



## Guiding of your Spiritual energy

### **How to open yourself to the conscious control of your Spiritual chills:**

To do this, first you must realize that, when you experience goosebumps from any positive outside or external stimuli, there is a lot more happening inside of you.

That euphoric wave you are feeling is your spiritual energy and what I refer to as spiritual chills.

This “energy” is basically emanating from your “true self”, your spiritual body.

With that in mind, you can now use experiencing goosebumps through any positive way that brings that energy up as an opportunity to analyze and become familiar with that energy to eventually will it back up then practice moving it in your body.

### **Let's test this out:**

Use any of your favourite positive way to activate your goosebumps or only the spiritual chills, immediately use your breathing to amplify it and make it last longer, by consciously breathing in and out slowly through your nose.

Then close your eyes and put your attention on an area of your body that this energy usually doesn't appear.

This should be enough to make your spiritual chills reach that location because in every case your spiritual chills will

always follow where your attention is/goes.

So, if you usually focus on where it appears, it will mostly stay there.

Bring it back up but this time notice that this gas-like-energy moving in you has a temperature. For some it's hot and others cold

### **Now that you have achieved this:**

You should be able to will where you want your spiritual chills to go to in your body and thanks to the previous tutorial, feeling this anywhere should also be easy for you.

*(Guiding it is simple and gets easier over time by putting in the effort to practice it at least once for 15 minutes everyday.)*

**For those who are interested to do more,  
here's how to guide your energy outside of your hands to perform energetic  
awakening/clearing/healing sessions:**

Since you activated/cleared the pathways of your arms in the previous tutorial, you can easily summon your spiritual chills on your arms and especially your hands. *(Your hands are two major entry and exit points of your spiritual chills.)* This can be used to do practices like reiki, energy transference and to awaken someone's third eye.

**-For energy transference and healing:**

*(You need to have this energy exit your hands.  
Doing this will require a mixture of your imagination, feeling and intent.)*

Start by simply imagining that you are thrusting forward your hands, to the point of you feeling as if you are really doing it. You can also imagine that you are only moving your hands in a fast way, to the point of you feeling as if you are really doing it. Another way is to rotate your attention in the palm of your hands *(just like in the previous tutorial)* until you feel it activated.

This should be done until you see your hands sweating. That is a sign letting you know that your hands are ready. *(If your hands normally are always sweating either use the added sweat or the intense vibration or heat as a sign that they are ready.)*

Now before sending your spiritual chills to your hands, focus on an intent you want to imbed your energy with. It could be a feeling or just an idea that truly moves you. Once you've decided it, now bring up your spiritual chills thanks to your favourite method *(if you simply can't will this energy yet)* while focusing on the palm of your hands to have your energy reach them.

Since your hands have been activated and your spiritual energy imbedded with your intent has now reached them, By constantly sending your spiritual chills to your hands, you can now use them to transfer energy or healing purposes.

**-To awaken someone's third eye:**

*(The steps are exactly the same as in the **energy transference and healing** part but you have to use your hands either touch the middle of that person's eyebrows with your index finger or the palm of your hands while sending your imbedded spiritual energy to your hands)*

### **-To clear your auric field:**

Find a location or go outside when there is a lot of wind.

Start by exhaling through your nose consecutively while activating your spiritual chills all over your body.

This will cause a reversing effect, instead of absorbing energy or rising energy in yourself, you will be activating the part of you that propels energy away from your spiritual body to your auric field and even further to the atmosphere of the location you are in.

This is a great way to clear your auric field by doing this in windy places because it will push it away from you, clearing the undesired aura right away.

### **Here are a few of my personal methods to amplify your spiritual chills:**

*(It's important that you have found ways to bring your spiritual chills back up, even if it's an external stimuli like a song that you always have to use to do so, or something internal like an emotion. These all offer you an opportunity to analyze this energy and become familiar with it to eventually be able bring it back up on demand without any stimuli.)*

-Breathing in slowly and deeply with your nose helps extend the life of your spiritual chills and even guide it upwards your body.

-Breathing in slowly from your nose to the roof of your mouth (*where the canal of your nose connects to your mouth*) helps you amplify the amount of your summoned spiritual chills.

-Duplicating the feeling of either cold water or cold temperature from the atmosphere in your body while breathing in slowly and calmly with your nose and imagining cold air reaching your stomach is a great way to have your spiritual chills activate or increase their intensity.