

## Subtle Energies & Intuitive Skills Summary

Name	Summary	Purpose	Process	Active Application Of	Benefits
Earth Energy & Grounding	The full embodiment of the slow present neutralizing resonance of Earth	To bring yourself into present time awareness	Breathe Mindfully. Focus on Breath. Create imagery connecting your body to Earth, Bring Earth Energy into your body and send it back. Extend Grounding from your body to the world around you.	"Drop in" by Grounding oneself, Grounding others, Grounding thoughts, Grounding writing, Grounding objects, Grounding spaces, Grounding anything and everything	Serenity, Peace and Calm, Heightened Awareness of Self and Surroundings
Meditation Sanctuary	A space, made in your mind, from which you see both intuitive information and analytical information and then discern what's needed in the moment.	A place from which you may elevate your ability to see, sense, feel, and know exactly what's needed in any given moment.	Ground yourself. Build a space in the center of your head. Make it comfortable. Ground it. See from it, Act from it. Live in it.	Use the gesture of a quick backwards tilt of the head to "Kick Back" into your Meditation Sanctuary. Observe what comes in and out of your space. Run the stories and choices of your life from it.	Clarity, Discernment and Decisiveness
Life Force Energy	The individual and cumulative vitality of the cells, systems, organs, wholeness of oneself and other energetic "ecosystems". Responds to focused intention and external influence.	Used as a tool of inquiry to assess then actively adjust vitality.	Ground yourself, inquire, see, sense, feel, and know about the state of your Life Force and that of other people, food, and other "living systems".	After inquiry, adjust vitality with internally focused intention and/or from external sources like: food, drink, nature, exercise, interpersonal connection, humor laughter, hugs, etc.	Improved Vitality and Outlook on Life
Holding Sacred Space	The act of bearing sacred witness, without judgment commentary or influence.	To open-heartedly provide the space to Lovingly Hold and allow that which is being held to feel being seen and given the space to freely transform.	Ground yourself. Open your heart. Turn off your mind. Surround with protection and safety. Bear sacred witness without judgment commentary or influence.	Hold Sacred Space for yourself, others and any living system or unfolding situation, as an act of loving kindness and connection without judgment, commentary or influence.	Deep connection with others, Expansive awareness, Expanding ability to skillfully express Compassion
Universal Consciousness Energy	The energy of intentionally applied creative imagery	To actively apply metaphor and other symbolic imagery to provide or "heal" what is needed in this moment.	Ground yourself. Focus. Hold sacred space. Bear sacred witness. Open yourself to imagery that comes. Then apply creative inspirations to present time needs.	See and Say (with diplomacy) and apply creatively inspired actions in the name of service transformation and healing.	Expanded awareness, Enhanced creativity, Freer artistic expression, A more poetic outlook on life. Powerful healing in service to self and others.

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Physical Healing Energy	The energy of intentionally applied creative imagery to promote healing from injury, illness, and the physical and energetic effects of emotional distress.	To help heal the body, mind and spirit through direct focused intention using creative imagery, hands on or with intention only.	Ground yourself. Focus. Hold sacred space. Bear sacred witness. Open yourself to imagery that comes. Then apply creative inspirations to present time physical dis-ease and other acute needs in short potent bursts through the hands.	Localize the disruption. Name it. Assign a level of intensity. Use hands to send a focused beam of healing light to the specific area of need for 10-30 seconds.	Increased ability to heal self and to be of greater service to others.
Spirit Essence Energy	The cumulative wisdom of all of your Spirit's past incarnations	Used to become more fully embodied as a spiritual being on a human journey. A tool to "spiritualize" the matter of your physical form, protecting you from possession and the influences of "ethereal intelligences"	Ground yourself. Focus. Hold sacred space and bear sacred witness for yourself. Open yourself to imagery and sensations that come after asking the question: "How much does my spirit love me?"	Apply when feeling dissociated, uncertain, out of body, out of control, or lost in confusion.	Greater Confidence and Courage, Expanded Sense of Self, and Clearer Sense of Purpose.
Divine Feminine Energy	The cumulative wisdom of your Spirit's past incarnations that naturally predominantly expressed the energies associated with femininity	Used as a flow when inspired to provide heart-felt soothing and loving nurturing.	Ground yourself. Focus. Hold sacred space and bear sacred witness for yourself. Open yourself to imagery and actions inspired by consulting with the part of you that embodies your divine feminine wisdom.	Apply on its own when you sense the need for the energy of Nurturing and Love. Or, apply as added specific emphasis when employing creative imagery using any of the other Flows.	Greater Access to your Feminine AND Masculine Wisdom and Expression
Divine Masculine Energy	The cumulative wisdom of your Spirit's past incarnations that naturally predominantly expressed the energies associated with masculinity	Used as a flow when inspired to provide mindfully purposeful and structural support.	Ground yourself. Focus. Hold sacred space and bear sacred witness for yourself. Open yourself to imagery and actions inspired by consulting with the part of you that embodies your divine masculine wisdom.	Apply on its own when you sense the need for the energy of mindfully purposeful and structural support. Or, apply as added specific emphasis when employing creative imagery using any of the other Flows.	Greater Access to your Masculine AND Feminine Wisdom and Expression
Kundalini Energy	The energy of an ACTIVE state of FLOW and CREATION. The rising FIRE of PRESENT TIME AWARENESS and DIRECT CONNECTION to the ECSTATIC				