

Basic Energy Work Techniques

- **Clearing:** You can clear the room before you start and after you finish with whatever method you desire including intention.
- **Your Intentions:** Intentions are more powerful than most people realize. Before you start energy work, you can ask that animals, nature and Mother Earth assist and guide you for the greatest good of all involved. This helps so that the human ego doesn't feel like it has to "control" this beautiful process. You can call on any guides you wish to such as Jesus, Mary, Archangel Michael, a loved one that's crossed over, etc. Your intentions are for love and light energy of the highest good to assist an animal or person for their highest good.
- **Basic Technique:** Tap your collarbone and thymus with your fingers. Rub your hands together to activate yin/yang. Hold your hands where palms face towards the person or animal and intend to send healing, loving and/or calming energy to the animal or person. Set your intention that the animal take as much energy as they want, for their highest good, and that whatever they don't want will go into the universe where it is needed. For some animals, you will need to start off 5-10 feet away and allow them to get used to the energy before you can get close to them and do any of the other methods. This may take a number of sessions. If they move away, do not follow them. Offer energy from where you are. If they move away again, they are done with the session. In time, they will probably seek the healing energy from you and place a body part by your hands such as their hindquarters or head.
- **Corkscrew Method:** You will take your hand and make a twisting motion over the area that has illness or pain with the intention of removing it. Then you will fling it to the ground with the intention of it disintegrating.
- **Pulling Method:** Grab the area (you do not need to actually touch the animal or person) as if you are pulling out the discomfort or illness and toss it. Your intention is that you are pulling it out and it is disintegrating when you toss it.
- **Energy Ball:** Make a ball with your hands together and intend for healing energy to fill it. Place the ball over the person or animal's mouth for them to breathe it in. The ball can also be placed over an area of the body that has pain or illness with the intention of that area absorbing the energy.
- **Self-Care:** It's easy to think of others and forget about helping yourself. You are a better channel for the energy to come through for others when you take care of yourself. Even five minutes a day can help make a difference, even if you aren't ill. You can give yourself loving energy by placing your hands on your heart and/or abdomen.
- **Grounding:** Make sure you ground an animal or person if they are not on the ground when you do the energy work. Connect their feet back to the earth by taking your hands and sweeping from their feet to the ground 3 times with the intention of grounding them. Most animals are on the ground when you work on them, but you may have put them on the couch or bed, for instance.

Make sure when you are tossing the energy from the pain or illness that you are not flinging your hand towards any animal or person as this may cause them to become congested.