

## **Healing With Earth Energies**

### **Pimples**

Pimples and other skin surface inflammations have fire energy. You can either pull the red-orange and yellow-orange out by direct-flowing fire or you can smother it by putting tiny cubes of earth brown on it for several days in a row. Once the inflammation is gone, you may still have a bump because the earth is still there. Use direct flow or water boxes to flow the earth away, then put small cubes of grass green in the area to revitalize the skin and grow healthy tissue.

### **Broken Bones**

With broken bones, first pull out all the flame bands to reduce swelling and inflammation. Then begin adding in grass green boxes to the break. The person should feel a weaving, itching or knitting sensation. “Knitting a bone” is a magical term. Add in brown boxes afterwards to stabilize the area. If there is any scar tissue, use direct flow water blue to flow it away. Do not put plaster casts on the bones because they draw out too much healing energy and make the area too stable. Plaster casts have too much insulator, which causes resistance. Remove casts as much as possible to allow the energies the flow.