

# Energy Medicine Specialists



## ENERGY THERAPY ADVANCED

### **About Energy Medicine Specialists (EMS)**

EMS is a center of excellence in energy medicine, education and integrated health care. It exists to foster healing and wellness for the people and community that we serve. EMS strives to provide practitioners of the highest ethical and educational standards in the field of energy medicine through education, practice, and support.

### **Energy Therapy Advanced**

Energy Therapy Advanced is a practitioner development course taught over three days including lecture, group discussion and didactic activities. Topics include all things energy, boundaries, ethics, symptoms of imbalance, energy techniques, and documentation. This course is meant to further the practice of the student toward professionalism and knowledge in the field of energy medicine, or for the professional practitioner – to deepen one’s knowledge in energy medicine.

#### Course Pre-requisites

Energy Therapy Basic and Basic Pendulum Skills (Classes are online)

#### Course Learning Goals

- Introduce the Handbook of Professional Standards
- Wave Theory and energetic principles
- Assessment of the energy systems - Mirror Technique, Muscle testing, Hand Scans, Pendulums (Review Basic Pendulum Skills video)
- Self-development and self-care of the energy medicine practitioner
- Creating a Healing Environment - Separate video
- CORE Duality (3 Step Sequence)
  - CORE Balancing
  - CORE Deepening
  - CORE Anchor
- Documentation Steps: Intake, Identifying symptoms/issues, Goals, Assessment - before, during, and after, Treatment, Feedback, and Plan
- What makes a good practitioner?
- Role of Intention
- Learn about Distance Healing?
- Discuss Case Management
- Define Practical Magic

## EMS\_Energy Therapy Advanced

<b>TABLE OF CONTENTS</b>	<b>PAGES</b>
Policies & Procedures	4 - 15
Chakra System Power Point, Meridians & Emotions	15 - 26
Self Care, Self Development, Healing Environment	26 - 29
Assessment: Hand Sensing, Mirroring, Muscle Testing, Pendulum	29 - 35
Full Body Techniques - C.O.R.E. Duality	36 - 40
Documentation	40 - 52
Distance Healing	52 - 54
Practical Magic	54 - 57
Role of Intention & Intuition, What makes a good practitioner	57 - 60
Bibliography	61 - 65
Glossary	66 - 67
Sample Consent Form	68
Yoga positions	69 - 70
Forms - Intake and Treatment	71 - 75

**We do not become healers. We came as healers. We are!  
Some of us are still catching up to what we are.  
We do not become storytellers. We came as carriers of the stories we and our  
ancestors actually lived. We are.  
Some of us are still catching up to what we are.  
We do not become artists. We came as artists. We are.  
Some of us are still catching up to what we are.  
We do not become writers, dancers, musicians, helpers, peacemakers. We came  
as such. We are!  
Some of us are still catching up to what we are.  
We do not learn to Love in this sense. We came as Love. We are Love!  
Some of us are still catching up to who we truly are.  
~ Clarissa Pinkola Estés**

## **EMS POLICIES AND PROCEDURES**

### **VISION STATEMENT**

Energy Medicine Specialists (EMS) is a center for excellence and ethics in healing, education, practice, and in presenting and consulting in the field of Energy Medicine. We exist to educate and support the most highly trained and ethical practitioners in the Energy Medicine (EM) field.

### **COURSEWORK IN THE FIELD OF ENERGY MEDICINE**

Energy Therapy Program

- **FOUNDATIONAL COURSES**
  - Energy Therapy Basic- Online class
  - Energy Therapy Advanced - Online/In-person
  - Basic Pendulum Skills
- **FUNDAMENTAL COURSES**
  - Intuition Discernment and Development
  - Communication Skills for Energy Practitioners
  - Energy Medicine in Surgery

## EMS\_Energy Therapy Advanced

- **ADVANCED COURSES**
  - Advanced Chakra Diagnosis and Treatment
  - Master Level Hara Training

Supplemental courses are added to the EMS website periodically.

Upon successful completion of the Foundational, Fundamental and Advanced classes, participants will be awarded use of the acronym Specialist in Energy Medicine - SEM. This acronym is trademarked.

### **NON-DISCRIMINATION POLICY**

EMS does not discriminate based upon age, race, nationality, gender, sexual orientation, religious belief, or disabilities. We uphold and support the premise that all human beings are created equal.

### **LIABILITY INSURANCE**

All practitioners are highly recommended to carry liability insurance.

List of liability insurance options for students and practitioners:

(This is a partial list. Practitioners of multiple disciplines may have other options.)

1. EMPA - Energy Medicine Professional Insurance-Healing Touch Program  
energymedicineprofessionalinsurance.com
2. ABMP - Associated Bodywork and Massage Professionals [abmp.com](http://abmp.com)
3. Professional Liability Insurance through your home insurance policy

### **ETHICS POLICY**

All members and graduates of EMS must adhere to the “Code of Ethics” established, supported, and enforced by Energy Medicine Specialists when identifying themselves as holding the EMS acronym SEM, or as an EMS practitioner, or student.

### **CODE OF ETHICS FOR ENERGY MEDICINE PRACTITIONERS**

## EMS\_Energy Therapy Advanced

1. Practitioners utilize liability insurance, documentation, and consent forms in alignment with allopathic medicine. Professional private practitioners do as well.
2. The practitioner will dress and have conduct considered professional and non-sexual.
3. The practitioner will uphold confidentiality for the client, other professional practitioner consulted or engaged, the medical process, and the medical institution, if one is used.
4. The practitioner honors a client's autonomy over his/her care without discrimination.
5. The practitioner is considered and functions as a 'mandatory reporter'.
6. The practitioner practices with high ethical standards and intention for the client's highest good/outcome.
7. The practitioner accurately represents his/her training and scope of practice.
8. The practitioner engages ongoing self-care and training in the energy medicine field, upholding effective/professional boundaries.

If you hold other professional licenses or credentials outside the field of energy medicine, you must agree to adhere to their own specific professional codes of ethics as established by their own profession, including any licensing boards who promulgate and require adherence to ethical standards of professional practice.

### **SCOPE OF PRACTICE**

#### **DEFINITION:**

Scope of practice helps to identify procedures, actions, and processes an individual is permitted to perform. An individual's scope of practice is also based on specific education, experiences and demonstrated competence.

The EMS practitioner is expected to follow the code of ethics and scope of practice when building their clientele to distinguish them as a professional in the world of energy medicine.

#### **Code of Ethics:**

Students and practitioners of EMS are expected to follow the Code of Ethics adopted by Energy Medicine Specialists.

#### **Informed Consent:**

All students representing themselves as a student of EMS must have an informed consent and have their clients sign this upon their first encounter. (Review informed consent in ET1 workbook)

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### Documentation:

EMS provides a documentation form that all EMS students are expected to use for each client session. All documentation forms are to be kept confidential and follow privacy policy. It is recommended that each client have their own folder that contains the consent form, intake form, and all session documentations. See your state requirements for professional confidentiality of records. In some states, files are required to be kept for X number of years and locked, behind a locking door, etc. (Documentation forms and review are located in workbook addendum).

### License to Touch:

All student/practitioners are responsible to check their state laws regarding the ability to touch when providing services to clients. Consent forms must state that permission to touch is granted if touch is utilized.

### Liability Insurance:

As a professional, the student/practitioner is expected to purchase liability insurance through a reliable source to provide protection for the practitioner and the client.

### Session fees:

Practitioners of EMS are expected to charge for their services, the fee should be in line with similar modalities in their locality.

A student new to energy medicine should consider refraining from charging until they have completed ET2A and have practiced sufficiently. Requesting donations is acceptable.

Students of energy medicine should charge fees for their services based on their knowledge, experience and years of professional practice.

Most students coming to EMS training have completed training in other program/s. Charging while learning new additional/advanced skills is appropriate in any discipline.

## **PRIVACY POLICY**

EMS collects information when you register on the website, subscribe to the newsletter or fill out a form, including name, address, e-mail address, telephone number, credit card information and/or professional status.

The information collected from you may be used:

- To personalize your website/classroom experience
- To improve our website
- To improve customer service
- To process transactions.

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- *Your information, whether public or private, will NOT be sold, exchanged, transferred, or given to any other company for any reason whatsoever, without your consent, other than for the express purpose of delivering the purchased product or service requested.*
- To send periodic emails regarding information about your order, upcoming classes, company news, or service information.
  - You may opt-out of all email if you prefer.

We do not sell, trade, or otherwise transfer to outside parties your personally identifiable information. This does not include trusted third parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or other's rights, property, or safety.

After a transaction, your private information (credit cards, social security numbers, financials, etc.) will not be stored on our servers.

### **EMS CLIENT BILL OF RIGHTS**

As a client you have the right:

1. To safe, considerate, respectful, compassionate, and professional care.
2. To expect records/communications be kept confidential and to be given copies of records, if requested.
3. To receive information to make informed decisions about your care plan and to give consent for treatment, including touch.
4. To have autonomy over your care; to refuse all or some treatment.
5. To know the cost of treatment, as well as how many treatments might be required to achieve your desired outcome.
6. To be transferred, referred and/or discharged upon request.
7. To ask questions or bring up concerns, and to have these acknowledged.
8. To see other energy practitioners for care or professional opinions.



## EMS PRACTITIONER POLICY

Whenever you are working with subtle diagnostic information, your energetic assessment produces foundational knowledge for the treatment of your client. When information is shared, it can educate or enlighten your client to his/her process and challenges. This contributes to the choices he/she can make, and the intention formulated for treatment.

This program provides rich information that allows you to gather additional diagnostic information to enhance your current level of practice. The aim of our work as practitioners is to empower our clients to engage in their healing process. Seeking knowledge through love and for service is the empowerment that we strive for.

As an EMS trained practitioner in Energy Medicine, with assessment you are finding patterns in the energy expression of your client. When you share what you have found with your client, be sure to share this as possibilities, not facts. Nothing is documented as truth if it is not truth for the client. It is recommended to ask the client if any of the information identified rings true and if so, what he/she would like to change/release.

How do practitioners share intuitive Information during energy-based work? Before sharing assessments or intuitive “hits” regarding your client, ask yourself the following questions:

- Who is this information about/for?
- Is it necessary for me to share?
- Is this information symbolic?
- Can I present this information as possibility, rather than fact?
- Is sharing this in the client’s best interests?

Intuitive information shared is documented on session documentation sheet, as well.

## **EMERGENCY PROCEDURE RECOMMENDATION**

All practitioners and students should have a known emergency plan for numerous reasons such as:

- Client becomes physically ill
- Client becomes emotionally ill
- Client becomes threatening and/or violent
- Outside emergencies occur such as: weather, hazardous waste exposure, fire, gas leak or loss of power, active shooter, etc. while working on a client.

### **Recommended emergency plan for one-on-one clients/private practice:**

- Practitioner/student should always have an exit and back-up plan prepared.
- It is recommended if you are working from home, that the client be restricted to specific locations and not have intimate knowledge/exposure to your home.
- Practitioner/student should have access to a telephone to call for help and a bathroom if possible.
- Practitioner/student should notify a family/friend of where a copy of their schedule is kept.
- When meeting a client for the first time, allow the client plenty of personal space prior to entering the treatment room.
- If your intuition about a person is hesitant, notify a friend/family member to check in with you during, or soon after the treatment.

### **Recommended emergency plans for Instructors:**

- It is recommended to have a helper or other EMS practitioner attending your class. Thus, if a student becomes ill, physically, or emotionally – the helper/secondary practitioner can deal one on one with the student while the primary instructor proceeds with class work.
  - *An appropriate helper is a course repeating student, a student in more advanced coursework in the EMS program, or another instructor.*
- Should a person become threatening or violent, the helper should call for help while the primary instructor attempts to defuse the situation in a non-threatening manner.
- It is recommended to discuss and plan for events with your helper/secondary practitioner prior to class.
- Students are required to provide an emergency contact with a cell phone number.

**Roles for classroom participants:**

- Instructor - Responsible to lead the class, following the standardized curriculum. Instructors are expected to provide a professional, positive learning environment for the students and to hold the students accountable to maintain the intention of the class.
- Student - Students are expected to actively engage in the classroom with the instructor and fellow students. Students are expected to maintain confidentiality of any personal information shared by all participants. Students will be expected to actively support a professional, positive environment led by the instructor.
- Helper - The helper is a course repeating student, a student in more advanced coursework in the EMS program, or another instructor. The helper will assist the instructor as requested with a variety of tasks needed to include preparing the classroom prior to the beginning of class and clean up @ end of class.
- Coordinator - The coordinator will assist the instructor with office duties/administration for setting up a class, registration of students, communicating with students, sending all required material to students, answering student questions about classroom process, and assist as requested by the instructor.

**What is a mandated reporter?**

All states designate certain professionals as mandated reporters – some states require all citizens to report. A mandated reporter is one who is required by law to report reasonable suspicions of abuse. Most states consider healthcare professionals as mandatory reporters. As a SEM practitioner, you are a healthcare professional.

**What should be reported?**

- Suspected or known child abuse and neglect.
- Suspected or known elder abuse and neglect.
- Suspected or known abuse and neglect of mentally or physically disabled individuals.
- Suicide threats.
- Threats to the well-being of others.

All SEM practitioners have a professional and ethical obligation to know their state laws and to follow the guidelines for mandatory reporting.

## **PROFESSIONALISM**

Professionalism is the conduct, behavior, and attitude of someone in a work or business environment. Professionalism leads to workplace success, a strong professional reputation and a high level of work ethic and excellence.

For Specialists in Energy Medicine (SEMs), professionalism reflects the act of providing quality energy medicine care to clients while honoring the values of respect, advocacy, integrity, confidentiality and responsibility.

Quality of Care is being at your best when you meet/treat your client. The pre-treatment focus is on you, the practitioner, and your health, balance and presence. The treatment focus is on the client and not on the practitioner.

Value is a person's principles or standards of behavior; one's judgment of what is important in life.

Respect is due regard for the feelings, wishes, choices, rights, and/or traditions of others.

Integrity is the quality of being honest and having strong moral principles.

Responsibility is the state of, or fact of being accountable for one's actions.

EMS expects students and practitioners to act in a professional manner and to include the listed qualities of care when representing EMS as a practitioner.

The SEM practitioner is expected to be responsible for maintaining safe standards for their clients. Safe standards are achieved by carrying liability insurance, adhering to regulations set forth by their state laws, and the laws in any state in which they practice. The practitioner must be competent in the field of energy medicine, which means to be able to diagnose and treat the whole human energy system as taught by EMS. They must strive to continue their education and self-development as an energy practitioner.

## EMS\_Energy Therapy Advanced

A practitioner that is working on self-development is encouraged to review multiple different modalities. This helps the practitioner recognize useful qualities to incorporate into their personal practice. Discernment is imperative when reviewing literature, research, and other modalities.

Continuing education and self-development include reviewing literature in the field. The practitioner should be wary of google searches. This may result in seeing articles that are not based on scientific or practice evidence. There is a lot of medical and scientific misinformation found in google type searches.

Reviewing well respected, professional, and scientifically based journals are one approach toward continuing education in the field of energy medicine. The National Institute of Health (NIH) is one of the leading organizations practitioners can use to stay up to date on the most recent scientific research regarding the field of energy medicine. Pub Med is one source of professional research papers. Universities often conduct and compile research in specific areas of study as well.

There are many different terms for energy medicine. Sometimes using the term energy medicine leads you to topics about all kinds of energy. It is best to use quotation marks around “energy medicine”, as this may lead the reviewer to the articles they want, thus, a search using synonyms for energy medicine produces a more accurate selection. Using the following terms provides a more useful search for the reviewer; Biofield Science, Energy Therapy, Reiki, Therapeutic Touch, Acupuncture, etc. A recent review produced more than 3000 articles!

Energy Medicine is a growing field in the psychology world as well. A search of respected psychology organizations produced a number of evidenced base research articles.

Following is a selection of respected organizations that a practitioner can access when reviewing research literature.

- National Institute of Health, <https://pubmed.ncbi.nlm.nih.gov>
- American Psychology Association, [APA.org](https://www.apa.org)
- ACEP, Association for Comprehensive Energy Psychology, [energy psych.org](https://www.energy-psych.org)

There are other useful websites, but again, choose professional, respected research articles and avoid misinformation from a general google or Wikipedia search.

The professional practitioner will be responsible to carry liability insurance and verify with his/her state department of regulation that one is allowed to practice. All practitioners should make themselves aware of state regulation on business registration and licenses, use of touch, etc. The laws do change from one state to the next and over time. The practitioner holds the responsibility to stay up to date on the state laws and business guidelines.

Networking with others in your local area is beneficial for many reasons. Networking with other professionals helps one identify other practitioners and modalities of interest and is a great way to share information about state legislation. Belonging to professional organizations is another way of maintaining professionalism and staying up to date on new ideas in your field of work.

The bibliographies in the back of each workbook have a list of respected authors and books that have helped in the development of the EMS courses. They are a great resource.

### **Science of Energy Medicine**

Energy medicine (EM) has been defined as a branch of integrative medicine that studies the science of therapeutic applications of subtle energies. ... The subtle energies involved in these systems exhibit the internal and external aspects of the human being described as the human biofield.

While modern medicine focuses primarily on physiology, the human body includes many aspects that are not physical. Physiology interacts with its environment via ambient fields such as light, sound, electricity, magnetism, and with all other living organisms to generate massive amounts of information in the form of energy fields.

The field of energy medicine has many modalities, all energy healers have one thing in common: The practitioners access the body's electromagnetic field in a way that prompts self-healing or, to give it the scientific term, restores homeostasis.

Shamini Jain in the book, "Healing Ourselves Biofield Science and the Future of Health" cites multiple research studies that support the use of energy medicine in the healing process. This book shares information about the placebo effect, mind-body therapies, biofield therapies, healing down to our cells, and the mechanism for biofield healing.

Modern medicine is familiar with the body's energy fields and uses them both diagnostically and for treatment. The fields most commonly documented are the bioelectrical fields around the heart, the brain, and the muscles. These are best known by the technologies that measure them—the electrocardiogram, the electroencephalogram, and the electromyogram.

Doctors are now using many forms of energy as treatment. Vibrational sound energy, light, and lasers are some therapy treatments. Pulses of infrared light can treat depression by stimulating a patient's vagus nerve and static magnets are being used to alleviate pain or break up scar tissue. So when energy healers talk about healing by interacting with the energy field, they're talking about something that's measurable, well-documented, and increasingly becoming part of the mainstream.

Many hospitals now train energy medicine practitioners to treat cancer patients, and Stanford University's Department of Materials Science has been studying the healing power of what it calls "subtle energies."

The University of California, Irvine has taken a look at the science behind pranic healing, a field of no-touch energy medicine that uses prana (a person's life force) to balance and harmonize her internal energy levels.

To both understand and treat the entire human being, current practices in Western medicine must expand concepts of healing to incorporate the physics of the HEF into modern medical practice. Western medicine must learn to integrate with Eastern medical practices that have been time tested for thousands of year.

National Institute of Health has many articles of quantitative and qualitative research regarding energy medicine. The individual can go to the PubMed website to search for articles on holistic medicine, energy medicine, holistic nursing to see articles regarding the effect of energy medicine.

### **12 Basic Concepts in Energy Medicine**

1. We acknowledge that pure Divine love is life's creator and most powerful healer. Therefore, it is the absence of love that contributes to dis-ease/disease.
2. Human health and quality of life are affected by the health of one's energy system.
3. Becoming fully present, grounded and blending energy with another are the first steps in practitioner preparation and foundational for healing work and therapeutic presence.
4. Therapeutic Presence includes maintaining compassion, respect, heart-centeredness, humility, trusting the process while holding these states and a neutral attitude.
5. A commitment to self care are evidence of highly professional and effective practitioners.
6. Practitioners model self care to their clients and recommend self care to clients as a way of both empowering them and supporting their health and healing.
7. EMS Practitioners strive to empower clients through encouraging self-reflection, education and individualized self care.
8. Following intuitive and energetic guidance on how to use one's hands, heart and words to benefit another is a guiding principle.

9. EMS Practitioners are conduits for Universal Energy/Pure Love.
10. Practitioners strive to remain un-attached to the outcome of a treatment.
11. Energy Therapy is based on scientific, energetic, experiential, ancestral, and spiritual principles and is taught from these perspectives.
12. Quantum physics shows us that the field of energy is influenced by our state of consciousness and tied to the art of energy healing. We are part of a vast, invisible field of energy, which contains all possible realities and responds to our thoughts and our feelings.

### **Human Energy System (HES) - PowerPoint presentation**

Inherent throughout all of spacetime is energy. This energy is experienced by the human as light and mass.

Energy medicine is a biofield therapy to help one's self and/or others to achieve balance, harmony, and improved overall well-being. Scientifically, energy medicine is a form of mind over matter or action. Energy medicine is the practice of healing people using intent.

According to Manek, intention is different for every person. We all use intention in our daily lives. Intention is a product of a variety of personal, cultural, and philosophical forces. Energy healers use intention during treatments. Energy healers in EMS are taught to connect with source, then run energy into a client with specific techniques and intent. These healers holistically work on clients physical, emotional, mental, and spiritual essences

It's important to understand that quantum physics has it's own language and Energy Medicine has it's own language. Energy Medicine has tried to use quantum physics verbiage to describe how the Human Energy System works and quantum physics has tried to use Energy Medicine verbiage. Some words are the same in both languages, other words have different meanings. Quantum physics is trying to measure consciousness and understand how exactly energy medicine works on higher consciousness.

Quantum physics has helped measure aspects of the human energy system - energy field, meridians, physical body, chakras. Currently, there is nothing available to actually measure the Hara or Core Star. The science has not caught up to these high frequencies.

Energy Medicine Specialists teaches holographic healing.

What is holographic healing? A concept that all information is contained within the smallest unit. For example, say you have an intact mirror. The mirror falls and shatters into many pieces. Looking at a shard of that mirror, you can still have a fully intact



mirror. How does an apple seed become an apple? Holistically. Everything the apple needs for development is contained within the apple seed.

Gonzales states we can see the holographic concept in nature. Animals can function individually, but in a group dynamic, the group exhibits it's own lifelike characteristics such as bees in their swarms, geese in flock formation.

Bennett describes a hologram as a three-dimensional image that floats in space in front of the film. He goes on to describe the quantum field as a hologram. The definition of a quantum field in his book is the human energy system.

According to Brennan the hologram concept states that every piece is an exact representation of the whole and can be used to reconstruct the entire hologram. Again, think of how the apple is made from the seed.

To have holographic healing, one must first understand that this is a fairly new concept. It has to do with consciousness, mind, and matter. "Essence underlies consciousness. Consciousness is subtler and less limited than what we call mind. Consciousness underlies mind. Therefore, it is essence that gives rise to consciousness, that gives rise to mind, that gives rise to matter." (Brennan, 1993). This is how we manifest into a physical body on planet earth.

	ALL THAT IS	
ESSENCE - Gives rise to		CORE STAR - Gives rise to
CONSCIOUSNESS - Gives rise to		HARA - Gives rise to
MIND - Gives rise to		HES/CHAKRAS & MERIDIANS - Gives rise to
MATTER		PHYSICAL BODY

Holographic healing has to do with the wholeness of a person. People have physical complaints thinking the symptom is the reason for the dis-ease. With holographic healing, the practitioner understands that the symptom is physical, thus must look to what is going on with the whole person; physically, emotionally, mentally, and spiritually. It's important to know that a person gets ill from the outside in. This means a trauma lands in the spiritual portion of the energy field. If the trauma is not released, it continues to move towards the physical body.. Healing occurs from the inside out which means, the healing starts in the physical part of the field and the trauma is released.

Holistic awareness is multi-dimensional without space, location or time. Thus, sometimes it is difficult to recognize the holistic healing. As practitioners, the more we experience providing treatments, the easier it becomes for us to look at our clients holographically. There are many scientifically legitimate quantitative and qualitative research on the benefits of energy medicine.

## **Anatomy of the Human Energy System (HES)**

We are one with the universe, all that is, the Divine, God. We are all multi-dimensional beings unhindered by time, space, distance, measurements. Most of the literature agrees we all have a core star originating in the universal field at a very high frequency. As the frequency decreases, our physical body is eventually formed.

You may have learned different words for where we began our trip to become a physical person matrix, core star, universe, etc. They are all correct. We begin as a Core Star and manifest into a physical body. How we arrive in the physical body may have some minor differences in the literature, the outcome is the same.

Janna referred to the HES as a matrix, which is a metaphorical concept that views the body's energy flow not as a linear system, but as a complex network of interconnected pathways, similar to a mathematical matrix, where different energy points interact and influence each other, impacting physical, mental, and emotional well-being.

Barbara Brennan states the core star is within our physical body. Her description of the Human Energy System is the chakras, meridians, and auric field. This HES develops from the Core Star to the Hara then into the HES.

EMS teaches the Core Star is in a different dimension than our physical body unhindered by measurements and is outside our body.

We begin in the universe - in the midst of "all that is". Each and every one of us have an individual core star in this hologram of life. This connectedness travels with us throughout our live(s).

From the core star, the frequency of light decreases into the Hara which is our essence giving rise to our consciousness. The Hara consists of a column or river of light that begins with the core star and connects to the crystal in the middle of planet earth.

The Hara has 3 nodes:

- ID - above the head
- SS - mid to upper heart
- TT - low abdomen/sacral area

The frequency of light decreases into the chakra system (7 major points) which is the Consciousness giving rise to the Mind. As the frequency of light decreases - the meridians develop into rivers of energy connecting the chakras to the organs of the physical body

The frequency of light decreases and the physical body is formed which is the Mind giving rise to Matter.

This energy system is Interconnected. This means changes in one chakra can influence the balance of the entire system, highlighting the interconnected nature of the energy system or matrix.

Understanding the human energy system is important as energy practitioners. Practitioners learn to assess the energy system which can identify imbalances or patterns related to specific health concerns and/or overall well-being. Based on a client's assessment, interventions can be tailored to target specific energy points or pathways to restore balance within the HES.

The Human Energy System is comprised of the Core Star, the Hara, the Chakras, the Meridians, and the Physical Body There are many views on the Human Energy System. The literature from respected sources place different names on the HES. All agree that the Core Star is part of the entire Universe. We each have our very own Core Star that moves as one with the universe. From the Core Star which is at a very high - immeasurable - frequency, you make a conscious choice to come to earth in a physical form. We are spiritual beings having a physical experience.

The Core Star is in one dimension, as it ramps down the Hara is formed. The Hara has three nodes on it's standing wave that are named:

- Individuation Point - located just above the head
- Soul Seat - located at the heart/thymus level
- Tan Tien - located in the lower abdominal area

The Hara's frequency decreases and develops the Chakras: Crown, Brow, Throat, Heart, Solar Plexus, Sacral, and Root.

The Chakras frequency decreases and develops the Meridians that are rivers of energy connecting the Chakra system to the internal organs and physical body.

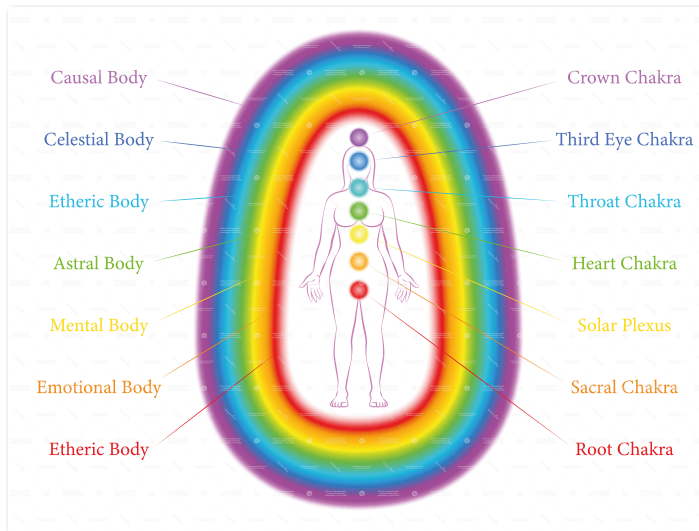
The primary focus of this presentation is the Chakra system. The Chakra system is the "Issues System". Chakras are energy centers that govern zones of the body and relate to an individual's physical, emotional, mental, and spiritual life expression:

- Color & Symbol
- Location
- Areas of the body governed
- Issues
- Yoga positions (see addendums)

## EMS\_Energy Therapy Advanced

CHAKRA	COLOR	AREAS OF BODY GOVERNED	HUMAN IMMUNE AND ENDOCRINE SYSTEM	ISSUES	ENERGY FIELD
CROWN	Violet to White	Top of Head	Pineal	Wisdom, connection to a higher power	Ketheric or Causal
BROW	Indigo Blue	Upper jaw through forehead	Hypothalamus Pituitary	Intuition, clarity, knowing	Celestial
THROAT	Light Blue	Throat/neck/shoulders	Thyroid, Parathyroid	Speaking one's truth, responsibility	Ketheric Template
HEART	Green	Upper mid chest/back/arms	Heart, Thymus	Compassion, judgement, fear	Astral
SOLAR PLEXUS	Yellow	Umbilicus to below sternum/ mid-back	Pancreas, Spleen, & Liver	Power, self-esteem, boundaries	Mental
SACRAL	Orange	Hips/pelvic area/low back	Lymphatic, ovaries, testes	Sexuality, reproduction, emotions	Emotional
ROOT	Red	Feet, legs, below hips	Adrenals	Grounding, family of origin	Physical

### The Energy Field:



The energy field that surrounds the physical body consists of seven layers that emanate from within and spin out from each chakra to develop a layer to the energy field.

- Etheric body: represents physical body. Correlates to the Root Chakra
- Emotional body: emotions and feelings. Correlates to the Sacral Chakra
- Mental body: thoughts, cognitive processes and state of mind. Correlates to the Solar Plexus Chakra.
- Astral body: where we form our astral cords with others. Correlates to the Heart Chakra.
- Etheric template: entire blueprint of the body that exists on this physical plane including your identity, personality, and overall energy. Correlates to the Throat Chakra.
- Celestial body: connection to the Divine and all other beings, unconditional love and feelings of oneness flow from within. Correlates to the Brow Chakra
- Ketheric Template: feeling one with the Universe, holds all information about your soul and previous lifetimes. Correlates to the Crown Chakra.

The world of science is trying to catch up to the world of energy medicine.

For a body whose mass  $m$  is constant, it can be written in the form  $F = ma$ , where  $F$  (force) and  $a$  (acceleration) are both vector quantities. If a body has a net force acting on it, it is accelerated in accordance with the equation. Conversely, if a body is not accelerated, there is no net force acting on it.

$E=MC^2$ , Einstein's famous equation has fascinated and beguiled people for decades. His insights lead to the current view of energy as spectrum divided into three ranges, Newtonian, Quantum and Subtle energy. The Newtonian range is the low end of the energy spectrum and gives us the ability to manipulate our environment with predictable, measurable data.

The mid-range of the spectrum is the Quantum scale and is currently measured with the aid of "high" energy particle accelerators. At the top of the energy spectrum is the "subtle energy" field. This is a misnomer as there is actually nothing subtle about this energy. It is expansive, reactive, powerful and creative. The presence of Subtle energy is demonstrated when physicists detect quantum energy.

To measure quantum energy, physicists must initiate high energy particle reactions by generating tremendous amounts of Newtonian/electromagnetic energy. Their data has been shown to be influenced by both the presence and intention of the scientist. They have actually manifested mass! This eloquently demonstrates the vast energetic nature of the human body in that it is able to affect energy on a quantum scale. This is

the Energy Body that we refer to in energy medicine and is what enables energy healing practitioners to affect healing.

$F = ma$  is Newton's Second Law. Force = mass times acceleration.

$E = mc^2$  is Einstein's equation stating that mass and energy are equivalent.

$E = mc^2$ . It's the world's most famous equation, but what does it really mean? "Energy equals mass times the speed of light squared." On the most basic level, the equation says that energy and mass (matter) are interchangeable; they are different forms of the same thing. Under the right conditions, energy can become mass, and vice versa. We humans don't see them that way—how can a beam of light and a walnut, say, be different forms of the same thing?—but Nature does.

So why would you have to multiply the mass of that walnut by the speed of light to determine how much energy is bound up inside it? The reason is that whenever you convert part of a walnut or any other piece of matter to pure energy, the resulting energy is by definition moving at the speed of light. Pure energy is electromagnetic radiation—whether light or X-rays or whatever—and electromagnetic radiation travels at a constant speed of 300,000 km/sec (186,000 miles/sec).

Why, then, do you have to square the speed of light? It has to do with the nature of energy. When something is moving four times as fast as something else, it doesn't have four times the energy but rather 16 times the energy—in other words, that figure is squared. So the speed of light squared is the conversion factor that decides just how much energy lies within a walnut or any other chunk of matter. And because the speed of light squared is a huge number—90,000,000,000 (km/sec)<sup>2</sup>—the amount of energy bound up into even the smallest mass is truly mind-boggling.

Here's an example. If you could turn every one of the atoms in a paper clip into pure energy—leaving no mass whatsoever—the paper clip would yield 18 kilotons of TNT. That's roughly the size of the bomb that destroyed Hiroshima in 1945. On Earth, however, there is no practical way to convert a paper clip or any other object entirely to energy. It would require temperatures and pressures greater than those at the core of our sun.

In the subtle energy field: quantum objects when suitably correlated are experimentally found to influence another non locally - that is, without signals through space and without taking a finite time. The correlated quantum objects must be interconnected in a domain (or dimension) that transcends space and time. (Physics of the Soul)

Quantum physics is based on four dimensions:

- Electromagnetism
- Gravity
- Weak force
- Strong force

Psychoenergetics description of subtle energy is “All those energies existing in the universe BEYOND the four known and accepted by present day science. There may be more to be discovered at the physical level and there will certainly be many more to be discovered in the subtle domain levels BEYOND the physical band of consciousness.

Tiller calls these 4 dimensions direct space or D-space. Tiller then discusses reciprocal space or R-space. D-space is the familiar and R-space is the otherworldly. Tiller gives a mathematical relationship between D-space and R-space (Bridging Science & Spirit). Tiller continues to explain that the R-space is a mirror image of D-space. If D-space increases - R-space decreases. This is how he explains the Yin/Yang - balance.

The goal is to keep the D-space and R-space equal. A person’s strength in D-space is their weakness in R-space and vice versa. R-space reaches to infinity - or timelessness/ higher consciousness. Moving from D-space to R-space is the goal when providing treatments. It is our R-space that allows us to have intention, intuition, remote viewing, and help change the frequency of our clients.

Tiller postulates that information transfer process is related to magnetic monopole behavior that generates an entirely **new type of field** in human experience. He labels it information entanglement.

Energy Medicine works in the “Subtle” Field. Humans are multi-dimensional beings beyond consciousness. The D-space has measurements such as distance and time, R-space has no measurements. This is why we as practitioners have the ability to perform distance healing.

Interfering waves (frequencies) of energy.

A. Two waves of nearly the same phase *constructively* interfere to form a wave almost twice as large.

B. Two waves almost completely out of phase *destructively* interfere to a wave of near zero in amplitude.

The Chakra energy is resonating waves of energy. Resonance occurs when two waves interfere and are of the same frequency, these add to become a resulting wave of twice the amplitude.

There are 2 types of wave forms - Traveling wave forms and Standing wave forms.

*Quantum physics definition:*

*Traveling wave – a wave in which the medium moves in the direction of propagation of the wave.*

*Standing wave – a wave in a medium in which each point on the axis of the wave has an associated constant amplitude ranging from zero at the nodes to a maximum at the antinodes.*

Energy is pushed thru traveling waves into a standing wave system. The Hara, Chakras, Meridians are all standing waves. Practitioner's push or run energy into our clients through traveling waves and the energy is run into standing waves - the Hara, Chakras, and/or Meridians.

Practitioners' transfer energy to different expressions - it is the same energy - and, we release and recycle what no longer serves, and run in the energy for whatever is needed for the client's highest good.

Waves travel through space. Traveling waves occur when a standing wave is fixed at one end only. A drop of water in a pond causes waves of energy to travel until they are stopped at the shoreline.

The Chakra system is a standing wave of energy. A standing wave is generated when left and right traveling waves are contained within one system.

The Hara is a closed or contained system. The ID point and the earth crystal contain it to create a standing wave, with its nodes being the ID, SS, TT and the Earth.

The same effect happens when an individual manifests from spiritual form to a physical form. Where the waves are destructively interfering and a node is present, the energy is transformed to a lower frequency and dimension.

The practitioner's energy practice of centering, grounding and balancing the Chakras, creates an energetic wave that draws the client into a different frequency. Here the practitioner and client start to resonate.

When a practitioner and a client work together energetically the healing is a result of the resonance created between the two energy bodies.

The energy at the Hara nodes is "ramped" down in frequency to another standing wave in the Chakra system.

The chakra energy in turn "ramps" down the energy again at its nodes. The nodes in the Meridian system again "ramp" down the energy to a low enough frequency to appear as mass on the physical plane.



**Meridian related to Emotions - Words are powerful!**

The coping skills people learn to manage emotions are an indicator of physical and emotional health. A person that uses negative words or are subjected to negative words tend to have more health issues. A person that uses or is surrounded by positive words tend to be healthier; physically, emotionally, mentally, and spiritually.

Most emotional states or attitudes have been life long beliefs which subconsciously affects our health as people tend to repress negative emotions. Healing begins when the person becomes conscious of their words and words of others.

EMS teaches to communicate with positive words as well as teaches boundaries to prevent others negativity to affect our emotions consciously or subconsciously.

Most have heard that childhood traumas lead to physical ill health in adults. Dr. John Diamond understood this and studied energetic meridians and how they are connected to an emotional state. Following is a chart of 12 meridians. There are 14 meridians total, the governing and central meridians are not included in this chart as they support the Yin and Yang of the entire physical body.

MERIDIAN	ORGANS	NEGATIVE EMOTIONAL STATES	POSITIVE EMOTIONAL STATES
Bladder	Bladder - Urethra	Restlessness, impatience, frustrations	Peace, harmony
Circulation	Adrenals, Reproductive Glands	Regret, remorse, jealousy, sexual tension, stubbornness	Renunciation of the past, relaxation, generosity
Gallbladder	Gallbladder	Rage, fury, wrath	Reaching out with love & forgiveness, adoration
Heart	Heart	Anger	Love, forgiveness
Kidneys	Kidneys, eyes, ears	Sexual indecision - Holds fear	Sexual assuredness
Large Intestine	Colon, rectum, appendix	Guilt	Self-worth
Liver	Liver	Unhappiness	Happiness, cheer
Lung	Lungs	Disdain, scorn, contempt, haughtiness, false pride, intolerance, prejudice	Humility, tolerance, modesty
Small Intestine	Duodenum, small intestine	Sadness, sorrow	Joy

MERIDIAN	ORGANS	NEGATIVE EMOTIONAL STATES	POSITIVE EMOTIONAL STATES
Spleen	Spleen, pancreas	Realistic anxieties about the future	Faith & confidence about the future, security
Stomach	Stomach, sinuses	Disgust, disappointment, bitterness, greed, emptiness, deprivation, nausea, hunger	Contentment, tranquility
Triple Warmer	Thyroid	Depression, despair, hopelessness, grief, despondency, loneliness, solitude	Hope, lightness, buoyancy, elations

Source: John Diamond, MD. Life Energy. 1985

### **Energetic Language Terms:**

**Clear:** Clearing is used to remove energetic debris from the auric field.

**Fill:** Fill is used to replace energy in any area that was cleared of congestion. This may be used as a local application, or a full body/system application. Anything removed usually leaves an area to be refilled. Fill is primarily used in the auric field (outside in), or in areas where pain has been drained (inside out).

**Energize:** Energizing is used to improve the frequency of vibration with the goal of creating higher function. Replacing a lower frequency with a higher one can improve function dramatically.

**Open/Organize:** Open means to expand the energy field and release any congestion. Organize means to arrange the meridians, chakras, and energy fields into a healthy state.

**Repattern:** Repatterning is done to balance and clear any areas of the energy expression that are out of alignment and connect it back to a fully functioning pattern.

### **SELF-CARE**

If you've ever flown on a commercial airplane, you've heard the flight attendants give their safety speech. Place the oxygen mask on yourself first, then your children or to help others. Some may say, "well I would always take care of my child first". If you've ever tried to place on oxygen mask on a screaming child, it isn't easy. As a plane is descending, the person tries to place the mask on the child first, and they both use up all their oxygen and energy, then pass out. Now, neither of them are able to get the oxygen they need. This is why it's important to place the mask on yourself first.

Most of you have probably had to participate in active shooter training. What are you taught? To RUN, Hide, then Fight. Again, it is the mindset that you must protect yourself first in order to be able to help others later. These scenarios emphasize the importance of self-care.

Practicing self-care helps the person establish boundaries and learn self-compassion. It is very important to prioritize our own care to provide us with the energy we need to help care for others. If a practitioner is overworked, over stimulated, over booked - it is much harder to be available for our family and clients. Caring for ourselves is worthwhile in the short and long term.

We are all multi-dimensional beings. This means, we are more than our physical body - we are physical, emotional, mental and spiritual dimensions to our humanness. The goal is to have overall well-being - in all dimensions.

There are a multitude of ways to do self care, a person must figure out what works for them. Carving out 5 to 10 minutes a day to devote to yourself is very beneficial. Some ways to improve self care are - take a relaxing bath, meditate, create - whether it's cooking, baking or a DIY project that's on your list. Find your creative side, move - get out in nature, stretch, move your body either by yourself or in a group class. A person must figure out what works for them and make time in their schedule to perform self-care. In order to change to add self-care into your daily routine, you must change your mindset.

Here's some ideas to do for:

- *Physical* self-care
  - Exercise - any type group or individual
  - Tai chi, yoga
  - Purposeful movement for your physical health.
  - WALKING is a very easy type of activity that doesn't cost anything
  - Many physicians in the UK write a prescription for people to walk in nature?
  - Japanese recommend walking in nature and it is called forest bathing.
  
- *Emotional* self-care
  - Journal feelings, thoughts, ideas
  - Create things
  - Social activities with family and friends
    - The caveat to these - is to also spend some time alone and do self reflection to help your overall emotional well-being.
  
- *Mental* self-care
  - Puzzles
  - Crossword puzzles
  - Anything that makes you use your analytical self.
  - Reading

## EMS\_Energy Therapy Advanced

- The caveat is - if you ONLY use your mental - you are missing out on the emotional side. Some people overwork their analytical side and omit other aspects. It's all about balance and overall well-being
- Spiritual self-care
  - Prayer
  - Meditation
  - Labyrinths
  - Church
  - Practice gratitude

The key to having overall balance, overall well-being is to live in the present. Being present means staying centered and grounded.

Following are suggestions to add self-care to your daily routines:

- Schedule self-care into your day -
  - put it on your calendar
  - Wake up 15 minutes early to take a walk, do puzzles, journal (dream journal), meditate/pray
  - Set limits on screen time.
- Take days off.
  - This doesn't mean just take days off from work - take days off from your routine - your home projects, take time for you. Schedule it into your week.
- Set boundaries with yourself and others, then stick to it.
- If you are a person who tends to overdo - find an accountability buddy.
  - Someone who makes you take time for you. The time for self reflection. Write down WHY. Why is self care good for you
  - how do you feel after practicing self-care
  - how does self-care impact your personal and professional relationships
  - How does self-care help you to improve?
  - What do you enjoy about your form of self-care
  - Why do certain times of day work better than others for your self-care
  - Why do you feel better after doing self-care?

It takes about 3 weeks to establish habits - so, it may take awhile to become habit.

A person must figure out what works for them and make time in their schedule to perform self-care. In order to add self-care into your daily routine, you must change your mindset. Choose what works best for you, being mindful to always include self-care.

Self-care is also beneficial for our treatments spaces. According to Tiller, "we know when a group of humans meditate together, pray together; they create a field - they are raising the symmetry of the space". If you practice self-care , meditate in your treatment area, you then make this space sacred. Don't we all want to invite our clients into a sacred space?

## **SELF-DEVELOPMENT**

Self-development is another key principle to becoming a professional energy practitioner. This is taking steps to better yourself, such as by learning new skills, taking more classes, and practicing/receiving energy work. People improve skills through practice, thus it's important to continuously practice for increased growth. This doesn't mean you need to open an office if that's not your goal. Practice on yourself, family, and friends as appropriate.

It's recommended to take classes in various modalities. As an EM practitioner you expand your knowledge base through learning. It also allows you to evaluate another practitioner's discipline according to EMS Code of Ethics and Standards of Professional Practice. This can help you determine if you want to learn, or avoid a discipline, and those with whom you may want to network with and use for referrals.

Attend networking opportunities in your local community and on-line. EMS offers monthly networking meetings. This is an opportunity to learn about other energy modalities and hear from EMS staff about upcoming events.

Many healers have gifts such as clairvoyance, clairaudience, etc. These are wonderful gifts - but only if the practitioner learns how to use them. These gifts are not necessary to be an awesome healer. Some practitioners don't have any of these "gifts" and are experienced healers. Those with the gifts must learn to use them wisely, use them for good. Boundaries must be established. For example, if a person gets messages about others, what are they to do with those messages? Do you want to be at a store and receive these messages about the strangers that you see? This would be counterproductive to the gift you've been given. The person that can see auras must know when, where, and how to use these gifts. It would be unethical to do a reading on someone without their permission. The healer has been given these gifts to help assist them as a practitioner. Thus, the healer must learn how to set the boundaries around these gifts for the good of themselves and others.

### **Assessment**

There are various ways to assess the different energetic expressions; mirror technique, hand sensing, muscle testing, and using a pendulum as well as many others.

Full assessment of the energy system includes Hara, Core Star, Chakras, Energy Fields, and Meridians. The focus of the work in ET Advanced is assessment of the basic chakras (7) and energy field positioning around the physical body. Understanding the assessments assists the practitioner to choose the most appropriate technique for treatment and aids in communicating the work to the client.

## **Mirror Technique**

This technique is one used to both self-assess energetically and to connect with your higher, spiritual self. Imagine sitting or standing in front of a full-length mirror. (Standing may be best for scanning/assessing yourself.) Voice-guided short meditation. (Moderator, please speak slowly allowing pauses at various areas on the body.)

Begin with recalling the practitioner preparation of grounding and centering. As you look in this energetic mirror, envision your beautiful body as a sacred temple. Pay attention to the various body parts as you look into the mirror. Listen to any nudges you may receive then move on to the next area, don't linger on any one area.

Focus on the top of your head - the crown, the forehead, the eyes, the ears, the back of your head, the nose, the mouth, the chin, the throat, the back of the neck. Now notice the shoulders, elbows, wrists, hands, fingers - the top of the chest, the lungs, the heart - is the blood circulating well, the diaphragm, the stomach, the pancreas, the gallbladder, liver, spleen, kidneys, abdomen, bladder, reproductive areas, the hips, knees, ankles, feet, toes.

Scan the body up and down one more time, then return to present. If you received any nudges, or messages during this assessment - focus on this area for healing.

**HAND SENSING** was taught in ET Basic. An additional method includes using sound (heard in harmony versus discordant) to indicate imbalance. Many however lack the ability to discern this easily. This can be learned through classes on sound balancing, etc.

## **MUSCLE TESTING:**

Muscle testing is an assessment tool that is valuable to practitioners for assessment of the energy system. Muscle testing also allows a practitioner to determine whether a chakra or energy field is flowing or compromised. Muscle testing is a kind of body biofeedback that is also known as Applied Kinesiology. It is most often used with eastern-based modalities to check the meridians, organs and body system functions.

There is more than one method to determine muscle testing, we will share one method in this program. Muscle testing is just like a pendulum in that the questions need to be binary; yes/no, either/or, this/that declarative type questions/statements.

Using Muscle Testing to assess a self or a client:

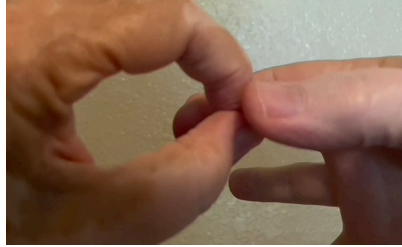
Place your thumb and index finger together to make a circle. With the opposite hand, put the index finger through the circle, then touch the thumb. You then test by trying to pull your closed fingers and thumbs through each other.

When you test true, your fingers will hold together. If there is an imbalance, your fingers will break their clasp as you pull on them.

YES



NO



### **Pendulum: the tool of energy medicine practitioners**

Energy Medicine Practitioners use a pendulum to help assess the meridians, chakras and energy fields of their clients.

The pendulum is a diagnostic tool for communicating with deeper, more hidden levels of subconscious knowledge.

A pendulum can move in the following ways: Circular, Elliptical, Diagonal, or Still  
The movements can be further differentiated as clockwise or counterclockwise.



### **HOW DOES A PENDULUM WORK?**

A pendulum is basically binary, meaning it can only show you on or off, yes or no. Any other designations are created by the practitioner and may have varying degrees of accuracy. A great level of discernment with pendulum will come from a practitioner's extensive practice. Use of the pendulum is after all intuitive.

A pendulum moves through the inner action of intention and will. We set that a clockwise movement of the pendulum is equivalent to flowing energy, and we know that flowing energy is healthy. Therefore, we equate it to a 'yes' and it generally needs no specific intervention.

If the pendulum moves in any direction other than clockwise (diagonal, counter-clockwise, elliptical, or still), we determine the answer is "no", or the energy in this area is compromised and needs to be addressed. The practitioner's assessment of

compromised area(s) using the pendulum and hand sensing, directs the practitioner to what needs attention during the therapeutic session.

When practitioners with will and intention, use a pendulum as a diagnostic tool; they must first know that they can make the pendulum move according to the parameters we have set. This is very important to remember. While holding the pendulum over the palm of your hand say, “show me open”. The practitioner is ‘willing’ subtle energy to flow, which creates micro-contractions of the muscles in the arm holding the pendulum. This is how the pendulum gets it’s movement. Observe that the pendulum moves in a clockwise circle with practice and strong intention (will).

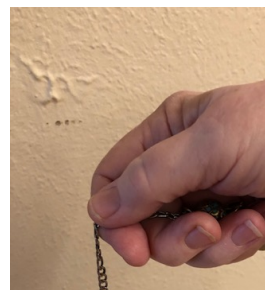
When practitioners hold the pendulum over the palm and say, “show me compromised”, the flow of energy through the practitioner’s arm diminishes, changing the flow from clockwise to something else. (Diagonal is the most likely as it can quickly respond where it is harder to stop the flow completely to get a still pendulum.) This shows a compromised energy flow, in this case, restriction through the practitioner’s arm. Most often this expresses as a diagonal flow (back and forth) of the pendulum swing.

At this point we know we can make the pendulum move! A law of energy medicine (and physics) is that the person using the pendulum is moving it by sending subtle energy to it.

To get an **accurate reading**, the practitioner must hold neutrality when assessing a client’s energy, meaning no expectation of outcome. The practitioner does this by grounding and centering before assessment. The practitioner is now able to trust their subconscious to send an accurate amount of energy to the pendulum for an accurate reading - open or compromised, based upon successful practice and neutrality.

### HOW TO USE THE PENDULUM

Hold the pendulum with the weighted object hanging down. Allow the pendulum to swing as you get used to the feel of the pendulum. Once you are ready to begin, take some deep breaths, center and ground yourself (see ET1).





## EMS\_Energy Therapy Advanced

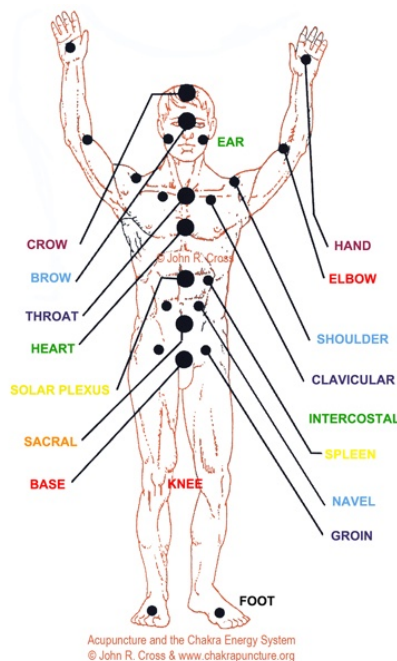
The practitioner must be in a relaxed state of mind, grounded, and centered to accurately set the intention for subconscious information to be made conscious by way of the pendulum. Once you get used to the weight of the pendulum in your hand, practice by sending energy to the pendulum to get the movement that shows open or compromised.

In Energy Medicine, we intend our pendulum to go in a clockwise circle to indicate a positive or OPEN response. If your pendulum moves in an oval, elliptical, diagonal, horizontal, vertical, counter-clockwise or still flow, or just acts “wonky” – this is considered a NO or COMPROMISED.

### PENDULUM USED TO ASSESS ENERGY CENTERS AND FIELDS

A pendulum can be used close to a client’s body, off to the side of the body, or even long distance. For energy work, the practitioner wants to assess the client’s chakras and energy field boundary. The practitioner can also assess the minor chakras: ankles, knees, hips, wrists, elbows, and shoulders over the body or on the right and left sides. Primarily if no healing is need in the minor chakras, we assess the major chakras at the root, sacral, solar plexus, heart, throat, brow, and crown.

Minors: The practitioner starts the assessment at the feet after grounding, centering and becoming neutral. Hold the pendulum above either the left or right ankle and ask for an accurate reading. Repeat for each ankle. Then, move up to the knees, assessing both. Then assess the hips. Continue this pattern with the wrists, elbows and shoulders. You may assess one whole side (left or right) of the client before doing the other, if desired.



## EMS\_Energy Therapy Advanced

Next, begin assessment at the major chakra sites. Throughout assessment, check to confirm that you are holding grounding, centering and neutrality. Ask for an accurate reading of root, sacral, solar plexus, heart, throat, brow and crown chakras. When assessing over a client, hold the pendulum above each chakra as you perform the assessment. At root and crown, place the pendulum in the vortex of the spinning chakra. The root energy moves outward (downward) and the crown energy moves upward with the body as a guide. When assessing off body, you may place your hand over the chakra with the pendulum out to the side in the field, or just use intention calling to mind each assessment point.

In long distance healing, when performing an assessment, the pendulum is an accurate tool to help the practitioner focus on a client that is not physically present. Hand sensing is also possible from a distance.

The average diameter of an energy field radiates approximately 5.5 to 6.5 feet. This would mean it typically is three (3) feet in each direction, radiating outward from the body. A healthy field is closer to 5.5 feet when the person is active and/or working. It may radiate closer to 6.5 feet when the person is relaxed, meditating, or sleeping. Intend the flow of energy to the pendulum to give an accurate reading for measurement of the field. Measure to the front, to the right, to the left, and to the back of the client.

Document the results of your assessments on the EMS documentation sheet showing each chakra reading (minor and major-if both performed) and the energy field to the front, left, right and back of the client. We do this by drawing what we see, or the movement of the pendulum, as shown above.

The energy field should express symmetrically. Remember: BALANCE is the key to health and healthy expression. If the field is asymmetrical, the practitioner should ask further questions of the client. For example: if the client has right or left side asymmetry, the questions might be; "Have you had a traumatic accident or fall on one side or the other?" Are you afraid of moving forward (indicated by smaller measurement toward the front)? Are you feeling vulnerable to the issues/experiences of the past (indicated by a high number of feet in diameter toward the back)?"

The pendulum is a powerful tool to energetically assess what is happening with your client physically, emotionally, mentally, and spiritually, as expressed in the chakras and field. (The advanced classes of EMS will teach additional uses of this tool to identify trauma and aid in their release.)

## Energy Field Imbalances

An energy field that radiates more than the normal 5.5-8 ft diameter is generally showing energy that is too expanded. This is symbolic of 'giving away too much of one's energy'. This expression is characteristic of an empath – someone who feels their world. Empaths generally have an energy field that is 10-12 ft in diameter. Although being empathic can bring great insights, learning to have a balanced, normal range energy field is key to holding great health. Being able to expand with ones will is a healthier approach for empaths.

An energy field that radiates too close to the body is symbolic of not having enough energy or buffer to the world. Typically ADD and ADHD express as having a very small energy field, which leaves the person with little 'breathing room' to process all that which is happening around him/her. If everything is happening in your energy, it will be difficult for you to focus appropriately on any one thing.

The energy field is a great guide to how one is expressing energy outwardly in the world, and whether it is serving you. Measuring the energy field of each client helps the practitioner address the subtle energy expression of boundaries and to address imbalances. Pendulum practice leads to high proficiency! **Always** start assessment with Centering and Grounding. It is necessary to remain neutral (without expectation of outcome) and to ask your subconscious to give you a clear reading.

Think of the Energy Field like it's a balloon. Breathing out makes it bigger, inhaling makes the balloon smaller. If the balloon is too large, the wall becomes thin and vulnerable. If the balloon has shrunk, it's harder to pop as the boundary is thicker. The Energy Field breaths in and out and can change size depending on how the person is feeling, the environment, etc.

Assessment of the energy field is an important part of the assessment. The assessment can be done with hand sensing and/or pendulum. There are several ways to measure the energy field with a pendulum.

- Stand outside the energy field and move towards the client. The pendulum will circle clockwise at the edge. Measure on the right side, left side, front, and back.
- Stand next to the client and move out of their energy field. The pendulum will circle clockwise at the edge. Measure on the right side, left side, front, and back.
- Stand next to the client and ask the pendulum to help measure the energy field using either inches or feet. The pendulum will move clockwise when it the practitioner chooses the correct measurement. Measure on the right side, left side, front, and back. (Demonstrate)

## **10 step EMS treatment sheet (Centering, Grounding & Attunement),**

Step by step process for providing treatments (Documentation of process will be discussed later)

1. Intake/Update
2. Mutual goal for healing
3. Grounding, Centering, and Attunement
4. Pre-Assessment
5. Technique used and reason for choosing technique.
6. Post Assessment
7. Client Feedback
8. Practitioner Observation
9. Intuitive Messages
10. Growth Work

It is important when providing treatment to another, the practitioner must be in a good “space”. This means, the practitioner is centered, grounded, and attunes or merges their energy with the client’s energy.

It is also important for the practitioner to ALWAYS obtain permission to treat, permission to touch before starting any work on another person or animal. (Sample consent in addendum)

As practitioner’s, we become a conduit. We allow energy that is filled with abundant love to flow through us into our client. We direct the energy to areas of compromise in the client’s body. The practitioner learns to be this conduit by becoming centered and grounded when providing treatments.

Centering is defined as moving into an inner still point and being focused within oneself. An easy way to do this is through focused breathing. Simply focus on your breath in... and your breath out, over and over. If your thoughts should wander, keep bringing them back to your breath...in...and out. You will know you are centered when you become still inside. There is a sense of peacefulness associated with being centered.

Grounding is defined as being connected deeply within to the core of the earth. This step stabilizes your energy flow and moves you (with centering) into the “observer” part of yourself. Grounding is accomplished through seeing, feeling, or imagining your energy dropping down through your body and legs to the center of the Earth (again, you can use your breath to accomplish this). It is here then that it is attached to a beautiful crystal, which is the heart of our planet Earth. Being grounded holds you in this place of neutrality.

Attunement, or attuning, means merging the practitioner’s energy with the energy of the client. The practitioner holds the client’s intentions and/or goals as they work on the client. Many practitioner’s will use mantras during treatments to help them stay centered, grounded, and attuned to the client intentions.

Intention is a thought. A thought that is released without attachment to outcome is a thought that can manifest. We refer to such a thought as “intention”.

Once the treatment is complete, the practitioner should purposefully release the two energies and reestablish energetic boundaries with the practitioner and client.

**Hara Stance** - Stand with feet shoulder width apart. Toes inward unless you have a knee issue, then toes outward. Make your torso tall and tuck your bum under you. You should feel your weight on your toe pads (or instep) and a burn in your upper front thighs. Exaggerate this stance if you don't feel it intensely. Now imagine that you are pulling your legs together without actually moving them by tensing the muscles of your upper thighs. You should feel the center of your Hara flow intensify and you should be fully in your center of gravity. (Can't be pushed over.) This stance puts you in direct Hara energy flow and as the “universal observer” it reinforces your personal boundary. When doing work requiring Hara energy, do it from this stance and energy awareness. The practitioner may reposition her/his body during treatment, always returning to the Hara stance when working on the client.

### **Full Spectrum Healing (FSH)**

Full Spectrum Healing (FSH) is healing throughout meridians, all seven chakras and all seven layers of the etheric field. Healing occurs at the physical, emotional, mental and spiritual level. As we connect to our inner selves, we peel back layers of personal views that may have blocked our true nature, hindering optimal health and feeling of well-being. Healing begins with ourselves.

Energy Therapy Basic and ET Advanced have listed numerous techniques that assist in healing meridians, chakras and the seven layers of the etheric field. The practitioner needs to understand the techniques and why they are used in discerning the most appropriate technique to use for their clients' well being for Full Spectrum Healing.

Most techniques learned in EMS are used interchangeably for the physical, emotional, mental, and spiritual levels as well as the meridians, chakras and energy field levels.

When offering the 5th, 6th, and 7th level of healing to clients', it's very important for the practitioner to be in a higher state of frequency to assist their client in healing. These techniques are upper level Auric Field Techniques. (5th, 6th, & 7th level).

There is an addendum that lists all techniques and identifies if they are spot techniques, full body techniques, and/or full spectrum healing.  
It's important to remember when providing treatments - LESS IS MORE!

## **FULL BODY TECHNIQUES (FBT)**

Full Body Techniques are generalized which means the entire physical body receives treatment with the intention to address the whole body to remove full body congestion, or to fill the entire body with higher functioning (more balanced) energy. These techniques tend to give the client an overall sense of balance, calm, and/or clearing. Full Body Techniques are used to clear, fill, energize, and/or repattern the energy.

The focus can be on the entire person physically, emotionally, mentally and spiritually, or an entire expression (say, the physical expression). The technique usually begins at the feet of the client and moves upward. However, some techniques are designed to begin at a different part of the body. Follow the technique directions and review the reason for starting at a different spot on the body.

**Spot Techniques:** Spot techniques are used on local areas that need to be addressed for balance, which is the goal of all energy sessions. These techniques are usually needed in areas where the client complains of physical pain, discomfort, tightness, or a general imbalance - although they can be used for emotional pain as well.

**Meridians End Points:** Meridians are rivers of energy connecting chakras to the body's organs. These meridians are standing waves with end points. Primarily, the end points are located on the head, ears, hands, and feet.

It is recommended that prior to starting treatments, that you hold each foot and hand for thirty to sixty seconds. The goal is to release any congestion in the meridian system and to allow the energy to flow smoothly throughout the entire human energy system.

**C.O.R.E. Duality** (Entire 3 step sequence of CORE Balance, Deepening and Anchor)

**C**=Connect      **O**=Open/Organize      **R**=Repattern      **E**=Energize

This full body technique (FBT) works to establish the duality and balance of the energy body, creating a deep relaxation. This technique is for the chakras and energy field. The body's duality is evidenced through the energies of male/female, physical/spiritual, left/right, here/everywhere, present to one thing/present to all things, emotional/mental, upper/lower, conscious/unconscious, human/Divine, etc.

Set intention to balance the dualities of the client. Identifying the imbalance/s may be part of your intake or assessment process. Center, Ground and connect/balance your own dual nature through intention. (breath work, self-balancing/energizing technique, intention, etc.)

Intending for the client's highest expression, prepare yourself to channel energy at a pure, heart-centered frequency.

Begin by holding each hand and foot to activate the meridian system and allow the energy to move freely throughout.

### 1. CORE Balance - FBT

While holding each of these holds for 1 - 3 minutes, be aware of the flow and balance of energy beneath your hands – sensing if possible (or through intention) when a still point is achieved, which is evidence of equilibrium between dualities.

- Hold the client's ankles
- Hold the client's knees
- Hold the client's hips
- Hold the client's shoulders
- Hold the client's crown or top of head with hands touching side-by-side or with fingers on mid-line of the skull

(Variations: you may be inclined to hold the spleen/liver, hold the kidneys, and/or wrists, and elbows as well as you move upward on the body.) CORE Balance can be used as a lead in to other energy work, ending at the crown hold.

### 2. CORE Deepening - FBT

This step specifically brings the new expansion and increased frequency of duality to the chakra system, balancing upper and lower by holding the ends of the system toward the center and finishing at a Double Hand Boost to the heart chakra.

- Hold the crown and root
- Brow and sacral
- Throat and solar plexus
- Place both hands on the heart chakra

### 3. CORE Anchor (Used to finish various treatments)

This step is a grounding and anchoring of the new frequencies for the entire energy system. It can be done alone to end a session and ground the work as well. The

intention of CORE Anchor is to 'close' and finalize the work/session, handing the healing back to the integrated client.

- Hold the client's shoulders
- Hold the client's hips
- Hold the client's knees
- Hold the client's ankles

CORE Anchor may be followed with a Blessing.

As a stand alone, full body technique, CORE Duality is performed in all three steps. However, each step may be used independent of the other two, or in any combination.

### **Difference between inside to outside and the outside to inside techniques**

Spot techniques focus on specific areas in the body, thus the technique you are likely to choose will begin in the specific part that was mentioned by the client or intuited by the practitioner. (organ, joint, chakra, etc.). Full body techniques usually begin at the feet unless described otherwise.

### **Documentation of 10 step EMS treatment**

Documentation includes 10 steps to completing documentation:

1. Intake/Update
2. Mutual goal for healing
3. Grounding, Centering, and Attunement
4. Pre-Assessment
5. Technique used and reason for choosing technique.
6. Post Assessment
7. Client Feedback
8. Practitioner Observation
9. Intuitive Messages
10. Growth Work

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## **DOCUMENTATION**

EMS foundation has 5 key values - ethics, professionalism, boundaries, structure, and self-care. Documentation is a key part of upholding and maintaining these values. The reason documentation is key is because it lays the foundation for doing case management with your clients.

Documenting what happens in a treatment session is what becomes the official record of the client's process over time. It also documents the work along with the feedback of the client and the evaluation of the practitioner. Documentation is the acceptable practice within allopathic healthcare. It is what defines an acceptable professional practice. It is especially important when working one-on-one with a client as it serves as

a reminder to what has transpired, as well as to document how a client has improved. Documentation is to be reviewed periodically to discern whether the client's goals are being met, to update contact and health information, as well as to add to the casework body of knowledge over time.

A practitioner's "practice" is reflected in not just what the practitioner does, as in the steps and techniques performed, but also in how s/he does it. Professional manners are something matured into through one's professional practice. A practice takes practice.

### **Documentation of an Energy Session**

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**HistoryTaking/Intake Form:** It is important to take the time to get to know your client. Many practitioners email their intake form to their client, which can be returned by email or brought to the session. When the session begins, the practitioner can interview the client in more detail, asking for clarification or additional information, as warranted. This information is highly beneficial to developing a good rapport with your client and to 'hone in' on the basis of the client's issue/s. Identifying the problem (think: what is wrong?) is essential to assist the client with self-healing.

Obtaining information regarding the client's past medical history is the first step in the documentation process. The first session with a client is usually longer as the practitioner gathers the client's medical and social history.

Information should be obtained about accidents, illnesses, surgeries, falls, blows to the body (include sprains, breaks and concussions), traumas, diagnosis from primary care practitioner. A history or intake should also include pertinent information regarding complications, symptoms persisting over time and ongoing treatments.

The history/intake should also include medications and why client is taking med, nutritional supplements, herbs, homeopathies, essences, etc.

The client's social history is also very important. Information should be gathered about how they wish to be addressed (name/pronouns), their living situation with spouse/roommate/significant other, pets. Is their living situation peaceful? Stressful? Do they have a religious or spiritual practice. Do they exercise, nutritional habits, sleep habits.

The first intake is the **foundation** for the work and professional oversight that occurs with a client, so be present and thorough as much as possible. When listening to a client's reporting, the practitioner is noticing patterns in the history and symptoms, both physical and energetic. Documenting while taking a history is professional and a great way to track the information. Do not document anything you would not be willing to share with the client as they have a right to a copy of their medical record.

The intake form is the "road map" to a client's health. The practitioner should update as needed. This form should be reviewed prior to client's future visits and updated as needed. This is the beginning of case management. Case Management is the oversight applied to a series of sessions with a client where the goals and assessments are matched with the interventions and plan, and then adjusted over the length of the care to achieve the desired outcomes.

An intake form is considered standard professional documentation when working with a client. This form is where information about the client's history, daily practices, and health issues - as well as contact information is collected. All sections of the intake form should be filled out by the client or in the first interview.

**Issues/Symptoms:** This step is the listing of the client's issue or problem - sometimes called the health issue or problem statement. The problem is the symptom or issue that is standing in the way of the client being happy, relaxed, balanced, and/or symptom free. It isn't uncommon for the client to mention many things in an intake that they believe the "problem" to be. You may need to help focus the discussion with some additional questions, such as, "what is the basic or underlying problem? Do you feel it is primarily physical, emotional, mental, or spiritual"?

It is essential that the practitioner write out a statement and also uses PEMS scales, if pertinent. Scales can help identify the intensity of the problem. In hospitals, they are used to measure pain levels with a range of zero to ten with ten being the worst pain. Practitioners of energy medicine also use scales for a variety of symptoms such as pain, anxiety, fear, etc. The PEMS scales can help us measure physical, mental, emotional and spiritual changes. This tool is helpful to both the practitioner and client to show change before and after a treatment. FYI - may clients are unable to determine if the issue is physical, emotional, mental, or spiritual.

Any scales listed at the start of a session must be revisited at the end of a session (as client feedback) to have value. This can help the client understand that healing is a life-long process and you as the practitioner are trained to facilitate their healing.

Examples of problem statements:

- Poor sleep quality due to new job's current extended hours
- Pain in left leg from fall identified as 8/10 on a pain scale.
- High anxiety about safety when taking the bus to see her boyfriend at night
- High mental chatter is impacting his ability to focus at school
- Feeling scared and sad about her spiritual sense of void.

(If time permits - practice writing an appropriate problem statement for each of these:)

- Depression
- Divorce
- Recent Diagnosis

Is there more information needed: If listing pain, injury or function issues you must describe. What is your client's biggest concern? (May use pendulum to drill down to problem statement)

**Goal/Intention:** Once the intake form and interview is more complete, the practitioner can work with the client to set goals for the session; healing desired, short and/or long term physical, emotional, mental and spiritual health goals., changes in perspective. It is important when setting goals that the practitioner use the client's language. Goals need to be **SMART**; specific, measurable, achievable, realistic and timely. They should also reflect the practitioner's scope of practice.

**Formulating Goals:** Goals are identified for each session. What does the client want from this session or this series of sessions? Is the goal clear to you? Is it achievable? What will the client's experience of goal achievement look like for him/her? Will both you and the client recognize goal achievement immediately, or will you get feedback from the client at some point post-session? Is the outcome likely to be seen immediately, or long term? Is the goal measurable by scale usage? Is it within your scope of practice to set this goal? Are you listing the goal in an energy based language?

In the field of energy medicine practitioners are trained to accept energetic balance as shown in assessments and function as a demonstration of health. Energy medicine techniques move energy in order to achieve balance through breaking up congestion, clearing congestion, refilling areas of void and redistributing energy to areas where it is needed. If a condition or problem represents imbalance energetically, how would you word a goal for the identified health issue? What is the evidence you are seeking to show the goal has been achieved?

Typically, an effective goal is likely to have these parts:

- What you are going to do energetically to create change toward a renewed balance
- The stated problem you are addressing, including where it is located in the energy body
- The evidence to be presented when the goal is achieved (short & long term)

Example:

To return to greater balance by clearing congestion (A) in the abdomen, experienced as pain (B) post-surgery. Outcome evidenced by client being able to eat and resume bowel movements normally (C). Reduce pain to 5 or better (5/10), currently identified as 8/10 with 10 extreme.

In this example, the short term goal is the post assessment and a reduction in the pain scale - both are client feedback. The return to normal eating and elimination will be reported at some point after this session - a long term goal.

Practice writing goals for the following scenarios: (*If time permits*)

1. A client presents with chronic back pain 8/10 that is unrelieved with allopathic care and/or medications.
2. A client appears with anxiety 10/10 due to job stressors and maybe some family issues.

**Assessments:** Before beginning assessments, it's very important that the practitioner is aware of the many facets to assessing.

Energy Bodies and Expression of Disease: We have expressive, dynamic and interactive energy bodies. Energy is fluid, meaning when we perform an assessment we are seeing a "snapshot" or moment in time based upon a person's beliefs, experiences and specifically, anything being triggered for them in this particular "now".

We have multifaceted energy bodies and they express through seven levels of our energy field. These levels express outward and inward, so we say we disease from the outside in and clear or heal from the inside out. When a person has a physical diagnosis of disease, we understand that as energy body humans, this compromise has existed in the levels of the field before it existed or expresses in the physical body. Therefore, with physical problems and goals our focus is on cleaning the whole of the energy body to eliminate the congestion, which is the pre-cursor to disease manifestation. This is within our scope of practice.

**Effective Communication:** Much of good, effective communication is through active listening. If you are completing an intake, the client should be the one predominately talking. Active listening requires your full presence and neutral attitude, which includes intuitive listening. Information being shared by the client can be symbolic, with meanings beyond the physical. Don't shy away from asking questions for clarity. Is there complications with this event? Do you feel that you healed from this, or that you have not "bounced back"? Using open-ended questions can result in more information than simply yes and no answers, and it can encourage a deeper sharing. Looking to find the symbolic pairings between language and events, or even goals, can be highly enlightening. This kind of listening requires the practitioner to stay in the heart, which also insures that an environment of compassion and not judgement, prevails.

Remember, your role as practitioner when sharing information or feedback with a client, it is important to present it as suggestions, possible alignments, options, or similarities. Telling a client his/her "truth" is not good communication and can create ill will (If you are not agreed with) or a dependency upon you for all the answers/truth. A way to ensure you are not guiding the client through creating a dependency is to repeat back to the client what they have said. Another is to ask the client to get in touch with their personal wisdom or knowing, Such as, "What do you think is your best option at this time?" "I

heard you just say you do not believe what he has told you and do not want to do it his way.”

Mirroring is another component of communicating that can be used. It is a powerful exercise that puts a client at ease if done subtly. Mirroring is when you use the same actions, expressions and/or body positioning and movements to draw the client into a deeper attunement. These should be slow and natural looking. If you are having difficulty in reaching a client, try mirroring their body posture and breathing. Leaning in toward the client can give them the sense that you are connecting deeply and are fully present. Leaning back can give the impression of relaxation, that you are holding less rigidity, or it can create a softening in attitude or a separation from intense emotions.

**Sacred Preparation to do Energy Work:** Centering is defined as moving into an inner still point and being focused within oneself. An easy way to do this is through focused breathing. Simply take a few deep breathes to begin and then continue to focus on your breath IN... and your breath OUT. If your thoughts should wander, keep bringing them back to your breath...in... and out. You will know you are centered when you become still and focused within. There is a sense of peacefulness associated with being centered.

Grounding is defined as being connected deeply within your center (and body) to the core of the earth. This step stabilizes your energy flow and moves you into the “observer” part of yourself. Grounding is accomplished through seeing, feeling, or imagining your energy dropping down through your body and legs and connecting to the center of the earth (again you can use your breath to accomplish this) where it is then attached to a beautiful crystal, which is the heart of Mother Earth. Being grounded holds you in this place of neutrality.

When preparing for client work that clears all levels of the energy body, it is essential that the practitioner have a strong and intact Hara. When doing work that involves intervention by higher guides and energies, the practitioner needs to carry the appropriate level of sacred respect. Humility, prayer, meditation, and specific practice of strengthening the Hara is essential as well. It can lead to the practitioner being able to hold this higher quality.

Being prepared to facilitate the work of another is a conscious choice, a sacred act, a practice and it can demonstrate a practitioner’s strong balance. This might be felt by the client as a safe container for the client’s work. As your body becomes more able to hold a centered, balanced and grounded state the practitioner demonstrates a higher quality of energy. This then allows the client to be drawn into a higher quality expression. Regular self-care and clearing of the energy body allows the practitioner to facilitate the highest level of healing - first for you, and then for another.

**Assessment Pre and Post:** A full assessment is performed both before and after treatment(s) given. The practitioner uses the pre-assessment to help determine the most appropriate techniques to provide for therapy.

The pre-assessment may be performed before or after the practitioner preparation. The practitioner is to request an accurate reading of the client's energy body and energy field at the time they arrived for treatment.

After the treatment is complete, a post assessment is done. This is to help measure any changes in the energy body & field. Both assessments are done with the practitioner in a neutral, grounded and centered space.

**Observation:** Assessment of your client begins the moment he/she arrives. How does the client look? Is he/she making eye contact? Expressing emotions? Having difficulty sitting still, staying present, or offering information? What are you intuiting? Do they appear anxious? Depressed? Is the client's color normal:

Hand Scan, Muscle Testing, and Pendulums assessments are intuitive evaluations of the energy systems and create a map for the work to be done and where you will apply technique. Assessments are used to evaluate the client's state initially and then again to document outcomes of the energy session. At a minimum, the 7 chakras and energy field is assessed with the pendulum and a hand scan. Additionally, the meridians, body systems and Hara might be assessed.

How to assess using hand sensing and intuition was discussed in ET1. ET2A reviewed Hand Scan and taught further information about pendulum assessment and muscle testing. Now that the practitioner understands how to assess, the assessment needs to be documented on the treatment sheet. Document the chakras (major and minor), meridians, and individual energy field as reflective of the client's concern. It's important to do an assessment before and after a treatment, as well as during a session, to measure for changes brought about by the techniques and intention utilized.

**Pendulum:** Pendulum assessment is based on the interaction of two energy fields, of the practitioner and of the client. The first thing that a practitioner must do is set the parameters of understanding for what the pendulum is showing. A clockwise circular flow of a pendulum is accepted as showing us an open energy flow. Anything else shows us some form of compromise in the flow. We are assuming that an "open" flow is highlighting for us where we are not to focus our work. Anything else is compromise, in essence — compromise keeping the body from being balanced and therefore supporting dis-ease to occur and this is where the practitioner should focus.

We use a pendulum for assessment in most of the advanced courses because it shows details in a way that a hand scan or muscle testing is generally less effective. Additionally, the hand scan is harder to demonstrate in a classroom setting and is based on a personal interpretation of the connection one has with the client. Using the pendulum allows the practitioner to assess a client non-locally as well, which muscle testing cannot. It also keeps the assessment "off the body", which may be preferred in some cases, settings, or by some practitioners/clients.

It is recommended that you become comfortable with using a pendulum because you will likely need to use one throughout your experience as both an energy medicine student and practitioner. The pendulum can be easily seen, which can instill trust and bring a level of clarity to the client. A pendulum does not have “a mind of its own” and does not do the “assessing”. It is simply a tool, like a stethoscope is a tool and can only do what it is designed for. You would not use a stethoscope to tell you how nutrient-rich someone’s blood is, but you would use it to tell you how someone’s heart, lungs, or bowels are working based on diagnostic sounds. In order to effectively use a pendulum, the parameters of diagnosis have to be agreed upon in advance.

**\*\*Reminders:**

- A practitioner must be in a neutral, centered, and grounded state when assessing or using a pendulum. Be sure to ask for an accurate reading for this client.
- Regardless of what type pendulum you choose, show it to your client beforehand for his/her approval. It is recommended that you have other options available as tools in case he/she objects to what you intend to use. If rejected altogether, teach the client (from a non-dogmatic stance) the value of our DIAGNOSTIC tool.

**Hand Scan:** A hand scan is performed with the hands soft and the palms facing toward the body. It is helpful to consciously set your awareness to the very subtle as you bring your hands over the client’s body, assessing the energy field and observing where the “sense” of it is the same, or different. Impressions range from temperature, to density, to movement, to pressure. (ET1 page 35) Note that the information can present to the practitioner in whatever way he/she is sensitive to intuitive information — such as words, colors, tones, images, etc. The overarching goal in energy medicine is to have a balanced energy body.

**Basic Chakra Assessment:** The following lists several ways to assess a chakra:

- Hand Scan
- Distant Viewing
- Pendulum
- Muscle Testing
- Tone and listen for resonance
- Intuitively create colored drawings

**Energy Field Assessment:** The energy field radiates normally about 6’ to 8’ in diameter around the human body. Closer is generally showing less energy and a very close field can represent as low vitality and/or ADD/ADHD symptoms. A more expanded field is generally showing more outward expression, less control over boundaries and/or an empathic nature.

The field can be measured, hand scanned or intuitively drawn. With a hand scan it may be more difficult to show the total expansion but can determine whether the field express evenly around the body in its natural egg-shaped way. It also can be used to identify pockets or sections of imbalance based upon “feel”. A pendulum assessment of the total expansion of the field is done by starting at the edge of the body and



measuring outward in each of the four directions (front, back, left, right). For an even eight-foot diameter field, etc direction would measure four feet of expansion.

**Assessment Expectations versus Outcomes:** Expectation of the client's energetic patterns, chakra involvement or cause, or of perfect post session outcomes can dictate what you will actually see as outcomes. However, these assessments may not be accurate! The practitioner must stay unattached to the outcome. Expectations can create the outcome you experience. If the practitioner stays center, grounded and neutral, then what the practitioner will see as the outcome of treatment in the post assessment is more likely to be an accurate representation of that moment in time.

**Treatment:** Techniques are chosen based on practitioner assessment and mutual goals with the client. The technique can be a stand alone spot technique, full body technique and/or a series of techniques used. The whole energetic expression of the client can be addressed with what we call "full spectrum healing", meaning the clearing starts at the physical level and goes out through all levels of the energy body — emotional, mental, and spiritual.

Document the treatment provided to the client and the rationale for choosing that specific technique(s). Did you choose the technique to clear, fill, energize or replenish. List the techniques used in the exact order that they were applied, and if they were modified (or broken) say how and why.

At the end of the treatment, the practitioner is to help the client return to present and to release client/practitioner energies back to themselves. This release helps the practitioner set good boundaries and hands the healing back to the client — encouraging his/her presence and independence.

Release is an intentional step often achieved by fully stepping out of the client's field, through ritual (like washing one's hands), or through performing a sacred action (like bowing). Just as we use intention to ground a client, we use intention to release a connection. Regardless of what you do to achieve these steps, monitor your client as he/she gets off the treatment table to make sure they are safely present to navigate or drive.

The practitioner may want to have the client take some deep breaths or drink water to help them get grounded once the treatment is complete. Please don't send them home without ensuring the client is fully grounded and present.

**Feedback:** Client feedback includes his/her observations and intuitive experiences as well as specifically how he/she feels and what he/she notices regarding the stated problem or problems and the goal achievement post-session. Client feedback includes revisiting the scales if identified pre-session. Anything placed in quotations in this step is assumed to be the client's direct words.

What if the client says, "you worked on me and now I'm feeling worse"? Who

is responsible for the healing and/or outcome of a session? In this situation, depending upon how it is documented, communication and good case management are very evident. Empowering the client to try some self-techniques and/or self-care when leaving your treatment room can empower them to direct their healing. As the practitioner, you should not immediately want to take responsibility for what a client is experiencing. If you do take responsibility, you need to reevaluate your boundaries and engage personal self care.

Practitioner evaluation includes the observations, impressions, intuitive awareness, changes to techniques and/or any added intentions of the practitioner during the session. This report may include how long holds or techniques took, as well as how long it took to bring the client fully back to present awareness.

Document what the client shares with you after the session. Note: at times the client may not be ready to talk immediately following a session. Allow time for the client to return to present moment and awareness. The client may share additional information at subsequent sessions (which is why case management is so important). Using a 'sound bite' or the client's actual words can be very helpful when documenting the impact of the session for the client.

Document what you observed as the practitioner as well. Also, where you noticed shifts and changes, along with what you intuited is helpful to note. The more experienced you become with working in the energy, the more attention you will have to notice the subtle occurrences.

**More About Communication:** Communication is a skill well worth developing in a client practice. At the end of the treatment, knowing how to discuss what happened, give feedback and develop a plan with the client can take some practice. Getting client feedback can simply be a matter of listening. However, asking some deepening questions, especially about what the client may be noticing energetically, can educate him/her on what to look for as well as how energy is perceived by him/her. HOW a question is asked can show the difference between leading a client and teaching a client. Remember when giving feedback to the client about what you noticed as practitioner, health care clients expect professional practitioners to advise them from their expertise and knowledge base. Your knowledge base is energetic.

**Growth Work:** The final step is creating a mutual plan for assisting the client in keeping the balance going between sessions. The plan includes self-care techniques known to the client or those taught by the practitioner, activities deemed helpful such as journaling, recommended changes in behavior such as going to bed earlier or saying 'no' to those invitations or activities that are not serving, taking action on referrals given and booking an additional treatment. In order for plans to be effective, they should be mutually agreed upon between practitioner and client.

If the client returns for additional sessions having never supported the agreed upon plan, case management is not shown. Adjustments need to be made to the plan. The number of suggested activities should be limited and a percentage commitment might help elevate plan adherence. For example, asking, "Are you 100% sure that you commit to go to bed earlier within the next week? How many nights do you think you will comply with this plan that you said you would like to achieve? Three or more nights?" When a client is not complying with the plan, it reflects upon the practitioner's ability to manage the case. It could be beneficial to ask for compliance before agreeing to see the client going forward if it goes unattended for a considerable time. Clients must be invested in their care, but this may be a fine line that only you as the practitioner can evaluate as even relaxation and a slow return to balance enhances health expression. Do not keep encouraging a plan that is not working. Ask the client what will get compliance. Some clients take a while to clear enough and hold balance enough for the plan to get a commitment.

Practitioners must make notes in the documentation record as to why the homework pattern exists and add personal intuition or knowledge as to why. Referrals are also part of a plan, whether or not they are followed.

The practitioner empowers the client to take responsibility for their healing. It is also the practitioner's job to teach the client techniques, perspectives, or other exercises (such as mantras or intentions) to assist them with their processing. Discuss with the client what actions are indicated to assist with continuing healing and how other professionals/practitioners may be able to help them where you cannot. Perhaps the client is also working with other modalities, or is working with their primary care provider, or therapist. A release is required for you to discuss treatment with anyone other than the client. Work with the client to set tasks for them to meet their health goals.

Reminder: Develop a diverse referral/networking tribe in your local and/or distance healing community.

### **Introduction to Case Management**

Case management is used to identify a client's needs, challenges, and goals. The intake form identifies areas the client is having issues or needs. Using the intake form, the practitioner helps the client develop goals and identify any challenges they may have along the way.

On subsequent visits, the practitioner should review the intake form, previous client visits prior to the session. Then, the practitioner should discuss progress on goals, have other obstacles arisen, has the issue been resolved. The practitioner should also look for patterns in the energy assessment. Are the chakras having the same issues at each visit? If so, what is happening with the client? Are they doing their growth work? Is there an underlying challenge that the client is unable to see?

Identifying patterns and challenges, the practitioner can help a client overcome many of their issues on their path to health.

Case Management is the overarching plan that is followed when working with a client. It is the framework for the highest level of professional care and practice and is outlined by the EMS Code of Ethics. The EMS goal in teaching about case management is to begin to see more deeply and thoroughly the whole picture of how a case is managed over time, and why.

### **Distance Healing**

Long distance healing, non-local healing, William Tiller names it “Informational Medicine”. These are all names for providing an energetic treatment to someone who is not in the same vicinity as the practitioner. This can be done whether the client/practitioner are in different rooms, cities, countries, or even continents. The location of the client and the practitioner does not matter. What matters is intent. We learned in ET Basic that the universe is filled with abundant love and energy. All the practitioner needs to do is to call on it. With long distance healing, the practitioner performs the technique the exact same way as if the client were in the room. As with any treatment, the practitioner calls on his/her intuition to help with the session.

The science of psychoenergetics is studying how energy medicine practitioners are able to help people heal. The chakras of the healers receive radiations from the above or universe. Their chakras act as a transformer of the radiation received and converts it into deltron energy, which carries key information on to the client. About 80% of the sensory information you experience each moment is generated by your brain. To save energy and time, your mind makes its best guess about what's going on around you, using a small sampling of the environment. When you practice remote viewing, you're attempting to describe very subtle information that is much waker than your conscious perception.

Tiller’s view on distance healing is “It views the mind as unbounded and unconfined to points in space and time, so that this category of healing events may bridge persons who are widely separated form each other. . . so that mind, not matter, is ultimately considered as being primary”.

The book “Bridging Science and Spirit” does discuss an experiment done on kids with autism. The research project was deemed unsuccessful as no control group was used and the participants were hand selected. However, the outcome of the children chosen to participate in this experiment was phenomenal. Children who had never spoken were now able to say words. One child said, “I love you , Mama”.

Tiller worked with a speech pathologist and set up a computer program that was broadcast to all the participants over a twelve month period. The broadcast sent intentional statements to the participants through a computer that was set up in each participants bedroom. Statements such as; “allow the radiation of divine love, divine joy, divine will, divine forgiveness. . . to penetrate every nook and cranny of their being so as to significantly reduce all unnecessary stress precursors in their life, allowing them to manifest optimum health and functioning in physical, emotional, mental, and spiritual levels in their daily life, consistent with their soul’s purpose for this particular lifetime’s experiences!”.

Tiller surmised from this experiment that distance healing is just as beneficial as in person treatments.

How does distance healing work? We are all multi-dimensional beings. Most dimensions are not limited by measurements such as time or distance. The practitioner’s dimension connects and converses with the client’s dimension to understand what the energetic assessment and needs are.

The practitioner and client need to connect energetically. The practitioner may or may not know the client. The practitioner treats the non-local client in the very same way as a client in their treatment room. Connecting with the person can be done through a phone call, email, text, or video chat.

- Obtain permission to treat. You may want to email a consent form ahead of time
  - At times, you may be asked by a family member or friend to work on a very sick person or someone not in your presence. You may be unable to get their verbal permission to treat. You can always ask for energetic permission. Be aware, you may receive a “No” answer. If you do receive a “No”, honor their answer, wish them well and move on.
- Various forms of surrogates are used by practitioners when working on client long distance. Invite the client’s energy into your healing area.
  - Human Surrogate - You could have someone take the place of the client. This benefits three (3) people.
  - Stuffed Animal - Many practitioners use a stuffed animal. The practitioner may or may not put cards or colors near the stuffed animal to denote the chakras.
  - Set of Clothes - Placing a set of clothes on the treatment table makes it easy to follow along when performing techniques.
  - Empty Table - A set of words or colors are often used to denote placement.
  - Imagining the Client - Envision seeing the client on the table. Sometimes a photograph of the client, or a card with the client’s name can also be placed on the table.
  - Without a Table - You can envision the client lying on a table.
  - Intention - An experienced practitioner is able to do healing with intention.

- Assess the client using Hand Scan and/or Pendulum
- Perform Technique
- Post Assessment using Hand Scan and/or Pendulum
- Follow up - Contact the client at the end of the session.
- Some practitioners may use zoom and watch the client during the session, or leave the phone line open while working on them, talk to them before the session and text or call when the session is complete.
- Document

### **Practical Magic - The Magic of Self-Care**

As practitioners, how many times have we been amazed, excited, and/or in awe at the outcome of a treatment session? A favorite saying is, Simple, yet profound!

Because words are powerful, EMS wants to ensure the practitioner understands what EMS is teaching with a discussion on practical magic. It is the wonder and excitement of the work. Just as children visit the “Magical Kingdom of Disney” with awe, practitioners are encouraged to approach this healing work with wonder and awe.

EMS has provided practitioners with scientific information regarding how to work in the energy. There has been discussion about quantum physics, wave theory, etc. Practitioners know the science of how the energy works, and understand there is mystery, and pure potential from our clients.

Practical magic is a simple yet profound way in our everyday life and practice to move, change, or create energy. Practical magic is the sacredness we bring to healing work. We must prepare ourselves daily for the magic, mystery and possibilities of whatever it is that we are doing. Each “now” holds potential and one moment of now, builds for the next moment or miracle.

Positive affirmation, energetic boundaries, energetic protection, and being present are all methods to living with practical magic. To live in the now, the practitioner needs to develop a routine or ritual of grounding, centering, practicing gratitude, and filling yourself with love.

Following are several methods of learning to live in the now, living in awe, living in the moment of practical magic.

1. Repeat positive affirmations on a daily basis:

- I am enough
- All I need is within me right now
- I am an unstoppable force of nature
- I love myself
- I matter
- Today is going to be a great day

## 2. Set Energetic Boundaries:

- Don't make yourself available to others all the time. Set boundaries on your time (ex. separate business and family time, turn off your phone for a bit, or don't answer every phone call/email right away. Set aside time later for return calls/emails.
- Make time just for you. Self-care (ex. bath, walk, get nails done, read, meditate, exercise)
- Self-awareness of emotions. Feel what you feel and choose to let go or move on. Don't compartmentalize or push things down.
- Remove yourself from uncomfortable conversations or situations.
- Surround yourself with positivity as much as possible and then choose positive actions when reacting to situations or others.

## 3. Energetic Protection

- Crystals and stones
- Plants
- Essential oils
- Smudging
- Meditation/Intention
- Calling on your spiritual helpers (Divine, angels, guides, animals, love, etc.)
- Building a "Golden" bubble around you

## 4. Being present

- Meditation
- Breath work
- Gratitude
- Intention
- Labyrinth
- Here and Now technique

## **Ways to Meditate:**

- Guided, walking/movement meditation
- Body scan
- Visualization (elaborate)
- Transcendental
- Sitting in silence
- Guided imagery
- Clearing the mind

## **Breath work:**

Breath work is an easy way to become centered and grounded. It also has many health benefits such as; improved lung function, decreased stress, increased oxygen to all cells, a calmer more focused mind, increased energy, stronger immunity and well being. Breath work heals at the 4th energy level (heart chakra). Yoga instructors always stress the importance of breath work during class.

There are many methods used in breath work that helps with stress and anxiety. The alternate nose technique is called Nadi shodhana in Sanskrit which means, channel purification. This technique is important to help improve lung function, decrease anxiety and balance the body. The right nostril speeds up circulation, body temperature increases, cortisol levels, blood pressure, and heart rate all increase. The right nostril activates the sympathetic nervous system. Inhaling through the left nostril has the opposite effect. It works on the parasympathetic nervous system. The blood pressure lowers, the body is cooler, and reduces anxiety. Our bodies operate most efficiently in a state of balance.

1. Begin by holding the left nares closed with your thumb as you inhale through the right nares.
2. Take a short pause (this pause naturally helps to ground yourself).
3. Hold the right nares closed with your middle finger as you exhale through the left nares.
4. Pause
5. Repeat 10 to 15 times.

Slow breathing, also known as resonant or coherent breathing, is a calming breath technique that places the heart, lungs, and circulation into a state of coherence where the systems work at peak efficiency. Studies have measured the benefit of slow breathing which places the body into a state of coherence where it functions at peak efficiency.

Interestingly, scientists studied cultures and religions and realized their prayers were all similar in length with the goal of slow breathing which calms the individual. Whether it was the Ave Maria prayer of Catholicism, the Hindu mantra Om Mani Padme Hum, Native American prayers, monks chants, etc., All developed the same prayer technique with the same breathing patterns. Further scientific studies measured the time to be an average of 5.5 seconds with equal inhalation and exhalation. (Breath, 2020). Scientists are still performing research on the effects of slow breathing techniques. The National Institute of Health has recommended further research be done on this subject. There have been small studies that investigate the physiological effects of slow breathing. These studies have uncovered significant effects on the respiratory, cardiovascular, cardiorespiratory and autonomic nervous systems.

1. Sit up straight, relax the shoulders and belly and exhale.
2. Inhale softly for 5.5 seconds, expanding the belly as air fills the bottom of the lungs.
3. Without pausing, exhale softly for 5.5 seconds, bringing the belly in as the lungs empty. Each breath should feel like a circle.
4. Repeat at least ten times, more if possible.
5. There is an app called "PacedBreathing" that can be downloaded to help practice this technique. There is further information on this app about the benefits of slow breathing.



Practice both these techniques to see how you feel. Practitioners are also able to share these techniques with clients.

**5. Intention**-state clear, simple and positive intentions on being in the present moment

When you begin to live in the sacredness of the now, you will find yourself feeling ease, contentment, peacefulness or simply - practical magic.

**Intention and Methods of Intuition**

What is intention?

Intention is defined as:

- what one intends to do or to bring about,
- the object for which a prayer, mass, or pious act is offered
- a determination to act a certain way
- a concept considered as a product of attention directed to an object or knowledge
- Intention is a product of a variety of personal, cultural, and even philosophical forces all woven together.

When we speak about intention in the world of energy medicine, it is a directed thought for healing for whatever our client chooses. The practitioner may also wish to add the intention of whatever is needed for our client's highest good.

When a practitioner sets an intention, it is done after communicating with the client. Many practitioners verbalize the intention aloud with their client prior to starting a treatment. An experienced practitioner continues to hold the intention or directed thought for their client throughout the entire treatment.

Therefore, an intention is a specific, directed thought for healing for their client.

Intention pervades our lives according to Manek, then goes on to explain how that happens. Tiller ultimately states "Consciousness performing useful work. And, work means consciousness via intention must be a source of energy. Intention also enhance biological enzyme function. Recall the diagram of Physiology of Relaxation Response by Carol Komitor? The illustration showed how the body relaxes - enzyme function was one of the many affects at the cellular level. Science clarifies that point.

## What is intuition?

When you don't know how you know, BUT, you know you know, AND you know you knew, AND that is all that you needed to know.

Intuition is seeing with the soul. It is a knowing. Intuition is considered the sixth sense - ESP. Most people use about 5 - 10% of their intuitive abilities. Intuition is a skill that can be honed to improve your ability to use your intuition. It is a process that gives us the ability to know something directly without analytic reasoning, bridging the gap between the conscious and non conscious parts of our mind, and also between instinct and reason. Einstein states "the intuitive mind is a sacred gift and rational mind it's faithful servant. We have created a society that honors the servant and has forgotten the gift."

In essence, we need both instinct and reason to make the best possible decisions for ourselves, our businesses, and our families. Unfortunately, many of us are uncomfortable with the idea of using our instincts as a guiding tool. We are embarrassed to say that we follow hunches, we mistrust the sometimes-cryptic messages that our instincts send to us, thus we diminish our capacity to leverage the power of our own instincts when we need them most. Our discomfort with the idea of relying on our instincts is based on years of cultural prejudice in the western world.

Intuition is being widely studied in the field of psychology. There are multiple articles, books, webinars, etc. on this topic. It is still a new science to be studied, as is energy medicine.

Whether you call it a "gut feeling," an "inner voice" or a "sixth sense," intuition can play a real part in people's decision making, a new study suggests. For the first time, researchers devised a technique to measure intuition. After using this method, they found evidence that people can use their intuition to make faster, more accurate and more confident decisions, according to the findings published online in 2016 in the Journal Psychological Science.

The study shows that intuition does, indeed, exist and that researchers can measure it. The experiments also suggested that the participants became better at using their intuition over time, Pearson said. "It's all about learning to use unconscious information in your brain," he said. Just as people can become more comfortable making decisions when they apply logic and reasoning, they may also become more adept at trusting their intuition when they use it more frequently over time, the study revealed.

The online intuition class has further information about intuition.

Types of intuition:

1. Premonition - The feeling of an unwelcome event accompanied by anxiety and fear, strong feeling that something is about to happen.

2. Practical - When you personally ask the universe to help you make a decision, etc.
3. Directed - Use of a medium to help receive message through tarot cards, psychic reading, etc
4. Medical - The use of intuition to help assess and discover medical issues a person may have. There are many classes and books on this topic. Two well known medical intuitive are Carolyn Myss and Tina Zion.
5. Basic intuition
6. Spiritual intuition

### **The Role of Discernment**

Discernment and questioning are excellent ways to determine if intuition will be helpful to the session. Discernment is the ability to recognize small details, accurately tell the difference between similar things, and make intelligent judgements by using such observations. Consider that the information you have intuited may be for another time, another client, or even for you. Intuition that aligns with the highest good of the client in their framework and beliefs will be the most effective when shared. Sometimes the information is simply for you to notice. Telling the client his/her 'truth' is **never** okay and can do harm, which can also negate the healing offered. The clearest, truest intuition comes through a grounded, centered, and neutral practitioner.

The language one uses is key to how information is received! When considering whether to share intuited information ask:

- Is this information pertinent to this session?
- Am I inserting my intuition where it is invited?
- Is this information symbolic? (rather than literal)
- Am I to share this information? Now? Later?
- Do I need to speak this information, or hold it?
- Might this information cause harm?
- Am I interpreting this information correctly?
- Is this about me/my healing?
- Should I present this information exactly as I have received it?
- Can I present the information through the energy of love?

As a reminder, we are discussing teaching the individual about intuitive healing for themselves. Should a person wish to become an intuitive, it is MOST important to act ethically and professionally. Discernment is a tool that must be used when working with another person.

Intuition is developed with practice. In the role of practitioner, when you have your hands in a Hand Still position, ask for a message from the client's guides. Ask, do you have a message related to this area that I should share with the client? You may or may not get an answer. Practicing asking the guides for help, asking for messages does help the practitioner hone their intuitive skills.

### **WHAT MAKES A GOOD PRACTITIONER?**

The practitioner always works within their scope of practice. We don't advise on medications, we do not diagnose physically, and we do not cure. We help the client by promoting a higher vibrational flow to improve healing by breaking up congestion in the energetic systems. Practitioners are mandatory reporters of any suspected abuse.

A good practitioner adheres to the code of ethics set forth by their chosen profession/s, certification requirements, and professional standards.

The practitioner obtains consent to treat, discloses how treatment will unfold (including costs), documents each session, and empowers clients to practice self care and self development. (Sample consent in Addendum.)

It's important to know what type of medications people take. At times the practitioner may pick up on drug interactions, or clients who do not adhere to the prescribed dosing as given by the health care practitioner. The practitioner should be aware of underlying disease processes, such as high blood pressure, cancer, diabetes, etc. Look for the symbology that may be associated with a disease process. Does it correlate with the information your client has provided? Not all clients are interested in the deeper aspects and symbology of health challenges. Please meet your client where they are and continue to offer the best possible care. Growth work and its timing is personal!

The practitioner knows their state laws where practice occurs. Know where to get the information and what disclosures or consents are needed to practice ethically. Most state departments of regulations have the information you need. As a student/practitioner with EMS, you are considered a mandatory reporter. Always be aware of your environment, know how to contact the crisis center, the emergency contacts for the client, and emergency services. (Refer to the policy and procedure handbook.)

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## ET2A Glossary

**Acute**-signs and symptoms that begin and worsen quickly.

**Auric field**-Our subtle energy bodies make up the auric field and reflect various vibrations of energy. It envelops the physical body and can express in conjunction with the 7 chakras.

### **Boundaries - Energetic and Physical**

**Energetic Boundaries**-method of separating your own energy, emotions and thoughts from anyone else's to protect your wellbeing and safety. It is declaring a boundary around your sense of self and maintaining it. Practiced by implementing self care, saying no, walking away from negative situations or talk.

**Physical Boundaries**-encompass touch, your personal space, your physical needs and privacy. Example of violation of these needs include unwanted/inappropriate touch; being denied food, water, sleep; invasion of private space or private items

**Chakras**-this system expresses as a step down in frequency or lowering of vibration from the Hara energy to help support the expression of a human. It is the issues system.

**Chronic**-following an acute period, symptoms persisting for a long time or continually recurring.

**Clear**-used to remove energetic debris from the auric field.

**Congestion**-excessive or abnormal accumulation of energy which can prevent normal energetic function.

**Energetic fingerprint**-each human's one of a kind presence in this vast universe of energy. The authentic part of you that expresses your truth at a higher vibration.

**Energetic signature**-the distinct way that the unique energetic presence of someone is felt.

**Energize**-used to improve the frequency of vibration with

the goal of creating higher function. Replacing a lower frequency with a higher one can improve function dramatically.

**Fill**-to replace energy in any area that was cleared of congestion. This may be used as a local application, or a full body/system application. Anything removed usually leaves an area to be refilled. Fill is primarily used in the auric field (outside in), or in areas where pain has been drained (inside out).

**Hara**-powered by the universal energy field through the Matrix and functions to connect us to the Divine (or ALL) and anchor us upon a physical planet by way of a physical body or energetically dense body. It holds trauma, karma and contracts.

**Imbalance**-the state of being out of equilibrium or out of proportion.

**Matrix**-the container for a network of holographic, conscious vibrations that concentrate intention (I AM) into expression (I EXIST).

**Meridians**-this is a step down in vibration from the chakra system. They are the energetic pathways that are the support system for the human organs and body systems. They act as rivers transporting life force or (Chi, Qi) the physical body.

**Quantum physics**-study of matter and energy at the most fundamental level. It aims to uncover the properties and behaviors of atomic and subatomic frequency levels all around us on every scale.

**Repattern**-done to balance and clear any areas of the energy expression that are out of alignment and connect it back to a fully functioning pattern.

**Symbolism**-meaning given or attributed to natural objects or facts

**Wave Theory**-a physics theory that light, sound and water is transmitted by undulatory movement or wave movement

**Addendums: *SAMPLE* Energy Therapy Client Consent for Treatment.**

Energy Medicine is a gentle, complementary energy based approach to health and healing that can assist my body in its natural ability to heal. I fully acknowledge and understand that this is accomplished through the use of contact and/or non contact touch.

My practitioner has explained that energy medicine is not intended to replace any currently prescribed medical treatments as ordered by my physician(s) nor any other medical care I may be advised to seek by them.

Essential Oils may be used to enhance the treatment - please initial if you consent to the use of essential oils during this treatment.

*Initials for Consent of Use of Essential Oils* \_\_\_\_\_

This practitioner has informed me that she will neither diagnose nor prescribe for any condition that I might have nor does she make any specific claims regarding results from the energy medicine session.

I have been informed that she is not licensed to practice medicine in this state. I have been encouraged to consult a licensed medical practitioner for any physical or mental complaints I may have.

Some of the indications for an energy medicine session include but are not limited to: reduction in pain, anxiety, stress, decrease nausea, decrease pain, support chemotherapy, supports the body's natural healing process and well being.

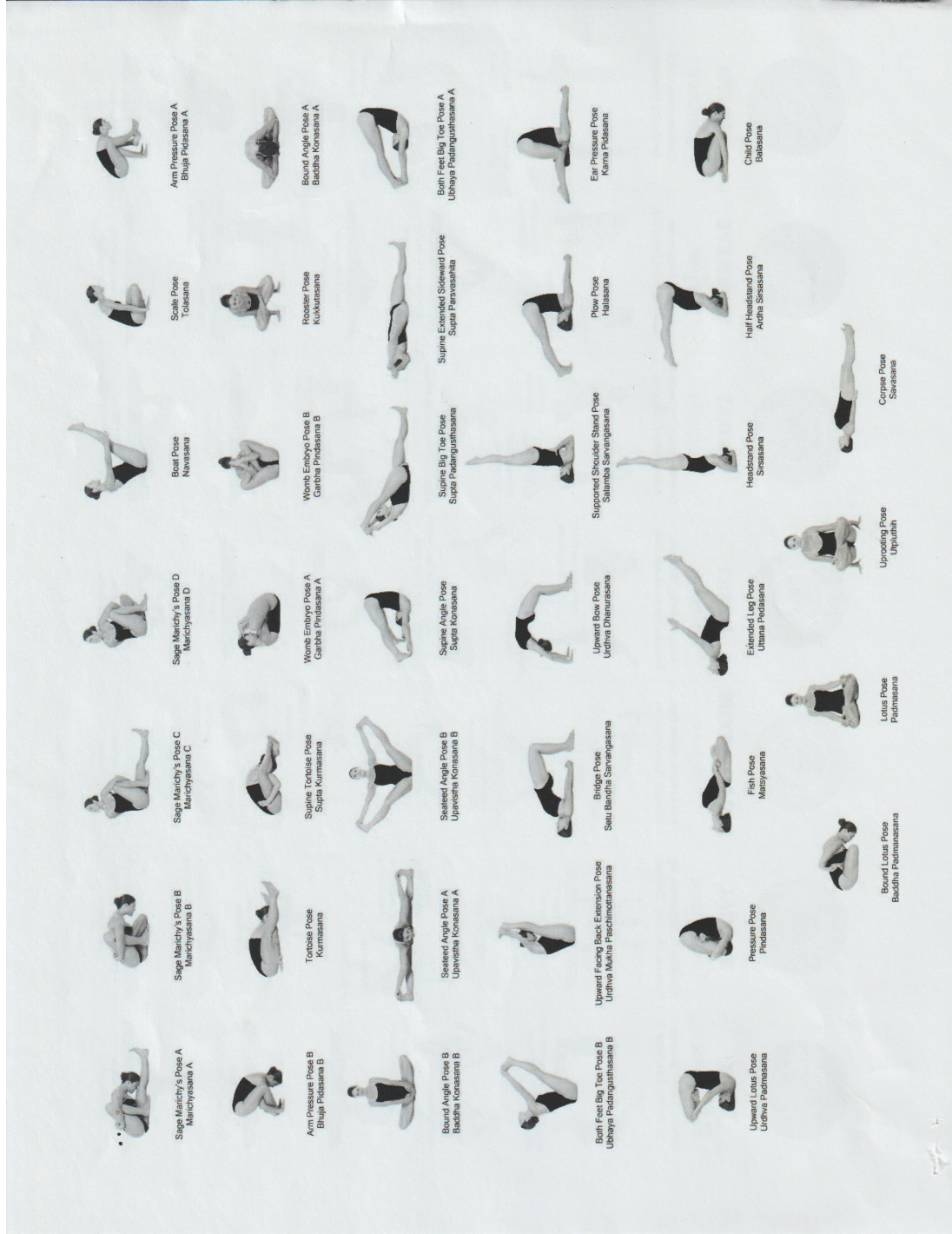
I have been informed that all client information & records are treated in a confidential manner. My experiences during these sessions are confidential subject to the usual exceptions governed by state or federal laws and regulations.

My questions have been answered to my satisfaction regarding my Energy Practitioner experience and energy medicine. I give my consent to receive Energy Medicine treatment from Cindy Parsons, Energy Medicine Practitioner.  
*Client and/or Parent/Legal Guardian Signature*

*Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Please Print Name:* \_\_\_\_\_

	<p><b>ROOT</b> <i>Maniadhara</i> Survival, Safety, Security, Grounding, Life Force</p>	 Chair Pose <i>Ushtrasana</i>  Thunderbolt Pose <i>Uttanasana</i>  Garland Pose <i>Malasana</i>  Mountain Pose <i>Tadasana</i>  Staff Pose <i>Dandarasana</i>  Bridge Pose <i>Baddha Sarvangasana</i>  Warrior II Pose <i>Virabhadrasana II</i>		<p><b>SACRAL</b> <i>Svadhishthana</i> Sexuality, Relationships, Joy, Pleasure, Emotions, Creativity</p>	 Goddess Pose <i>Uttara Svanasana</i>  Bound Angle Pose <i>Baddha Konasana</i>  Forward Bend <i>Uttara Paschimotthasana</i>  Triangle Pose <i>Bhujangasana</i>  Crescent Pose <i>Anurajadasana</i>  Wide-Angle Seated Forward Bend <i>Upavistha Konasana</i>  Reclined Thunderbolt Pose <i>Supta Uttanasana</i>		<p><b>SOLAR PLEXUS</b> <i>Manipura</i> Self-Esteem, Power, Ego, Strength, Transformation</p>	 Plank Pose <i>Phalakasana</i>  Downward Facing Dog <i>Adho Mukha Svanasana</i>  Boat Pose <i>Navasana</i>  Knees-to-Chest <i>Anjanasana</i>  Bow Pose <i>Dhanurasana</i>  Crescent Pose <i>Urdhva Dhanurasana</i>  Triangle Pose <i>Urdhva Trikonasana</i>		<p><b>HEART</b> <i>Anahata</i> Love, Empathy, Kindness, Compassion, Gratitude, Faith</p>	 Standing Backbend <i>Urdhva Dhanurasana</i>  Half Lord of the Fishes <i>Ardhha Matsyendrasana</i>  Lord of the Dance <i>Natarajasana</i>  Camel Pose <i>Ushtrasana</i>  Wheel Pose <i>Chakrasana</i>  Cobra Pose <i>Bhujangasana</i>  Bow Pose <i>Dhanurasana</i>		<p><b>THROAT</b> <i>Vishuddha</i> Communication, Expression, Authenticity, Purification</p>	 Lion Pose <i>Simhasana</i>  Shoulder Stand <i>Salabhasana</i>  Plow Pose <i>Urdhva Dhanurasana</i>  Cat Pose <i>Maryasana</i>  Fish Pose <i>Matsyasana</i>  Bridge Pose <i>Stra Bhujangasana</i>		<p><b>THIRD EYE</b> <i>Ajaya</i> Intuition, Imagination, Lucidity, Astral Projection</p>	 Thunderbolt Pose <i>Uttanasana</i>  Forward Bend <i>Uttara Paschimotthasana</i>  Downward Facing Dog <i>Adho Mukha Svanasana</i>  Head-to-Knee Pose <i>Jana Svanasana</i>  Lotus Pose <i>Padmāsana</i>  Cow Face Pose <i>Gomūdrāsana</i>  Extended Child's Pose <i>Uttara Balasana</i>		<p><b>CROWN</b> <i>Sahasrara</i> Consciousness, Unity, Spirituality, Oneness</p>	 Headstand <i>Sirshasana</i>  Tree Pose <i>Vrikshasana</i>  Forearm Stand <i>Pincha Mayurasana</i>  Backbend <i>Ardha Matsyendrasana</i>  Lotus Pose <i>Padmāsana</i>  Rabbit Pose <i>Sarvangasana</i>  Corpse Pose <i>Savasana</i>
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## Energy Therapy Client Intake Form

Name:	Age / DOB:	Today's Date:
Phone:	Occupation:	
Emergency Contact:		
Address:	E-mail Address:	
Living Situation (pets, alone, etc.):		
Personal/Work Stress:		
Stress Reduction / Relaxation:		
Meditation/Spiritual Practice:      Daily      x per week      Occasionally      None		
Exercise:	Hobbies:	
Nutrition/Addictions (yours or in family growing up)	Current Medications/Supplements	
Water/Sleep		
Current Health Care Providers: (can attach a list)		

## EMS\_Energy Therapy Advanced

Significant Past Medical History:

What do you hope to get out of this session?

What do you believe is the cause or reason for current health issue/s?

Additional Notes:



## ENERGY THERAPY CLIENT TREATMENT SHEET

Date: \_\_\_\_\_ Payment: \_\_\_\_\_

Client: \_\_\_\_\_ Referred by: \_\_\_\_\_

Intake/Update:

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Mutual Goal: SMART, (specific, measurable, achievable, relevant, timely)

May also ask the client if they feel their issue is P - Physical, E -Emotional, M- Mental, or S - Spiritual

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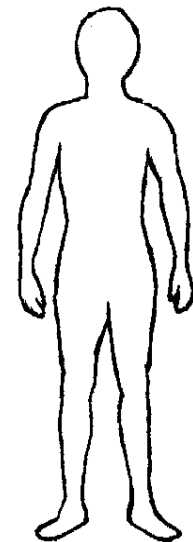


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Ground, Center, Attune:

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	CHAKRAS			FIELD	
PRE		POST	PRE		POST
	CROWN			FRONT	
	BROW			BACK	
	THROAT			LEFT	
	HEART			RIGHT	
	SOLAR PLEXUS				
	SACRAL				
	ROOT				



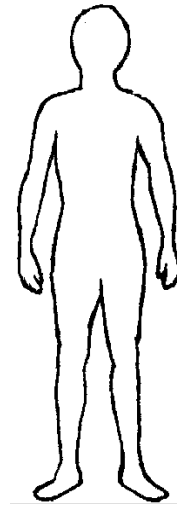
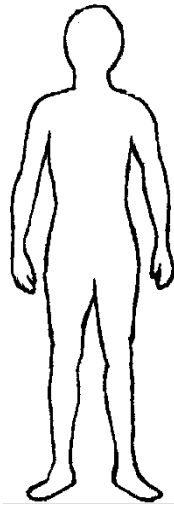
Assessments: (Practitioner see, feel, hear, intuit etc.)

EMS\_Energy Therapy Advanced

Hand Scan Info:

PRE

POST



Client Feedback:

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Practitioner observations:

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Homework, Referrals:

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Intuitive Message: \_\_\_\_\_

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