

## Energy Therapy on Others

### Script:

*“Please close your eyes and take a few deep breaths. I am now sending you powerful universal energy. Let this energy enter you and go deep within. This energy will help you to heal on all levels, physically emotionally mentally and spiritually. For the next few minutes keep your eyes closed and enjoy the experience!”*

### Treatment

Option 1: Sit facing the client, palms out towards them. Visualise the energy from your hands pouring over the client. This intelligent energy requires no guidance and will find its way to where it is needed most. Continue this for about 15 minutes. With practice you can increase the time, go with what you feel from within and always follow your heart.

Option 2: Sit facing the client, palms out towards them. Visualise energy coming from your hands and direct it towards each of the major chakras: The Crown, The Third Eye, The Throat and The Heart Chakra for approximately 3-5 minutes (or any other chakras that you are guided to).

Option 3: If a client requests treatment for a particular condition or ailment, you may do so by directing energy to that particular body part. Such as: knee for knee pain or kidney for kidney cancer etc. Please do so in conjunction with either of the options above for a more comprehensive session as we may not be aware of the true source of their condition.

### Completion

At the end of the session: *“We have now come to the end of the treatment. Take a few deep breaths and when you are ready you can slowly open your eyes.”*

Explain to the person you just treated that they may feel different over the next couple of days. This is like a natural detox to release any blocked energies. Ask them to drink lots of water, relax and sit in silence for a few minutes a day.

After performing energy therapy on yourself or another person, always brush the aura of your client from head to toe. You may also brush your own aura from head to toe and send away any unneeded energy that you may have picked up during the healing.