



Vibes Up!

## Advanced Self-Care through Energy Awareness

### **WEEK FOUR**

#### **Be the Change**

There is so much to learn about how your energetic field is affected by your environment and also how YOUR ENERGY is creating an effect on everything around you. When it comes to energy awareness and self-care, the learning never ends! In this four week introductory course, we have barely scratched the surface of what your subtle energy bodies are capable of doing and how to use them. This course was intended to spark your interest and empower you to use your own energy effectively.

**Wherever you are in your journey of learning to “tune in” to subtle levels of your being, you are right where you need to be. You aren’t behind because you will never get this work done. Your energy field will constantly evolve and teach you if you just pay attention.**

## **Energy Awareness Exercise**

This simple exercise can be done every day to enhance energetic awareness and well-being.

First, clap your hands together, activating the energy centers in the palms of your hands. Then, rub your hands together for about thirty seconds. Slowly separate your hands, gently pulling them apart from one another. Look closely at the space between your hands as you pull them further apart. Can you feel or see the energy that is being passed from one hand to the other? This is a simple way to feel the energy that emits from the first level of your energetic field. Now that you have activated your hands, take both hands and run them over your body, keeping them one to two inches above your skin and clothing. This action will feel similar to the act of smoothing out fabric over your body. Allow your hands to slowly move across the energy field above your body. Notice any temperature changes or sensations that may arise as you move your hands over different areas. This exercise is called a body scan. A body scan is the easiest way to begin to sense your own energy field or the subtle energy of another person.

## Do-It-Yourself Energy Healing:

Now that you've activated your hands and performed a body scan, you are ready to do energy work on yourself. This action step is simpler than you might think. All you need to do is get comfortable in a seated position and relax. Take your hands and start at the top of your head. Place both hands on each side of your head with middle fingers touching. Spend time focusing on each organ located underneath your hands. Direct loving attention and focus to these areas by using your breath and intention. Repeat this hand position all the way down the front of the body from the top of your head to your feet. Next, place your hands on as much of the back body as you can access. Stay in each area for at least 3-5 extended breaths. Take extra time and give attention to areas of pain and discomfort. Be creative with placing your hands comfortably over areas that need extra love and support. Stay connected to these areas long enough to develop an awareness of how that particular body part feels to you. For joints that need special attention, encircle both hands around the entire joint. This exercise can also be performed in the shower as an internal check-in. Self-healing supports every organ and system in the body. Measurable results have been reported when this simple practice is performed daily.

Make a note of what you experienced during this self-healing exercise. What areas of your body called out for more attention? Were you drawn to work with certain body parts? What messages did you receive from your body?

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**You are your own ecosystem. You are your own universe.**

**Continue to practice these exercises and revisit the variety of ways you can tune in to your energy. With practice, you will develop your own healing style and become your own healer. You will also have a better understanding of your environment and those you interact with by doing this work. Here's to new discoveries, self awareness and transformation.**

**Keep on healing!**