

Emerald Essence

The main property of the Emerald Essence is Physical and emotional healing.

It has a great balancing effect and is especially suited for healing all issues related to the heart chakra and the eyes.

Emerald Essence is excellent as a hands on healing system, either alone or in conjunction with other healing systems. Works perfectly together with any Reiki system!

Healing

A healing method:

1. Place your hands on the person. If you are performing a distance healing, you can cup your hands together and imagine the person inside this cup.
2. Say mentally or loud: "Emerald Essence."
3. Let the energy run. When you feel that the energy is not running anymore or you somehow get a feeling that you are done, end the session. The healing energy will however, continue to work in the patient. It is also possible that the energy will continue to flow through you hands...and that you might be guided to place your hands on different parts of the body. Just keep on healing if you feel prompted to do so.

After healing a person, it's highly recommended that you

1. "Disconnects" from the receiver.
2. Do a short grounding exercise.

Disconnect

When performing a healing session, you connect to the person you are sending healing to. It's important to cut these etheric threads that are created. If you dont, it's possible to stay connected to that person. This could result in draining of your energy.

All you have to do when finished with the healing, is to make a fast "karate chop" in front of you, while saying something like "Cut all threads!" Do this 1-3 times.

Often after doing this, you will most likely feel a relief.

Grounding

After cutting threads, do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say: "I now ground!" Stand for 2-5 minutes. If you do not have access to the ground or it's just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session...because if you have accumulated too much energy in your body it could result in headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being over energized or give you new energy.

Passing on the Emerald Essence Attunement

Here's a simple example on how to pass on any attunement:

1. Relax and recharge. When you have rested for probably 5-10 minutes, rise and be fully awake.
2. State mentally or loud once: "Emerald Essence attunement queued for (name)".

Blessings

Ole