



Vibes Up!

## Advanced Self-Care through Energy Awareness

### WEEK THREE

#### Be Your Own Healer

Now that we have discussed some of the levels, layers and attributes you have in your energetic field, let's get started making some positive changes! By paying attention to disruptions, leaks and weak spots in the structured **1st level of the field**, you will enhance the vitality of your physical body. By observing the fluctuations, colors and patterns of movement in the unstructured **2nd level of the field** you can calm your emotional body, evolve your own emotional set point and effectively release the emotions of others that you have absorbed. **Taking time to intentionally create a FEELING and then enjoying experiencing that feeling is a way to treat and heal your emotional body.**

Let's discuss more about how the structured **3rd level of the field** works. We call this level the mental body. Thoughts live in the mental body and they can be beneficial or destructive. Our belief systems reside in this yellow structured gridwork that extends even further out from our physical form than the emotional body does. This structured level is very bright yellow and white when the mind is actively engaged. Destructive thought patterns and negative beliefs lodge themselves in certain areas of the body and make the energy field look darker, sometimes presenting as dark brown or black areas. Thought forms can take on particular shapes when they embed themselves in this level of the field. Our minds are extremely powerful healing tools. If our thoughts are not managed and directed, that same mental power can turn on us and become detrimental to our physical bodies.

## **Energy Follows Thought**

“Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”-Albert Einstein

“Happiness does not depend on what you have or who you are. It solely relies on what you think. The mind is everything. What you think you become.”-Gautama Buddha

The 3rd Level of the energy field (mental body) offers a miraculous opportunity to re-create our bodies by using our minds. You may have read the two popular quotes above and wondered how to accomplish matching the frequency of the reality you want. Your mental body affords you the opportunity to do things that would seem impossible to someone who does not understand how energy works. Healing and transformation are very possible with a focused mind.

## Awareness Exercise

The first step in working with your mental body is to become aware of the fact that thoughts are energy. Certain thought patterns may be having an effect on you. Scan the 3rd level of your energy field, the mental body, for harmful thought forms that have taken shape. Let your imagination take over and notice if you see any shapes or patterns of harmful thoughts taking up space in your body. This may be a new concept for you to imagine: that your thoughts are in every part of your body instead of just in your head. I assure you that your thoughts are a part of your entire ecosystem. Beliefs are not limited to the brain. Thought forms affect every cell in your body.

Thoughts can sometimes make us sick. Remind every part of your body that destructive thought forms are not really you. These beliefs and programs have been taken on from someone or somewhere else and they do not serve you like the emotions do. Thought forms can be released as easily as they were absorbed. All you have to do is tell your body that you want to connect with that specific thought, give the thought a form and release that thought form. Use your imagination to dissolve the form, explode the form, offer the form to God, to the light or to the elements of nature-whatever creative way your imagination can come up with for transforming that thought pattern, go with that!

You might be asking yourself why, if it's really this simple to change thought patterns in our bodies, aren't more people doing this kind of work? First of all, most individuals don't even know that these levels of the human energy field even exist. Secondly, it takes effort, time, patience and practice to get good at working with your emotions and thoughts to enhance your well-being. This is the reason I'm so passionate about sharing this information. It's all about empowerment!

## Questions for Reflection:

When you assess your typical thoughts, do you discover some thoughts that lower your mood and energy level?

What recurring patterns do you notice in your mind that you would like to change?

Do you notice positive thoughts in your energy field that enhance your well-being and vitality? Give thanks and show gratitude to the helpful and beneficial thoughts that live in the 3rd level of your field.

Your body believes everything you say. Make sure you are giving your body helpful and supportive messages.

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## Do-it-yourself Energy Healing Session

**Step 1:** Get comfortable. Release all tension from your body. Take some breaths that feel good. After you have familiarized yourself with an image of what meridian pathways and chakras look like, close your eyes and imagine what your own energy looks like. Are there any parts of your body where the flow of the meridians seems disrupted? Are there any power centers (this could be acupuncture points, minor chakras in the joints, or major vortexes down the midline of the body) that call out for your attention? See what comes to your awareness first and start working there. Enhance the energy flow in a certain area of the body by simply putting your attention to it. Imagine beautifying this area with light, color or setting an intention. See if you can have an affect on the meridians by imagining doing so. Be creative. How will you know if you've been successful? You can tell where your vibrational frequency is by how good you feel.

**Step 2:** Start at the top of your head and scan your body, checking in on every organ or system. If you are familiar with the location of the seven major chakras, you can enter each chakra like a gateway and observe all the organs that are governed by that energy vortex. Start at the top of your head and work your way down, taking time to say hello to each body part, relaxing as you go. You can achieve profound results by simply acknowledging and communicating with each organ in your body. This is the most basic form of medical intuitive work and it takes no training whatsoever. All you need is clear intention with appreciation and respect for your body.

**Step 3:** You can scan a particular level of your energy field or systematically scan each level, one at a time. This process can be time consuming. If you're short on time, ask to be shown the level that currently needs the most work. If you're going to scan each level one by one, start with the gridwork of your energetic template (1st level). Look for areas that need extra strengthening or "re-weaving" in the luminous fibers of the field. Then move on to the softness or wildness of the emotional body (2nd level). Spend some time smoothing out your emotions, transmuting emotions that aren't serving you or releasing emotions you have taken on from others. Then, connect in with your mental body and assess your thoughts and how they are affecting your energy. Remove harmful thought forms and enhance helpful thoughts. If you do this on a regular basis, you will become your own best healer. You will truly know yourself. You'll be able to correct a disruption in your energy before it even manifests physically. And if you can pay attention to your energy field and work with it in this way, meditation will become not only easy for you but also very pleasurable.

**Your body will do what you tell it to do.**

**That statement sounds too easy to be true but it's not easy. It takes effort to change your mind. This is a life changing concept. I hope you revisit these practices often and become your own healer.**