

Healing Principles

Use the information below to review the healing principles we have learned through the last nine classes. You will want to use this information as a reference for any healing work you do on yourself or others.

- Much pain or discomfort is related to stuck, non-moving energy because all life is moving energy.
- If you find a stuck place, determine what element is stuck. Consider the area on physical, mental, emotional and spiritual levels to determine the elements involved.
- Use the element interactions to help you determine which order of elements will give you the greatest effect (for instance, working with scar tissue, water moves earth, so flow water).
- Energy flows much easier along body flow lines than against.
- Use any of the three general healing techniques you have learned: boxes, direct flow (energy exchange is a form of direct flow) or Dragon's Breath.
- Use characteristics in boxes if you want to create a more specific effect.
- If pulling, create a stronger pull by going to ground and starting to flow into ground before you start pulling.
- If working on another person, asking them to close their eyes and "let go" helps.
- In working with one element, if one color band doesn't seem to work, switch to another. Pain and injuries often have multiple layers.
- If you take away energies, you might have to add in some beneficial energies to replace what you removed (sun yellow, sky blue and grass green are usually helpful).
- Repetition of certain healing techniques may be necessary since the person's body, mind or spirit may keep re-manifesting the pain for a while.
- Always check in with the person you are working with every 30 seconds or minute since he or she can be a useful guide for the effectiveness of your healing.