

## REMOVAL OF HARMFUL ENERGY



Here is a healing technique to assist you in releasing harmful energies that you may be holding physically.

Think of a painful experience you had with another person or just think of a person that irritates you.

Next, bend your head down so your chin touches your neck. Feel where in your body you are holding anger, pain, or resentment towards that person. It may be your heart, or your solar plexus, or wherever you feel the pain.

Imagine placing a tube of light into that area in your body that is causing your discomfort.

Now release those energies through that tube.

Let go even more, and then more.

Continue releasing and letting go.

Now insert that tube of light deeper into that same area and continue releasing all those old energies.

Continue emptying that place all the way to the bottom where all the pain is stored.

Release more...

And more...

Until all that painful spot has left into white light.

You can even take that tube and place it in another area that may call for healing.

When you feel complete, you can bring your head back to its normal position.

If you like, you can think of that same person again and see if you still have the same reaction or feelings towards them.