



Own your own energy

Before you do this process ask yourself these questions.

1. How am I feeling?
2. What am I feeling and where am I feeling it in my body?
3. What is one word you would associate with how your energy feels right now?

Cutting the cords to return to your own energy.

Call all energies connected into you, other than your own and bring down a flaming sword of Truth to disconnect those cords swiftly and cleanly as the flame seals the ends. Repeat this process calling all energies connected into you from behind.

Then vision a bluish-white light called the Christ Light washing into you, cleansing, healing and transforming. Washing through bones, the blood, muscles and soothing the nerve endings. This light is aligned with the Christ principal of transformation.

Energy practices

Place your hand on your chest, tap a few times or place a little pressure to bring your awareness to the heart centre. Breathing in deep saying I AM I AM I AM I AM. Hold the breath for the count of four and then breathe out saying I AM I AM I AM I AM. Do this four times.

Ask yourself the above three questions and note the changes you feel from the first answers before you did this process. This is your own energy.

To expand your energy, look at something you see as beautiful and breathe in its beauty. Breathe in all the beauty that surrounds you. Take note of how you now feel. Awareness of how your energy changes is key to knowing your own energy.