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Category: Balancing, Grounding and Integrating

Subcategory: Energy Healing: Balancing Your Body, Heart, Mind and Soul

Tip: Energy Healing Technique to Balance Your Emotions

Emotions naturally have a very short lifespan. They are meant to flow through us not to be held within us. What happens though is that often we feel an emotion and we get caught up in it and it stops the flow. Whenever you get angry or agitated or upset or anxious or stressed or tense, immediately stop what you are doing and try to figure out what emotions are you feeling. By breathing deeply into your heart while you experience the feeling, you can allow the emotion to flow through you and leave. If you hold on to anger or tension or anxiety, you are imbedding this pattern into your cellular memory and over time it will begin to manifest in the physical body as pain or disease. I have found that many negative emotions are stored in the DNA. I offer clients around sixty DNA reprogramming sessions – which is one of the quickest and easiest ways I know to assist people in clearing negative emotions.

Tip: Using your breath to meditate!

Meditating and breathing are spiritual disciplines that help you to balance your energy fields and to ground. Learn how to meditate using your breath as a focus. Sit on a chair, feet to ground, spine erect, hands clasped and eyes closed. Take five deep breaths and begin to focus on the rhythm of your breathing. Say "In" as you inhale and "Out" as you exhale. If you become distracted, don't beat yourself up. Just return to your focus as soon as possible. THERE IS NO RIGHT OR WRONG WAY TO MEDITATE. Meditation will eventually calm your mental body if you do not give up on it first.

Subcategory: Energy Healing: Grounding

Tip: Energy Healing Technique for Grounding

One of the quickest and easiest ways to ground your energy is to close your eyes and take ten deep breaths. Visualize your favorite tree. Pretend that you are a tree and visualize your arms being branches. Anchor your feet firmly into the ground and visualize thousands of roots extending deeply into the earth. This is a great exercise to do whenever your energy feels really scattered or you feel spacey.

Category: Energy Dynamics of Your Relationships

Subcategory: Energy Dynamics of Your Relationships

Tip: Chakra Orientation and Relationships

Although we each have seven energy centers or chakras in the body and five outside of it, human beings tend to funnel their energy into one of them and this affects how we perceive the world and how we interact with others. Most people funnel their energy through the first chakra at the base of the spine and they filter life primarily through the physical senses. Others funnel their energy through the fourth or heart chakra and they experience life primarily through their emotions and feelings. Others funnel their energy through the fifth or throat chakra and they filter life primarily through their thoughts and ideas. A relatively small number of people funnel life through the sixth and seventh chakras - the inner/third eye and crown centers, and they perceive life with the awareness of unity with all that is or was or ever shall be.

Tip: Choose your friends and sexual partners wisely!

A human being can be viewed as an energy system or a field of energy. The people that you hang out with or work with are important, because you become attuned to or resonate with their energy fields. When these people experience anything that emotionally sets them off, their energy fields swell and they literally reach out to the human energy fields around them and suck them into their energy vortices. This is perhaps OK when the person is happy, but not so good when they are angry or depressed. It is perhaps even more important to choose your sexual partners carefully. When you engage in sexual acts with another, you are trying to reach at-one-ment with that person. What happens is that your two (or more) energy fields merge together and your body will retain the energy of that other person for a month after the sexual act even if it is just an one night stand.

Tip: Energetic First Impressions

Subconsciously, we all trust our first impressions and realize how important they are. When we meet someone for the first time, what happens is that our energy fields mesh together and they exchange information. If our energy fields complement one another in any way, we begin to feel that we like this person and we want to further the relationship. If a karmic relationship is involved, we feel more strongly drawn to that person even if we don't like them and often we won't. These are the people we really obsess about and we don't know why. When we feel neutral about someone or instantly dislike them, usually our energy fields don't match and we can learn nothing from them. For example, when an old soul meets a baby one, usually they won't like each other because with such dissimilar soul ages, there is little opportunity to either teach or to learn. This is how we draw into our lives the people we are meant to share them with.

Tip: Release the need for drama!

The soap opera aspects of our lives are like the waves that agitate the ocean without changing the inherent nature of the ocean. The dramas in our lives appear much fiercer

than they really are. They cannot upset us permanently unless we believe them and act upon this belief. Become aware of all of the drama that surrounds you. You will be shocked by how much drama is imbedded into our lives, our work environments, our families, our friends, etc. The more you can detach from this drama, the happier you will become. This is why spiritual teachers stress the importance of calming the mind and releasing attachments to people, places or events.

Tip: The Mirror Effect

Our souls attract into our lives people who mirror our own patterns back to us. If there is anyone in your life that you really hate and cannot stand to be with, look at what personality traits that person has that really irritate you. Almost always you will find that this is a trait that you have as well. You cannot stand it in another person, because you do not like what you see in yourself.

Category: Energy Healing and the Angels

Subcategory: Energy Healing and the Angels

Tip: Archangel Chamuel and the Adoration Ray

Archangel Chamuel is helping humanity to anchor in the energy of the Adoration or Pink Ray. The focus of the Adoration Ray is on love, compassion, gratitude and the goodness of life. It will work to help you in initiating new friendships and relationships, repairing strained relationships, generally in getting along with others, balancing current friendships and enhancing on a day-to-day basis interactions with those you come into contact with. Often you can receive most of this gift simply by asking the archangel to transmit it to you. The angels, archangels and seraphim honor your free will so you do have to ask for angelic assistance.

Subcategory: Energy Healing with Archangel Gabriel

Tip: Archangel Gabriel or St Gabriel and the Harmony Ray

Archangel Gabriel also known as Saint Gabriel is helping humanity to anchor in the energy of the Harmony or White Ray. The primary focus of the Harmony Ray is on "trueness" in communication, harmony with Self and with all Beings, purity, perfection, and love. Also, this ray and St Gabriel the Archangel will assist you in developing and utilizing your intuitive ability more fully. The Harmony Ray will enhance your spiritual elevation and will assist you in the realization of your total potential. It will harmonize all necessary factors which will aid you in achieving your goals. Often you can receive most of this gift simply by asking the Archangel Gabriel to transmit it to you. The angels, archangels and seraphim honor your free will so you do have to ask for angelic

assistance.

Subcategory: Energy Healing with Archangel Raphael

Tip: Archangel Raphael or Saint Raphael and his Angel Link

There are five Lightarian energy healing sessions involving the angelic kingdom. Archangel or St Raphael has stepped forward to support us with an infusion of angelic courage and divine healing. We call Archangel Raphael "the Illuminator," because he also provides a "Torch of Angelic Light" to help you "light your way" through life! With St Raphael's assistance via this Angel Link, you will be able to more effectively avoid the challenges and the hurdles...and also more clearly see the opportunities and spiritual rewards that lay ahead. As you better light your way into the future, a sense of divine, angelic courageous action will come more naturally to you. Archangel Raphael's Angel Link will also provide support for you in your healing process. Often you can receive most of this gift simply by asking the Saint Raphael to transmit it to you. The angels, archangels and seraphim honor your free will so you do have to ask for angelic assistance.

Tip: Archangel Raphael or Saint Raphael and the Healing Ray

Archangel or St Raphael is helping humanity to anchor in the energy of the Healing or Emerald Ray. The primary focus of the Emerald Healing Ray is on healing, love, humility, flawlessness and purity of heart. Also, it will allow you to better focus on a particular activity to achieve a specific goal. It will heighten creative visualization allowing creative activity to work its way through you into true manifestation in your experiences. It will support you in seeking truth in all you do. Often you can receive most of this gift simply by asking Archangel Raphael to transmit it to you. The angels, archangels and seraphim honor your free will so you do have to ask for angelic assistance.

Subcategory: Energy Healing with Archangel Uriel

Tip: Archangel Uriel or Saint Uriel and his Angel Link

There are five Lightarian energy healing sessions involving the angelic kingdom. Archangel or St Uriel has stepped forward to provide us with an infusion of "angelic beauty" that will allow you to experience the "feminine side of beauty" through a heightened sense of appreciation and the masculine side of beauty through the stimulation of your talents for creative expression. Through this Angel Link connection, Saint Uriel can assist you by enhancing your abilities to express beauty in all that you think, say and do. Archangel Uriel can also help stimulate your creativity and inspiration for artistic expression in its many forms. Often you can receive most of this gift simply by asking Archangel Uriel to transmit it to you. The angels, archangels and seraphim

honor your free will so you do have to ask for angelic assistance.

Tip: Archangel Uriel or Saint Uriel and the Compassion Ray

Archangel Uriel or St Uriel is helping humanity to anchor the energy of the Compassion or Ruby Ray. The primary focus of the Compassion Ray is on spiritual service, love for others, peace and devotion. This spectacular ray will support a Being on an ongoing basis in the many twists and turns in their spiritual journey. From channeled notes, Archangel or Saint Uriel says, "in a very direct sense the Ruby Ray of Grace will support spiritual healers, teachers and everyone seeking truths or engaged in a Divine spiritual journey. For it is this love which serves humanity." Most emphatically, it will accentuate and radiate spiritual vitality to any Being who seeks its energizing love. Often you can receive most of this gift simply by asking Archangel Uriel to transmit it to you. The angels, archangels and seraphim honor your free will so you do have to ask for angelic assistance.

Category: Energy Healing: Aura, Chakras & Meridians

Subcategory: Alternative Energy Healing for Aura, Chakras and Meridians

Tip: A description of alternative energy healing!

Basically from the perspective of an alternative energy healer – everything is energy with a certain vibration and frequency. When we are born, all of our systems, chakras, organs, meridians, DNA, aura layers and energy fields vibrate at the level of unconditional love which is optimal for physical health and well-being (this life force energy is also called reiki, prana or chi). Immediately after we are born, however, we begin to absorb the negative beliefs of our family and society and to block the natural flow of emotions through our consciousness. This creates an imbalance in our energy fields and aura and their frequency or vibration level drops and eventually this creates physical problems, disease, stress and discomfort. While most of Western science focuses on the symptoms or effects of energetic imbalances, energy healing addresses the root cause of disease, stress and discomfort. Sometimes the root cause of an energetic weakness may be related to karma or a past life. Alternative energy healers act as facilitators to assist people to upgrade the frequencies of their physical, emotional, mental and spiritual energy fields back to the original level of unconditional love so that imbalances can be released. Often it can be quicker to clear things with alternative energy healing than through more traditional healing treatments and drugs. Disclaimer: There are probably hundreds of different forms of alternative energy healing modalities on the planet today and I do not profess to be an expert on all of them.

Tip: About Bill Austin: Reiki Master & Distant Energy Healer

If I was reading these tips, I would want to know who you are and why you feel you can help me. So I am giving you a little more information about me and my path. I view myself as a spiritual healer and teacher. Although I am a Reiki Master energy healer in several traditions (Usui Reiki, Karuna Reiki, Ascension Reiki, Lightarian Reiki, Sekhem-Seichem-Reiki and Violet Flame Reiki), I am drawn more to distant energy healing than to hands on energy healing. What I really love about Reiki energy healing and symbols is that it helps me to connect more deeply to Unity Consciousness and helps me to become a purer and larger channel for divine energy healing energies. I am an instructor for two cutting edge alternative energy healing modalities (Serenity Vibration Healing and Lightarian Energy Work). I have studied and worked with numerous other alternative energy healing modalities (Yuen Method, DNA Possibilities, Theta Healing, etc.). My favorite alternative energy healing sessions oddly enough are the angelic activations I do and I have never received any formal energy healing training whatsoever in this work. Of course the angelic energy healers have been training me for years but I do not have a certificate from them yet. I have been transmitting distant energy healing frequencies and spiritual initiations to clients for over four years. I have had the pleasure of helping hundreds of clients from around the world to release negative energy patterns so that they may realize more of their full potential. Many of my clients are alternative energy healers who are trying to get as clear as possible so that they can channel more healing energy and be able to assist more people. The most important areas to clear are your chakras, DNA, aura layers, energy bodies, meridians, vertebrae, etc. Releasing karma and contracts that are no longer aligned with your highest good is also important. My most popular alternative energy healing sessions are the Serenity Healing clearing and shielding sessions, The Lightarian Rays and Clearing program sessions, dissolving dysfunctional beliefs, embodying divinity, DNA reprogramming and the 12 essential programs.

Tip: Alternative Energy Healing Vocabulary

- **Aura:** The electromagnetic energy field surrounding the physical body that contains lots of information about that soul. The aura has a lot of different layers for each energy body (physical, etheric, emotional, mental, etc.) I usually work with around 32 levels of the aura although this may vary depending on the person I am working with.
- **Chakras** are energetic vortexes or centers of energy for each energy body. The physical body has seven major chakras and quite a few minor ones (examples: bottoms of feet, palms of hand, knees). Each energy body has a set of chakras and there is constant debate about how many energy bodies and chakras there are. 1st Chakra or Root Chakra governs grounding to earth. 2nd Chakra or Sacral Chakra governs creativity and sexuality. 3rd Chakra or Solar Plexus Chakra governs personal power and will. 4th Chakra or Heart Chakra governs love. 5th Chakra or Throat Chakra governs communication. 6th Chakra or Third Eye governs intuition and psychic gifts. 7th Chakra or Crown Chakra governs connection to Spirit and to the Creator.
- **DNA** - especially the master DNA cell located in the pineal gland.
- **Etheric** means "not of the physical plane of experience." Etheric energies operate at frequencies above the physical, third

dimensional level. Some examples of etheric energies are: the subtle energy bodies, auras, meridians, Earth ley lines, Reiki, etc. • Karma – The reason why we incarnate over and over again. Karma is sort of how the law of cause and effect keeps score. • Meridians: Channels of energy throughout the body. There are 14 major energy meridians in the physical body. The two most important being the governor and conception channels. Some alternative energy healing modalities I work with believe there are up to 72 meridians (and I get there really are many more than that). • Reiki – A word that means life force energy but also probably the most common form of energy healing in the world right now. There are many forms of Reiki with Usui being the primary form and the basis for many of the variations of Reiki. • Reincarnation: The idea that we each have many past lives and we incarnate over and over again to learn how to unconditionally love ourselves and others. • Subtle bodies are the non-physical energy fields surrounding the physical body where all of our physical etheric patterning, emotional patterning, mental behavior, thoughts and memories, belief structures and programs are located. These are called in many traditions the etheric body, emotional or astral body, mental body, etc. • Vertebrae and the spinal column. If I am working on a person with physical problems, there is almost always a blockage in the vertebrae of the spine. The central nervous system is very important for all forms of alternative energy healing and most bodywork modalities as well.

Tip: Choosing an Alternative Energy Healer

There are many different types of alternative energy healing modalities on the planet now and some of them you most likely will benefit from and others may not assist you at all. Healing is a dynamic process and timing can be important. Sometimes you are meant to work with a person for a while and then move on. You should always ask does this approach to healing resonate with me or not? Trust yourself for you are the expert on your body not others. It is also important when working with a healer - either traditional or alternative - that you feel comfortable with that person. If you do not feel safe or comfortable or trust an alternative energy healer, then please honor your feelings and do not go to them.

Tip: How does distant energy healing and alternative healing work?

Many alternative energy healers channel energy through their hands and work with clients usually doing some form of body work. Other alternative energy healers work with clients distantly. I am a distant energy healer and when I work with clients, I interact with them at the soul level. The healing energy I transmit comes from God – I am just a facilitator or channel who directs the energy to my client's soul. The amount of energy an alternative energy healer can channel depends to a large extent upon how clear they are energetically and how evolved they are spiritually. I am a Reiki master largely because my personal experience has been that Reiki attunements and symbols can help alternative energy healers to clear their energy fields and widen their channels so they can transmit more healing energy to the people drawn to their work. Our souls are

unlimited and they function from unity consciousness (realizing that all is one with God) so it is easy for them to communicate with each other and to transfer and receive healing energy. As soon as the soul I am working with receives the healing energy and vibrations, it looks at where the person is energetically and then downloads the appropriate amount of healing energy to the physical, emotional and mental levels of consciousness. As this happens, the chakras, energy channels or meridians, DNA and aura layers are cleared and recalibrated to reflect the new, higher vibration and frequency. This is felt in the physical body as an increase in life force energy or chi or prana or reiki or vitality. Sometimes the soul will hold on to the energy and not transmit it immediately if the illness or imbalance or disease is serving the highest good of the client in some manner energetically. One of the great things about distant energy healing is that you do not have to do anything at all – your soul does everything for you!

Tip: The difference between energy healers and psychics!

While both alternative energy healers and psychics are very sensitive and intuitive, a lot of people appear to believe that energy healers should be able to see and read and understand their issues right off the bat. Sometimes they want a psychic reading not an energy healing session. Medical intuitives do this type of thing since they bridge both the psychic and energy healing worlds. Everyone has psychic gifts but there are four types of psychic gifts: Seeing or clairvoyance, feeling, hearing and knowing. My strongest gifts for example are knowing and feeling. Many people who are drawn to hands on energy healing are feeling oriented - they can tell when their hand touches the body what an issue or challenge is for the person. When I connect with people from the heart I am downloaded with a huge amount of insights and energetic knowledge about them but a lot of it may be stored in geometries that defy third dimensional words. Many alternative energy healers are not terribly clairvoyant, however, so if you ask them what they see - they may not see anything at all. It is the job of energy healers to help people clear negative energy patterns and they do not need to be clairvoyant to do so. Also what you see would be cleared anyway so the whole thing may be a moot point. Sometimes I get insights when I am working with someone and I always share them because it often is critical to them being able to accept the healing but this is more of the exception than the norm for me.

Subcategory: Alternative Energy Healing Sessions: Aura, Chakras and Meridians

Tip: About Dissolving Dysfunctional Beliefs Alternative Energy Healing Sessions

In these powerful, alternative energy healing sessions I help you to release the negative belief clusters that no longer serve your highest good. Our minds, in many ways, function like computers in that if you have flaky programs (dysfunctional beliefs) running in your operating system, your computer (life) can become totally hosed. In a Dissolving Dysfunctional Beliefs energy healing session, we help you remove and replace your

flaky programs with positive ones. In a Dissolving Dysfunctional Beliefs energy healing session, you identify what belief cluster(s) that you want cleared. I then ask Spirit and your god self to scan your timeline across time, space and dimensions to show us all of the negative and dysfunctional beliefs, attitudes and feelings stored in that cluster. We are gathering energy blocks, imbalances and issues from not only your current life, but also from any past lives you may have had, your soul's history, your parallel lives, your future lives and your genetic lineage. We then ask Spirit and your God self to dissolve these belief clusters and any associated karma, fear, triggers, memories or attachments from your consciousness, aura and genetic code and to bring in new life-affirming beliefs from Spirit to replace the old dysfunctional beliefs. I usually am able to help people to release and clear over 100,000 negative beliefs at one time. I have cleared many of my own belief clusters and I am constantly amazed by the amount of clarity and serenity I operate from. When you clear one belief cluster, often you will experience an improvement in many other areas as well. For example, if you clear beliefs around deserving, this often helps you to also feel better about yourself, to experience better health and to attract more abundance into your life. For more information about these alternative energy healing sessions, check out my web site!

Category: Energy Healing: DNA , Chromosomes & Genes

Subcategory: Energy Healing for Your DNA, Chromosomes, Genes & Genetic Code

Tip: About DNA Reprogramming Alternative Energy Healing Sessions

One of the biggest obstacles to clearing negative emotions is clearing our genetic programming. Literally our negative emotions are hardwired into our DNA and genetic code. One of the cutting edge alternative energy healing modalities for DNA reprogramming is offered by Possibilities DNA. I have completed all three levels of energy healing practitioner training in this powerful alternative, energy healing modality and the great gift I received from this is the ability to help people release and clear the negative emotional programming from their genetic code and to replace this programming with positive emotional programming instead. For example if you wanted to clear anger from your genetic code, it would be replaced with forgiveness, love, peace, calm and mercy. Depression would be replaced with optimism, love, joy, peace and harmony. * The first energy healing level is to clear neuron programming from your brain. * The second energy healing level is to clear the morphogenetic field (energy field around your DNA). * The third energy healing level is to clear past and current life programming. * The fourth energy healing level is to clear the patterns at the soul level. * The fifth energy healing level is to clear the negative emotional programming from the Akashic Records (multidimensional library of personal and universal knowledge.) For more information about these alternative energy healing sessions, check out my web site!

Tip: DNA Activation at Birth

One of the most powerful Serenity Vibration Healing enlightenment sessions involves rolling back time to when you were born and activating the youth and vitality chromosome, the remaining 44 chromosomes and the mitochondria. By rolling back in time to activate the DNA and mitochondria at the time of your birth, you are able to elevate your consciousness and vibration so that you can hold and radiate more light. This, of course, places you on a fast track of spiritual enlightenment and higher consciousness.

Tip: DNA and the Indigo Children

One of the interesting things about the indigo and crystalline children that are being born on the planet today is that their DNA is significantly different than most of their parents. They have more codons and their genetic code is much clearer. A lot of the energy healing work in Theta Healing, Serenity Healing and other modalities is to help everyone else clear their DNA and genetic codes to the extent that the Indigos are born with. And the younger the child, the clearer their DNA is.

Tip: DNA and the Master Cell

There is a very special cell in the pineal gland that is often called the master cell. This cell holds the DNA and genetic code for the individual and when energetic changes are made to the Master Cell, it is then replicated to ALL of the DNA and genetic code in the body. A lot of energy work around DNA and genetic codes involves working with the energy of the master cell and increasing its vibration.

Tip: DNA Recalibration by the Angelic Healers

I found out by accident that the angelic healers can help with DNA as well. I was working with a client during an angelic activation session and the client was escorted by the angels to a healing chamber that I had never seen before. When I asked what it was I was told that it was an Angelic DNA Recalibration healing chamber. As soon as I finished my client's session, I went back and got the angels to recalibrate my DNA. This is one of my spiritual growth sessions now – listed on my web site in the Activations of Light session page.

Tip: Over-lighting Deva of DNA

The devas are part of the Elohim consciousness. The Elohim are responsible for the creation of forms and energy patterns. Most people who work with devas are most familiar with the devas of the plant kingdom. However there are devas for everything really. My laptop deva is the one I work the most with! In my energy healing work, I find

that I work a lot with the Over-lighting Deva of Healing and the Over-lighting deva of DNA. The Elohim and the Over-lighting Deva of DNA can also recalibrate DNA for humans and this is another of my activation of light sessions. You can contact the Over-lighting Deva of DNA through meditation or focused awareness.

Category: Forgiveness

Subcategory: Forgiving Self and Others

Tip: Forgiveness and Deceased Loved Ones

Often people we are close to emotionally die before we energetically complete everything that we feel we need to. Often the unfinished business concerns the issues and areas in the relationship where one or more parties have been unable to let go or release or forgive something. A lot of times when a death occurs, some of the grieving is about the sense of incompleteness and things that are left hanging energetically. I encourage people who are in this situation, to meditate and connect with their heart to the heart of the deceased person and continue to work on resolving any issues that require forgiveness. Almost always the deceased soul is very eager to work with you on forgiveness issues so that you and they do not have to reincarnate again to work out the incomplete business. For more information on forgiveness (how to forgive, forgiving self, forgiving others, forgiveness techniques) check out the writings link on my web site.

Tip: Forgiveness Technique Number 1.

Get into a meditative state of mind (calm, relaxed and peaceful) and think about the person or situation that is bothering you. Ask your soul for a symbol for the relationship or the event. Play with the symbol or image that you receive. If it's dark, add light to it. If it's closed, open it up. Working with things as energy is very powerful for as you transform the symbol, you transform the relationship or event as well. This is one of those techniques that is very effective, but I have no idea how or why this works. You can use this same technique when you want to resolve a problem or when you just want to get in touch with your inner guidance. For more information on forgiveness (how to forgive, forgiving self, forgiving others, forgiveness techniques) check out the writings link on my web site.

Category: Lightarian Institute: Energy Healing Technologies

Subcategory: Lightarian Institute: Lightarian Rays

Tip: The Lightarian Healing Ray

The Lightarian Healing Ray * Launches a complete holistic healing process for you. * Attunes you to the energies of Ascended Master Buddha for self-compassion and balance, as well as healing support. The Healing Ray is a simple, energetic attunement that focuses on creating on-going healing support from Ascended Master Buddha. Healing effects stimulated by this attunement will be created over the entire spectrum of your energies...from your physical body to the highest levels of your etheric "inner vibrational landscape." There are no specific time benchmarks or time limits for the extraordinary healing that is launched via this work...simply the loving, gentle unfolding of your truly individualized healing process at a pace that will serve highest and greatest purpose for you. Recognizing that each of us is fully responsible for our own healing, we acknowledge that Buddha's energetic support will simply be empowering you in your own self-healing process. As part of the Healing Ray process, a unique relationship is established between you and Ascended Master Buddha, as he steps forward to assist you in very direct, personal ways with the orchestration of this enhanced healing work! In a sense, he will serve as a healing guide for all levels of your being...all in complete cooperation with your Higher Self. "During your Earth history, my healing energies have long been broadly available to support humanity's often challenging quest for balance and wholeness. It is time for humans to take a more active, empowered role in their healing process. Via the Healing Ray, I am now making my energies available to you in a more focused way in order to raise your inner vibration and facilitate greater self-healing on all levels of your being." (Ascended Master Buddha - inspiration and source of the Healing Ray).

Subcategory: Lightarian Institute: Lightarian Clearing Program

Tip: How can I clear my blocks to growing spiritually?

Each individual comes into this incarnation with his own unique "limiting path construct" that defines the boundaries and obstacles for the incarnation experience. This "construct" provides the framework for the challenging life scenarios that need to be experienced. Within this construct we generate an extraordinarily complex interwoven fabric of limiting programs, restrictive belief structures and their associated adverse mental, emotional and physical stored energies. The vast majority of our adverse patterns are stored in the interwoven fabric or "tapestry" within our chakras, aura and energy bodies. To facilitate our clearing work, we use the term "shadow Tapestry" to define all the adverse energetic elements that blocks us as we move along our spiritual path. The objective of this first level of the Lightarian Clearing program is to release this shadow tapestry.

Tip: How can I clear my soul lineage?

At this advanced level of clearing, we are able to access a very unusual very subtle

higher vibration pattern which seems to pervade throughout our field, even to the highest levels of our spiritual connection back to source energies. It's as though all levels of our energies have a very subtle distortion or out-of-balance condition which "colors" their energetic structure. This distortion can be described as an adverse belief structure that is held at all of our levels of self and "colors" our experiences in a particular way. A special process is developed in Level 5 of the Lightarian Clearing program that is used to clear this type of adverse energy.

Tip: How can I increase my mental and spiritual clarity?

As we anchor into this plane and create our lives here, each of us has "a point of conscious awareness" that serves as a "witnessing" into this plane of experience. A part of you is in a "witnessing" mode - Watching your life unfold-both etherically and physically. We find that, metaphorically speaking, this "watcher" aspect of you acquires a pair of "rose-colored glasses!" You could refer to it as the "veil!" It's a little bit of distortion that is present that represents a "veil" over the witness point-like a contact lens with a little distortion or imbalance to it, that creates a lack of clarity as you "see your life." Through our veil removal technique, we can help you clear the energy imbalance and enable you to experience a higher level of clarity. Level 6 of the Lightarian Clearing program cleans the "contact lens!"

Category: Reiki Energy Healing

Subcategory: Reiki Energy Healing

Tip: About Ascension Reiki Energy Healing:

One of the most powerful of the different systems of reiki energy healing is Ascension Reiki. Ascension Reiki helps people to connect their energy fields with the Universal Love frequencies from the Ascended Masters, the Elohim and Creator. The attunement process of Ascension Reiki attunes each person to their Higher Self. The basic anatomy of the Higher Self is eightfold in nature. The first eight attunements of Ascension Reiki attune the eight anatomical aspects of the Higher Self (will, spirit, soul, mind, astral body, feeling body, thinking body and physical body). The ninth degree attunement attunes the Higher Self. This is a step by step process that opens up the ability of each individual to connect with their higher self and allows the Reiki healing energy to flow freely and automatically with the intent to heal.

Tip: About KorManu Healing Energies

KorManu comes to us from the fourteenth dimension, which is the full circle of past, present and future. The KorManu energy healing frequencies originates from the language of the dolphins and indeed many of the symbols are circular with flow.

KorManu is being brought to earth through the co-creative efforts of human receivers, dolphin holders and interdimensional beings who are committed to the awakening of this planet. KorManu energy healing is intelligent, powerful, creative and dramatic. It is evolutionary, therefore individuals who have received this attunement will be inspired by Spirit in the moment, and will bring through many other symbols and methods of moving Light. It is evolutionary, therefore individuals who have received this attunement will be assisted in their own personal evolution and ascension process. The First Facet is Transcendent Man/Woman. In this stage the Initiate receives the attunement for this level, and also receives a personal symbol that represents the "core" or original frequency of the individual. The Second Facet of the KorManu energy healing modality is called Master Healer and Light Bearing Receptacle. Although it is not technically a Reiki modality, you do have to have received the Usui Reiki attunements and symbols to work with Kormanu.

Tip: About Lightarian Reiki Energy Healing:

I enjoy the Lightarian Reiki attunements and these are the only Reiki energy healing attunements I feel guided to offer to clients at this time. As you receive your Lightarian Reiki energy healing attunements, various levels of personal healing will be stimulated and the vibration levels of your chakras and subtle bodies will be raised. Your mastery and capability for delivering healing energies of a higher and finer frequency to your clients will be dramatically expanded. Various latent "spiritual gifts & talents" may start to manifest and your "sense of self" may expand based on the energetic transformations launched by the Lightarian Reiki attunements. AND you do not have to learn any new symbols other than the Usui Reiki symbols. Usui Reiki Level 3 is a prerequisite to receive the Lightarian Reiki energy healing attunements.

Tip: About Sekhem Seichim Reiki Energy Healing:

Sekhem is an Egyptian word meaning power. Sekhem basically is the Egyptian term for prana, chi and ki: the all-encompassing essential force that binds the universe together and is present in all life. Seichim means living light energy and is also an ancient Egyptian system of healing wisdom. Reiki is the Japanese word meaning universal life force. Reiki and Seichim are distinctly different energy healing systems that until recently have been taught and applied separately. Sekhem Seichim Reiki is a powerful alternative energy healing modality that combines these three related, yet distinct, multidimensional energies. Sekhem, Seichim and Reiki work together as a unified triad of healing energies to completely balance and harmonize a person's physical, emotional, mental and spiritual bodies. Thus enabling the individual to carry more light and love and to anchor and ground more of the essential life force within his/her energy fields and consciousness.

Tip: Working with Reiki Energy Healing Symbols

One of the biggest challenges for people new to using Reiki energy healing is after they receive the Usui Reiki energy healing symbols and attunements they begin to worry about whether they are doing the symbols right - in the right order and what will happen if they do them wrong. I have certainly been there and done that. I would recommend that you let go of the worry and perfectionism and focus on the flow of Reiki healing energy through your hands. Once you hardwire the Reiki energies into your consciousness (usually done at the workshop where you receive the Reiki attunements) they will flow naturally more by intent than in focusing on the symbols.

Category: Self Healing & Self Improvement

Subcategory: Self Love, Self Healing & Self Improvement

Tip: Carpe Diem!

How many people do you know that spend much of their life rehashing the past and wishing it could be different. How many people do you know who spend hours thinking about the future and worrying about what will happen next. Thinking about the past and worrying about the future take away a lot of the energy and vitality you have that you could better utilize to enjoy your life right here and right now. The truth is you can never revisit your past and what most people envision for the future rarely manifests. The only thing you can impact at all is the present. Try to live as much in the present as you can. One book I read a long time ago suggested that it would be good to live as if each day would be your last upon the planet. Look at little kids – they are masters at living in the now.

Tip: Flush those energies right out of my hair

One easy technique I use all the time is a flush. I visualize myself as a cocoon of energy and then I focus on the issue that I want to release. I visualize unconditional love entering into the cocoon and flushing away the issue. Sometimes it takes several good flushes to make sure everything is gone. It helps at first to say out loud, with passion, FLUSH. This helps train your subconscious mind as to what you want to accomplish. Your subconscious mind is very literal and it takes what you say very seriously. If you have a tendency to be sarcastic and have a dry sense of humor like I do, how your subconscious mind interprets that can be very distressing to you.

Tip: Get to know your Inner Healer!

We each have an Inner Healer which knows how to heal ALL forms of physical disharmony. If you want to understand an illness, get into a meditative state (peaceful and relaxed) and ask your soul and inner healer to come to you. When you feel their presence, ask them what am I getting from this illness? What is this illness trying to help

me to accomplish? Answer this as honestly as you can. Sometimes we create an illness to draw us closer to our souls, to receive attention from others or to just avoid making a hard choice or decision. Once you find out what you are learning from the illness, ask yourself if you are willing to learn the same thing without being sick. If you honestly can do this, talk to the illness and ask it to help you to learn the same things while you are well. Ask it to transform its energy pattern of physical disharmony to another teaching form.

Tip: How do I change myself and release bad habits?

When you begin to change or fine-tune your lifestyle, make gradual adjustments and stick with them. Each month change just one habit in a small way. It takes about one month for the body to get used to the new practice, but after that month the change will become a habit. People who try to implement a whole lot of changes at one time usually totally freak out and often fall flat on their face. Often to change a habit requires that you release the friends that have the same habit or the people who encourage you to engage in the bad habit.

Tip: Learn to Muscle Test Yourself

Muscle testing is a way to access the body consciousness before the mental body and ego can screw up the answer. When most people think about muscle testing they have this image of two people working together where the person wanting to know the answer has their arm lifted and the other person pulls down on the arm to see if they are strong or weak. There are many ways to muscle test, however, and many can be done by yourself. I like the O ring technique myself. Put your middle finger and your thumb together in each hand. Then intercircle them so your right hand circle is inside your left hand circle. Keep some pressure on it but not a death grip. Begin by asking yourself simple yes no questions that you know the answer. This gives you an indication of what a yes means to your body and what a no means. After you practice and feel comfortable you can begin asking questions that you do not know the answer for.

Tip: Let go of worry!

Try to let go of worry. The more that you worry about something, the worse that it gets. People who worry apply the power of visualization and imagination against themselves. When you find yourself worrying about something, don't beat yourself up about it. Instead begin thinking about what the best possible scenario or outcome would be. When you worry about your problems, you are feeding them. Beating yourself up for worrying, however, drains your energy more than worry does.

Tip: Monitor Your Personal Energy Level

Often our personal energy and vitality waxes and wanes throughout the day. Begin to

be aware of what is going on with you energetically. Are you upbeat or down or neutral. When you are down energetically, it is hard to get anything done. One tool I use is that I have a small notebook where I jot down all the things and people in my life that I am grateful for. Whenever my personal energy dips, I take out my notebook and after reading it for a few minutes, my energy begins to rise. I always try to add at least three new items to the book whenever I look at it as well.

Category: Serenity Vibration Healing

Subcategory: Serenity Energy Healing

Tip: Angelic Rebirthing

The Serenity angelic rebirthing session is perhaps the one that is most popular with clients. Throughout time very few people have been conceived in love. Whatever occurred during your conception, the gestation period and the birthing process still have a huge impact on how you experience life and filter your reality. In this session the angelic kingdom assists you to rescript your birth. Two angelic beings will wrap themselves around the egg and sperm that conceived you and stay with your fetus throughout the conception period holding you in a space of Serenity and shielding you from any fears, concerns or less-than-light thought and word that crossed into you from the environment outside your womb. A majestic Archangel usually will assist by becoming the birth angel that removes you gently and always head first from the womb. In addition to this very powerful experience, I will also work with your god self so that when your birth angel removes you from the womb that you will be immediately anchored to Essence of Your God Self in your heart chakra.

Tip: Healing Your Inner Child

Most clients do their healing your inner child session after receiving their Angelic Rebirthing session. In this powerful inner child healing session I work with your god self and your inner child to create a cord of divine love from your God self to your inner child. The process then rolls through your entire life from birth to assist you in healing your inner child and rewriting any negative experiences that were less than light and love.

Tip: Receiving Your Crystalline Body of Light

This is the single most awesome process I facilitate for other people. In this session, I assist your god self and soul to transform the illusion of of your physical body to the reality of a Crystalline Body. This session takes place in Imphara and is facilitated by the angelic healers of light. You will be placed in a crystalline healing chamber where you will experience the full integration of your crystalline body in a four day process that

is compressed into one hour. The crystalline body carries the frequency of a crystalline vibration, which is a finer and higher vibration than the organic body is able to attain. A crystalline body can reach an higher vibration ten times faster and hold it ten times longer than an organic body can. The crystalline body is a gift of mastery. Many ascended masters on this planet have dedicated their entire lives to building a crystalline body of light. While it is an incredible gift, it also has the potential to be very destabilizing to people who have not done a lot of clearing work on themselves. Most people take this session ONLY AFTER they have done all of the Serenity Vibration Healing clearing and shielding sessions or all of the Lightarian Clearing Program sessions.

Subcategory: Serenity Energy Healing - Clearing Sessions

Tip: How do I clear, release and resolve my karma?

Resolving Karma: This process helps you to clear, resolve and release all karma that you have with any being across all worlds and dimensions and also dissolves any energy cords between you and any beings that you have karma with. This process will start at birth and roll forward throughout the rest of this life.

Subcategory: Serenity Energy Healing - Shielding Sessions

Tip: How can I protect my car from negative energy?

I would use a Serenity Vehicle Shield. Basically this is a sovereignty shield for your car, your kid's school buses, airplanes that you are on, etc. I begin by clearing the history of the car and any accident energy/karma and apply the shield to the car at the moment the manufacturing process is completed.