

Hand-to-Hand Water Exchange

For us to have a healthy emotional state we need to have feelings that are moving and well processed – we need emotions, which are energy in motion. Because water is inherently stable, it's easy for us to develop stuck or stagnant emotions, which means we are no longer emotionally healthy. Stagnant water tends to produce depression, grief or an inability to accept fire energy, the prime mover in this Universe. Water needs fire to move, and fire can't get into water without air, so for water to move, we need to have both air and fire.

Using the following hand-to-hand water exchange you can help another person move their water, determine if the water needs adjusting, and balance their water by adding in or taking out certain elements. This exchange can easily uplift another person's emotional state, and calm emotional turbulence.

1. Start by letting the person you are working with know that you are going to flow their water through you and give it back to them. The purpose is to balance their energies and calm emotional turbulence.
2. Connect with a convenient electrical ground with your foot. Your foot does not have to be directly on the ground – you can use direct flow if the ground is some distance away. Have a pan of water by your feet to dump water if needed.
3. Seat the other person across from you in a comfortable position. Make sure you are also in a comfortable and stable position. You may also want to have your color chips laid out on a nearby table or stand so you can look at them while you are working.
4. Put your input hand in their output hand, and your output hand in their input hand. If your output hand is on the same side as their output hand, reverse your energies so that you are receiving through your output hand and giving back energies through your input hand. By now you should have worked with enough energy flow to be somewhat ambidextrous.
5. Ask the person to close their eyes, let go and allow their water energies (feelings and emotions as well as physical water) to flow.
6. Pull water blue in through your input hand while looking at your water blue color chip to make sure you are pulling the right color.
7. As you pass the water energy across your shoulders, determine its balance by the way you feel. Too much yellow orange energy feels like tension and turbulence, while too much red orange energy feels like anger and rage. If there's too much fire, ground the fire energy out into an electrical ground; too much air, ground out air by flowing it out of your foot into a corner. If there's too much water, put your foot into the pan of water and flow out some water. When there's not enough air the water will feel heavy and sluggish.
8. As you flow the water back in, you can add in additional colors and characteristics as appropriate. Be careful about putting in too much air, it may cause gas pains in the abdomen. Be sure and look at the appropriate colors as you add them back in.

9. Flow water until the energies are balanced. Check in with the person every minute or so to see how they are doing. Once you are ready to stop, release their output hand first, flow their remaining water across your shoulders and back to them, then release their input hand.
10. Do any additional energy balancing that may be needed with boxes or other techniques.

Caution: If you get blue-black energies from the person whose water you are flowing (buried unconscious energies), you have to stay with them until the water becomes clear blue again. It may take a number of hours to do this, plus some special techniques beyond the scope of this course! Be sure and plan enough time for this exercise. If for some reason the person's water flow suddenly stops, don't force it, as it may be an indicator of blue-black energies. Simply stop and return their energies to them. You may need to use another method such as box adjustments to balance their energies.