

# Channeling Light

We channel light through our hands directly from Source. There are two methods to channel the light.

1. One is to **channel only with your dominant hand** while holding a clear quartz crystal in your receiving, or non-dominant hand. □ Holding the clear quartz crystal doubles your bio-field and the amount of energy you're transmitting.
2. The other is to **channel using both hands**. You may need to use both hands, for example when you are balancing two chakras at the same time: such as heart and base, throat and sacral, third eye and solar, as these chakras are linked and support one another.

When channeling with one hand, the Light moves down through our crown chakra, through our heart, out through our dominant arm and hand and into the energy field of the person we are working on. The clear quartz crystal amplifies the energy we are receiving from Source, effectively doubling the amount of Light we channel. The Source energy is received into the quartz crystal through our non-dominant or receiving hand, arm and into our heart to be sent through our channeling hand. The heart is the center point for all the Source energy to pass through before it is sent into the energy field of the person. That's why it's beneficial to have a purified heart center.

We are releasing excess energy down our legs and into the earth, where the energy is transmuted into positive, light-filled energy for all beings on the planet. We are also receiving energy from the earth, so there is a circular movement of energy happening through our legs where we are both discharging into and receiving the energy from the

earth. It is important to be grounded while practicing energy healing. Take time to ground yourself before every session. If you're not grounded, the energy will bounce all over the place and be ineffective.

When your channeling hand receives the negative energies that are being cleared, you can flick your hand to release these energies into the column of white light you have built during the set-up of the sacred space.

When you channel with both hands, the energy comes down from Source through your main energy channel through the top of your head (the sushumna), into your heart and out of both arms and hands. When using both hands to channel, you can choose to wear a quartz crystal necklace or put it in your pocket.

Always remember, the energy is not your energy, it does not come from you, it comes through you from Source, you are a conduit. Maintain a still, meditative mind aligned with the Creator as you work on the client. A session requires a lot of focus because you are tuning in. Be compassionate with yourself as you learn.

The energy you channel will also raise your vibration. Every energy session you give will raise your frequency and creates a win-win-win for you, the person who you are working on and every living being on the planet.