

## **How to ‘Turn on At Will’, the Healing Energy of Your Own Hands** **6-26-11**

In this Ascension Teaching, you will learn to ‘turn on at will’ the healing energy that will flow through the palms of your own hands, so you can heal yourself and of course others.

This Teaching will be short and sweet, and it may change your life forever.

Without a doubt, the best and most used healing tool that I have used on myself every single day for 34 years, is ‘the laying on of my own hands on my body.’

Whether I lay my hands on myself for added energy, to comfort myself, or to send healing energy to a weak organ, I use the energy that comes from my own hands on a daily basis.

**You don’t have to be initiated to do this for yourself; you will actually initiate yourself in this Teaching.**

To give yourself a basis of understanding of the use of this kind of healing energy, you can read the two recent Ascension Teachings, ‘How to Send Healing Energy from a Distance’, and ‘Your Healing Hands’, before you continue on with this Teaching if you have not read them already.

We all have the ability to allow the sacred energy that animates us, to flow through our hands. All one has to do is to **‘intend’** that the energy come out the palms of their hands. *For some of you, this process has already begun... You can already feel it!*

I know, I know... It probably sounds a little farfetched, especially if you have never even thought about this possibility for yourself.

A while back I shared the following method of ‘allowing your own energy to flow through your hands’ with a dear friend, and she went home and tried it. When we recently met for ice cream, she excitedly told me that ‘It works! It worked for me!’

She had said she did not think she could do it, but on her very first try, she could feel the warm healing energy tingling and flowing out of her hands. She was so happy.

***You can do this also.***

The following meditation will assist you in ‘turning on’ your own energy flow.

By the way, one never gets depleted doing ‘hands on healing.’ There is an infinite abundance of this healing energy available to everyone. We actually get energized by the extra energy that flows through us as we ‘lay hands’ on ourselves or others.

## **Meditation: Turning on the Flow of Energy**

Place yourself in a quiet beautiful area where you will be undisturbed for 30 minutes or so. You may want to bring special stone people, flowers, shells, feathers or other sacred objects dear to your heart with you. You will actually be going through an initiation, and you may want to dress accordingly.

Place a bubble of sparkly golden/pink light around you.

Take several deep breaths in through your nose, and out through your mouth.

And, ahhh yes, relax...

Call in Great Spirit, your Higher Self, your Protectors, your Angels, your Guides, your Shamanic Animal Helpers, and anyone else you wish to be present, and tell them your intentions to 'turn on your ability to allow healing energy to flow through your hands at will.'

Sit with your back straight and place your relaxed hands 'palms up' on your lap.

Get into that 'sweet spot' in your Consciousness, and trust you will be able to do this.

When you are ready, you will '**Intend**' the healing energy to start flowing through your hands which remain palms up in your lap.

Instantly, you will feel this warm energy tingling and flowing through your palms.

**Congratulations, you have just initiated yourself into this healing practice in the presence of Great Spirit, your Sacred Higher Self and all of your Guides and Angels.**

Now you **know** that you can allow this energy to flow through your hands anytime you wish, for as long as you wish.

Before you end this meditation, place your healing hands on your own beautiful heart and send energy to It.

Place your warm hands on any part of your body that is in need of a healing.

When you are ready, thank all of your Helpers and start to come out of your meditation.

Ground yourself by sending the light that comes out of the chakras in your feet, down deep into the earth and hook in.

Slowly open your eyes and continue on with your day.

**Now you know absolutely for certain, that you can turn on this faucet of energy with your 'intention' any time you desire it.**

Oh, happy days!

Amara

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