

Healing 101

Energy Problems & Healing

Nicole Lanning

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For everyone who wants to work on healing their life..

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Many of you may be seeing the contents here of this book and think this is a short book; however if you look and see the main areas of this book are going over energy problems and healing methods which is extensive here for each area. This will explain to you all of the different issues one can have within their energy fields, PLUS healing methods you can do at home for your healing work. This is a no fluff and no filler book. Just a plethora of information for you to get started on your healing pathway!

Introduction

“Healing is something we can do to help ourselves in all areas of our life. We don’t need to be in the worst position possible to start; you just have to know how to get started!”

Hello Everyone! My name is Nicole Lanning and I am a natural born empath and psychic intuitive healer. I have always had these abilities and have developed them over the years with a variety of teachers and mentors of my own along with my own spirit guides and their guidance. I have learned over the course of 20+ years (currently) over a thousand different energy healing modalities along with my own channeled energy forms to use for healing work. It is all about learning where the energy flows for certain areas, how they are connected together and what root problems are there as well as correcting and repairing these problems to get the person's energy back to where it should be. In this book here today I will be explaining a lot of the different

problems one can have within their energy fields and some basic things you can do at home to get started with healing work. If you have any questions about anything listed here you can contact me at support@healingartforms.com

For the book you are about to read I have this broken down into a few different chapters. One thing you will find little of in this book is a bunch of fluff. I am someone who cuts through all of this and gets right to the point to explain what is going on, what problem areas are, how things manifest, where the problems reside, how to get started with healing work and so on. I am not the type of person who will explain something fifty different times the same way, or will go into a lot of stories building and building up to the same thing. I am a no non-sense type of person and just want to get down to the problem and help my clients. If you are looking for unicorns and rainbows here you won't find it. Just a lot of information to help you with your healing!

I will be covering information on what healing work is, different forms, how this works, problem areas that many practitioners don't even know about until they have been doing this work for some time along with ways to get you started on your own healing. With the basis of healing work you it is best to find the root causes of these issues. You have to know what the problems are you are working on in the physical so you can find what they are on an energetic level. From there you have to know where to look for them, know how to work on them and heal any damage. It can be done for even some of the worst case scenarios I have seen for physical, emotional, mental and spiritual issues. The purpose of this book is to give you information to get you started on your healing pathway. If you get stuck on an area or just don't know what to do; send me an email as I answer all client emails personally. Let me know what you are dealing with and I can offer some suggestions for you as well! Happy Healing Everyone!

Healing & Energy

"Healing is something that everyone can do in their life. It is about understanding what is out of balance, where the root problems are and how to get things back in balance!"

Let's get started with going into detail about energy and healing work. First let me say that everything is energy. Many of you may have heard this from other people (healers and non-healers alike) that everything is made up of energy and this is completely true. You are, your friends and family are, the house/home/apartment you are living in is, your pets and animals, the trees outside, the grass under your feet and so on. Everything is literally made up of energy. So if we are all made up of energy and energy can have problems within the flow; it is easy to see how we can work on healing these problems once we find where they are located for our energy fields.

The energy that makes up a person, place, environment and even our own planet all have patterns that carry the energy flow to and fro. For the Earth these are called the grid lay lines that move the energy and everything on the planet can be located on this grid format. That is why we can see energy hot spots around the world and people say certain areas have healing powers. This is because the energy for the area is very high, vibrant and free flowing for where the lay lines intersect. This is also the same for a person's energetic makeup. We all have energy patterns that makeup who we are on a vibrational level. Certain ones function for certain reasons and they are all interconnected as in a major interstate system with on and off ramps, rest stops and yes, even traffic jams and accidents. These are what can be seen as the problems within one's energy patterns.

When looking at someone's energy it goes into this much deeper than many people even realize. When someone starts into the field of healing for their energy or to help someone in their family or even others the main areas that they learn about are their auras and chakras. These are only two main areas of one's energy fields. For example, let's say you are working on your seven main chakra centers here and notice there is a problem at the root chakra. You clear this out and then get the energy flowing and balanced again but only come to find out that the issue comes back.

Why did this happen? The root chakra is not a single area for one's energy fields. The root chakra is also connected in with your other main chakra points along with your energetic alignment, programming patterns, soul level, belief pattern and so on. There are many many other energy patterns within our energetic makeup that define who we are on the physical, emotional, mental and spiritual plane by the energetic patterns of who we are. This is why I say when you look at a person's

energetic makeup it literally looks like an interconnected major interstate system with on and off ramps from where the patterns connect in with others, and traffic jams and accidents where there are problem areas. It goes so much deeper than our basic chakras and auras which most people just stop there with their learning for healing work.

When you get started these are great places to begin, however you want to look deeper for root causes of issues within one's energy fields, especially if this is an issue that has been going on for some time. It didn't start out big and large and create a huge traffic jam, just as accidents on the interstate don't either. Do the multi-car pile-ups start this way? No, they start with one or two cars that lose control for some reason and this starts a major accident. Just as within one's energy fields it starts out with one or two small things and then can quickly spiral out of control depending on what connecting areas are there, problems within them, vibrational levels, energy flow, etc.

Let me give you an example. Let's say you have a blockage in one of your energy patterns and you do not know this is there. What can happen to this? Well depending on the person, pattern, vibrational level, energy flow, etc. a lot of things can develop here, but generally none of them are positive. The blockage could slow down the energy flow for the area. This could cause the vibrational level to drop which can cause more pooling energy in the pattern. The blockage could also break apart causing energetic debris and floaters for the energy pattern (we will get into these here later in the book as well). What happens to this in the physical format of our life? This depends on what pattern these issues are in. Let's say these are in one's soul mate pattern. What can this do now? For this area it may show in the physical format as a person who cannot find their soul mate, one who may have a lot of resistance with their soul mate or one who

simply feels they do not deserve a soul mate connection. How these manifest in the physical format of our life also is based on not just this one single pattern but all of the connecting patterns as well. Again with the soul mate pattern this is connected in with the basic love pattern, love meter pattern, self-love pattern, soul level and so on. It is not just about one single area as I explained about in the chakra example above.

Everything is all about balance for one's energy fields. This is where healing work, scanning and finding the root problems come in. If you fix one area this is wonderful! However if you have problems in other connecting areas or have not found the root problem, this is still going to be an issue here. It may not be as strong or as intense of an issue but it will still be here. I have seen thousands of clients come to me and say they got a healing here or there and it just touched the surface of the problem and it came back or it's not as intense before but is still there. This is because the root of the problem is still within their energy fields. It is just like working in the garden and pulling out all of the weeds. You have to get the root of the weed when you pull them or they simply keep coming back. They start small and continue to grow. This is why it is so important to work on all areas of one's energy fields, scan for all problems, see where the connections for the patterns are, what areas are flowing into them causing more issues and work on them as a whole and eliminate all problems along with the root cause!

You have read now when I say scanning for one's energy fields and some of you may not know what this is, so I will go into a bit of an explanation here for you as well. Energy scans are pretty much what they sound like. They are scans of one's energy fields, patterns, layers, etc. An energy scan is something that some healers and practitioners can use to be able to detect, locate, find and see where problem areas are in one's energy fields. Not all

healers or practitioners scan a client's energy field, as some either do not know how or simply don't do this, which is why many issues continue to come back. Energy scanning is like an X-ray for the person to be able to see, just as an X-ray would, where a broken bone is located and how bad of a break it is. An energy scan can help to see where blockages, energy anchors and other issues are as well as how large they are, how many connection points holding them in the area, if there are problems in connecting patterns as well as finding all of the issues to remove the ultimate root cause of the problem. Many issues, especially when they have been on-going, tend to have many problems within multiple areas of one's energy fields. So when you have a basic healing session done or the healer/practitioner does not know how to locate all of the problem areas they may be only removing bits and pieces of the problems, which is why they feel a bit better but then the issue comes back.

One more thing I do want to touch on before we get into other areas of the book, and remember I promised a no non-sense book so I will get right to the point. When working on your healing, please do understand that no two people are alike. Yes we have the same energy patterns but that is the extent of it. Just like people have two eyes, two ears, one nose and so on, we all have the same energy patterns within our energy fields. We all have our major and minor chakras, aura layers, subconscious matrix pattern, astral cords, chakra cords, belief pattern, energetic alignment and so on (as I am not going to bore you with a huge paragraph of all of the different energy patterns right now). Just because we have the same energy patterns does not mean we all have the same problems within them.

We all start with these when we come into this world and then from there this is where our energy can take on new shape. We learn things from our parents (what happens with this we

develop programming patterns), we make connections with our parents (parental connections) and learn even more things. We get older and go to school, maybe have a first crush and get our heart broken (issues within our love areas and emotional patterns) and so on. Each person's life is going to determine what issues are within their energy fields. No two people are alike when it comes to their energy. Just because two people want to find their soul mate in this world and are having issues does not necessarily mean that they have the exact same issues within their energy fields. They may explain that they both want to have their soul mate in their life, or they both are dealing with career issues or family problems or health issues. However, unless they had the exact same life, went through the exact same experiences, felt and thought the exact same way and have the exact same soul contracts and pathways, nothing in their energy fields are going to be exactly alike.

For example, let's say the two people both want to have their soul mate in their life. Person A may have issues within their soul mate pattern, love pattern, love meter pattern and energetic alignment causing problems here for them. Person B may have issues within their soul mate pattern, belief pattern, emotional lower body, heart and higher heart chakras along with their personal connections and relationship cords. It all goes back to scanning the person's energy and why this is so important to work with. It is about knowing the problem areas, the energy patterns, what connects where, how the energy flows and finding the root cause of the problem(s) to get things balanced and back to a healthy energy flow!

Energy Problems

“Working with healing you have to first understand what the problems are within one’s energy fields as well as the energy patterns and how the energy movement is between them all. Once you understand these you can work on your own healing and find the root causes of issues for the problems you are working on.”

Now we are going to get into the problem areas here for one's energy fields. There are many different problems one can experience within their energy patterns. I have explained about them here for you below, what they are called, what they feel like for a person or what one can experience with such problems in an area of energy flow. This way if you experience issues in the future you can look back and see what may be causing this and an idea of what area(s) these issues may be residing in. It is all about finding the root problem of the cause and working on that,

as treating symptoms is not removing the root of a weed!

Please note each person's energy fields and makeup are different as I explained previously in this book. It is all about the issues that brought you to this point in your lifetime. Typically one may have multiple issues within their energy fields they are working on at any given time. When it comes to healing work it is about finding the root problem for these here and working on all connecting areas. This book is all about explaining the problems here and some basics on getting you started with your healing pathway!

All problem areas below are broken down for you and listed in alphabetical order to make this easier to flip through and find what you may want to look up. Each one is talking about what the problem is, what this typically feels like for a person and what this can do to one's energy pattern. Please do remember the more issues you have within one single pattern of energy flow can cause multiple experiences (symptoms) for the person such as multiple blockages and energy anchors together or a blockage, negative energy pattern and an energy leakage point. When many get to a point of noticing a major issue in their life this is typically because there are major issues going on within multiple energy patterns controlling that energy flow. Here is a breakdown of the problem areas below.

Alien Attachments: Alien attachments are not very common to see for one's energy fields, however they are out there. These come in from an alien attaching into one's energy fields for purposes of controlling or draining energy here. Typically with an alien attachment this can feel like or one can experience day-dreaming issues, nightmares dealing with alien's or out of body experiences, feeling as if someone/thing is controlling issues for

their body. Alien attachments can take control over the energy flow of the pattern, completely destroy the connections and energy flow and can then move to adjoining patterns and energy flow.

Ancestral Issues: These are issues coming in from any ancestor in your family line. Typically family issues reside within the family grid plane, family karma areas and family connections. However, with many clients and their relationships with their family and extended family, ancestral issues can be within many places of their energy fields. This all depends on how the issues came to be in the first place, if they came in through open family areas or if these have worked their way down the family line. Common signs to look for are issues that run within the family or only on a particular side of the family tree.

Aura Attachments: Aura attachments simply put are attachments to one of the aura layers for their energy fields. This could be on any layer for the main seven as well as the extended layers. Aura attachments can connect in with any layer for any reason. Typically these are connected in from people or entity attachments. With an aura attachment this can feel like or one can experience draining energy, feeling as if someone is connected in with you and your energy, controlling energy from outside sources or simply not feeling yourself for long periods of time. Aura attachments can cause energy rips within the aura layer they are connected in with, decrease the vibrational level and even allow additional attachments into one's aura layers.

Black Magic (Additional Areas): Black magic can come in many forms and these are typically from someone placing these issues within one's energy fields or these connecting in from open past life portals. I have defined curse patterns, spell patterns and

voodoo patterns in these areas here for everyone, as these are the three main issues in healing work that are very common, however there are other forms of black magic as well. For black magic issues within one's energy fields it is common to feel as if there was a major shift and everything start to change for the negative, they may have felt like they were moving forward and everything changed or this may be in one specific area for their life. It is best to have your energy scanned when it comes to issues such as this to locate all of them for a proper removal.

Blockages: Blockages within an energy flow are something that is blocking the energy pattern from receiving the full amount of energy for the area. This can cause a lower vibrational level for the pattern, damaged areas as well as stagnant pooling energy. Blockages can be from a variety of issues for any one person as well as any given area. The most common reasons for blockages to be within an energy pattern are from them being placed here from other people, the person's own subconscious, from floater energy attaching to the area and from backed up energetic debris. Typically with an average blockage this can feel as if something is blocking you in a certain direction or energy flow. The more blockages in one single pattern the slower the energy movement. The more in the connecting patterns the energy becomes even more stagnant for the area.

Connections (Negative/Damaged/Severed): Connection points are points within your energy fields that share energy with other people, energy patterns and the Divine. These can be positive, damaged, negative or severed. Negative connection points simply have a negative energy current moving through them for the energy exchange, typically between two people along with a low vibrational level. Damaged ones show either energy leakage from them, deteriorating or energetic debris issues. Severed connection points are ones that have been severed by one of the

parties for the connection and are leaking energy and pooling for the surrounding area. Connection point issues one can experience when having major issues in a particular relationship in their life or in all of their relationships. It is best to check connection points over all for their energy.

Cordings (Negative/Damaged/Severed): Cordings, whether they are within your astral, chakra, karmic or relationship cords for one's energy fields, can have positive, damaged and negative cords. Damaged and negative cords are ones that can leak energy, have energy flow issues, connection point issues or are deteriorating for their structure. Negative cordings typically have a much lower vibrational frequency and have negative energy flowing through them. Negative or damaged cordings are caused by negative energy flow from the connection this is established with. For example, if you have a negative or damaged relationship cord, this is typically caused from negative or damaging issues in the relationship for either one or both parties involved for their energy exchange. Negative or damaged astral cords can be seen in one's life with issues in relationships, environment and even situation problems. Negative or damaged relationship cords deal with the energy flow between the two connecting people of the relationship. Negative or damaged karmic cords typically show over and over again in karmic patterns for one's life.

Cosmic Implants: Cosmic implants are implants from the cosmic energy flow. For many people these were already within their energy fields when they were born, and others have had these placed here due to openings within their energy fields. These can cause overall vibrational levels to drop and the energy flow to become slower and slower. These can feel for one's energy and body like spots that are very draining in one's life, specific situations and even the physical body.

Curse Patterns: Curse patterns are controlling patterns of energy placed within one's energy fields. These can be placed at any point in someone's lifetime, from previous lifetimes via open past life portals and by someone who knows how to place them in this current lifetime. These can be placed within one's energy fields if they do not have protection against other's connecting into their energy. For these many can feel as if they are moving forward in all areas of their life but generally not in one area. For example, their life is free flowing in all areas except for love. They run into bad relationships, have major trust issues coming in from others, etc. To know the difference between having a curse pattern, spell pattern, issues within their relationships or other love areas it is best to have your energy scanned by a professional healer to check. However do not rule out things such as this when you are dealing with an issue that does not fit for the typical overall flow for your life.

Cycle Patterns: Cycle patterns are patterns within one's energy fields that repeat the same issues and situations over and over for one's lifetime. These can be from one's subconscious placing them here, the soul level, open past life portals or one can also be born with cycle patterns in their energy fields. The most common way to know if you have a cycle pattern is the same issue will repeat over and over again. Cycle patterns can be for multiple things, as they can be repeating a yearly cycle, a specific issue in your life (such as love, prosperity, health, etc.) or simply keeping you in a loop for your overall growth.

Demonic Attachments: Demonic attachments are attachments from demonic forces. These can connect in with any part of a person's energy fields and can cause a lot of damage. Demonic attachments have a very distinctive signature to them that does not match up with any other energetic signature and the vibrational levels are opposite of one's energy fields. These

spread and move very quickly for their attachments through one's energy and cause a lot of damage as well as draining energy and controlling aspects. One can expect to feel very drained, weak, controlled, overly angry, obsessive and paranoid.

Dense Energy Suppression Patterns: Dense energy suppression patterns are simply patterns of energy currents within one's energy fields that the energy flow becomes very thick, dense and can barely move through. These energy currents can come in from multiple places to one's energy such as other people's open connections, open portals, open areas to one's energy fields as well as open past life portals. These currents of energy can hold back the energy flow, can be connected in with any area, however are more common to be located connecting in to the subconscious matrix, belief pattern, energetic alignment, mental lower body and mental grid plane.

Energetic Barriers: Energetic barriers sound just like they are. They are barriers within an energy pattern causing the energy flow to slow down to almost stagnant energy for the area. These are similar to blockages within one's energy flow; however they are much larger in scale. These look and feel like an energy dam within a flowing river where the energy is either moving around this over time or to where it has almost stopped the energy current for the patterns. Typically energetic barriers have been placed by other people for their energy fields, however these are also placed here by one's subconscious. Symptoms of this are generally when you feel like you are at a complete stand still with an issue and you cannot seem to go here or there and everything has simply stopped.

Energetic Debris: Energetic debris within a particular energy pattern is commonly caused from deteriorating blockages,

energy anchors, energetic barriers, negative/toxic energy patterns breaking down, etc. Debris can move through the energy flow and can cause slow moving energy, floaters and negative backups in energy movement. Energetic debris looks and feels like gritty sand and/or dirt within the energy flow. Any given energy pattern can have energetic debris at any given time as there is no way to feel this for many people. It is best to have a professional healer scan the areas you are concerned about for energetic debris before this turns into floaters, clumps or forms blockages.

Energetic Drains: Energetic drains are issues within one's energy fields that can cause a drain on their energy. They are bigger than energy leakage points but not as big as energy holes and rips. Energy drains are typically associated with some attachment, cording, energy vampire, etc. Energy drains can cause significant amounts of energy loss for that particular area(s). With an energy drain in one particular pattern, this can also put a strain on the surrounding patterns and open connections. This then starts to drain for the areas and the issue continues to grow.

Energetic Knots: Energetic knots are what they sound like, as they are knots within your energy fields. Similar to a muscular knot within your body, these can exist on any and all energetic patterns and fields. They are a buildup of energy that became "stuck" within an area and could not move. The energy movement would then pool around this to keep the energy in one area and the knot became stuck for the pattern. These look and feel like a knot you would see in a rope, except this is within the energy flow pattern.

Energetic Openings: Energetic openings are similar to voided areas of one's energy fields. These are much smaller than voided

areas; however these also desire to be filled with some type of energy; positive or negative. These look and feel like an empty area of an energy pattern or layer with no blockages, energy anchors, barriers, etc. holding back the energy flow. Typically with energetic openings one can experience an emptiness feeling as if something is missing in that area of their life.

Energetic Overflow: Energetic overflow is exactly what it sounds like. There is an over abundance of energy moving within an energy pattern and the energy flow is too much for the area. What happens is that this now overflows into the surrounding and connection areas. This can cause a lot of stress on the energy pattern as well as a mismatched energy flow into other connecting energy patterns. Symptoms of this can be feeling as if there is too much of one thing coming in at any given time that is overwhelming for the person to handle.

Energetic Weaving Patterns: Energetic weaving patterns are created from outside of one's energy fields. These are always from an outside energetic signature or person connecting into one's energy fields. These are a bit different than personal attachments, as attachments simply connect in to control or drain upon the energy. Energetic weaving patterns connect in and move through one's energy fields to multiple areas for connection and then also connect at the end of the pattern as well. These generally happen when someone has an issue with a controlling person in their life, very opinionated or overbearing as these have a tendency to come in through open areas of one's energy fields or connections to attach.

Energy Anchors: Energy anchors are pretty much what they sound like. These look and feel like an anchor holding or pinning down a part of the energy pattern within the energy flow. This

can be placed here from another person, one's subconscious, an attachment connecting in to the area or prior negative programming. Energy anchors hold back the energy flow for the area so common symptoms of having these within any given area are slow energy movement, lower vibrational level, or feeling as if something is holding you back or down when things are just within reach.

Energy Currents: Energy currents are very simple to understand. They are currents of energy. We have positive and negative ones that run through our energetic make-up and energy patterns. We can also have damaged energy currents that can leak energy into our energy fields. Energy currents are also found in portals, gateways, tunnels and wormholes. These keep these issues open for the energy flow. It is all about understanding them before you work on their energy flow or removal. Such as where they reside, how they connect in, where their connections are located, how the energy is flowing and if this is a positive, negative or damaged current of energy.

Energy Dumping: Energy dumping simply put is when someone is trying to unload all of their negative or low vibrational energy onto you. Typically this is done subconsciously when you are interacting with others and you connect in with their energy. This causes your energy to move much slower and your energy takes on their issues. This can be prevented and stopped.

Energy Holes: Energy holes are literally holes within one's energy fields. They look and feel like a hole that is a vacuum of draining energy from the area. Energy holes are much bigger than energy drains and basic energy leakage points. These can lose a lot of energy rather quickly and can cause severe energy drain for the area as well as allowing open access for one's energy. This means

attachments and other issues can come in here to attach into an area. Energy holes can be located anywhere within one's energy patterns and fields and cause a very draining and tiring feel for the person.

Energy Leakage Points: Energy leakage points are simply an energy leakage point in a specific energy pattern. This is a damaged spot typically caused by trauma to the pattern or buildup of pressure for the area without a release of the energy movement. These look simply like a very small rip in the pattern where you can see the energy leaking from this. Slight tiredness, slow movement for the energy flow due to energy loss and lack of stimulation for the area are common symptoms.

Energy Rips: Energy rips within a pattern are bigger than energy leakage points but are not as large as energy holes. These lose energy from the area, positive and negative, as well as leaving the area open for attachments, debris and energy loss. Again energy loss and a draining sensation is a common experience with these as well.

Energy Sludge: Energy sludge is not very common for one's energy fields, however it is important to list this here for you. This is negative, thick and dense energy that sticks to one's energy fields and causes the energy patterns to move very slowly. This typically comes from a lot of leaking energy and negative energy in one single area. One can experience the feeling of moving exceptionally slow for the area that this is located in. For example, if this is located in the love areas one could experience positive love coming in but this moving at a snail's pace.

Energy Vampires: The name sounds a bit silly, but to put it simply energy vampires are people who connect in to one's energy to simply drain on their energy fields. Typically this is due to the difference in vibrational levels for their energy. For example, let's say your friend is very negative, angry, and so on. They come around you often and you feel drained and tired when you are around them or right after you leave their company. This is an energy vampire in action. Typically this is done through a person's subconscious to boost their energy fields. It can be stopped and prevented.

Floater: Floaters are pockets of energetic debris that are moving through one's energy patterns without having connected in to an area. Typically these look like sand or dirt bundles moving through an open river of energy flow. For one's energy fields floaters can typically do one of three things; they can either continue to move along and gather more energetic debris, get stuck in an area and connect in and create a new blockage for an area, or break off and form smaller floaters moving around. Any given energy pattern can have floaters at any given time as there is no way to feel this for many people. It is best to have a professional healer scan the areas you are concerned about for floaters before they connect to an area or form blockages.

Gateways: Gateways are similar to portals that have access to one's energy. However, gateways are much smaller in size and for the energy pull for them. Gateways can be placed in one's energy fields to drain on a person's energy consciously or subconsciously. These can also be created by our own subconscious for loop patterns within our energy fields. When this is done it creates a loop of energy that circulates over and over again, with no beginning, ending or overlapping area. With these from your subconscious, they can also cause a draining energy and physical health issues.

Hot Spots (Negative/Toxic): Hot spots of energy are just what they sound like. These look and feel like a hot spot of energy for an area. These will not be flowing in any particular direction, area or connecting pattern. These typically have a lot of energy patterns connected in with them. For example, let's say you have a hot spot of negative energy within the abundance pattern. This is not moving with the energy flow and connected in by many negative energy patterns. This is considered a negative hot spot of energy and its connecting negative energy patterns. This can cause a lot of negative issues to come into this area (energy flow and your life) and not much positive energy flow moves for the pattern. Overwhelming issues build for the area (of one's life and energy flow) and even an energy rupture can happen here.

Imprinted Layers: Imprinted layers are like layers of an onion that need to be peeled back from an area. They can form over energy patterns when stress for this energy area arises and can cause layers on top of each other. The more layers in the area the slower the energy flow is. These typically look like layers over an energy pattern. The energy flow for the area and pattern will be much slower. Things are still coming into your life for this issue, however over time they slow down and continue to slow down even more as time goes on.

Karmic Barriers: Karmic barriers are simply barriers within the karmic energy current for one's energy fields. These are typically placed here by either the karmic energy build up we have created for one's lifetime, open past life portals or have been placed here by other people. These look like typical energetic barriers; however they are only restricting the karmic energy current for one's energy flow and will only be seen in this area.

Karmic Imprints: Karmic imprints are imprinted layers over the

current karmic energy flow. These will be seen only in this area and are only from one's current karma energy flow for this lifetime. These are not dealing with past life issues, only current ones. These will look like imprints but only over the karmic current energy flow. Typically one can experience slow movement for karma energy when faced with this problem.

Karmic Vortex Points: Karmic vortex points are vortex points within one's karmic energy current. These most often come in from open past life portals, however it is possible depending on the person's life and events to have them also connected in with one's current karma energy. Feelings of strong negative karmic flow can be symptoms of this issue.

Loop Patterns: Loop patterns are similar to cycle patterns for one's energy fields, however these have no beginning, ending or overlapping area. Loop patterns are typically created when a person has an open gateway within their energy fields. This is not the only time, however it is much more common to be found for one's energy. Loop patterns with gateways cause a draining energy for the area and if left unattended this can also cause physical health issues.

Negative Energy Patterns: Negative energy patterns are exactly what they sound like. These are patterns of energy that have connected in within a specific area that are carrying negative energy flow to the area. These typically develop from an overabundance of negative energy in the area and can also connect in when your protection is low or weak, through open connections with others as well as open portals. These can feel like resistance to positive energy in one's life or overall positive energy flow for these areas.

Negative Crystals: Negative crystals are placed prior to our incarnation as protective devices upon this lifetime and incarnation with our soul level making the decisions before we even arrived here for this current lifetime. We placed them here for our own good and protection until we knew otherwise and to grow and learn in our own ascension process. Positive crystals reside dormant within our energy fields, and when activated, they can bring about an inner knowing, an awareness, and overall wisdom along with a continuous positive healing source. Negative crystals look and feel like very dark, heavy crystal formations within the energy flow. Typically one does not even feel or realize that they have negative crystals within their energy or the need for their positive ones to be activated until they feel the difference afterwards.

Negative Etheric Implants: Negative etheric implants are implants within our energy fields that hold onto a lower vibrational level for the area that they are connected in with and keep this vibrational level here until they are removed. These typically come into our energy fields through either open past life portals or other's having access to one's energy fields through energy rips or holes. Symptoms of these are dealing with an over abundance of negative energy for one's life, energy flow, all issues and areas and situations.

Open Transference Points: Open transference points are points within one's energy fields that feed into areas with negative energy. These can be located anywhere within one's energy fields and look like small points of a light within the pattern. Their energy draws the energy flow for the area. If left alone to get stronger these continue to grow and can cause a large amount of negative energy for the area. These typically do not have any symptoms until they become very large for an area or energy pattern.

Paradigm Patterns: A paradigm pattern is something that holds back the energy flow and the programming for an issue in one's life. Any given person can have multiple paradigm patterns within their energy fields at any given time, however many of these are not brought to the surface until we notice an issue in one's life that we keep going over and over again. Paradigm patterns can be attached to any part of our energy fields; however they are most commonly found connected in with the subconscious matrix, belief pattern, soul level, mental grid plane and mental lower body. These are similar to cycle patterns; however these are dealing strictly with the programming for the specific issue one is dealing with.

Parasite Attachments: Parasite attachments and connections are when an outside parasite connects in with your energy fields to drain on the energy. These are not as strong as entities or other attachments; however these can cause a very slow steady drain for the area, which over time can cause major problems for the energy flow and typically health problems when they have drained too much energy.

Past Life Karmic Imprints: Past life karmic imprints are very similar to the karmic imprints, however these are only dealing with open past life issues and portals and are connected in through these areas. These will not show up on this lifetime's karmic energy flow current, as these will only be connected in with the open past life portals. These will look and feel as imprinted layers here holding back the flow; however when faced with issues you cannot recognize from this lifetime it is best to check into past life portals and issues from them.

Personal Attachments: Personal attachments are when another person connects in with your energetic signature and attaches in

to another part of your energy fields. These are typically formed when a person wishes to either drain or control an issue within someone's life or is subconsciously connecting in for the energy exchange to be draining or controlling. Typically personal attachments (also known as outside energetic signature attachments) access one's energy fields through an open access area such as a rip, tear, hole or open connection with the person. These can feel like a draining sensation, a deeper negative connection or a controlling issue from a specific person.

Pooling/Stagnant Energy: Stagnant pooling energy looks like a puddle of energy in an energy pattern that is barely moving for the area. These are typically found around blockages, energy anchors or where there are ripples/ridges within the pattern themselves. These can cause the energy flow for the area to slow down and the vibrational frequency to drop as well. Slow moving issues and areas of one's life are very common for this.

Portals: Portals are like open doorways to one's energy fields. These can allow positive and negative energy in and out of them for the areas. The most common portals one will encounter in healing work are open past life portals, physical portals, home portals, portals from others and energetic portals. Portals are determined if they are positive or negative by the energy current that runs through them to keep them open, as the current is positive the portal is positive and if the current is negative the portal is negative. These look and feel like open doorways within one's energy fields and connecting pattern.

Programming Patterns: Programming patterns are the energy flow within a specific pattern of your energy fields that are dealing with lower vibrational levels than your current one. When your energy shifts for an area or your overall energy fields

and these do not release properly or have old backed up issues they are still in the area holding a lower vibrational level. This decreases the vibrational level for the individual pattern here and energy flow. For most clients' they cannot feel programming patterns within their energy fields. For those who are more sensitive to energies they may feel as if lower vibrational energy needs to be released.

Psychic Attachments/Implants: Psychic attachments and implants are from another person's energetic signature connecting in with one's energy fields. These can be placed here if one has open connections with the person, one's protection is low, weak or damaged. Attachments and implants are typically placed for one's energy fields for controlling reasons and energy drains. These typically feel like a strong harmful connection or issue coming in from a specific person and controlling energy from them.

Releasements: Releasements are energy flow patterns within an area that are dealing with previous issues for the area that need to be released. Typically these are resolved issues that one has moved forward from but has not completely released for the energy flow. These are generally dealing with mental and emotional issues for the majority of releasements; however there can also be ones for physical and spiritual issues as well. Holding onto releasements can feel like a deep desire to let go of the past and move forward.

Ripples/Ridges: Ripples and ridges within one's energy pattern are very easy to spot and see as they look exactly like a ripple or ridge. These are typically caused from either a programming pattern issue within the area, trauma to the area or an underlying pattern holding onto stagnant pooling energy, energy

anchor or connection here causing this. Ripples and ridges within an energy pattern can cause someone to feel as if they are tripping over an issue over and over again.

Shadow Attachments: Shadow attachments are attachments to your energy fields from very low level spiritual entities. These are called shadow attachments. Their energy pull is very weak, however if left alone these can grow over time. These can come in from open past life portals, open connections with other's who may have shadow attachments and also open areas of one's energy fields such as energy holes or energy rips. Shadow attachments can feel like spiritual entities, personal attachments and even weaving patterns as their energy drain is low on one's energy fields.

Soul Fragments: Soul fragments are fragment pieces of your basic soul level that have been separated here due to trauma, abuse, neglect, stolen or borrowed by someone else. These cause feelings of being lost or not complete as well. If you can imagine your soul as a jigsaw puzzle and the missing pieces are your lost soul fragments, you can now understand the basic concept of a soul retrieval is to find and bring back those puzzle pieces! The objective is to make the person more whole and present. These are the soul fragments that we need to return in our life.

Spell Patterns: Spell patterns are very similar to curse patterns for one's energy fields. These are controlling patterns of energy placed within them from other people. These can be placed at any point in someone's lifetime and can be placed here if the person does not have protection against other's connecting into their energy. For spell patterns, these can also feel like curse patterns for one's energy fields, as they are typically noticed when everything is moving forward in all areas of one's life

except for one particular area. To know the difference between having a curse pattern and spell pattern it is best to have your energy scanned by a professional healer to check the areas.

Spiritual Entity Attachments: Spiritual entity is a general name for a lot of entity attachments. We have covered shadow attachments, which are not as strong as these, along with a lot of other attachments here for one's energy fields. Spiritual entities are a general base group of lower level spiritual attachments one can get from a variety of places. Common causes and attachment issues are from open past life portals, connections with others, low or non-existent protection for their energy fields and exposure to high spiritual activity areas. Spiritual entity attachments feel as if you have a foreign attachment to a specific area and this can cause a very draining sensation.

Spiritual Intrusions: Spiritual intrusions are excess energy built up from our emotional issues as well as those of others. We take on spiritual intrusions from others when we are open to their energy flow and wanting to help them. This is very common to have not only intrusions from our own energetic signature but to have spiritual intrusions from others here too. People do not place them within our energy fields; rather we take them on when we are open to another's energy and wanting to help them through a particular situation they are going through. These can feel as if you have an over abundance of stuck or overwhelming emotions and you do not know where they came from.

Toxic Energy Patterns: Toxic energy patterns are very similar to negative energy patterns, however their energy is much more toxic and the vibrational level for these is very low at 0-5%. Toxic energy patterns can typically connect in from open connections, portals, other's subconscious as well as one's own subconscious

can create them. These can feel like a resistance pull against one's positive energy flow and can cause very dense, heavy and slow moving energy.

Tunnels: Tunnels for one's energy fields are like passageways that are connecting two areas together. These are not an energy exchange, rather an energy drain. Tunnels can be established by other people, stronger negative forces or upper level entities, open past life portals, parallel lives and even our subconscious. These can feel like a very large energy drain for a specific area of your energy or physical body. Tunnels can also provide an energy supply to what or whoever is connecting in with them.

Upper Level Entity Attachments: Upper level entity attachments are much stronger than typically broad based spiritual level entities, as their drain on one's energy fields is much greater and their connections to one's energy fields are stronger and wide spread. Upper level entity attachments are much stronger than lower level entity attachments, aura attachments, shadow attachments and parasite attachments; however they are not as strong as demonic and alien attachments to one's energy fields.

Voided Areas: Voided areas are when you literally have an empty space that is not being filled with energy. These can be caused by energy ripples within patterns, blockages holding back energy flow, patterns not allowing the energy movement to fill an entire area, etc. Voided areas are neither positive nor negative as they attract in any kind of energy to fill the void. Voided areas feel as if you are missing a part of your energy flow.

Voodoo Patterns: These patterns are another form of black magic patterns one can have within their energy fields. These are

typically placed here by another person, however these can also be found within the family ancestry as well as rare cases of them from previous lifetimes. Voodoo patterns are very strong and extremely toxic for one's energy fields and can be located within any energy pattern current. The symptoms with these can be anywhere from health issues, love issues, karma issues, etc. If you are not sure if you are dealing with a voodoo pattern or another type of black magic please make sure to have your energy scanned by a professional healer.

Vortex Points: Vortex points are points of energy, very similar to energy hot spots, however these are much larger for their energy flow and their energy pull is much stronger than those of the negative/toxic hot spots. These will have negative and toxic patterns connecting in with them as well as other issues. These will have a large pull for the energy in the area and take up a lot of the energy pattern as well.

Wormholes: Wormholes are very similar to tunnels; however they are much larger passageways of energy connecting two areas together. The energy drain/pull from these is much greater as well. For wormholes these are generally established by a negative energy force for one's energy fields such as upper level entities, demonic attachments, etc. However there are a few rare occasions these can connect in through open past life portals and from other people. Wormholes drain energy from our current energy fields and can cause severe damage and energy loss.

Healing Methods

“Healing can be comprised of many different types of methods, as you want to find what works best for you. Everyone has their own abilities, so you have to try new things, see what works for you and keep growing!”

We are now going to cover some healing methods that you can do at home. There are many different types of healing methods you can work with, as energy healing is a primary focus for my healing work, but I do also incorporate other forms of healing in with the work that I do. There are many healing methods you can choose from and work with, as I have listed here for you in this book some of the more common ones to get started. They are simple and easy to do so you can get started with them today from the comfort of your own home. I have listed these here for you below with their basic information and some examples so you can see what you may be interested in. As with the energy

problems listed in this book, these are also listed in alphabetical order to make it easier to go through and read, as well as find what you are looking for.

We have a lot more information about each of these topics on our website blog and our Facebook page as well. These links will be provided for you in the final section of this book if you are interested in learning more about any particular method.

Affirmation Healing: Affirmation healing is another simple and effective way to work on your own healing at home. Affirmation healing is all about working with affirmations to shift the vibrational level for the issues you are thinking and how this can manifest and change areas of your energy fields and life. Thoughts are things and energy, so when shifting your mental programming here to a positive state this can change a lot of issues for one's energy fields. With affirmations it is all about having them written in the present tense, positive wording and being clear about what you want to change.

When working with affirmation healing work, this type of healing work can take a bit more time to show up in your life however it is not just about the healing but also re-programming your subconscious for a positive thought pattern. You are working on both areas. Now when working with affirmation healing this is something you want to get into a routine with and do over and over again. We recommend doing this 3 times a day for a minimum of 30 days, such as in the morning, afternoon and evening. Also make sure when working with your affirmation healing to not just say the words but also focus, bring your positive feelings into it and allow the energy to flow. I have listed some examples for you here below. We also have many free affirmations on our blog and Facebook page for all to work with.

The links for these will be in the final section of this book.

- Negative Affirmation: I need to lose weight and have to do it soon.
- Positive Affirmation: I am so happy and grateful now that I am living at a healthy weight and am full of energy all day long.
- Negative Affirmation: I need/want to get a new job right now.
- Positive Affirmation: I am so happy and grateful for my new career that I love.
- Negative Affirmation: I need someone to love me.
- Positive Affirmation: I am so happy and grateful for sharing my life with someone I love.
- Negative Affirmation: I need money and abundance coming to me right now.
- Positive Affirmation: I am so happy and grateful that I have abundance flowing to me in all directions of my life.

Many people do not even realize how much they affirm with their life in just their day to day talk, language and thought patterns they have been working with for years and years. For example, let's say you want a new career or job. You do not like the one you are at and simply want one that has better hours or more pay or a better boss or whatever the reason is. You want to work with affirmation healing to help clear out any blockages or programming patterns you have within your energy fields. You decide to do this daily three times a day and have your positive affirmations written down and focus and visualize on them. That is wonderful! However, what about your down time? Are you thinking about how much you dislike your job? Or your boss? Or

that you have to keep doing this job? These are all going to set back your healing work for this here. It is a process and finding that root cause of it here. It may be something in your programming you have to let go, it may be a large blockage in an energy pattern or it may be something within your subconscious matrix. This is why it is important to find the root cause of the issue first and then your healing work follows!

Angelic Healing: Angelic healing is all about working with the power of the angels to help with your healing process. To do this you can simply call upon and ask for which specific angels you want to work with for your own healing energy. Some people work with the four main archangels; Archangel Michael, Archangel Uriel, Archangel Gabriel and Archangel Raphael. You can also call upon your spirit guides, birth angels and any other angelic healing body as well. There is no limit to which angels you call upon, how many angelic beings you ask for assistance or what you ask them to work on for your healing. When working with angelic healing however, it is important to make sure your energy is protected before you make an angelic connection and also make sure you are connecting in directly with the angel you are asking for as there are a lot of dark energies in the world and spirit realm.

Color Therapy Healing: Color therapy is something that influences all areas of our life, as many do not even realize how much this does until you start to research this more and more. We are influenced by colors everywhere in our life and we can even use these to help with our own healing work. This can be from the color of clothes we wear, to the color we paint the walls of our home or office where we spend the majority of our time and even small things such as the color of our jewelry and what we are surrounding ourselves with. Color therapy is good for

helping with certain issues with healing work, however for removing specific problem areas this is something you need to know how to balance out the energy for each color.

Crystal Healing: Crystal healing is all about working with the vibrational levels for the crystals energy to help heal the issues you are dealing with. There are many different types of crystals to work with and all of them have multiple healing properties as there is no one right or wrong stone to work with or choose from. With crystal healing it is about finding the one that resonates for your healing work at that time. It is best if you can select them in person as you can pick them up and "feel" which one's are right for you. Listen to your intuition and follow your feelings and gut reactions to the crystal's energy when handling them.

For example when working with crystals for healing you can search all over the internet, talk to multiple new age and spiritual stores and beat your head up against the wall trying to find the "perfect" crystal for you, as I have seen many people do this. However the best thing to do is understand about the crystal(s) and their energy flow and then pick out a few you want to see and "feel" them. Let me give you an example, let's say you using the previous situation in the book of finding a soul mate. You do your research, look at a ton of online websites but you still are very overwhelmed. Simply write down the ones you see and you "feel" good about. Let's say these are Rhodonite, Rose Quartz, Peridot and Larimar. Now you go to your crystal or new age store and find the crystals. Simply pick up a few pieces of each one and hold them in your hand for a minute. If you find one that you simply cannot put down that is the one for you. You may not know why you can't put it down, but don't over think it. It is the energy between you and the crystal! If you don't find any, then simply try other one's there as it is ok to try new crystals!

Remember it is very important when you get your crystals home to cleanse and program them for your own healing work! I also have our Practical Crystal Healing series books available for basic issues, children/teen issues and animal issues. These cover all of the basics from cleansing, using and matching up crystals for problems and each book has 555 crystal healing tips they cover. The links for these will also be in the final section of this book.

Divine Source Healing: Divine Source healing is simply about connecting in with the Divine Source/Divine Spirit/Universal Spirit/God/The Almighty/Etc. You can do this in a variety of ways, as it is all about what works best for you. Some clients do this by working in meditation and others do this with their prayer work. These are all wonderful ways to connect in and/or ask for healing work. I do want to let you know of one more area for this for your healing work. Everyone has something called a Divine Source connection within their energy fields. This is something we came into this lifetime with. We all have at least one and sometimes more depending on your own development and awareness. Each person's Divine Source connection is different, as some may be at their crown chakra, others may be at their soul level, etc. When working with Divine Source healing this is something you can connect in here and feel the energy directly for your energy fields. If you are having troubles connecting in with the Divine Source it is good to check and make sure you don't have problems within your Divine Source connection(s).

Energy Self-Healing: Energy self-healing is when a person is attuned to an energy healing modality to work with. Depending on the one they have been attuned to this may have multiple levels for their attunement, however typically for the majority of the energy healing forms you can use the first level for self-

healing work. This simply means you can now use the new energy you have been attuned to so you can work on healing some of these problem areas in your life and energy fields. There are many different ways to do this with hand positions, calling in and activating the new energy and even using this during meditation. Each energy healing modality will be a bit different so make sure to read through the manual for the one you have been attuned to and this will explain a bit more about that specific healing energy.

If you are just getting started with your healing work, one place to start with self-healing and energy work is by getting attuned to Usui Reiki Level I. This is a very good and general basic healing format to start with. This takes time, practice and patience to work with for self-healing when you begin, however you can learn to control the energy, learn how the energy fields and can grow from there. I also have multiple free self-attunements listed on our website for you to work with if you wish to start with something a bit simpler. These are very easy to use, each manual explains about the energy form, and again they are free so the manuals are kept very basic and short for everyone. We have simple and easy formats to use and all are in pdf form for you to view and download. The links for the free self-attunements will be in the final section of this book.

Essential Oil Healing: Essential oils are wonderful to help with so many physical, mental and emotional issues and even spiritual ones too. When working with essential oils for healing you want to first make sure you are working with good quality oil for your work. Then it is about finding which ones work for what issues. For example, let's work with Lavender essential oil. This one has so many possibilities, as they are almost endless. This can help stress issues, tension, anxiety, relieving pain, enhancing blood circulation, sleep aid, dandruff and the list goes on and on.

Lavender is a great essential oil to have on hand. When working with essential oil healing it is, again, about finding a good quality oil and knowing the uses for this as well as how to use it. Some oils are good being diffused into the air, some you can apply directly and some you need to dilute for their applications. Each one is different for what you want to work with and how to apply it, so please check into each specific oil for this.

When working with essential oils, again you want to find the root cause of the problem, as this is why I have stressed this so much in this book. For example, let's say you are dealing with a lot of stress and anxiety in your life. Lavender works wonders for this. However, is it working on the root cause of the problem? Nine chances out of ten it is not unless it is something that just popped up out of no-where. Let's dig a bit deeper here on this. Let's say you are stressed over your family issues. Maybe you have children who are going through some rough problems or maybe a spouse who is having a hard time or maybe even parents who are causing even more stress in your life. This is not something that just popped up out of no-where, as this is an underlying cause. But we have to go even deeper. Now that we know what issues are triggering this off (family issues), we have to find the problems. Maybe it is on your relationship cords with the family members or the parental connections or just simply some energy leakage points. Now will putting some Lavender essential oil in your diffuser work for this issue? Probably not. However, this is something you can use to help with the energy flow temporarily here for your emotional state of stress and anxiety. Once this calms down you can then find the root cause of the issue to work on. When you are stressed or upset or anxious it is hard to find anything or figure things out, as this is why I wanted to explain a bit more here to help everyone understand that essential oils can help when you know the underlying cause and you use the correct one, but again it is about finding the underlying cause of

the issue.

Herbal Healing: Herbal healing is simply working with herbs and their healing properties. This is good for physical issues, however there are etheric herbal healing energies as well that can also help with energy patterns and the problems that we discussed in this book. When working with herbal healing you want to work with the appropriate herbs for the issue you are working on for the root cause, just as I explained above in the essential oil healing portion of this book. As with crystal healing, one herb can be used for so many different issues so it is important to check into this as well as how you can use this for your healing work. We have a lot more information on herbal healing work on our website blog and FB page for everyone.

Meditation Healing: Meditation healing is exactly what it sounds like. This is when you are entered into a meditative state and ask for healing work to come from your spirit guides, angels or the Divine Spirit. There is no right or wrong way to do this process as long as you are entered into your meditative state and connect in with your higher self, spirit guides or the Divine Spirit. I would highly recommend placing a protection around your energy fields before doing this to keep out negative energy.

When working in meditation healing you can use a combination of healing work here as well. You can combine crystal healing, energy healing, and sound healing and also work with the healing energy from the Divine Spirit. Meditation healing can also provide insight into your problem areas as well once you establish a good communication with your higher self, spirit guides and the Divine Spirit. We also have free protection self attunements on our website for those who need them and a lot

more information on meditation work, how to start meditating with the basics and more. The links for these will be in the final section of this book.

Nature Healing: Nature healing can consist of many different things, as this is not limited to just one area to ask for positive energy for your healing work. I have given some examples for you here below on Earth Healing Energy, Solar Healing Energy, Lunar Healing Energy and Water Healing Energy to work with.

- **Earth Healing Energy:** Earth healing energy is actually a very simple and easy concept to work with. This is all about connecting in with the Earth for its energy flow and healing abilities. With this it is a very feminine energy, as this is why a lot of people refer to this as Mother Earth and its healing energy. To do this type of healing work you simply connect in with the Earth's energy. To do this you can do anything as simple as walking in the grass (clean area) barefoot to start your connect process. This is one of the simplest ways to get started. However it is not the only way, you can also meditate under a tree and connect in with its energy, sit and ground your energy through your root chakra all the way down to your feet chakras and into the Earth. Another way to really anchor into the energy here for healing is to see not only your energy grounding into the Earth as large tree roots but to also see the energy coming back out through your toes and little flowers sprouting up. This way you complete the circuit for the energy flow and can stay connected in as long as you wish. It is always a good idea to give back to the Earth after a healing session if you can. You can do this by simply planting a flower, tree, seeds or another option that also helps is cleaning up the planet too. These are all good ways to give back in exchange for your healing work.

- **Lunar Healing Energy:** Lunar healing energy is all about connecting in with the energy of the moon. Sounds simple enough, right? Well honestly, it is! Some of the most powerful days to connect in with this are during the Full Moon and New Moon cycles, however you do not have to wait for these days to have or work with healing energy. You can tap into this by meditating and connecting in with the energy or even meditating outside or in front of a window where the moon shines in on you.
- **Solar Healing Energy:** Solar healing is all about tapping into the power of the sun for your healing energy. This is very simple and easy to use as well. For solar energy, you can simply enjoy some time in the sun and really focus on the energy coming from the sun. It is about allowing for this energy to come into your energy fields and help with your own healing. It is not just standing outside and saying I got some sun today. You have to allow the healing energy to come in and help with the problems you are dealing with.
- **Water Healing Energy:** Water healing energy is a fun and easy way to work with your healing energy. This is something that can help with major issues if you can focus on these areas during your healing work. One of the most basic and simple forms for water healing is simply taking a shower. I know it sounds a bit weird but it's true. Have you ever really paid attention to how you feel after a good shower? Many don't as they are too focused on other things, but the next time you are in the shower and getting out of the shower pay attention to how you feel and how your energy shifted. Now if this is something you like to do you may want to harness this energy here. You can still take a shower for this healing energy and you can even boost this energy flow here by working with

affirmations during your shower, asking for the divine source to help connect in for healing, asking for your birth angels to help connect in for healing or simply calm down your breathing, focus on the water and energy and allow for this to balance out your energy fields and go deeper into your energy patterns.

Prayer Healing: Prayer healing is working with prayers to ask the Divine Source for specific healing energy. They are simple and easy to use and we have a few sample ones here for you below. Typically you work with prayer healing for a minimum of 30 days to see the shifts and changes begin for one's life. Remember to also incorporate your feelings and positive thoughts with these as well. I have some listed here for you below and we have many more posted on our website blog and Facebook page. The links for these will be in the final section of this book.

- **Abundance Prayer:** I pray (meditate) and allow that through my connection with the Divine Spirit (God/Universe) that I consciously call upon the Universal Source energy to flood all of my energy fields with abundance energy to remove any blockages that are within them. I allow all negative energy patterns and energetic debris to be released fully and sent to be reborn into positive healing light with no negative side effects. I acknowledge my past mistakes with my scarcity mind patterns and from this moment on will only think of positive and healthy abundance thoughts for all areas of my life. Thank you for the healing I am about to receive.
- **Angelic Prayer:** I pray (meditate) and ask that any and all angelic beings come to my aid for (fill in the blank). I have complete faith and trust that your energy is for my highest good and accept your healing energy, wisdom and

messages. I acknowledge and take responsibility for these areas of my life and need your help and guidance in these areas for the highest good of all concerned. I thank all of the angelic beings for always being there for me and for sharing their healing energy with me now and in the future.

- **Healing Prayer:** I pray (meditate) and ask the Universe (Divine Spirit/God) to help me heal (fill in the blank). Please help remove any problem areas and damaged issues, please refill my energy fields with positive flowing energy as I am open to healing these issues. I acknowledge and take responsibility for everything that I express outward and focus on inward and understand that these problems can manifest, so will strive to hold a positive mindset in all areas of my life. I thank you for all of the positive energy and am open to receiving this now and in the future.
- **Karma Prayer:** I pray (meditate) that through my connection with the Divine Spirit (Universe/God), I consciously call upon Archangel Michael, Gabriel, Raphael and Uriel to help aid me in a full karma healing releasement. I acknowledge my past karma issues and am now acting with love, being grateful, checking my motives, watching my attitude and forgiving myself and others. With your power and energy please allow my previous karma from this lifetime to be released and reborn into positive healing light so that there are no negative side effects and allow my energy to be sealed and flushed for my highest good of all. Thank you for the healing I am about to receive.

- Love Prayer: I pray (meditate) and ask the Universe (Divine Spirit/God) to help me heal my love issues and connections in my life. I am open to clearing any problems, healing these areas of my life and returning them to a positive energy flow. I am open to all positive forms of love as they enter my life and take full responsibility for my actions as I meet others. I am open to expressing positive forms of love and am willing to accept positive forms of love in my life too. I thank you for all of the positive love and healing and am open to receiving this now and in the future.
- Manifestation Prayer: I pray (meditate) and ask the Universe (Divine Spirit/God) to help me achieve my goal of (fill in the blank) that I have set forth in my life. Please help to remove any issues that are in my pathway and heal these areas as I focus clearly on this end result. I acknowledge and take responsibility for everything that I express outward and focus on inward as I allow for the changes to come. I thank you for all of the positive energy and am open to receiving this and sharing this in all areas of my life.
- Protection Prayer (Home): I pray (meditate) and ask the Universe (Divine Spirit/God) to watch over my home and protect this from all negative energies of any kind. I respectfully ask that all people in my home at any time be protected and watched over and all loving energies fill my home every day. I accept my own energy and surroundings and work to keep them flowing with positive and loving energy. Please enclose my home and all of its inhabitants in a safe, positive and loving energy every day. I thank you for all of the positive energy and I am open to receiving this for my home each and every day.

- **Protection Prayer (Person):** I pray (meditate) and ask the Universe (Divine Spirit/God) to help me and keep me safe during the day and night from negative energy and issues that may cause me harm. I acknowledge my own energy that I express outward into my life and understand that my energy draws in matching vibrational levels, so I strive to express only positive energy in my day to draw this back in. I am open to all forms of protection and know that these will all be for my highest good. I thank you for all of the positive protection healing energy and am open to receiving this now and in the future.
- **Relationship Prayer:** I pray (meditate) and ask the Universe (Divine Spirit/God) to help me heal my relationship issues and connections in my life. I am open to clearing any problems, healing these issues in my life and returning them to a positive energy flow. I am open to having positive relationships with other and understanding that it is not only a physical connection but an energetic connection as well. I acknowledge and take responsibility for my actions and energy I express to other. I thank you for all of the positive relationship healing I am about to receive now and in the future.

Sound Healing: Sound healing is working with sounds to shift and release the vibrational changes for one's energy fields. This is a good one to work with if you enjoy sound and music work. This can be done with drumming, Tibetan Bowls, tuning forks, meditation music, alpha sound waves and even simple music you listen to. It is all about finding the right sound that works for you and your energy fields resonate and respond to.

For working with Tibetan Bowls, as these are my favorite way to work with sound healing and are very easy to use, you simply choose the bowl for the appropriate sound you need to work with. For example, let's use the seven basic chakras to help explain this one for you. Let's say you want to clear out problems from your root chakra. For this you would look for a Tibetan Singing Bowl with the tone of C for the healing work. This is the vibrational match for this area. Each area has their own vibrational tone for their energy flow and healing work. For example, the root chakra is tone C, sacral chakra is tone D, solar plexus chakra is tone E, heart chakra is tone F, throat chakra is tone G, third eye chakra is tone A and crown chakra is tone B. The same also applies to all of the different energies patterns for your energy fields, as each one has their own vibrational tone to help with their healing work. It is about working with the areas, matching the frequency level and allowing for the healing work to transpire. We also have even more suggestions on sound healing work in our website blog. The links for these will be in the final section of this book.

Info & Contact

"Healing work can help all issues one is facing in their life. If you are not sure where to start, simply take a deep breath and listen to your own intuition!"

I hope you have enjoyed all of the information I have shared here with you today and are excited about getting started on your own healing process. I know I have said it over and over again many times in this book, however it is such an important key to working with healing I will say it again. Finding the root cause of your problems on an energetic level is what will help in any problem, situation or issue you are working on. When you scratch the surface the problem is still there. It may feel slightly better and then gets worse again. You have to find out all of the issues behind this, the root of the problem and work on this for your healing work. I told you in the beginning this book that this would be a no non-sense book and I meant it. Just lots of

pertinent information to get you started on your own healing pathway. Remember each individual person will be different so it is important to know what you are looking for, where the problems reside and how to work on removing them for the correct energy flow.

If you are not sure on where to start, or the problems have been going on for some time or you cannot simply find the root causes of them feel free to contact me via email and explain about your situation. I answer all emails within 24 hours. I can offer you some suggestions on how to best approach the issue or if you wish to have an energy scan or healing session done this can also be scheduled in. Happy Healing Everyone!

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About The Author

Nicole Lanning is a natural born empath and psychic intuitive healer that has focused her life on healing and educating others. She is the founder of Healing Art Forms and has dedicated her life to sharing her wisdom so that others may grow and learn with alternative healing methods.

Ms. Lanning has become an Ordained Minister Spiritual Life Coach, Reiki Master Teacher and a Certified Energy Healer. Through her work with energy healing, intuitive readings and over 60 of her own channeled energy forms, Ms. Lanning has been honored with accreditations from the International Natural Healers Association and the World Metaphysical Association.

With her unique talents in healing modalities, Ms. Lanning has helped others in many different area of their life for physical, mental, emotional, spiritual and energetic healing work. Her down-to-Earth approach to people, their lives and her willingness to help has earned her a vast and loyal following around the world. Energy healing is something that many people do not understand fully until they have worked with Ms. Lanning one on one.

