

## HEALING CIRCLE

VIA THE HEALING CIRCLE YOU CAN DO MIND NUMBING HEALINGS - BASED ON DIVINE ENERGY GENERATED IN A PHYSICAL METHOD THAT WORKS LIKE YOU CAN NOT BELIEVE:

STARTING WITH 4 to 6 GOOD MEDITATORS AS THE CORE GROUP - THEY NEED TO AGREE TO MEET IN THE SAME PLACE AT THE SAME TIME EVERY WEEK FOR SIX WEEKS - WE WENT ON FOR 3 YEARS IT WAS SO AWESOME.

THE SESSION STARTS WITH 20 to 40 MINUTES OF MEDIATION ON HEALING - OUR GROUP WOULD DO 40 MINUTES AS IF IN THE TWINKLING OF AN EYE.

THEN, THE PARTICIPANTS SIT IN A CIRCLE ON CHAIRS WHERE IT'S EASY TO REACH EACH OTHER'S HANDS. IN THE CENTER OF THE CIRCLE PLACE AN ALTAR WITH A CRYSTAL OR A CANDLE AND A LIST OF NAMES TO WHOM YOU ARE SENDING HEALING. HAVE A MASSAGE TABLE AVAILABLE FOR FOLKS THAT WANT TO LIE IN THE MIDDLE OF THE CIRCLE AND RECEIVE HEAVY HEALING ENERGY

TURN IN YOUR SEATS TO FACE TOWARD THE PERSON TO YOUR RIGHT - BECAUSE THE ENERGY ALWAYS SEEMS TO CIRCULATE THAT WAY. MAYBE IT WILL WANT TO CIRCULATE TO THE LEFT FOR YOU - FOR SURE YOU WILL KNOW - THE ENERGY IS HEAVILY TANGIBLE. YOU COULD START OUT SIMPLY FACING THE MIDDLE AND FEEL WHICH WAY THE ENERGY FLOWS - THEN TURN THAT WAY TO AUGMENT ITS FLOW.

NOW THESE PARTS NEED TO BE DONE IN THE SAME WAY BY EVERYBODY - THE IDEA IS FOR THE GROUP TO BECOME ONE - A LOT LIKE THE FLOCKS OF BIRDS AND SCHOOLS OF FISH THAT ALL TURN SIMULTANEOUSLY. THE REST OF THE EVENING WE ALL ACT AS ONE DOING THINGS IN PERFECT UNISON:

FORM A MUDRA HOLDING THE ARMS OUT STRAIGHT WITH THE LEFT HAND FLAT AND THE PALM FACING UPWARD AND THE RIGHT HAND ON TOP OF THE LEFT WITH THE WRIST BENT BACK AS FAR AS POSSIBLE SO THAT THE FINGERS POINT STRAIGHT UP - FORMING AN L SHAPE.

THEN AS A GROUP - THE LEADER WILL CALL OUT THE NUMBER OF BREATHS - STARTING WITH A SMALL NUMBER IN EACH SET. SAY 3 SETS OF 3 BREATHS. THEN PROGRESSING UP TO 5 SETS OF 5 BREATHS. THE BREATHS ARE DEEP INHALING WITH A FORCED EXHALE THROUGH THE TEETH MAKING A HISSING SOUND. CONTINUE THE BREATHING AND HOLDING THE MUDRA FOR ABOUT 10 MINUTES OR UNTIL SUFFICIENT ENERGY HAS BEEN GENERATED.

THEN SLOWLY LOWER YOUR ARMS AND MOVE TO HOLD HANDS WITH EACH PERSON'S LEFT PALM FACING UPWARD. NOTICE HOW THE ENERGY CHANGES AS YOU MOVE - IT IS WONDERFUL.

THEN THE LEADER STARTS WITH A HEALING PRAYER - THE WORDS OF WHICH ARE CHANGEABLE BUT, IN GENERAL IT GOES LIKE THIS: "I AM SENDING DIVINE HEALING ENERGY TO \_x\_x\_x\_x, NOW. SO BE IT." THEN THE CIRCLE REPEATS THE EXACT SAME WORDS IN UNISON.

THEN THE NEXT PERSON IN THE CIRCLE SAYS THE EXACT SAME PRAYER USING A DIFFERENT PERSON'S NAME THAT THE GROUP IS SENDING HEALING TO. THEN THE NEXT PERSON AND SO ON UNTIL YOU RUN OUT OF NAMES.

THE LEADER CLOSES THAT PART OF HEALING CIRCLE WITH AN APPROPRIATE PRAYER.

THEN THE ALTAR IS REPLACED WITH THE MASSAGE TABLE - NORMALLY EACH OF THE HEALING CIRCLE PARTICIPANTS TAKE A TURN IN THE MIDDLE OR ANYBODY THAT IS THERE FOR THE PURPOSE OF GETTING A HEALING.

ONCE THE MASSAGE TABLE IS SET UP - THE GROUP DOES THE MUDRA AND HEAVY BREATHS - JUST ENOUGH TO BUILD UP THE ENERGY.

A PATIENT LIES ON THE MASSAGE TABLE AND THE GROUP CAN PUT THEIR HANDS ON THE PATIENT SITTING OR STANDING OR IF THAT IS NOT APPROPRIATE SIMPLY HOLD HANDS IN A CIRCLE AND START TONING I.E. SINGING THE BASIC TONES OF A, E, I, O & U - SEEING WHICH WORKS THE BEST FOR PATIENT - YOU CAN FEEL WHICH TONE WORKS BEST. IT WILL BE NOTICEABLE.

THEN BRING IN A NEW PATIENT - MAYBE DO THE MUDRA AND BREATHING IF THE ENERGY NEEDS TO BE INCREASED.

FOR PATIENTS THAT ARE REAL SICK YOU CAN KEEP THEM IN THE CIRCLE FOR AN EXTENDED PERIOD. IN FACT, WITH SERIOUS ILLNESSES A COMPLETE HEALING IS POSSIBLE OVER A PERIOD OF SEVERAL HOURS. FOR SUCH PATIENTS IT IS BEST TO DO HANDS ON HEALING.

IF IT IS A CHRONIC CONDITION SENDING HEALING ENERGY DOES WONDERS OVER TIME.

I'D TELL YOU SOME OF OUR RESULTS, BUT IT IS BEST IF YOU GET YOUR OWN - SUFFICE TO SAY THAT YOU WILL BE AMAZED

HEALING IS THE BEST SPIRITUAL TALENT TO DEVELOP - IT IS EGO-LESS - PARTICIPANTS IN THE HEALING CIRCLE WILL BECOME POWERFUL HEALERS ON THEIR OWN. THE REASON THAT HEALING IS SUCH AN IMPORTANT TALENT IS THAT IT IS IMPERATIVE THAT THE HEALER GIVE ALL THE CREDIT TO GOD - EITHER THAT OR SUFFER THE RESULTS OF RECEIVING THE PATIENT'S KARMA.