

Energy Therapy on Others

Instructions:

Before you provide energy therapy to others, it is very important for you to do the dynamic meditation on yourself. You have to be in the optimal state physically, emotionally, mentally and spiritually. All of us have some blocked energy within us, no matter how much transforming or meditation we do. Remember to open yourself up completely to allow all your internal energies to flow freely. After the dynamic meditation, you will be ready.

Setting up for the session is quite simple. Seat the person in front of you a few feet away on a chair or couch. Make sure there is enough distance so that both of you are sitting comfortably with enough leg room. Make sure the person receiving the therapy is sitting comfortably without any strain.

Briefly explain to the person you are treating what you will be doing. Tell them that you will be sending them universal (spiritual) energy through your hands and you will be directing it to every part of them physically, emotionally, mentally and spiritually. Let them know that the energy will naturally be guided to where it is most needed. You can emphasize that this is a very gentle process and they need not be nervous or scared. The more calm and relaxed they are, the better it works.