

## Introduction to Distance Healing Practice Session

Do the opening session here.

### Initial Scanning and Diagnosing

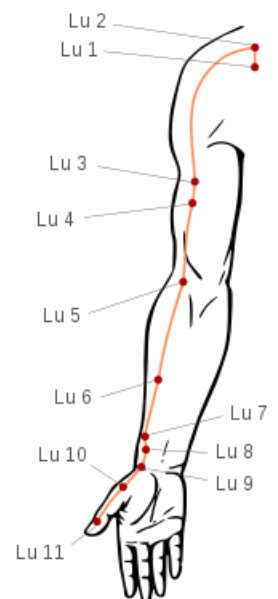
- 1) Initial clearing of the “low hanging” turbid or toxic energy: Inhale and “comb” down the surrogate from head to toe and pull off any toxic or turbid energy that is easily released. As you exhale, release this energy into the vortex that was created on the floor in the opening session. The intention here is to release any turbid or toxic energy that is on the surface in the fields, ready to be released, and that can be easily cleared. Do multiple combs on the front and then repeat on the back of the surrogate.
- 2) Initial pass to get a general idea of the energy: Do a swipe down the front of the surrogate with your hand from head to toe to get a feel for what the energy is like.
- 3) Diagnostic pass: Do another swipe from head to toe, paying close attention to the details. Do you feel areas of hot, cold, emptiness, vibration, etc. in a certain area? Do you feel places where your hand feels like it is being pushed away or being pulled towards the surrogate? Make note of these area in your mind.
- 4) Repeat steps 2 and 3 on the back of the surrogate.

### Taiji Pole and Organ Support

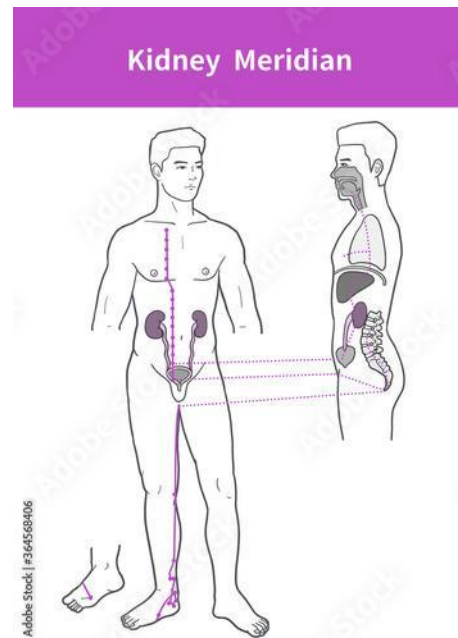
- 1) Again, lift hands in the same fashion as Pulling Down the Heavens, connect with the Divine, bring in a stream of white light, and fill your Taiji pole. This white light comes up your arm to your hand.
- 2) Use your hand/fingers to send this white light into the crown area of your surrogate. Imagine the light illuminating the recipient’s Taiji pole.
- 3) Continue to send the light through the crown with your hand/fingers and imagine that this while light is being separated into different colors like it is passing through a prism. Send white light to fill the lungs, red light to fill the heart, green/turquoise light to fill the liver, golden yellow light to fill the spleen and pancreas, and blue light to fill the kidneys.

### Clearing and Nurturing the Organs and Body

- 1) Clearing the lungs: Starting with the right lung, clear any toxic or turbid energy by swiping your hand/finger from the bottom of the lung upwards towards the shoulder, down the arm, and off at the wrist. Exhale and release the energy into the vortex. You can make multiple passes. Then do the same thing with the left lung. See image for the lung channel.
- 2) Clearing the liver on the right side of the surrogate: Imagine pulling the turbid or toxic energy up and off then sending it to the vortex. You can also remove excess energy this way.



- 3) Nourishing the spleen on the left side of the surrogate: Ask for some warm yellow light from the Divine and use your hand/fingers to send that into the spleen.
- 4) Nourishing the kidneys by going to the feet of the surrogate: Connect to Divine blue light and send that up through the soles of the feet. The kidney 1 point is at the bottom of the feet and is part of the kidney channel that you are using to nourish the kidneys. See image for the path of the kidney channel.
- 5) General clearing of what you found during the initial and diagnosing passes: Circle your arms upwards (as in the Pulling Down the Heavens exercise), get in touch with the Divine, bring down a ball of white light, and send it down your Taji pole. Using your right hand/fingers, nourish the areas that you perceived need support with this healing white light. If you found areas that were hot or had excess, you can pull the energy off and send that into the vortex. If you are sending white light into an area and something is releasing (which may feel like a “pushing back” sensation), turn your head to the side and blow out, releasing that into the vortex.



### **Balancing the body and locking in the Qi**

- 1) Bring energy through the recipient's Microcosmic Orbit using the surrogate. Stand on their right side and move your fingers or hand in a circle above the surrogate to direct the energy up the back and down the front. Use your intention to move the energy.
- 2) Collect the energy at the surrogate's navel and make three rotations in each direction.

**Do the closing session here.**