks—these areas or zones of static energy impurity—are often found in and just over the surface of the body, in contact with the body, yet often extend into the body itself and also out into the auric field a short distance. They are of various shapes and sizes and are associated with the lower layers of aura—they are “by products” associated with faulty energetic functioning of the body and are sometimes also connected with unhealthy thoughts or emotions that are being “held” by the patient—they are stagnant and unhealthy emotional or mental “by-products” that are similarly detrimental to the energetic health of the patient.

Auric energy impurities are commonly found on patients. They generally appear on the front of the body—often around the head, face, neck, shoulders, chest, lower abdomen or hips. In many patients, they are found over one or more chakras—often the 4<sup>th</sup>, 7<sup>th</sup> or 2<sup>nd</sup>. It is very desirable to be able to detect, and then remove, these unhealthy and detrimental energies from the patient’s field. Removing these energies, in conjunction with the unblocking of chakras, provides a great deal of emotional and mental clearing for the patient.

**Energy Depletion:**

*Energy depletion* is a weakness in the energetic operation of the energy field—it is a lack of sufficient energy to give the energy field vibrancy and to adequately support the life process of the patient, on all levels. It generally manifests as a condition of low or depleted energy on all layers of the auric field.

When the strength of the life energy becomes too low, the body, emotions and mind become less integral in their operation and become more susceptible to illnesses and afflictions of various sorts. A lack of normal energy levels in the energy field results in a condition of diminished overall health in the individual. This weakened energy condition often accompanies serious illness—physical, emotional or mental. Even when serious illness is not yet present in a patient, energy depletion, if left untreated, will make it more likely that serious illness will eventually result.

This condition of energy depletion can occur, not only in the entire energy field, but also sometimes in those portions of the field over certain bodily areas. This condition, which can sometimes be found over the lower legs or arms, is termed *local energy depletion* to distinguish it from the more common, and more serious, overall or *global* energy depletion.

This local energy depletion is most commonly found in the lower legs, although it sometimes occurs in the lower arms as well. It is very desirable to correct the condition of energy depletion, when it is found, and to do so is a great contribution to the patient, especially for those patients suffering from serious illnesses.

**Disturbance in Energy Flow:**

*Disturbance in energy flow*, a condition of overall irregularity in the pattern of the flow of the life energy, is a condition usually most evident on the lower layers of the aura—generally the first layer or first few layers. The energy on these lower layers, especially the first layer, flows in a set pattern—in a normal, healthy pattern—upon which the energetic and bodily health of the individual depends. Sometimes this flow of energy in the energy field becomes erratic and uneven, from various disturbances in the patient—the energy becomes disrupted from its normal paths. It exhibits an overall disharmony in its flow, potentially resulting in unhealthy consequences for the individual should this condition remain untreated.

A condition of disturbance of energy flow usually occurs over the entire body region—a global disruption in the flow of energy in the lower field layer or layers. This disturbance of energy flow affects the flow of energy over the entire body, and is not tied to any chakra or any particular location in the aura.

Although disturbance of energy flow usually occurs over the entire field, without being tied to any particular location, it can occur in specific local regions, also. This disturbance of energy flow in certain particular areas, often in portions of the torso, is called *local disturbance in energy flow*, to distinguish it from the somewhat more common *global*, or overall disturbance in the flow of the life energy.

Although a global disturbance in energy flow is not common, it will be found on some patients. Local disturbance in energy flow is perhaps even less common. Nevertheless, when disturbances of energy flow are found they can be corrected, and it is beneficial to the energetic health of the patient to do so. This acts to prevent potential disease in the organs and tissues of the body.

**SENSING THE CONDITION OF THE AURA AND CHAKRAS THROUGH  
THE RECEPTION OF PSYCHIC INFORMATION AND GUIDANCE**

You will begin each healing treatment by calling in the energy using symbols, as previously described. After this, however, your first task is to begin the process of assessing the condition of your patient. Each patient will present him- or herself to you with specific energetic defects in the energy field, and specific treatment needs. You will therefore need to treat each patient as unique, and seek to come to an understanding of his or her condition prior to treatment. You must remember, however, that this process of becoming aware of the condition of your patient also continues throughout treatment—that you will use your perceptual tools throughout your work to continually refine and add to your understanding of the patient, as you treat.

In Chios Level II you will use three main perceptual tools to inform yourself of your patient's condition: 1) The psychic information and guidance you receive regarding the condition of your patient's aura and chakras, as perceived through your intuitive sense (in your mind's eye); 2) Your observations, as you learn to observe the aura and chakras of the patient using your own eyes, and 3) Sensations in your hands, especially as you practice the passing-of-hands over the patient's energy field. The information you receive from these sources will be combined and used together. You will use these perceptual tools to look for blocked chakras, leaks and tears in the auric field, auric energy impurities, energy depletion and disturbances in energy flow—the simple energetic defects that you will learn to treat as you study this level. The first perceptual tool you will study, in order to begin to sense these defects, is the reception of intuitive (psychic) information and guidance.

A primary and very important tool of the healer is the ability to obtain psychic information and guidance. Beyond the level of our “everyday” awareness, with our busy “thinking mind” which preoccupies itself with the surface level of reality, lies a greater realm of awareness, within which lies great knowledge and power. Each of us has, by virtue of our intuitive mind, a connection to this wider realm. This deeper awareness, present in each of us, contains within it all the information we might ever seek to know—including knowledge of the condition of the patient's aura and chakras, contributing factors in the psychology and life experience of the patient, and the most beneficial way for healing treatment to proceed. This psychic information can be accessed by developing and refining the connection we all have to this wider realm of awareness. This can be done by cultivating our intuitive abilities, through practice using the proper technique. The healer can therefore acquire this useful information, use it to become more aware of the patient's condition and thereby be able to plan and give a more effective and beneficial treatment.

Learning to access the knowledge contained in this realm of higher awareness not only enables the healer to receive information on his or her own—from the higher awareness of the healer—but also to open a channel to receive *guidance*. Often, the healer will be assisted in obtaining this information, through the assistance of an entity which exists on a higher level of awareness, a higher plane of existence—a guide. The guide acts to provide a channel, to facilitate the reception of this information, as a messenger to assist the healer. Because the guide exists at a higher level of reality, initial contact and effective communication may be difficult, at first, but through the training of the intuitive sense of the healer, the awareness “opens up,” and a fuller, more comprehensive awareness and communication between healer and guide becomes possible.

The guide may also provide a conduit for the healer to exercise the healing power, which resides in this field of pure being. Whether a healer operates “alone,” or with the assistance of a guide, it is this higher realm of awareness that provides much vital information for the healing of the patient. The development of intuitive ability is essential for the reception of this information. Learning to develop the intuition is the same overall process as becoming aware of, and able to accurately receive, guidance.

The technique that trains the awareness of the healer to begin to receive this intuitive (psychic) information is described below. This technique effectively assists the healer in

asking for, and receiving, the desired information, and provides an entry into what will become the effortless and unitary reception and awareness of psychic information and guidance. From regular practice, you will find that your receptive ability will progressively increase and become more accurate, and you will naturally receive more information, as you work. You will also, if you have guidance, find that the more you work to become consciously aware of and use the information your guide offers, the stronger your guide's assistance becomes.

**The Intuitive Technique for Practicing Reception of Psychic Information and Guidance:**

Learning to obtain psychic information and guidance is begun through learning to do an *intuitive reading*. Understanding how the mind works to obtain this information, and then using the mind in an accurate and pure way to obtain it, assists the healer in learning this ability.

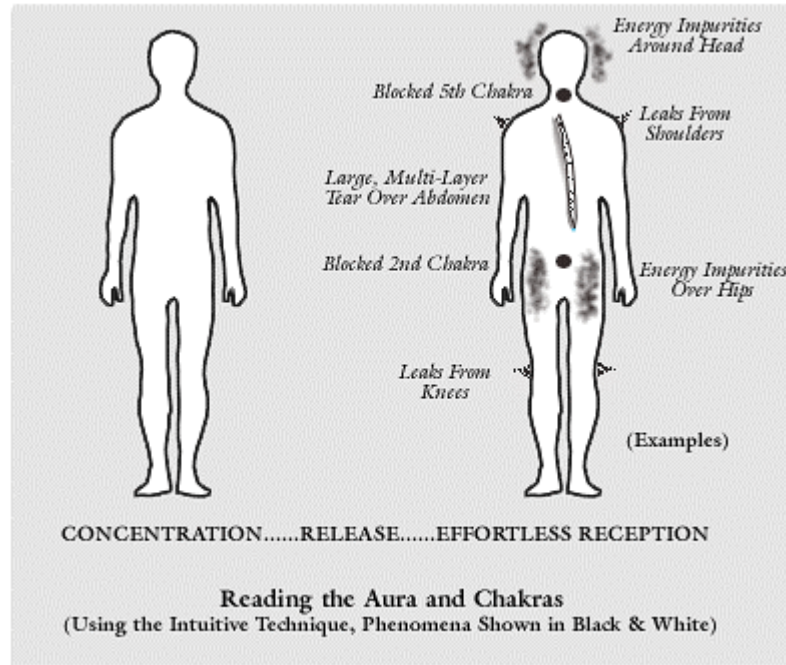
The human mind is often thought to be composed of two differing functions: the intellect, or rational mind, which thinks along specific avenues of thought, and the intuitive mind (or intuition), which is able to access information from the larger realm of intuitive awareness. These two functions correspond to the two cerebral hemispheres, and each has its part to play in our life, by virtue of its unique abilities. The rational mind, corresponding to the left hemisphere, is deductive, active, concentrates, and assists us in living in this world. It excels at focusing on specifics—at formulating, analyzing, interpreting things and taking specific action. The intuitive mind, corresponding to the right hemisphere, is expansive, passive, receptive and possesses an inner awareness beyond time and space. It excels at receiving impressions and coming to intuitive understanding of things, and is able to access information from the wider realm of awareness—it is our personal connection to this realm.

These functions of the mind may also be termed the *active principle* (the rational mind) and *receptive principle* (intuitive mind), and may be used in a certain way to obtain psychic information. The active principle, with its ability to focus and formulate, is used to ask for the information that is desired—to focus the awareness upon the subject of the inquiry. The active principle is then “dropped,” or left behind, so that the receptive principle may receive the information desired. Before the information comes, the rational mind (active principle) focuses the attention and intention, and then control is relinquished, so that the intuitive mind (receptive principle) may effortlessly receive the needed information. These are used in a certain way, and this method of asking for and receiving information is detailed below.

Before beginning treatment, stand with your eyes closed and concentrate, imagine in your mind's eye the shape of your patient's body, a body outline. Focus your awareness on a “blank” outline of the body alone, allowing all other thoughts and emotions to become unimportant. Create this shape in your mind. You will be doing this with the awareness that you will be receiving, shortly, information on the energy field of the patient. This concentration on the body outline will probably require a little effort, at least while learning. For a short moment let your attention concentrate, and focus, on this shape alone.

Then RELEASE all effort, relinquish all control, and open yourself up to effortless reception of information that will just come. Let your mind drift, let go of all

thoughts and preconceptions, suspend your thinking. Do not “strive to see” anything. You may still “see” the body outline, although now other information will appear as patterns upon it—blotches or patterns on the body, fuzzy areas or other appearances in the aura, colors, or in many other ways. Let whatever comes just come, without placing any judgment or “thinking” bias upon it. See whatever is coming effortlessly. Notice how this release of effort, and seeing, is similar to visualization as you have practiced it. It is not the same as pretending to see, or as seeing with the physical eyes, it is “seeing” information intuitively, with the third eye chakra—information that is felt with the being.



It is not possible to tell you exactly what you will “see,” because each person will perceive differently. You must experience, and interpret for yourself, your own unique perceptions. Perhaps you will “see” a discoloration or blotch over a chakra location, and know, at the same time, that it is a blocked chakra. Perhaps you will sense leaks or tears, damaged areas in the field leaking energy. Perhaps you will “see” muddiness around the head that you know to be auric impurities, and at the same time sense a gummy or mucky feel to the energy. Perhaps you will sense an overall disturbance of energy flow in the entire field. Perhaps you will sense energy depletion in the field, a weakness in the energy. You will sense any or all of these conditions in your patient, in various combinations, depending on that person’s unique condition.

You may, at the same time, receive information regarding the proper treatment for these areas. You will not be limited, in your reading, to “psychic sight,” as information may come also through “sounds” or “feelings,” even in your own body. The important thing to understand, however, is that you will not be “seeing” as you normally do with your eyes. It will be something like remembering a distant memory, or like a dream you have decided to dream, without knowing exactly what it will be.

It will not be information you “think,” but information which just comes, automatically.

If, while receiving the information, you find yourself distracted by thoughts, let go of them. When you are receiving clear psychic information you are free from thoughts and emotions—free from the excessive activity of the “thinking mind”—and are allowing just the information coming from “beyond yourself” to emerge. If you are distracted by mundane thoughts, or doubt, do not react to them, just drop them and continue receiving the information effortlessly. This information coming from the realm of wider awareness, possibly from a guide, has a different “flavor,” a different feel, than the thoughts from your own mind. You must learn for yourself how this difference feels.

This exercise will take just a moment or two, and may be repeated for a second or third time, if you feel it would benefit, although once will often be enough, especially after you have gained some experience in this basic technique. Whether performing one “round” of this technique, or several, allow all the information coming to begin to integrate into an overall understanding of the condition of your patient, as well as inform you of whatever of the various energetic defects of the aura and chakras may be present.

This technique is a very useful training tool, and should be used while you are learning and perfecting your ability to psychically “read” energy fields. When you become very advanced in the intuition technique, you will no longer have to consciously follow these steps. You will direct your awareness, and the information will come automatically. This basic technique can be used in many different ways.

In addition to “seeing” information, you may also receive sounds, feelings, inner knowings or other guidance at various times. Be open to any colors that speak to you — chakra colors or colors in lower layers of aura. You will use all this information, and the sensing with your hands, to allow a fuller understanding of the condition of your patient to emerge in your awareness. Do not merely “analyze” your patient’s condition, but use your intuition to begin to integrate and assess the information you are receiving. Allow the information to emerge, as it is, trust your first impressions, and do not encourage your “thinking mind” to question or modify what emerges. Trust the information you are receiving, and learn to trust your intuitive sense—it is as valid a tool as your rational mind.

## **LEARNING TO VIEW THE AURA**

During healing treatments, you will often first sense the condition of the patient’s aura and chakras through reception of psychic information and guidance. After doing so, however, it is good to also practice seeing the aura for yourself. To view the human aura is difficult at first, for the eye not accustomed to seeing it, but do not worry if you have not seen an aura before. Virtually everyone who persists in practicing viewing the aura can succeed at it, although it may take a little time. Actually, the aura is visible to all, although

we do not teach ourselves to recognize it, cultivate our ability to see it, or consciously acknowledge its presence. It is very possible that you have had experiences in which some portion of the aura has been visible to you, on some level of your awareness, but your conscious mind did not recognize them as such. There have often been times when you have been aware of the emotional or mental state of other persons, for example, and have “known” so on a deep level from your unconscious awareness of their aura.

Attempting to view the aura is best done in an environment conducive to viewing it, an environment in which there is not bright or harsh lighting, nor lighting that is too dim. Soft light, in a room that is neither very bright nor too dark is ideal. The background color, against which you will practice viewing the aura, should be neither very dark, nor very light, nor a strong color. A light to medium neutral color will work the best, gray being ideal. You may wish to cover your treatment table with a suitable color, if it is not already, if you decide to practice during treatments. It is best to use a human subject for your practice, and it is not necessary to use external devices, such as special glasses, to learn.

It is important to approach the viewing of the aura with the proper attitude. Attempting to view the human aura is not something to “work at” or concentrate on, in fact, the gaze itself must be *soft*, you must soften and slightly de-focus your gaze, as though you were looking at something “off-center” or with the eyes slightly out of focus. This is looking at an area using the eyes in accordance with the receptive principle—the eyes relax and allow whatever information wants to come in to just come, instead of reaching out to notice details. Learning to see the aura is not something you “work at” but something you *relax to*. It is an openness. You should strive, before practice, to achieve a quiet within your mind, and be devoid of expectation.

Release all preconceptions of what it will look like or feel like to see an aura, and be aware that it will be a subtle experience, with fine perceptions. Have faith, also, and believe that you will see what exists, and do not doubt. Do not allow yourself to fall into the common trap of doubting, and then discrediting what you see. You have learned to trust your first intuitive impression when practicing the intuition technique in reading the field intuitively, trust your impressions now in your efforts to learn to see the aura.

There is a technique that will assist you in learning to see the aura. In learning to see it you will use the same basic concepts you employed in the intuitive technique that assisted you in beginning to receive psychic information and guidance. You will, in learning to view the aura, use a similar alternation between active and receptive principles. You will concentrate (with the active principle) upon the shape of the area over which you wish to see the aura (either a part of the body or the entire body), as you see it with your eyes. You will then release (into the receptive principle) to allow impressions of the aura to form in your mind’s eye, at first, and then will attempt to confirm this intuitive impression with your physical eyes. It is easier to learn to see the aura in this way, because *the aura is seen first with the mind’s eye, and then with the physical eyes*. To learn to see the aura in this way makes perception easier and serves to perfect the ability. In actuality, as you become more and more able to see the aura you will see it with the mind’s eye in conjunction with the physical eyes.

The first portion of the aura you will probably be able to see is the first layer of aura, or etheric body. It will appear to you as a light gray, light blue, or colorless “haze” around the surface of the body, from one-half inch to an inch or so above the skin surface. This haze is a superphysical light, a very fine perception, and may not appear the same as a physical light would. If you approach viewing the aura with the proper attitude, you should find that it is not very difficult to begin to see this first layer.

It is sometimes easiest to learn to see this first layer of aura by attempting to view it around specific parts of the body. The exercise below is a good start at perceiving the etheric layer, and may assist you in viewing this first layer of aura around your hands.

Hold your hands out in front of you with fingers gently spread, and relaxed, palms toward you. Concentrate, now, for a moment, on the area in space around one of your hands. Gaze, with your active mind, at the shape of the hand and the area around it. Release; relax now into receptive phase as you have learned to do, while glancing away from your hand. Allow an impression to form in your mind’s eye—let your mind’s eye perceive in the same way you did when learning to receive psychic information with your eyes closed. Notice that an impression can form in your mind’s eye independently from whatever your physical eyes are looking at. What impression do you get in your mind’s eye? Do you “see” anything around your hands—like a fuzziness, a haze or a layer of light surrounding your hands? Now, with your gaze softened, de-focused and relaxed, look back at your hand with your physical eyes and try to see the aura around your hands with your physical eyes, too. Try (effortlessly) to confirm with your physical eyes what you have seen in your mind. Repeat this cycle several times, to begin to allow a stronger impression to form in your mind, and perhaps make the aura around your hand easier to see.

After attempting to view the aura around your hand in this way, call in the energy. Use the symbols, as described for beginning treatments, to bring in the energy to your hands, feeling it build. Repeat the glancing technique again, now, using the same technique to attempt to see the aura around one of your hands. Perform several “cycles,” allowing impressions to form. What do you see? Is there any difference between the apparent size, or intensity, of the aura around your hands? Did bringing in the energy into your hands make the aura easier to see? By bringing in the energy, you intensified the auric field around your hands. This may make the aura around your hands bright and easily visible. Look at the aura around both of your hands—can you see the light around them?

It is also possible to practice seeing the aura around specific parts of the body of others, especially the head, whose etheric layer is sometimes easily visible. Practice of this basic glancing technique, at various times throughout the day, will often serve to assist in gaining the ability to see the first layer of aura. After gaining some success in this effort, it is time to attempt to view the entire first layer of aura prior to treatment:

Begin to view the aura of the entire body, with your patient lying down in front of you on the treatment table, by gazing with your “active mind” at the area around the shape of the body—the open space surrounding the area near the body surface (where

the aura should be)—for a brief moment. Then avert your eyes, release into the receptive phase, and allow yourself to become aware of what your mind’s eye perceives. What do you see in your mind’s eye? You might still see the shape of your patient’s body in your mind’s eye, but is there perhaps something around or near it—a shell, a haze or a layer of dim light near the surface of the body? Repeat this several times, each time giving yourself a brief moment for an impression to form. This is a bit like looking into a room, quickly, and then looking away—after some number of rapid glances, you will begin to get an impression of the room that lingers in your mind, after such glances. You should, similarly, get some impression, in your mind’s eye, of the aura of your patient.

After getting some impression in your mind’s eye, look back at your patient with your physical eyes— with your gaze softened and in the receptive phase. Do not strive to see anything—just relax, de-focus your eyes, and allow whatever visual impression is forming just come. Do any of the impressions that formed in your mind’s eye appear to your physical eyes as well? Repeat the glancing technique again, checking first for an impression in the mind’s eye, and then with the physical eyes, to see if you can view with your eyes what you are seeing in your mind. It is possible that you may even begin to gain some sense of the energetic phenomena of the aura of your patient, as you practice.

It is with this repeated glancing, with the use of the active and receptive principles, that an impression will form in your mind’s eye, and it will require practice for more than a general impression to form, and especially for the aura to then begin to appear to your physical eyes.

After you have succeeded in seeing the etheric body of your patient, it is possible that, with time, you may begin to see the colors of the emotional body, the second layer of aura. During your attempts to view the aura, you may, as you release into a state of effortless reception during your practice of the glancing technique, have the impression of a certain color over some part of the body. You may not think that your eyes see anything, but in your mind’s eye you may think, “yellow!” Do not discount this impression, for it is the beginning stage of becoming aware of colors in the aura, and if you effortlessly maintain your openness to this perception, you may at some point begin to see the color with your eyes. It will be a very fine perception, but it will be real. Trust your impressions of color, and you will find that you saw more than you consciously realized. It may take some time and much practice before you are able to glance back and gain some vision of the colors of the aura around your patient.

As you practice, just let the colors come. Continue your practice, and you may eventually see various colors around the body surface, and specific details as well. First, in your mind’s eye, and then, with much practice, perhaps with your physical eyes also. Do specific darkened or colored regions appear? Patterns? You may be beginning to see the colors of the second layer of aura, the emotional body. You may even see movement in the patterns or colors.

Remember that the aura is not something that is seen with the eyes alone. You may look at a hand, for example, and see patterns that have a shape, form and movement, but you may not see them in the same way that you would see a table or chair, because the colors and patterns are not seen only with the eyes. If the awareness required to see them was a product of the physical eyes alone, everyone would always see auras. You must begin to see the aura and its phenomena with your mind's eye, before seeing it with your eyes, too. As you begin to see the aura intuitively, you will detect everything you imagine you should see with your eyes, and there is ultimately no difference in these two kinds of seeing.

As you learn to view the aura, you will integrate what you see with the other information and guidance you receive. You should see the intuitive reading, the aura viewing, and the other ways you will be receiving information, not as separate techniques, but as part of a continuous process of perceiving the health of your patient. You may wish to begin with just the intuitive reading, using just the body outline, as you begin learning. This may make it easier for you to gain the information you need, in the beginning. You might then proceed to also attempting to view the aura, using the glancing technique given above. It is also possible to combine the two techniques, perhaps after you have had some success in viewing the aura, so that you concentrate on the patient's body with your eyes open, and then release, allowing intuitive information to come into your mind's eye, as you have done, and attempt to confirm and corroborate the information you receive with your own viewing. You can use the psychic information appearing in your mind's eye to plan treatment and incorporate your own visual viewing as it happens. These are all steps—stages in a single process of learning to see and assess the health of your patient's aura. You may use whatever form of reading is best for you, given your own abilities at the particular time.

If you are attempting to corroborate your intuitive (mind's eye) information with your aura viewing, it is important to understand that, at first, the two information sources may not convey identical information. This is because you may be receiving intuitive information on auric phenomena that have not yet become visible to your physical eyes. The intuitive methods are a starting point, and entry, into viewing the aura directly—it is good to eventually gain the ability to see the field directly with the eyes.

It is ideal to use your intuitive and aura viewing abilities all throughout the treatment, employing them later, as well, after taking your initial readings and beginning to treat. You may see that these two techniques are really the same, and that there is really no difference between seeing with the mind's eye and with the physical eyes—they are one. It is not necessary to incorporate direct viewing of the aura in your treatments at all, at least at first, but it is an advanced technique you may wish to try. All that is important is that you do what makes it easiest for you to sense and learn.

### **ASSESSING TREATMENT NEEDS**

After obtaining psychic information and guidance, and attempting to view the aura yourself, you will use the passing-of-hands as your third main “information source,” as you proceed in the process of becoming aware of your patient's treatment needs.

In Chios Level I you began to sense the human energy field and to practice the passing-of-hands. In this level, you will have additional instruction and practice in this technique, so that you may refine this practice and gain further information from it. Now that you have received the second Chios attunement, your hands will be more sensitive, which should make it easier for you to sense the energies. After examining the body using the passing-of-hands, you will take the results of all three sources of information regarding your patient's condition, and integrate them into an interpretation of your patient's needs. You will do this, not in an exclusively "rational" way, but in a manner through which each "information source," and all of them, have worked together to give an awareness of the condition of your patient that has formed in your whole being.

#### **Refining the Practice of the Passing-of-Hands:**

It is important to practice the passing-of-hands in the proper manner, and your teacher will review this important technique with you. Pass your hands only over the front of the body, but including the limbs, and all around the head area. They are passed palm facing downwards, with the fingers spread slightly. The hands should be relaxed, as if resting, so that they are receptive to the sensation of the energy. Notice how this is similar to the idea of "receptive phase," as you have learned it. They should remain about 4 to 5 inches above the body surface of your patient, and should be moved slowly, approximately 2 inches per second, while sensing the energy.

You may choose to keep the hands close together over the same area as you pass them (although there is no particular advantage in this), move them over different areas at the same time, or use just one hand alone. Often it is easiest and best to work with a single hand at a time. You must do what makes it easiest for you to sense. Usually the right hand is a little more sensitive, at least in the beginning, although after some experience both hands will probably become equally sensitive readers. Your sensitivity in both hands will also vary from day-to-day with changes in yourself.

The fingertip sweep exercise you practiced in the first level began to make you aware of the subtle sensations of the energy as you sense it with your hands. You have also begun to sense the energy field of your patient as a part of your treatments. There is another exercise you may practice now that will help you in tuning your sensitivity:

After calling in the energy using symbols, hold both of your hands out in front of you, relaxed, with palms open and fingers slightly spread. Now, pass your palms over each other, with the palm surfaces 4 to 5 inches apart. Do not try to "figure out" whatever you may be sensing—just pass them over each other while remaining open to the sensation and experiencing it with your entire being. Perform this exercise several times a day—when you practice it you are tuning your sensitivity—you are practicing the integration, at a deep level, of the delicate sensations the energy produces in each of your palms and your hands are comparing, refining and integrating their "separate" sensations.

You may also work to tune your sensitivity while examining the energy field of your patients. It is beneficial, when practicing the passing-of-hands, to first pass one hand, by itself, over a given area in the patient's field where sensation is detected, then pass the other hand over the same area. One hand may feel a sensation, and then the other hand may feel something slightly different. This experience will expand your sense of the energy, as if gaining more perspective. Do not try to mentally "figure out" the differing sensations; simply allow the experience to give you a more complete intuitive understanding of body energies. You are "tuning" your sensitivity, increasing your sensitivity and understanding of the energies, but you are not merely interpreting the sensations with your mind.

The delicate sensations you may feel as you pass your hands over your patient's body might manifest as a hot, cold, attracting ("dip") or repelling ("bump") feeling in certain areas, or in some other way. The sensation in the hands is not necessarily related to the type of auric phenomena being sensed by the hand, although feelings and impressions in the mind frequently will give information on the aura phenomena sensed. It is important, though, to remain free of any preconceptions of what you may sense, either with the hands, or with the intuition, during the passing of the hands. Release any expectations you may have, and you will then be free to sense the energy as it is. You will find that practice of this technique will, over time, result in your achieving greater and greater sensitivity to the energy.

Open your sensitivities to the patient's field and to the patient's energies. Try to attempt to learn and get a sense of the energy flows in the body and recognize areas where the flow is disturbed. You may also wish to try to "merge" with, to become the sensations and the energy flow, for this will help in opening your sensitivity to the energies and the energy field. You will therefore have greater holistic perception of the energy, and this will allow greater intuitive knowledge of whatever energetic defects in your patient's field may be the source of the sensations as you examine the patient with the passing-of-hands. This will also allow a greater overall awareness of your patient's condition to emerge in your being. The greater your sensitivity to your patient's field, and the fuller your understanding of its condition, the greater will be your power as a healer.

It is especially wise to pass the hands over whatever areas your intuitive reading and/or aura viewing has indicated a problem may exist, in order to gain additional information. Use the passing-of-hands to substantiate and add to your intuitive reading and your viewing of the aura. Combine and compare the feelings you get from all three sources of information. Should your hands give you information that is not confirmed by your intuition or eyes, do not discount it; the hands are accurate indicators of the auric energy, and they may sometimes indicate conditions not apparent to your "sight." In addition, you may receive intuitive insight in a visual or other form as you pass the hands over the body; feelings in your mind as you pass your hand over a certain chakra, for example. Those areas where you sense energetic defects will require treatment using specific techniques designed to correct the conditions.

Although you may, while you learn, practice the passing-of-hands as a separate step in your treatments, after the obtaining of psychic information and the viewing of the aura, there is no reason why it cannot be performed at the same time—alternating from one

information source to the others to explore and confirm your perceptions. It is perfectly acceptable to perform an intuitive reading while at the same time attempting to confirm the psychic information you are receiving with your own observations of the aura (using the glancing technique), and to also pass the hands while these other sources of information are obtained. All three sources of information are used together and are compared with each other, in order that a complete and overall understanding of the patient's condition be obtained. This integration of the treatment needs of the patient, like each of the sources of information that contribute to it, acts to give impressions at a deep level—to the healer's entire conscious awareness. All the various forms of information the healer receives integrate into a deeper knowing.

#### **Integrating an Interpretation of Treatment Needs:**

As you practice and gain experience, you will begin to be able to discriminate between normal body conditions and unhealthy ones. You will find that healthy chakras, for example, will have a sensation of health and energy associated with them when the hands are passed over them, while with **blocked chakras** you will sense an “unhealthiness,” and will feel that the energy ends abruptly where it should flow—a stoppage in the energy that flows upward through the chakra and into it from outside. This sense of unhealthiness will be easier to read after some practice—you must be clear and open to it. Blocked or diseased chakras may also have a blackened, muddied, smeared, or discolored appearance accompanying them, and will often appear this way to your mind's eye as you receive psychic information and guidance. Although blocked chakras are not easily detected through viewing of the aura, it is possible you will later acquire this ability.

Blocked 4th, 5th and 6th chakras are very common, while blocked 7th, 2nd, 3rd and 1st chakras are progressively less so. You will notice that some chakras will be chronically blocked on certain patients, while other chakras will be blocked occasionally, varying with the life circumstances of the patient. Blocked chakras are corrected by being *unblocked*.

A **leak or tear**, a region leaking energy from a damaged part of the field, may appear and have the feel of energy flowing or moving in an unlikely direction (often outward). You will get a sense of a break or rupture in the harmonious flow of energy—an unhealthy feel to its flow. Leaks and tears are similar, and are treated the same way.

Leaks may appear as a “jet” of energy flowing out from the body, usually near the knees, shoulders, neck, elbows or ankles. Tears may be seen as a rip in the field layer or layers, or sensed or felt as an openness in the field. These “holes” in the auric field are found over the chakras, over the face, and large tears, sometimes extending through several layers of aura are found most often over parts of the torso. Leaks and tears are corrected by *sealing* them.

**Auric energy impurities** will have the appearance or feel of heaviness, discord or impurity—excess energy material in a place where it is not supposed to be. They will often appear as clumps of material, fuzzy areas or discolored areas of darkened energy around the body. They are areas of undesirable stagnant energy accumulation, and are energy blockages of various kinds that inhibit the flow of clear energy in the energy field. The colors or

appearance of these impurities will be unhealthy and undesirable looking, as opposed to the healthy, vibrant appearance of a clear aura; they will look or feel static, thick and discolored.

These impurities are commonly found around the head, face, shoulders, torso, hips and other areas. They also occur over chakras. Like blocked chakras and leaks and tears, auric impurities may have an “unhealthy” feel to them as you pass the hands. They are often produced by unhealthy energetic conditions within the body, and can sometimes also relate to undesirable emotions or thoughtforms. The clearing of auric impurities, along with the unblocking of chakras, often results in better physical health, and also emotional and mental clearing for the patient. Auric impurities are removed using a procedure known as *aura clearing*.

A condition of **energy depletion** is sensed as an absence of the energy, a lack of robustness in the overall feel or appearance of the energy field. During your reception of psychic information and guidance, you may have learned of this condition in your patient, or you may have noticed, as you viewed the aura, that the energy seemed low—that the first layer (and higher layers) seemed dim. This condition will cause a weakness and dimness of the aura, on all its levels.

You may also sense this condition later, as you treat the patient with the laying-on-of-hands. During the placement of the hands you may also sense a lack of vitality in the body energy, and thereby confirm your perception.

Energy depletion is corrected through a procedure know as *aura charging*. To re-establish its energetic vitality of the aura greatly aids the healing process, especially in the seriously ill, and serves to decrease the likelihood of further disease. Occasionally, energy depletion will occur only in certain areas of the aura, usually at the extremities. This will be sensed in the same manner as overall energy depletion, yet only in the lower legs or arms. A variation of aura charging, *local aura charging*, is then employed to re-vitalize the field at these locations.

A **disturbance in energy flow** may be sensed as an overall disharmony in the energy of the energy field, not tied to any chakra or other specific location in the field. It is a disjointed, jagged or unbalanced feel or appearance in the energy flow of the entire body. You may not sense it visually, but may sense in your being, at a certain level, an unpleasant or uncomfortable sensation, something like the sensation that screeching on a blackboard presents to your sense of hearing. There is usually no visual indication, either with psychic sight or with the eyes, but it is sensed on a subtle level by the healer as an uneasiness in the energy field of the patient—an uneasiness that the healer may even feel in his or her own body.

This condition is corrected through a procedure known as *global correction of energy flow* (or simply correction of energy flow). When it is detected in only one particular area of the aura, occasionally over portions of the torso, it is corrected by *local correction of energy flow*, although this is a somewhat less commonly found condition.

You will, with practice, be able to discriminate between these different conditions, and know what treatment is appropriate. Using all the information you have gained from your reception of psychic information and guidance, viewing the aura, passing the hands and any other felt sense, integrate and plan the course of appropriate treatment. Above all, however, be aware that this understanding of the condition and proper treatment of the patient will form as feelings in the eyes, mind and hands. The idea is to form a *knowing that is felt by your whole being*.

After coming to a good understanding of your patient's condition, you will then proceed with treatment. The various techniques that you will use, and the proper method of their practice, are detailed in the remaining sections of this course manual. You will incorporate these techniques in the appropriate places during your treatment, and the recommended order in which you should do so is given in the Outline of Treatment Procedures.

### **SEALING LEAKS AND TEARS IN THE AURA**

After performing the passing-of-hands and assessing the treatment needs of your patient, the first technique you may wish to employ in order to treat energetic defects in the patient's field is to repair any leaks or tears you have detected.

Strength and integrity in the auric field layers is a necessity for the energetic health of the patient, and as a foundation for other healing work. Sealing leaks and tears brings back the field integrity and prevents the energy loss and vulnerability of the energy field that would otherwise remain.

Sealing of leaks and tears is performed by moving one of your hands over the region where you have detected the leak or tear, in a way very similar to the passing-of-hands. To begin to seal any leaks or tears you have detected in your patient:

Hold one of your hands over the first leak or tear you wish to seal, in the same general position as during the passing-of-hands (palms about 4 to 5 inches above the body), but with the fingers gently held together, palms open and held flat (instead of relaxed).

Now slowly move your hand in a gentle back-and-forth or circular motion, over the area where you have detected the leak or tear—you will find that your “felt sense” will often tell you how to move it. Your hand, while moving, should travel at a speed of about 2 inches per second or so—if it is moved much slower or much faster than this the technique will not be as effective.

Whereas you were simply open to sensations, as you moved your hands during the passing-of-hands, you must, when sealing leaks or tears, instead take a more active role. As you move your hands over the leak or tear, you must visualize the leak or tear being repaired as you perform the motion. As you move your hands in sealing a leak, for example, you must intend and sense that the area of the first auric field layer over which the leak is occurring is being sealed shut—that the weakness

or thinness of the energy field at that point is being supplemented, resupported and repaired as you move your hand over it. You must sense and become this sealing and repair of the auric energy layer—see the energy, as if in a layer below your hand, repairing the leak or tear in this way. It is the energy in your hand, combined with your visualizing ability, that provides the effectiveness of this technique—your mind’s eye directs the energy flowing through your hand to seal the field layer at that point.

When sealing a tear, you must similarly sense the auric field being fused shut, so that the open gash or rip that was the tear is instead sealed. The energy in your hand, in conjunction with the visualization in your mind’s eye, similarly works to repair the damaged area. When sealing either leaks or tears, smooth them over, and meld them, by moving your hand in this manner over them while visualizing them being repaired in this way. Seal them shut with your conscious awareness, so that the field is repaired and integral and energy can no longer escape. To seal a leak or tear in this way generally takes only a moment or two.

Leaks generally occur on the first layer of aura, commonly near joints, and tears are also often found which only exist in this lowest layer of aura. In these cases, the above-described procedure will suffice. There may be instances, however, where tears in the field are located further out (in higher levels of the aura)—the tear begins on the first layer but then also extends to the second, third or even higher layers. In these cases, you will need to seal the tear on each layer it occurs:

After sealing the first layer, progressively locate your hands farther out from the body, on each layer the tear occurs, and seal that layer using the proper technique given above. After sealing the first layer with the palm 4 to 5 inches above the body, for example, you may need to move the hand an additional 4 to 5 inches upwards, and seal the next level. You may need to proceed another 4 to 5 inches up to the third level, and then even higher. You will know, from your intuition and by feel, when such tears are present and how high they must be sealed. It is possible for the tear to extend up to any layer of aura, and such tears are commonly found. You must be open to your intuitive guidance, to sense when this is the case, and seal the layers to as high a level as necessary.

Sealing of leaks and tears is generally performed using only one hand at a time. Although you may choose to use the right hand, at first, with even a little practice both hands can become equally effective at this technique. Sealing of leaks and tears is done with the eyes open. Proceed to seal all leaks and tears that you have detected in your patient’s energy field, using this same technique.

Small tears sometimes occur over chakras. It is not the chakra that is torn (this is a rarer occurrence) but the field layer or layers above the chakra. This is another result of emotional or mental traumas. When this is encountered, the healer must seal the tears as usual.

**Maintaining Transparency:**

When sealing leaks and tears, as with all hand techniques taught in this Chios level, it is important at all times to be open and aware of the nature of the energy and the auric field with which you are working, and not to distance yourself from the energy flows. Although the hands are the instrument you use, bear in mind that, with the passing-of-hands, sealing leaks or tears, aura clearing, unblocking chakras, correction of energy flow and even the laying-on-of-hands, you are really *using your whole being, through the hands*. You must be open, and acting, as an entire self, to the entire field of energy you are addressing, and not just consider that it is the hand alone working with some small area of energy. It is necessary to set aside self-consciousness of the hand, or any particular aspect of your worldly self, and seek to work as a clear channel when practicing the healing techniques or reading your patient. You are practicing the techniques, or reading or viewing your patient's aura with your entire being, using your eyes, hands, etc. This is called *transparency*. It is important to understand that *healing, and all healing techniques, are ultimately performed with the entire being of the healer on the entire being of the patient*. Cultivate this quality in yourself, as you learn and practice the specific techniques given in this level.

### **REMOVING AURIC ENERGY IMPURITIES (AURA CLEARING)**

It is vital to the health of the patient that the flow of energy in the energy field be free from interference or corruption from the stagnant, unhealthy and impure energies that can block its normal flow. If you have detected such energy impurities in the aura of your patient, they may be cleared out and removed from your patient's field using a procedure known as *aura clearing*.

This technique is performed over the various areas of the body where these energy impurities commonly occur, as well as over chakras, when indicated. Aura clearing uses the hands, especially the fingers, so as to remove undesirable energies from the lower layers of the energy field.

While performing aura clearing, the hands are moved in a particular fashion—they are “drawn out” away from the body of the patient, removing the auric energy impurities from the field as they do so. This movement is done in a slow, deliberate manner—you must concentrate on the act during aura clearing. To clear away auric energy impurities that you have detected in your patient's field:

Place your hand palm-down over the first area to be cleared, with the fingers spread a moderate amount (wider apart than during the passing-of-hands). The fingers should extend straight out, level from the hand, or perhaps be slightly pulled up above level. The hand, at the beginning of the drawing-out motion, is about 1 inch above the body surface (when clearing the first layer), and at the end of the motion perhaps 15 inches above the body, the entire motion taking approximately 5 seconds. The hands may then be relaxed, slightly so, so that the fingers slant slightly

downwards, and the hand is returned to the starting position 1 inch above the body once again.

While performing the upward motion, visualize, intend and sense that the auric impurities are being removed. Your hand and its outspread fingers has its own auric field, which acts as an attractive device, or an attractive auric net, which detaches the harmful energies from the patient's field, where they reside near the body surface. They "stick" to your hand (primarily the underside of the palm and fingers), and are released from the patient's field by the upward motion. Apart from the body, they lose their charge, their ability to cling to the field of the patient. The impurities dissolve, become as dead, and have no further effect on the patient. As you perform the motion detailed above, feel the energy in your hand and fingers, feel the field around your fingers expanding and growing strong, and visualize, intend and sense it attracting, pulling and clearing away the undesirable energies as you draw your hand outwards. Separate and remove the impurities from the patient's field using this motion in conjunction with your visualization ability. You may see, with your mind's eye or physical eyes, the etheric field of your hand and fingers expanding and catching the undesirable energies, and removing them. Over each area in which auric energy impurities occur, repeat this motion as many times as necessary to clear them away—this will usually involve between two and ten motions and take between one and three minutes, depending on the quantity of energy impurities to be removed at each location. Some healers like to "shake" the impurities off the hand, after the hand is fully drawn out from the body, before performing the next drawing-out motion.

Aura clearing is done using only one hand at a time. It may be done with the right hand in the beginning, if desired, as it is usually somewhat more effective at first, but with experience both hands will usually become equally effective at removing impurities. It is performed with the eyes open. Use this technique to clear away all areas of auric energy impurities that you have detected, one area or zone at a time.

This treatment will be required at various points all over the body. The energies you will clear are energies that have stagnated and may appear to you as muddied, thick, or discolored, energies that block the open flow of clear energy. These energies exist as zones or areas of stagnant energy accumulation near the body surface—they are attached to the body—yet will extend a short distance into the body and perhaps out into the auric field a short distance also. Performing the drawing-out motion as given above, however, with the hand beginning approximately an inch above the surface of the body, will remove such blocks, for the portions of the area or zone of stagnant energy that are just below or above the body are connected to the zone as a whole—it is one block—and will be removed as the entire block is removed. In other cases, energy impurities may exist some distance out from the body, yet be associated with and connected to areas of energy impurity near the body surface. In this instance, these outer energy impurities will also be removed as the block near the body surface is removed—perform the motion as usual.

You will find that aura clearing will also be required over specific chakras quite often to remove stagnant or discolored energies over them. The 7th, 4th, and 2nd chakras are

particularly susceptible to these sorts of stagnant energies. When performing aura clearing over chakras, be aware that you may also be smoothing the energy flow in the chakra, as well as removing impurities. With some chakras you may detect what appears to be a poisoning, and you can correct this by drawing out the impurities and smoothing the flow at the same time. Draw the hands up over the chakra as if you were cleansing and smoothing the flow in a “funnel” of energy.

## UNBLOCKING CHAKRAS

It is vital to the energetic health of the patient that the upward flow of energy through the chakra system, and the flow of energy into and through each chakra, be maintained. If you have sensed that a chakra is blocked—that the energy stops its normal flow at that chakra—it is possible to restore the healthy upward energy flow.

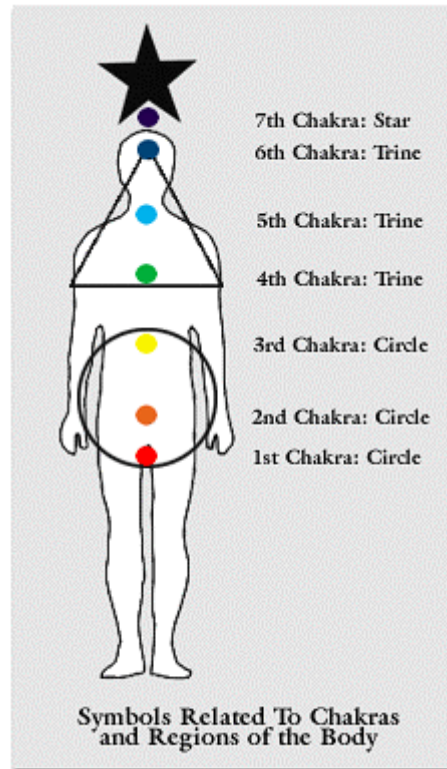
Unblocking of chakras is done during the normal round of hand positions—with the hands on the chakra in the same position, and at the same time, as regular hand placement. When you have detected a blocked chakra at a certain location, clear it in the following way:

As you lay the hands on that chakra point during the normal course of treatment, visualize the appropriate symbol (see the diagram) in the proper way during the full time you treat that chakra, and at the same time visualize, intend and sense that a blockage in the upward flow of energy is being removed—visualize the energy that is flowing upwards through the spine, at that chakra point, flowing through the chakra, the blockage in the chakra being removed as it does so. You may find it easier to visualize the symbol and the chakra clearing with your eyes closed, as you learn. With a little practice will be able to visualize in the proper manner with your eyes open, as you practice this technique, and this is to be desired.

The symbols are each related to a certain manner of energy flow, and this energetic nature of the symbols relates to the chakras in this way. The 1st, 2nd and 3rd chakras, for example, bear a relationship to the Circle in their energetic functioning. The 4th, 5th and 6th chakras bear a relationship to the energetic nature of the Trine. The 7th chakra bears a close energetic relationship to the Star. Accessing the energetic nature of these symbols (and hence that of the corresponding chakra) through visualization, combined with the visualization of the chakra clearing, provides the effectiveness of this technique—the energy flow through the chakra is cleared, and the blockage is removed.

If you have perceived that a blockage of the first chakra exists, it must be treated in a slightly different way, as placing the hands on the corresponding body area (the genital region) is not done. The hands of any person, however, are receptive channels for the body energy, and the patient’s hands may be used to treat this chakra. To clear the first chakra:

Place your hands on the patient’s hands, with each of your palms on a palm of your patient. As you send in the energy, visualize the Circle, and visualize—intend and sense—that the first chakra is being cleared. This will not be as focused a clearing as would be provided with direct hand placement, but will assist considerably.



As the diagram above implies, the symbols are also associated with regions of the body as well. The Circle is associated with the abdomen below the diaphragm, the Trine with the area above the diaphragm up to the third eye, and the Star with the crown of the head. Visualization on the appropriate symbol during the laying-on-of-hands on supplementary areas may also be done. For example, when treating problems in the lower abdomen, you may, if you have sensed that it is appropriate, use a visualization of the Circle while placing the hands in supplementary positions after the usual chakra positions. Use of the symbols during treatment of positions other than blocked chakras will not be required on most patients, however, but if you sense it will benefit a particular condition you encounter, use it. It may interest you to know, also, that while one symbol predominates in each of these areas, elements of the others are also present.

### **AURA CHARGING**

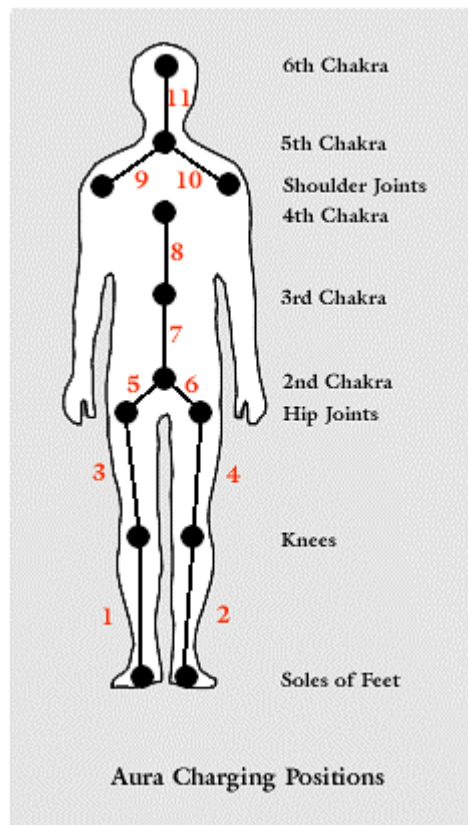
Although it does not occur in the majority of patients, energy depletion is a serious condition that inhibits the entire life process of the patient and makes the patient more susceptible to diseases and afflictions. It can also inhibit the effectiveness of whatever healing work is being performed.

This condition can be corrected through a procedure known as aura charging, whereby the depleted energy field is “charged,” or replenished with energy. Whereas the usual conduction of energy into the chakras, during the laying-on-of-hands positions you have

learned, does also add energy to the aura, aura charging is a more direct and specific way to supplement the energy content of the energy field itself, when it is depleted.

Although aura charging is not needed on all patients, there will be many patients that will greatly benefit, especially those with conditions that threaten the life energy (e.g. depression, cancer, AIDS, heart disease and many other serious conditions). You will find that it is commonly needed by those with serious illnesses, and will provide a re-energization and sense of well-being that is necessary for healing these persons. It is also useful for those who are just “run down,” and may prevent illness and induce well-being in these patients, too. To charge the aura of your patient:

Place your hands on the body in the successive positions shown in the diagram, beginning with the feet. In each position, the right palm is held over the lower end of the position, the left on the higher. In position 1, for example, place your right palm over the sole of the patient’s right foot, and your left palm over the top of the patient’s right knee.



Beginning with your hands in the first position shown, conduct energy into your patient, but transfer the energy in a slightly different way than usual. Transfer the energy in a more intense way, almost as if you are radiating energy into the patient and the patient’s field to create a bond between the two. Radiate the energy from both of your hands equally, and into the patient and their energy field. Sense yourself as the patient, and as the patient’s field, as it fills with energy. Visualize the bond between the patient and the patient’s field in this area, and visualize the field in this region filling, expanding with energy.

Transfer the energy into the patient, in this way, for one to two minutes, or until you get a sense of completeness and/or the energy flow diminishes. Now move to position 2—place your right palm on the sole of the patient's left foot and your left palm on the patient's left knee. Again transmit the energy, seeking to create a bond between the patient and their energy field while visualizing the field filling and expanding, in the same manner as before. Continue treating this second position until you gain a sense of completeness and/or the energy flow diminishes, yet also make sure that you sense a *balance* between this side of the patient's field and the other side that you just treated.

After finishing treatment of this position, continue successively treating the patient in the positions shown in the numerical order above, at each position transmitting the energy in the correct way until you feel that that position is complete—each position should only require between 1 and 2 minutes of treatment, although certain positions may require a little longer, depending on your patient's particular needs. When proceeding from one side to the other, as you move upwards, treat until a feeling of balance between the two sides is obtained—lead the energy up the body deliberately, and in such a way as it is balanced on both sides. The exact hand positions may be varied—some healers may prefer to add the arms, for example—but this is not usually necessary.

As you proceed up the patient's body performing this technique, you will sense the patient's aura charging, and may feel the energy radiating outward as it fills. You may see, in your mind's eye, or with your eyes, the aura fill, brighten and expand. It is the intense transmission of energy to the patient in this way, while visualizing the bond between the patient and their field and the field of filling and expanding, which directs the energy to fill and charge the aura in this manner.

#### **Localized Aura Charging:**

It is sometimes found that only certain regions of the body will exhibit energy depletion. This is not a particularly common condition, but occasionally the extreme portion of the limbs—the lower arms and hands, and/or the lower legs and feet—display a condition of energy depletion, although the overall vitality of the field is not particularly low. This condition may be corrected with aura charging of that region only.

For energy depletion in the lower legs, charge from the foot to the knee (as in position 1 and 2 in the full procedure above), as well as from the knee to the hip joint, if you sense it is necessary. For energy depletion in the lower arms, charge each arm from the hand to the elbow joint, by placing your right hand palm-to-palm with the patient's hand, and the other palm on the inside of the elbow joint. The arm to the shoulder may be charged on each arm also, if needed. The arms may also be included in this way in a full aura charging treatment, if you feel it wise, yet this is not usually necessary.

## **CORRECTION OF ENERGY FLOW**

During your reception of psychic information and guidance, you may have detected an energy disturbance in the overall energy field of your patient. A global disturbance in energy flow is one where the entire energy field of the patient is disrupted and in which the overall energy flow in the aura is erratic and uneven. This condition is often of a transient (non-lasting) nature, but it is detrimental to the energetic health of the patient and can be treated using the Star on the 7th chakra in a specific manner. To correct the energy flow in your patient:

Sit or kneel at the head of your patient so that your shoulders are approximately at the level of the patient's head. Facing the crown of your patient's head in this way, hold your hands out in front of you such that your fingers are slightly curved, but with palms open, and with palms facing away from you towards the head and body of the patient. Place your fingertips on the crown of the patient's head, your thumbs pointing down, palms facing directly towards the patient's body (and away from you), but palms not touching the head surface. There should be about a two-inch gap between the fingertips of one hand and the fingertips of the other.

Now visualize the Star while sending energy towards the entire body of the patient. Energy will flow from your palms as well as from your fingertips, even though the palms are not contacting the body surface. While you are visualizing the Star and sending the energy, at the same time visualize, intend and sense a smoothing of the entire energy field into a harmonious flow. Try to merge with, and become, the flow of energy in the patient's field, as you practice this position and this technique. "See," in your mind's eye, the energy correcting to a harmonious, even pattern throughout the field—become this smooth, even flow. Send forth the energy for 1 to 2 minutes in this manner as you perform this visualization of the Star and a smooth, even energy flow. Having your eyes closed may make this visualization easier to practice, at first, but you should then acquire the ability to perform this technique with the eyes open.

The Star has the ability to act as a channel to draw energy from a higher realm into this world. A visualization of the Star, combined with a visualization of a smooth, harmonious energy flow in the field of the patient, acts to focus this higher energy into the energy field of the patient, through the 7th chakra (which also corresponds to this higher realm), and provide a large and powerful correction of energy flow in the entire field.

### **Localized Correction of Energy Flow:**

It is possible that an energy disturbance may be localized in a certain area of the body, rather than all over the body. Often, but not always, this will be located somewhere over the torso (between shoulders and hips). You may have detected this intuitively or visually. In this case, employ the hand position above, and while visualizing the Star also see, intend and sense, in your mind's eye, the energy in that area smoothed and flowing evenly. Visualize yourself as merging with the energy flow that moves in an incorrect direction or unsmoothly, and then visualize the flow as moving the proper way. Perform the procedure

on the entire body, but focus especially on the troubled area, by performing this visualization as you send forth the energy from your palms to the body of the patient.

### **ADDITIONAL TECHNIQUES IN THE LAYING-ON-OF-HANDS**

There are some additional techniques which you may also add to the series of hand positions you have already learned:

#### **Becoming More Aware of Body Energies During the Laying-on-of-Hands:**

As you treat your patient using the various positions during the laying-on-of-hands, it is good to begin to become more aware of the body energies of your patient. Now that you have had the second Chios attunement, your hands are more sensitive to energy flows. You will find that this is true not only during the passing-of-hands but also in the sensations you may have in your hands as you conduct energy into your patient during the various hand positions.

As you conduct the energy, you may find yourself becoming aware of delicate sensations in your hands, and may also receive intuitive information elaborating on the meaning of what you are experiencing. Irregularities of various kinds, as your patient receives the energy, may give you more information regarding the condition of their energy field. This, like all other methods through which you receive information on the condition of your patient, can assist you in learning and feeling the energies of the body, and guide you in your work. It is good to sense the body energy of your patient in this way during your use of the regular hand positions, and also during the supplementary hand positions detailed below. This will assist you, not only in learning more of each individual patient's condition, but also in developing an overall knowledge of the energies present in the human body.

#### **The Shoulder Position:**

This position is performed while standing at the head of your patient, at the beginning of treatment:

**Place your hands on the shoulders of the patient so that they are between the neck and the outer end of the shoulder. Conduct the energy for several minutes, allowing the energy to transfer, and allow yourself to relax and begin to bond with and sense the body energy of your patient.**

This position may be performed at the beginning of treatment, if you wish to, because it has value in relaxing and creating trust in the patient, and attunes the healer to the patient's body. It is not a necessary position for healing, but assists in this manner. It is a good starting position, especially if you have sensed that your patient is somewhat nervous or if you feel a little difficulty in beginning to bond with and sense the patient's energy field.

**Using the Star on the 7th Chakra:**

You may, if you wish, use the Star while treating the 7<sup>th</sup> chakra, during the normal course of hand positions:

Visualize the Star while treating the 7<sup>th</sup> chakra during the regular round of hand positions. The 7<sup>th</sup> chakra, which corresponds to our total being, is powerfully cleared by using the Star in this way.

The Star represents a channel between the lower and higher worlds (including, but not limited to, our lower and higher self. To treat the 7th chakra in this way, through the use of the Star as a channel, acts to clear the whole spiritual being and spiritual process of the patient. The energetic nature of the Star is related to the nature of the 7th chakra, and adds to the effectiveness of treating this chakra and connecting the patient to his or her spiritual essence. Clearing it this way is a fine analogy for the whole healing process. This is an effective addition to your healing treatment.

**Grounding:**

This position is used to add energy to the aura, and in grounding the patient. It is refreshing and balancing to the patient, and in a sense may be thought of as a simpler version of aura charging, in that energy is added to the aura and the aura is balanced. While aura charging is only required on some patients, however, this position is beneficial to all—especially those who you sense are not fully grounded. Grounding is performed as follows:

Stand at the foot of your patient, as he or she lies on the healing table. Place your hands so that the chakras in your palms are centered above the minor chakras in the middle of the soles of your patient's feet (your hands will rest on the soles). Now conduct the energy into the patient through the feet, visualizing the energy as coming up from the earth, into your body, and out your hands into the feet of the patient and throughout the patient's body, filling your patient with energy. Sense and visualize a link between your patient and the earth as you do this.

This is a useful position because it brings extra energy into the aura, tends to balance the two sides of the aura, and creates a healthy link between the patient and the earth. It is particularly useful to employ this position on patients who are “ungrounded,” as this procedure also serves to ground the patient to the physical world.

**Spine Cleaning:**

There is a central energy channel that runs along the spine—an energy channel that leads the energy through the chakra system. This energy channel is, therefore, a very important part of the body energy system. Cleaning and purifying this energy channel is of benefit to the patient, and this is done through a position known as spine cleaning. Spine cleaning is usually performed at the very end of treatment, with the patient lying face-down. Perform it as follows:

Place your right palm over the rear component of the 2nd chakra, and your left palm over the rear component of the 5th chakra, and send energy into the patient through both hands. As you are sending the energy, visualize, “see” the energy traveling the spine, in both directions, washing up and down the spine. Each hand’s energy travels both up and down from that hand’s position, and where the energy meets it does not end, but continues on in both directions, washing and cleansing the central energy channel.

The spine cleaning is a radiating cleansing of the very important central energy channel, and is an excellent final treatment position.

### LEARNING TO VIEW THE CHAKRA COLORS

As an advanced exercise, you may, if you wish, begin to attempt to view the colors of the chakras as an aid to further informing yourself of the condition of your patient. This is an optional step. It is not necessary to attempt to view the chakra colors to give an effective treatment at this level, yet you may find this an interesting technique to try.

As you know, each of the seven major chakras has an associated true color, from red for the 1st chakra, up to violet for the 7<sup>th</sup>. Chakras, when healthy, show a strong, healthy glow of their corresponding true color. Diseased chakras, however, display a discolored, faded, watery or streaked appearance. A chakra appearing this way is defective in its energetic functioning and in need of extra treatment. In diseased chakras, it is common for darkened areas to be visible, or colors or hues that are not appealing to the healer. As with the aura, healthy and appealing-looking colors indicate healthy conditions, and unappealing and unhealthy-looking colors indicate impurities and undesirable conditions. Begin to learn to see the chakra colors with the following technique:

While performing the usual hand positions on the front of the body, check the color of the chakras by observing, in your mind’s eye at first, the subtle color hue *on the skin of the back of your own hand* as you treat each chakra. The color, apparently reflected in your skin, will be from the patient’s own chakra field, and illuminates your skin to your subtle sight. This may be “seen,” while learning, by performing an intuitive reading: concentrate briefly on the skin on the back of your right hand (which is centered over the chakra) during the active phase, and then glance away (as when using the glancing technique to learn to view the aura) while releasing into the receptive phase. You may still “see” the skin on the back of your right hand, in your mind’s eye, yet may also receive an impression of color, either strong and fairly pure or weakened, darkened or discolored with impurities, on the surface of the skin on the back of your hand.

Look back then, at the top surface of your right hand, to attempt to confirm the color hue you saw in your mind’s eye, just as you do while practicing viewing the aura. The general tone of the chakra color, with any impurities or discolorations, will appear as a subtle yet discernible hue, to your mind’s eye at first, and eventually to your physical eyes also. You may not see the chakra color at first—it may require substantial practice.

This is a good technique to incorporate into your treatments, if you wish. Briefly assess the color of each chakra as you treat it in the usual order. You will have impressions of chakra colors, perhaps including indications of impurity, as you move your hands to the different chakra positions. Those chakras that show a poor color hue should be treated with extra energy during hand placement to help restore their hue. You may be able to view changes in the hue, and work to restore it.

As you become more aware of chakra colors, you may also get information of this sort during your initial assessment of your patient during your reception of psychic information and guidance, or as impressions as you view the field. Be open to the chakra colors, and you will find that this information will come to you at various points during treatment. Combine all your assessments into a complete sense of chakra condition, and treat accordingly.

### **BEGINNING TO USE LIGHT IN HEALING**

If you wish, you may begin to incorporate the use of light in your healing treatments. This is an optional addition—there are healers who do not use light but who nevertheless give very beneficial treatments. It is possible, however that you have already had the urge to use light. You may have even begun “seeing” the light as you have channeled the energy. If you feel it is natural for you to use light—if you feel an affinity for it—it is very beneficial for you to begin to use it in your treatments:

Begin by visualizing a cloud of light below your hands as you perform the usual chakra positions. The light may appear to your mind’s eye either as a pale white, or a pale light bluish-white light. Use whichever of these seems natural to you. See the light not as coming from the hands, but as a layer of light around your hands and a illuminated cloud of light below your palms, gently penetrating into the body of your patient. This will require proper visualization, seeing in your mind’s eye the pale light around and below your hands in this way, as you allow the energy to conduct. To visualize the light in this way adds to your power and ability to transfer energy in a beneficial way. Be sure to remain open to conducting the energy as you visualize the light—do both as one act.

You may use the light for other things, as well, if you feel comfortable doing so. Instead of seeing the light at each normal chakra position, you may begin by using the light while correcting certain energetic defects in the aura and chakras. To do so will lend greater effectiveness to the techniques you employ.

**To seal leaks or tears using the light,** for example, perform the technique as usual, but also visualize a brilliant layer of light just below your open palm, fusing shut and sealing the break as you move the hand over the damaged area of the field—like a surgeon using a laser.

**To treat unblocked chakras using the light,** perform the unblocking technique as usual, but also visualize the cloud of light below your palms and at the same time

visualize the appropriate symbol composed of the light. See the light also, as the energy flow into and upwards through the chakra, as it becomes unblocked. See the light as the energy that would flow through a clear chakra, and visualize the chakra clearing in this way. To use the light in this way while seeking to unblock the chakra will increase the effectiveness of your treatment.

**To correct disturbances in energy flow using the light**, visualize the light flowing smoothly through the body, removing energy irregularities, while visualizing the Star composed of the light. See the light as the energy flow of the body, flowing smoothly and harmoniously. Should the disturbance in energy flow be in a local area, focus your visualization of the light into that area in particular, seeing the light as the energy flow of that area being restored to its proper, smooth flow.

You may find it easier to close your eyes, as you first learn to visualize the light in these ways as you lay on the hands and employ the various techniques, but after a little practice you should be able to keep your eyes open while using the light. Note that the use of light is not necessary during aura charging or when removing auric energy impurities.

You may use light visualizations at your discretion in your regular healing treatments. You may wish to use it at every chakra position, or save it for application during correction of energetic defects in trouble areas of the patient's field. You may wish to employ it regularly at certain places, during spine cleaning, for example, where you may visualize the light washing through the spine. It is also especially beneficial and important to use light over diseased areas and affected chakras, as per suggestions given in the section describing disease treatments.

Using the light adds to the effectiveness of your conduction of the energy and to your correction of energetic defects. This is because the light can be thought of as a more refined form of the energy. As you visualize the light it has the effect of directing the energy—even more so than just visualizing the energy alone. When you visualize the light fusing shut a tear in the patient's auric field, for example, the energy is powerfully directed in this manner to heal the break. Do not consider the light and the energy as separate entities—consider them as the same. The energy and the light are ultimately one.

Practice in viewing the chakra colors, viewing the aura, and using light in your healing work are excellent preparations for Chios Healing Level III.

### **ENDING TREATMENT**

End treatment by standing for a moment and visualizing the energy flow stopping. See the energy flow shut down; quiet to stop the flow.

Use, then, a very quiet visualization of the Circle to close the passing of the energy. It gives a sense of completion, to return to the starting point, and also pays homage to the circular flow of the universal energy.

**LEVEL II TREATMENT PROCEDURE – OUTLINE**

1. Calling in Energy Using Symbols
2. Intuitive Reading of Auric Field / Viewing of the Aura
3. Passing-of-Hands
4. Integrated Interpretation of Treatment Needs
5. Sealing of Leaks and Tears in Aura
6. Aura Clearing
7. Laying-On-of-Hands
  - a. Shoulder Position (optional)
  - b. 7th chakra (using Star) <---|
  - c. Correction of Energy Flow (if needed) <---|
  - d. 6th chakra <---|
  - e. 5th chakra <---|
  - f. 4th chakra (front) <---| Unblocking chakras
  - g. 3rd chakra (front) <---| as needed.
  - h. 2nd chakra (front) <---|
  - i. Arms and Legs (optional) <---| Using light, as
  - j. Supplementary or Diseased Areas <---| desired.
  - k. Grounding (if needed) <---|
  - l. Aura Charging (if needed) <---| Sensing chakra
  - m. 2nd chakra (rear) <---| hues, as desired.
  - n. 3rd chakra (rear) <---|
  - o. 4th chakra (rear) <---|
  - p. Spine Cleaning (if needed)
8. Ending Treatment (using Circle)

## **SPECIFIC TREATMENT SUGGESTIONS FOR DISEASE**

The following are suggested precautions and procedures for the treatment of patients with certain illnesses or other important conditions. They are all performed in addition to a full basic healing treatment procedure, incorporating them into the treatment in the appropriate locations whenever treating a patient with the particular condition. If you are comfortable using the light, you will benefit your patient by using it in these procedures, as it adds an extra power and effectiveness to the healing that is important in working with patients suffering from illness or disease.

Some of these procedures include advanced techniques. Should you have any future questions or require advice on the proper practice of the following techniques, use the support offered through the website to obtain assistance.

It is advisable for the healer, at the beginning of treatment, to inquire of the patient as to any medical or disease conditions present (including medications), and incorporate the appropriate procedures into a complete healing treatment.

### **Heart Disease:**

Heart disease will often be indicated by a heart chakra that is blocked, has an unhealthy feel, or shows a large amount of discoloration. When treating a person with mild heart disease, proceed as usual. For a person who is on medication for heart disease, treat the heart chakra (4th chakra) last. If the person has heart disease in an advanced stage, treat the heart chakra last, and for an extended period of time (up to 15 minutes in some cases). Aura charging is almost always indicated for serious heart disease. The heart chakra may require unblocking and removal of auric impurities around it, as well as extra energy during hand placement.

For serious heart disease, especially coronary artery disease, you may now try the following advanced exercise:

Place all 10 of your fingertips lightly on the body surface over the heart, with fingers gently curved but without the palms on the body, and then visualize and draw energy from the entire body of the patient, into the patient's heart. Draw and collect the energy there, as an electrifying flow from the entire body, the purpose being to charge the heart and heart chakra electrically to cleanse and strengthen. Maintain this for 2 to 3 minutes, and then draw your fingertips and hands up above the heart and away from the body outward, as if the fingertips were tracing the lines of a funnel away, and visualize the energy coming forth in this way from the body, cleansing the heart. Draw out the hands at least 3 or 4 times in this way, at a moderate speed. For those with serious heart disease, a course of treatments is necessary, and the patient should be treated every 2 or 3 days.

**Hypertension:**

Treat the hypertensive patient as usual, but always include correction of energy flow, and also treatment of both arms, one at a time, with your right palm on the inside of the elbow, left palm on the outside. After the arms, treat the hands, also, one at a time, by taking the hand and placing it between your palms, sandwiching it and sending in the energy for a few moments. Hypertension patients should be treated approximately twice per week, if possible.

**Stroke:**

There is no regeneration for the tissue damaged by stroke, but prevention of stroke, or further stroke, is possible, and it is also possible to assist stroke victims in their work to regain use of affected parts of the body. To treat or prevent stroke, after the basic treatment positions:

Ask the patient to sit up. Now place your hands on the shoulders, at the base of the neck, on the sides, where the neck and shoulders meet, and conduct the energy for up to 5 or 10 minutes. Treat both the arms and the hands, also, as detailed under hypertension, which is often present. Aura charging is indicated on all patients who have suffered a stroke. Auric impurities near the head and neck may require removal. Regular treatments are necessary.

**Cancer:**

Employ in your treatment unblocking and extra energy to chakras that may be related to the disease. These chakras may display an unhealthy feel, be blocked, show poor color hue, or draw extra energy during hand placement. Certain cancers will often correspond to diseased chakras, as shown, and these will require extra treatment. For some cancers, more than one chakra is given extra treatment, as shown:

- Brain Tumors:..... 7th chakra.
- Lung Cancer: ..... 5th and 4th chakras.
- Cancers of thyroid, larynx, esophagus: ..... 5th chakra.
- Breast cancer: ..... 4th chakra.
- Cancers of stomach, liver, intestines, pancreas: ..... 3rd chakra.
- Cancers of cervix, ovaries, uterus, colon/rectum: ..... 2nd chakra.
- Prostate Cancer:..... 2nd and 1st chakras.

After treating the chakras, assist the cancer patient as follows:

Place your hands directly over the diseased area, or as close as you can, for an extended period (up to 15 minutes), varying the hand position 3 or 4 times during this period while maintaining the hands around the affected area. Varying the hand position, in this way, is more effective than keeping the hands in one static position. Some areas, e.g. prostate, colon and breast, may require that the hands not be placed directly on the area, in consideration to the comfort and modesty of the patient. In these cases, place the hands on opposite sides of the area as near to the area as

comfortable, and vary the position as described. For breast cancer, for example, place the hands on opposite sides of the patient's breast, for colon or prostate cancer place one hand on the lower abdomen below the 2nd chakra and one on the upper leg as near the genital region as comfortable. Auric impurities near the affected area may require removal, on some patients. Aura charging is almost universally indicated in serious cases. Sealing of tears and other damaged areas of the field will be needed often, especially for patients who have received radiation therapy. A positive attitude on the part of the healer is important, also.

For those patients who have cancer in danger of spreading, perform an intuitive reading of a body outline, asking for information on which areas of the body are susceptible to spread of the disease, and treat those areas. Seek to contain the disease in this way, in addition to treatment of primary affected areas. If you are accomplished with visualization, see any and all tumors shrinking as you conduct the energy, but be sure you maintain transparency and effortlessness as you do so.

End cancer treatments by again treating the 7th chakra, and finally by grounding once again. Patients with cancer will benefit from a treatment regimen that provides for very frequent treatments — even every day in serious cases.

#### **Diabetes:**

Always treat diabetics from the lower chakras upwards (start at the lowest chakra you usually treat, the 2nd chakra, when treating the front of the body, and move upwards, as you usually do in the back). Treat the pancreas by sandwiching it with the hands, one palm over the pancreas on the front of the body, one hand on the back of the body, while seeing the energy surround and energize the pancreas. Treat the pancreas, and the 2nd and 3rd chakras, for an extended period. Treat diabetics 2 times per week.

#### **Neurological Diseases:**

Treat from the lower chakras up, as with diabetics, and treat the 7th chakra for an extended period, using the Star. Treat any auric impurities or damaged areas around the head or neck. Treat 1 to 2 times per week.

#### **Diseases of the Lungs:**

After the first round of chakra positions, diseases or weaknesses of the lungs are treated by placing the hands in a specific position on the chest cavity, with the patient sitting, as follows:

Place your right hand on the front upper left side of the patient's chest, below the shoulder and 2 to 3 inches above the left nipple. Place your left palm on a position on the patient's back directly opposite your right palm. Maintain this position, sending the energy through the hands and into the chest cavity, into the left lung area. Once this is finished, treat the right side of the chest, the right lung, in a similar manner, placing your right palm on the front side and your left on the rear. After treating the right side, the heart chakra is treated again by placing the right hand over the front and the left hand on the rear of that chakra, and sending in the energy for several

moments. Some critically ill patients will not be able to sit up, and this lung treatment may be conducted with the patient lying down, by placing the right hand as described, and placing the left hand under the body below the right, while treating the left and right sides. Place both hands, gently overlapping, over the front of the heart chakra, at the end.

**Infectious Diseases or Infections:**

Treatment must always be in addition to conventional medical treatment using antibiotics, etc. The patient under siege by one of these microorganisms will be weakened, and will require strengthening by the healer, including aura charging for all patients. Fever, when present, requires that the treatment be of shorter duration, half the usual time at each position.

Certain chakras may display an unhealthy feel, be blocked, show poor color hue, and draw extra energy during hand placement, requiring additional energy work, with certain diseases, as listed:

- Poliomyelitis:.....5th Chakra
- Herpes:.....Chakra nearest affected area.
- Mononucleosis: .....4th chakra. Arms also.
- Candida: .....4th chakra, 3rd chakra, and 2nd chakra.
- Syphilis or Gonorrhea: .....2nd chakra.
- Tuberculosis: .....Treat as under Diseases of the Lung.
- Pneumonia:.....Treat as under Diseases of the Lung.

**Diseases of the Internal Organs:**

For diseases of the kidney, liver, stomach, pancreas, gall bladder, intestines, etc., treat as usual, but spend extra time on the chakra nearest the affected organ. This related chakra will often give off an unhealthy feel, show poor color, be blocked, or draw extra energy during hand placement. This will often be the 3rd chakra, but it will be possible that the 2nd chakra may require attention as well (with the lower intestine, for example). Treat the diseased organ directly, also, by having the patient sit up, if possible, and placing the right palm directly over the organ on the front of the body, and the left palm on the back of the body directly behind it. Send the energy to the organ, with it sandwiched between your palms, for an extended period. See the energy penetrating into the body, between your sandwiched hands, to the affected organ. Treat 1 to 2 times per week, depending on severity.

**Mental Disorders:**

For patients with psychological disorders, it is impossible to predict the effect of treatment. You must proceed with caution. Treat the person for a short time, one-half or one-third of the normal treatment time per chakra, and note any effects. Proceed carefully.

For emotionally or mentally disturbed patients, perform a shortened treatment first, and then check with the patient, during a 24-hour period afterwards, to ensure no unsettling effects manifest. Should treatments prove safe, you will find that a standard treatment will benefit these persons. Should any chakras seem to require extra energy or display an

unhealthy feel or poor color to their functioning, treat them with the energy for an extended period.

**Disorders of the Ears and Eyes:**

For diseases or conditions of the eyes, have the patient close the eyes, and place your hands over the eyes, one hand over each eye, with the palms over the eyeball. Send in the energy in this position.

For diseases or disorders of the ears, place your hands on the sides of the patient's head, one hand on each side, with the palms over the ears. For patients with hearing loss or similar hearing problems, also treat the 7th chakra for an extended period.

**Recovery From Surgery:**

Treat the affected areas with extra energy, and also treat the chakras nearest the area affected for an extended time. Auric impurities near the affected area may require removal. This procedure, as part of a general treatment, is restorative and highly beneficial.

**Care For the Dying:**

For patients who are dying, treatment is still very beneficial. The conduction of the energy is a comforting measure. Seek to provide rest and comfort to the patient. Should any chakras in the chakra system have an “unhealthy” feel, show unhealthy color, or seem to require extra energy, treat all such chakras for an extended period. Treat the patient, in any way you intuitively feel is beneficial, or feel guided to do. The patient who is dying benefits from treatments twice a week.

**Pregnancy:**

Pregnant women must always lie on their side for treatment. You may alter the usual hand positions in such a way that you treat both components of the fourth, third and second chakras at the same time, if you wish. If you do so, center your right palm over the front component, and your left palm over the rear component. A mother who has given birth will benefit from a treatment after recovering the birth process, with extra attention to the areas of the lower abdomen affected, and 2nd chakra, but it is not necessary to also treat the newborn.

**Colds and Flu:**

For persons suffering from colds, passing viral illnesses, etc., you may give frequent treatments, but of shorter duration, one-half or one-third of the usual time on each chakra position. These short treatments are a tonic to the sufferer, but a longer treatment tends to tire the body.

**AIDS:**

During the standard treatment, it is important to impart a quality of stillness to the energy flow, feeling the stillness in yourself, and passing this on as the energy, instead of as an energizing force. Seek to strengthen the patient. There will usually be energy loss from leaks and tears in the auric field, all over the body and over chakras, and these should be

sealed. Aura charging, to replenish energy, will almost always be required. Certain chakras will also exhibit an irregular or diseased energy to them, poor color hue, and will therefore require extra energy treatment for a longer period.

The patient will often possess a weakness of the lungs and chest, and treatment of the lungs, as detailed under Lung Diseases, should almost always be included. Complications are common, and they should be treated by placing the hands on affected areas, if localized. The AIDS patient should be treated 2 to 3 times per week, and may require even more attention if the disease progresses into more frequent and severe complications, and the patient weakens.

**Burns:**

When the hands may not be placed on the body, as with burned areas, the hands may instead be placed a few inches, up to 3 to 5 inches, above the burned area, and the energy will still transfer to the patient in good quantity, although it will not be quite as effective as when the hands lie directly on the body surface.

**Broken Bones or Sprains:**

Place your hands directly over the afflicted area in addition to normal treatment.

**Children:**

Treat children for one-half to one-third the usual amount of time at each chakra position. Children should not receive more than one treatment every 8 or 9 days, also.



