# Accupressure

**BASIC SKILLS FOR HEALING WITH YOUR HANDS**

Anyone can learn to heal. You must believe in you can and learn to connect to Source.

You are like the 'middleman' who brings the healing from Source to the person.

Everyone can tap into 'source' and bring in energies of higher vibration that heal and balance out the person's Chi - Qi - life-force energies.

If the person you are with has overcome the emotional problems linked to the ailment - you will be successful. This includes self-healing.

Ailments originate from many levels of our bodies - as we have seven sheath bodies.

The physical level is where we experience the final manifestation of the ailment because we live in third dimensions.

For example - if the person has problems with a hand - they do not want to do something related to the use of that hand - usually the hand they write with.

If you prefer to say a prayer or use 'white light' protection while you work - please do so.

Some people ask their Source in the healing to be sure that the imbalanced energies of the person do not come into your energy fields. You are there to balance the person.

Basic skills for healing with your hands

You may prefer to wash your hands before and after the healing.

Find a place that is quiet to do your healing.

You can use soft music or no music.

The person you are working with should be a peace and feel comfortable that you will do not harm to them – and WILL heal - or alleviate the problems.

# Day 1 - Connecting to Source

Let us first determine which hand works best for you.

Hold both hands out in front of you - palms up.

Focus your attention on your left hand and experience the flow of energy coming from your hand.

Next, mentally focus on your right hand and see how strong the energy from that hand feels.

One palm should feel stronger energy flow - hotter - more tingles - whatever your body relates to!

Now place your hands - palms facing each other - just in front of you.

Keep them about three inches - 7.6 cm - apart.

Move your hands slowly - back and forth.

Feel the lines of energy between your palms.

Now slowly move your palms further away from each other.

See how far out you can go before you no longer feel the 'pull' of energy.

When the energy stops - move your palms back and forth slightly in opposite directions and you should continue to feel the energy.

If you had an aura camera it would record the lines of energy in photos.

Now let us tap in to ‘source’!

Your mental frame of reference for Source could be - a white Light - a spirit guide - a religious figure - healing master - your higher self - yourself as a healer in another realm - the computer in the pyramid - a sea of consciousness connecting all things - the grids - something external from our reality - whatever.

Now connect with that source (Plug in)!

Allow that energy to come through you.

You may feel - hot - dizzy - exhilarated - other - depends on how out of balance you are and how your physical vehicle (body) reacts to the energy!

Get used to that energy and balance your body's flow of energy today.

# Day 2 - Healing another person with your hands.

Once you understand and feel comfortable with the fact that you can heal your hands - try a healing on someone who has a simple ailment.

Be sure the person is comfortable with you.

Ask them about the problem and anything they wish to share about the onset of the problem - including emotions related to that problem. Ex: I hate my job --suddenly I fell while on the job and hurt my back, so I do not have to work!

Now do not play shrink as that really makes people angry and you are not qualified! Just Listen.

Do not start getting into their issues - unless they want you to.

Keep the conversation brief and tell them to seek emotional help for their pain with a professional. There are many people out there with chemical imbalances who find out about them at adult age - when tests should have been done in childhood! So, who knew in those years?

Have the person sit or lay down in a relaxed position?

You can use music or just find a quiet place.

Sometimes healing in Nature works well!

Assure the person that you will do nothing to hurt him / her in any way or to aggravate the situation.

Place your hand / hands within three inches of - or on the person in question.

You can close your eyes and see your connection to Source - or you can heal with your eyes open.

If you have a specific symbol - word - or key - you would like to use - please use it as it makes you feel comfortable.

Pause and allow the energy to begin to flow through your body.

This could take a few minutes . . .

Relax . . .

Breathe deeply if that helps you connect . . .

Ask spirit to protect and guide you and not allow any of the person's imbalanced energies to affect yours --- placing you in imbalance.

Next - do a 'sweep' of the body!

Open your eyes.

Keep hands about three inches from the person's body - move your hands slowly down the body - starting with the top of the head.

You are looking for changes in temperature levels, which is an indication of improper flow of the Chi energies. If /when you feel this change tell the person. They may say, "Oh yes, I have been having discomfort there, also."

At the very least you are finding a problem.

Send that person a lot of healing energy by taping into Source and seeing it entering their body in that place.

Send healing as is comfortable for both of you.

They may tell you they feel heat - or tingles.

Many healers like to send energy through the crown chakra and feel it moving down through the person's body.

We all find the way that works best for us.

There is no specific time limit for healing. Do not look at the clock. There should be no time constraints. The amount of time you spend with the person is up to both of you!

If you receive mental image while healing someone - be descerning in what you say.

It is usually best to say nothing.

# Day 3 - Working with Plants

Find a small plant - preferable one that has problems.

Place it on a table in front of you.

Place your hands in front of you, palms up.

Tap into Source.

Feel the energy start to move through your body . . .

Feel the vibrations in the palms of your hands . . .

Place your hands on either side of the plant (about three inches away from the plant).

Send energy back and forth between your palms.

Imagine the flowlines of positive energy between your hands.

Allow your mind to become one with the plant - connect energetically.

If you are telekinetic - the plant - or its leaves - may move slightly!

You may receive mental images from the plant.

'See' the plant healthy.

You may have to repeat this daily for several days.

# Day 4 - Healing Yourself

Sit down or lie down in a peaceful place . . .

Extend your palms upward . . .

Feel your connection to Source . . .

Feel the energy moving through the palms of your hands . . .

Relax . . . Breath deeply . . . Close your eyes . . .

Mentally connect with your physical body to see where there is pain . . .

Now place your hands on that area and send the healing energies.

If the pain is in your back. You can send healing through the front of your body, and it will reach your back . . .

If you do not have pain . . . just place your hands on your heart chakra and send energy of light and love. It will make you glow when you meet others today! Pay attention to their reactions to you.

If your pain is emotional . . . placing your hand on your heart chakra will work in the same way to help alleviate the pain.

Of course, you cannot erase emotional pain using your hands - but it can raise your frequency and lift some of the depression. It can bring you some balance.