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## Healing takes place inside your self

Twenty years ago, I first came in touch with energy work. From 1990 to 1997, I participated in a training program for aura- and chakra- "Healer and Reader". My teachers Margo van Berlo, Carla van Hartskamp and Marianne de Jong worked in "Centrum voor Intuitive Ontwikeling" in Utrecht in the Netherlands. For many years the institute has given seminars and training in energy work with the aura and Chakras. The technologies provided here are based on the ideas and contents of Lewis Bostwick who founded in 1972 in Berkeley, California, the „Berkeley Psychic Institute“.

Since my own training, I have given and received numerous Readings and Healings and given many seminars, courses and training groups. My experience shows that the energy work is an effective technology in recognising the multi-layered and hardly discernible backgrounds for certain behaviour patterns and life subjects. Hereby the different aspects of one's own personality and the greatly varied and coloured inner life will be more consciously experienced.

Energy blockades as well as outdated behaviour patterns, thought patterns and feelings are recognised and solved bit by bit. New ideas and impulses are given by the harmonisation and activation of the energy system in the subtle material and in the physical body as well as in the spiritual level. The most important for me, however, is the miraculous contact with my core energy and the knowledge resulting from it that I am a spiritual being making a human experience. This internal knowledge is above all in difficult life phases infinitely comforting and it also helps to get out of the historically conditioned dramas faster, and to come again in Here and Now. By the energy work, there is no "Right" or "Wrong" and also no achievement pressure. Every person has quite an individual way to come in contact with and to perceive internal pictures.

In my treatments and of course also in my seminars and trainings I would like to show everyone that they themselves form their perception and reality and also can change it by means of their imagination. Therefore, in this book as well as in my first book, the described exercises help to raise more understanding and tolerance for one's self and also to actively develop one's own healing process.

It is my concern that the numerous practical exercises of the energy work be again made available, in the form of a practise book, to all interested people, who are open for new experiences. It is also important to me, apart from the intention and impact of the single exercises, to point out the concrete practise. The exercises can accompany us in our everyday life and also offer us assistance in difficult life situations and life questions.

I recommend the exercises which particularly appeal to you, to do regularly and thereby internalise. After some time, you will fast and easily apply these exercises in only a few minutes for both ordinary and tense situations. Especially helpful is the contact with the earth and the earth energy, the collecting of one's own energy in the sun, the cleansing of the subtle energy system, as well as, the percipience of one's own aura.

What we should always make clear to ourselves, nevertheless, is that we for all our internal and external processes must bring a lot of patience with ourselves and with our weaknesses and shadow sides. I would like to point out the fact that it can be necessary to get outside help in some life phases or in crisis

situations, because it simply is sometimes not possible to solve all problems alone.

***With an open heart you can see the sun also behind the clouds***

Intuitive energy work is long time tested and is an extremely effective technology for training your perception and intuition and in coming into contact with your self and your self healing powers. Through this you develop the ability to be more careful with your self and around other people. With the help of the energy work you bring yourself and your energy system in the Here and Now and thereby awake and conscious at the respective moment.

In energy work there is no assessment, because everything is vibration, every-thing is variable, and there are as many truths as there are people on this planet. What freedom for every single one of us!

In my first book (printed only in German), I have written, detailed, the basic technologies of the energy work in 56 practical exercises. Within time and with some practise you can connect in a few minutes with the earth, get in touch with your aura and your Chakras, balance, collect and cleanse your energy. Some of these technologies also serve as a basis for the exercises described in this book, so that I have used them here.

During the last years, through my numerous energy treatments, seminars, courses and trainings, I have developed further exercises for grounding, contact and cleansing, to activate self healing powers as well as energetic self-protection. The main focus of this book lies on exercises for opening the heart and on exercises for the activation of the self healing powers. It has turned out that in my work a lot of people feel the deep wish in them selves, to widen or to dissolve the isolating walls around their hearts. Breaking down the restricting boundaries, the healing contact with feelings and thoughts as well as the letting go of outdated and not any more suitable dogmas and images leads to a salutary contact with the injuries of the past. The energy work helps here, to adapt the subtle energy field to the present situation, to cleanse, to charge and to balance it. It can be assumed here that energetic blockages in the subtle body affect the physical body.

The heart work is an essential requirement for the memory of one's own healing forces which were always and will always be there. The opening of the heart leads to internal healing and almost automatically to a more affectionate and more careful meeting with oneself and others. Fortunately, we all are caught and supported in this often painful process from the worldwide perceptible spiritual movement to more humanity and heart warmth.

An essential aspect of the energy work is composing oneself, the concentration of consciousness and a physical, spiritual and emotional relaxation which leads to internal calmness. If you can completely get involved in the pictures and images in the exercises, there is for a short time nothing else! No thoughts in yesterday and tomorrow. So no feelings of guilt attached to the past or to worries projected in the future.

Of course you can also apply any other relaxation or meditation technique which helps you to anchor in *here and now*! In our time and in our society this is very difficult for many people. They can be easily distracted by external influence or internal babbling and are arrested in the image that space is 3-dimensional and time is linear. But detailed observation shows that we can only develop from the human drama to human beings if we completely live in this moment! And you surely know moments in which your temporal perception really changes. If you, for example, dive completely into your work, your favorite sport, in observation of a flower or listening to a bird's songs, the time seems to stand still

and suddenly ten minutes or more are past. If you struggle, however, over your current occupation and, would actually rather do something else, one hour sometimes seems like half a day.

Studies prove that people with sensitive or telepathic abilities swing in frequency realms of the brain which are ordinarily completely overlaid with mind activities. In deep concentration and relaxation the brain swings in the Theta and Delta area. In this quiet, empty space our thinking mind is calmed, and we have access to the infinite possibilities of the universe. Here, our view and our attention is directed upon the healthy being behind the external and often difficult living conditions and behind the superficial appearing problems and illness symptoms.

While now we expand our consciousness, for example, by imagination or meditation and free ourselves of old, mostly adopted images, recollections and conditionings, we extend our perception and, therefore, also our horizon of experience. Through this our internal and external world can change terrifically. In the consequence, this also means that by using techniques like the energy work, we recognise our outdated perceptions about luck and misfortune or health and illness, and can intuitively open and at least partially change them. Through this we receive access to, until now, inconceivable possibilities of the universe.

We can invite infinite diversity, as we free ourselves of blocking dogmas and make therefore room for new internal and external experiences. Because our sense of experience is an individual selective perception, we can only grasp fractions of reality. Thus we see and discover only what we can also believe. Imagine that you see yourself and the world without limitation of your beliefs! Drop the limitations which stop you and those opposite from really meeting. In this contact of heart to heart and by deep connection, healing at the physical, spiritual and mental level can work. It is important to recognise, that all our conditioning and convictions, mostly unconscious, also influence the space surrounding us and therefore the space of those around us.

Prerequisite for the opening of your heart and the thereby possible activation of the self healing power is that you yourself perceive and recognise the interaction of your mental state, your thoughts and in it coupled feelings as well as your present belief and behaviour patterns regarding events from your past. A certain internal distance is helpful towards meeting with yourself and accepting yourself with the same affectionate tolerance in which you would give to another beloved being. Easier is with an internal attitude which looks at every event and accompanied thought or corresponding feeling as an exciting and desired challenge towards ones own development and not as a tiresome problem which must be removed as quickly as possible. Just as any meeting with another person can give us – and above all those in substantial conflict –valuable tips about our selves, our manners and our deeply seated, mostly very old topics.

To get to know yourself better and to meet yourself affectionately and carefully, you can ask yourself the following:

- How are you physically at this moment?
- Do you currently physical discomfort which is known or is unusual?
- What does your physical condition point out to you?
- Where do your thoughts steer you? Is there a thought that always returns?
- What do your thoughts point out to you?
- How are you emotionally? Which feelings rule?
- Can you recognise a connection between your thoughts and your feelings?

- Do you have worries or problems which load you excessively?

If you are aware your own mental state, you can turn towards the accompanied thoughts, feelings and physical sensations lovingly or also dissociate yourself from them.

An essential aspect is to recognise how exceptionally powerful our thoughts and the accompanied feelings are. „We think approximately some 60,000 thoughts per day. This may appear to be a lot, but it is really astonishing that 95 percent are old thoughts, virtually recollections, repeated every day. These are those traces left behind in the energy field, as remind able timeless- and spaceless existing information ...“

While thinking, we are constantly in past experiences and with the emotions linked to them which also are then projected by the mind into the future. So as to constantly not repeat our past, we must break out of this mental and emotional spiral. That means we must learn to stop our thoughts and to consciously use them. If we recognize for one moment that we can observe our thoughts with our consciousness, then we also know that we cannot be our mind or thoughts. Therefore, in the energy work we practice through concentration and internal composure to observe and to calm our mind. Becoming empty for a moment, so that in this silence the *Here and Now* is experienced and we can feel internal connection with others. Therefore it is possible for an affectionate and free of judgment heart to heart encounter.

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## **9 Ones own place of strength**

### **Intention of practise**

In this exercise you can get in touch with your personal place of strength. You can find out how this place looks and which aspects of it matter to you. You can come back here again any time and fill yourself with unencumbered and new energy. At your place of strength you are safe. Here you can feel good without limitation and come to rest.

### **Affirmation**

*At my place of strength I fill in myself with fresh energy and feel calmness in myself.*

### **Practise process**

Sit down comfortably on a chair, your back is straight and head slightly bent forward. Both feet are put shoulder width, on the floor. Your body is relaxed and your attention is concentrated inwards. Ground yourself. Go with your internal attention to the center of your head and imagine from here, outside of your aura, on a white canvas, marvellous scenery appears. Look carefully at the scenery. How does this area look? Do you recognise the scenery or have you never seen it before? Are there woods, trees or other plants, water, hills or mountains? Are other people or animals here? Look at everything for a while without judging the upcoming pictures.

Now in the scenery you see before you a path. Follow the path in a, for you, suitable, direction. If you discover no path, then simply fantasize one. How does the scenery change? How does it look around you? Breathe.

Follow the path so long, until you come to a very special, incredibly nice place. How does it look? Are there plants, animals, maybe a brook or a lake here? Feel within whether this place fits now, at this moment, exactly to you and whether you feel at all comfortable and safe here. If you have doubt, go quietly on your path a little further, until you have found a place fitting to you.

Search now for a suitable place where you would like to sit down and relax for a while. Feel how your thoughts and feelings calm down. Connect with the earth and gather your energy in your sun. Fill your body, your Chakras and your aura with the powerful energy of this place. Enjoy the moment. Maybe you hear the wind rustling through the leaves of the trees, the water splashing or a bird singing. Maybe you smell fresh grass or earth and maybe you feel the warmth of a sunray on your skin. Enjoy your sensory impressions for a while.

Imagine now that you bring this picture from the canvas to the sun in you and from there allow it to come into your body and subtle energy field. Fill yourself completely with it and retain that special feeling and the impressions belonging to it. Breathe in and out a few more times and then slowly free yourself from the concentration.

### **Remarks**

You can visit your strength place any time again to fill yourself with new energy, strength and confidence. You can also do this exercise in lying.

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## **39 opening of the heart blossom**

### **Intention of practise**

In this practise you get in touch with your Heart chakra. You find out how miraculous it is to open your own heart for yourself and to expand in your energy system your heart energy. Through this you come automatically in contact with your self healing power.

### **Affirmation**

*I open my own heart for me.*

### **Practise process**

Sit down comfortably on a chair. Your body is relaxed. Inhale consciously and deeply in and out. Ground yourself and connect yourself with your sun. Get in touch with your Chakras and also with the connection between the Chakras.

Lay one or both hands on your Heart chakra or if you want, on your physical heart. Breathe in to your heart and greet it in an internally loving way.

Imagine now in the space of your heart the blossom of a wonderful flower. How does your heart blossom look at this moment? Which colour, which size and which form has it? Do you know this blossom or is it a fantasy blossom? In your imagination, open the blossom with every breath more and more and expand the salutary flower smell in your whole body, in your Chakras and also in your aura.

Sink all thoughts and feelings, worries and problems in the heart blossom. Maybe the colour or size of your blossom thereby changes. Fill yourself once more completely with this curative heart energy and for a few minutes enjoy the contact and the curative effect of your heart energy in silence. Breathe at the end a couple of times consciously in and out, feel the contact with the earth and the connection to your sun, then slowly free yourself from the concentration.

### **Remarks**

If you want you can expand your heart blossom and its fragrance also over your aura. Thus you can make loving contact, for example, with your family, your partner, your friends or other far away people.