

## Subtle Energies & Intuitive Skills

### Physical Healing Procedure

1. Ground your body and energy, drop into Present Time, and kick back into your Meditation Sanctuary.
2. Greet, welcome and accept yourself with gratitude for all that you are in this moment.
3. Ask, "What area of pain, struggle, discomfort, etc. needs my attention?" Accept the first answer that reveals itself.
4. Localize the source of the sensation in your body. Name the location. Example: "the muscles of my lower back, right side, just above my hip bone."
5. Identify the type of discomfort you experience. Name it. Example: This is a "Dull Ache."
6. Identify the intensity of the discomfort you experience. Name it. Example: This is a "Level 4 Intensity" on a scale of increasing intensity from 0-10.
7. State the Intensity, the Type and Location clearly and concisely. "This is a Level 4 Dull Ache in the muscles of my lower back just above my hip bone."
8. Summon Physical Healing "Buddha Christ" energy, visualizing the color Rose Gold or any other image, form, color, or impression that works for you. You may also simply use the term "Healing Light."
9. Employing a specific healing intention, bathe the location in Physical Healing Buddha Christ Energy and Light for 10-30 seconds with direct touch or by intention only. Regulate the flow to meet the need as indicated by the Intensity of the discomfort and insights you receive.
10. When you sense the work is done, stop and give gratitude with an open heart filled with love for your Self and an unwavering acceptance of the process.
11. Sense what makes itself known to you next and repeat the process. There is always something that will come up next. This is success.

***Connecting Physical Presence to Spiritual Awareness and Mindful Actions,  
then Using them to Awaken and Serve.***