

DIY Energy healing



Reiki therapist **Abby Wynne** shows you how to unlock your potential as a healer

Energy is the life force of all living things. It's the stuff that gives us our get-up-and-go and makes us glow with vitality. When you're feeling run-down, lethargic or low, but you're not actually ill, your energy level probably needs topping up. It could have been depleted by shock, trauma and pain, or perhaps you've been neglecting your physical health by eating a poor diet and shunning exercise.

Negative thoughts can also have an adverse effect on our energy, inducing feelings of sadness, confusion, fear and anxiety. Fortunately, you do have the power to give your energy levels a surge and so boost your overall health.

'Energy exists both inside and outside the body – as an aura or energy field'

In India, China and Japan, energy healing has been used for thousands of years to ramp up physical and spiritual wellbeing. The principle of this type of healing is that energy exists both inside the body and outside it – as an aura or energy field. By helping the energy flow freely through our auras into our bodies, we can be healthier and happier.

Benefits include calming a busy mind, shaking off negative thought patterns and letting go of past hurts, allowing you to create new, positive ways of thinking.

Abby's work is based on what she teaches in her healing workshops. 'Once you understand the basic framework, you can go further with your own journey as a healer,' she says. So let's begin...

CREATE A HEALING SPACE

Choose a peaceful environment in your home and prepare it for your energy practice



Good posture will help you focus

In our busy lives it can be difficult to find a quiet time and place where we can be at peace. It's important to create the right environment and frame of mind for healing work. To begin with, create a healing space in your home. This can be in any room where you feel safe and where you're unlikely to be disturbed. When you've chosen your space, play soft music, dim the lights and burn a candle or incense to instil a mood of calm.

You need to be alert to explore the art of energy healing, so a good posture can help you focus. Sit up straight in a comfortable chair with your feet firmly on the ground.

Setting a time frame around each exercise can help you feel secure in your space and enable you to achieve a deeper level of understanding of your own physical and spiritual needs.

If 15 minutes is too long, try 10 minutes, and remember that just three minutes is better than none. Use some gentle music as your alarm clock – you don't want to be shocked out of your relaxed state by a harsh buzzer.



Incense and music can set the mood

SETTING THE RIGHT MOOD

Here's how to use the special place in your home so you can be more attuned to your physical and spiritual self

1 Set an intention in your space to be with yourself, just as you are, with no pressure or demands from the outside world.

2 Sit for as long as you feel comfortable. Take some deep breaths, relax, and let your thoughts come and go.

3 Notice how you feel. Do you feel different now – more relaxed, and more in tune with your self?

4 Start to come back to yourself. Feel your feet on the ground, slowly bring your awareness back to the room. You can now start your energy healing journey. ▶



Turn your attention within

RECONNECT WITH YOUR BODY

All the demands made on our time in the busy, modern world mean that we're often rushing around and stressed. This leaves little time for us to pause and take stock. It's important to disengage our minds from life's chaotic rhythm and ground ourselves. We can do this by bringing our attention and focus back to our bodies.

Focus

This exercise aims to help you reconnect with your physical body to achieve a greater sense of wellbeing.

1 Sit comfortably in the safe space where you won't be disturbed. Breathe and bring your awareness into your body by first focusing on your toes and then working up towards your head. This exercise will take some time – allow at least 15 minutes, and don't be tempted to rush through it.

2 Imagine a ball filled with light, floating just above your head – the area where your thoughts are most concentrated. As you pay attention to the orb of light, it may seem even brighter and bigger to you. It might look like a gigantic beach ball, or the size of a small Easter egg. As you breathe, imagine that you and this ball of light are breathing together and coming into balance.

3 With the out breath, let go of any anxiety you may be carrying. And as you breathe in, feel yourself become more connected to the ball of light over your head. You will find yourself slowing down and feeling more relaxed with every breath.



Imagine you're breathing in healing light

4 Once you're in balance with your breathing, imagine that the ball of light drops down into your head, through your skull and into your brain. Feel its bright, healing, relaxing energy cleansing your brain. Hold the visualisation for a few minutes, breathing with it, and releasing even more tension with each out breath.

5 Repeat the above step, but this time imagine the ball of light dropping into your throat. Then do the same with your upper chest, then your heart, and finally your stomach. Make sure you stop every time to focus on your breathing. Next, breathe this ball of light into your pelvis. Imagine it splits in two (one into each hip), goes down each leg, into your ankles and your feet. How do you feel? If the exercise has worked, you should feel more centred in your body.



Feel your heart chakra opening like a flower

OPEN YOUR HEART

Your heart is at the centre of your emotions. On a good day, our heart centre shines its light into the world, radiating love. On a bad day, our heart can shut down making us feel emotionally disconnected from life. Energy healing can awaken your heart, helping you feel more connected, and bring the vibrancy back into your life.

Focus

Work on your heart by reconnecting with your emotions through the following meditation.

1 Sit with an open body posture – this means not crossing your arms or legs. Take a few deep breaths and relax. Visualise a ball of light floating beside you, then bring it into your body and stop when it reaches your heart centre. Imagine your chest opening out like the petals of a flower, and the shield of protection you carry around withering away, preparing you to receive healing.

2 Conjure up the image of a garden. Inside this place of natural beauty there is a flower that represents your

heart. Take in the beauty of the flower. Gently move towards the flower and imagine it as an emotional being in need of nurture. Ask the flower if it's OK to heal now. Imagine the flower reaching out towards you and letting in your healing light.

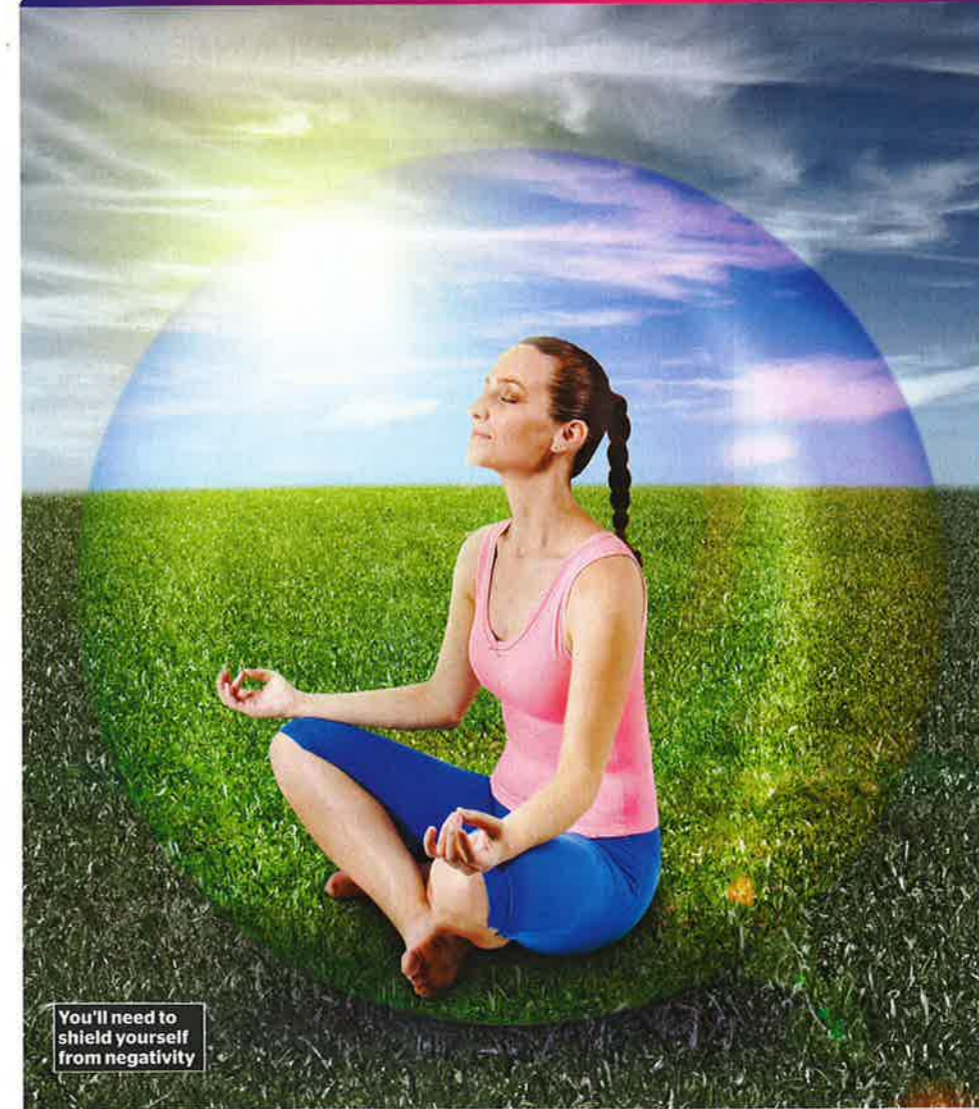
3 As you focus on your breathing, visualise a healing light flowing through you as a silver and gold energy that feels like champagne bubbles. It flows around you and the flower, helping you both to heal. Imagine the flower repairing itself, and its petals opening up.

4 Ask the flower if there's anything you can do in the physical world to make it feel better. Does it need some rest? Wait and listen to any answers that come to you from your subconscious.

5 Now give thanks and visualise the healing energy dissolving away, leaving you feeling revitalised and glowing. Put your hand on your heart and leave the garden. Take a moment to come back into the room.

6 Write down any observations from this meditation, and see how you can learn from them in your life. You could also draw a picture of the flower, or find a picture to use as your phone screen saver, to remind you that your heart has the capacity to open wide.

CREATE A BUBBLE OF PROTECTION



You'll need to shield yourself from negativity

It's not just our own energy we have to deal with. Being around the negative energy of others can drain us spiritually and physically, making us feel out of sorts. The following visualisation will help protect you from this. You can practise it anywhere, while still paying attention to what's going on around you. No one need know you're doing it.

Focus

Set your intention to protect yourself from negative energy by visualising a bubble of protection surrounding you.

1 Take a moment to focus on an area of your body where you feel any heavy energy. Perhaps you have a tension headache, a racing heart, or pains in your stomach.

2 Visualise your own energy coming back to you and replacing any negative energy

you've taken into yourself from other people. Draw this energy to any areas that feel out of sorts.

3 Imagine a huge bubble surrounding you – your very own biosphere. The bubble is strong and clear, so you can see out of it, and you can breathe easily inside it.

4 To centre yourself, feel your feet firmly on the ground, take some deep breaths, and imagine you're pushing any energy that's not yours outside of the bubble. It might take a few breaths to really feel like you've

cleared the negative energy. You may also feel a little light-headed. If so, just slow your breathing down.

5 As you feel more comfortable in your environment, you will begin to lose awareness of the bubble and it will dissolve away. You can call on this technique when you feel vulnerable to negative energy. The more healing work you do, the more you'll naturally create a force field of protection around you. Then you'll feel less need to consciously create a bubble of protection.

YOUR NEXT STEP...

Practice makes perfect

If you've become a devotee of energy healing while working on these exercises, then learning to be a practitioner could be your next step. Formal training involves studying the theory behind energy healing, explanation of the techniques used and the practice of those techniques.

It's best to consult a reputable practitioner for training or treatment. The UK Reiki Federation has a directory of healers at reikifed.co.uk

Before signing up for any healing courses, you could book a healing session with the practitioner who runs the class. You can see how they work and ensure they're a good fit for you.

Abby Wynne runs an online Raise Your Vibration Boot Camp course three times a year for beginners and advanced practitioners via raiseyourvibrationbootcamp.com



Use your healing hands to become a practitioner

WHAT DID YOU LEARN FROM OUR MYSTICAL MASTERCLASS?

Did you try any of these exercises? How did you get on? Email us at spirit.destiny@bauer.co.uk or share your experiences on our lively forums at spiritanddestiny.co.uk

WANT TO FIND OUT MORE?

Abby's new book, Energy Healing, is published in April by Hay House, priced £8.99. Pre-order your copy at Abby's website, abby-wynne.com