

Hand Movements

STILL HANDS

One of the most basic of all energy healing techniques is to use the still placement of your hands to clear and modulate imbalanced, "stuck," or disharmonious energy.

With your hands on the physical body or in the field, you simply hold your hand(s) still or move them very slightly over an area where the energy feels disturbed. Your intention here should be to return the energy to balance, flow, and coherence. At some point, the energy will feel smooth or harmonious again, or you will get the sense that it's time to move on. You may also feel the energy stop flowing from you, which indicates that it is complete in that area.

If it does not resolve in a reasonable length of time, it may be that the disharmony is a necessary part of a larger process of healing. In that case, you may want to work with both hands, one hand over the center you are working on clearing and the other hand over a complimentary chakra. For example: If you are working on clearing the sacral chakra, but it's taking too long, then put your other hand over the throat chakra (as these are centers are complimentary).

CLOCKWISE & COUNTER CLOCKWISE MOTION

When you move your hand in a clockwise motion, this will add energy to the area.

Conversely, if you move your hand in a counter clockwise motion – you are removing excess energy from that area.

HAND PUMP

Sometimes, if a center is very blocked, and won't open, then you may need to pump your hand a little bit, to encourage the energy to go through the block. At the same time, ask the client to take a few deep breaths to encourage the opening and receiving of the energy. The pumping motion massages the energy through.

PULLING OR DRAWING ENERGY OUT

Sometimes you will be pulling energies out, say when we are removing a cord or the roots of something, or perhaps we are removing an etheric object like a spear or a sword that is embedded in the energetic field. Simply grab the object and pull it out. You can also hold your hand directly over the area and intend for it to be pulled out or removed. Often, you will be sucking out energy with your hand and it will feel heavy or prickly or sharp or dull. Keep your hand there until you feel the energy stop and then flick it into the column. You don't have to know what it is.

THREE POINTED HOLD

You can use your first two fingers and your thumb together to create a focused stream of energy. You bring each tip of the fingers and thumb together and point them downward to create a streamlined energetic transmission. I use this a lot when working on my own energy field by placing them onto my skin and holding them there while channeling the energy.

