



# Energy

💕 A Beginners Guide to Energy  
By  
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As we go forward, Remember Another Way, chose wisely my friend.



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Loving you more and more, with ease, fearless into a forward glide. Platinum Pat





## INTRODUCTION

This gift is for you. May it serve you well. I had a curiosity. You too, have a curiosity.

The resources about working with energy healing is stupendous.

In the early 70's, I found my first book on Energy Centers written by Robert Monroe in a small one room library in Brownsville, PA. Over forty decades of research, learning and practice, what caught my attention were cultures, unknow to each other, shared the same experience. I began to recognize threads connecting a unity of universal truths.

Each school of thought on energy have slight differences in colors, sounds, spinning directions, and names. However, the most controversial differences are in the number of large energy centers, six or seven.

The large energy centers corresponding to the human body taught by the Hatha Yoga Tradition Practitioners are the most familiar. Images showing these centers with corresponding color are easy to find.

I trained as a Psychotherapist in the 70's. In Colorado I obtained a Registered Nurse Licensure and the Certified Addiction Counselor III Licensure, trained in Energy Psychology and as an Acupuncture Detoxification Specialist. I have written curriculums for Behavior Health Clinics, written State Programs for Addictions, and in 2012, Colorado adopted my documentation, assessments/charting for the employed Colorado State nurses. I obtained yoga teacher's certificate from the Yoga Alliance.

I have had many encounters with energy healing practitioners who were willing to freely share their knowledge with me. What is presented here is just a small sample of techniques hopefully to whet your appetite to learn more. ***We need more healing in this world. If not you, then who?***

**Note of caution:** *Let go of Self-Importance!* Energy practitioners do not heal. They only help a person to retrieve the information one already has. Our divine healer is

within. That which is outside us can enhance what we already have. “Where two or more are gathered with same intent, I AM THAT.”

**Note of caution:** Always have permission before working energy with another person. As you practice feeling energy, your own inner wisdom becomes more profound.

There is a Toltec tenet: all paths lead to nowhere, choose any path just so the path has a heart. 

Feeling Energy, I have not thought about it for a while. My friend, Al, suggested that I write instructions on: Energy. My personal practice is feeling subtle energy. Here are a few guidelines given to me to practice feeling energy.

- 1. Please take a moment and be present in these amazingly simple universal techniques.**

 The most common information I have heard on feeling energy is when people report feeling a vibe, an impression, a gut feeling when walking into a room with people. Training as a psychotherapist, I was instructed to “turn off the sound and watch the picture”. It is obvious when someone is angry or excited.

- 2. Please take a moment and be present in these amazingly simple universal techniques.**

 Introduced method by a Navajo Therapist:

Briskly rub your hands until you feel the warmth. Palms facing each other, gently pull your palms away. Pay attention to feeling the magnetic pulses, the heat sensations. This practice allows calibrating, and it is like relighting the pilot’s light.

- 3. Please take a moment and be present in these amazingly simple universal techniques.**

 Introduced methods by Paramahansa Yogananda.

I can only share my personal practice. The way information is available and the way we perceive the practice is our uniqueness.

**Method #1.** Practice holding your hand in front of your face. Briskly rub your hands until you feel the warmth. Palms are facing each other. Gently pull your palms apart. Pay attention to the sensations.

**Method #2.** Practice rubbing your hands briskly until you feel the warmth. Now lift them up and slowly bring them down. Pay attention to feeling the magnetic pulses and the heat.

**Method #3.** Practice to send healing energy. Visualize the infinite universe while rubbing your hands, raise your hands facing away from you and send the love.

**4. Please take a moment and be present in these amazingly simple universal techniques.**

♥ Introduced by Tai Chi Master: during a workshop with Native Americans. I asked for clarification, not having any feeling. He reached for my arm and traced his hand from my wrist to elbow with an electric shock that tickled. I felt the surge.

**5. Please take a moment and be present in these amazingly simple universal techniques. Image of the energy centers for reference is helpful.**

♥ Introduced by “Healing Touch”, a manual approved for nurses. This technique is interesting. It brings the importance of the practice to hone on our unique way to receive messages from energy. Healing Touch describes six energy centers spinning clockwise with the seventh, above the head, counterclockwise. Schools of Thought differ in describing energy centers spinning clockwise or counterclockwise.

**Method #1.** To feel our own energy centers. Briskly rub your hands until you feel the warmth. Place your hands in front of one of your energy centers. My preference is starting at the lower centers. The centers are described as vortexes which are spinning clockwise or counterclockwise.

**Method #2.** Using the palms of the hands trace a circle over the energy center, pay attention to your instinct to what you are feeling.

**Method #3.** Fluffing: Briskly rub your hands until you feel the warmth. Begin with a person lying on their back. Slowly sweep your hands from the person’s head to their feet. This is smoothing the energy centers. Experience your unique gift.

As we go forward, Remember Another Way, chose wisely my friend. 



## Aura Identification

There are “tools” I have learned over my lifetime.

**Purpose:** “What can I do?

**Intent:** Who can I help?”

There is a saying, **write what you know about**. Seeing life’s energy is the most exciting thing for me. Call it a hobby. Call it curiosity. Dr. David R. Hawkins, MD said, “Knowledge is not understanding”. Most people are aware of auras but can’t see them.

**The why:** Why did I find this so fascinating and spent a lifetime of learning and practicing these procedures?

**The how:** How did I begin to practice?

**The process:** I plan to share the different methods of practice I learned.

Nikola Tesla: “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

To begin, I prefer using a white background for any practice of looking at energy. I love looking at flowers.

**For a beginner:** My favorite flower to use is a dandelion. Place the flower in front of a white background. The lighting is important. There should be no shadows. When outdoors on a sunny day, I place the sun directly behind me. Standing about three feet from the plant and at eye level, I look. This called gaze or **gazing**. I gaze past the plant, not directly at the plant. This gaze is past the flower, leaves and stems. At first you may not see anything. Perhaps you begin to see a shimmer. What is fun for me is seeing what color radiates off.



For example, a yellow dandelion and its green leaves always put off a beautiful blue hue. The primary color wheel,: when combining the colors yellow and green oil paints, blue is the result.

When I am walking out in the forest, I will sit on the ground and use the white clouds for seeing the color hues of plants. With enough practice, you may not need a white background. After a workshop with a Lakota Medicine man, I began to go out during the full moon to look for medicine plants. He said during the full moon, medicine plants are iridescent. This led to a 10 year search for medicine plants around the Navajo Dam, NM area.

The practice of seeing people's energy body is no different. I place a person in front of a white background. The lighting is important. Make sure there are no shadows to either side of the person. Gaze past the area between the shoulders and head. With practice you will begin to see energy; perhaps at first a shimmer. Keep practicing; you will be amazed at the results. It has been my experience when teaching this technique to anyone, once they see the energy, they also see color!

I rarely have seen color using this method. What I was taught, ancient ones had a mean vibration color of amber. Then the next peoples who walked the planet were chartreuse. Today in "modern man" is white. We see this white portrayed in today's depiction of holy ones.

### **Do Not Interfere**

I view it as an invasion of privacy. We lose so many good people out of ego or fame, who misuse this tremendous responsibility. This is the "**why**" ancient knowledge has been given to a select few. What is your Intent? What purpose do you serve? How do you maintain integrity? Have you learned to "let go of self-importance?



There are moments when the Universe is showing me an unusual anomaly. I learned to check it out. I don't know "what" I see. I can only describe it. Mystic Bob, a mentor of 5 years shared, we really don't know what, how or why these unknown magic events happen. He emphasized what is important, "How is my integrity"? I now accept the "sight" as a gift from Universal Source. That is the mystery. To name it is to limit it, not to rationalize to make it fit into our known paradigm.

Most important, these gifts are free. In my lineage of healers, spiritual teachings, spiritual healings are meant to be free to all who seek. We incorporate our gifts into our daily mundane lives. The **purpose** and **intent is** to help and to heal; if not you, then who?

The choice of the two paths are: self-serving/serving.

Each choice, decision, and action has a consequence call it cause and effect.

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