

Chanelling Healing Energy

Most of you will be familiar with channeling healing energy. You may be a reiki or spiritual healer or have done some other form of energy healing.

So you will be familiar with sensing healing energy.

Many people believe that the channeled energy varies in accordance to where it is being sourced from.

Source is the operative word here! I recommend that you always attune to the highest source of Light and Love and ask that you be a channel for healing energy.

Visualise your crown opening and feel a channel of energy, white light, flowing down through your crown, your head and through the palms of your hands.

You will feel your hands tingle with energy and they may begin to get warm.

Why do we need to channel energy?

When we channel energy from Source we are:

- More sensitive to what is going on for our client.

- Able to effectively channel healing energy into our client's aura and chakras.

- Activate the crystal energies we are using during the healing.

Exercise: Practice channelling healing energy and allowing it to flow when you feel someone's aura. What do you sense?