

Notes from the Psychic Healing Book- Amy Wallace

Running Energy

1. Sit in a straight-backed chair, feet flat on the floor, legs side by side. Remove anything that you might have on your lap. Keep your legs and hands uncrossed. Place your hands on your thighs, face-up.
2. Close your eyes, take a deep breath, bringing your awareness inward.
3. Bring your attention on grounding your whole being. Imagine a channel of energy funneling from your body into the earth. Let yourself drop into the feeling of support and connection as you open this grounding channel. Imagine a cord flowing from the bottom of your feet and reaching into the earth.
4. As you are feeling grounded, now imagine light brownish red energy traveling up through the bottom of your feet. Let this energy rise up from the feet into the calves, the thighs, your buttocks and into your first chakra. Feel the deep connection as this color enters your first chakra.
5. Now, let this grounding energy pass into all of your being, rising into the second chakra, then into the third, the fourth, and up into your neck and head through the 5, 6, and 7th.
6. Imagine also this energy extending out into your arms and hands, flowing into the aura that surrounds your body.
7. Bring your awareness back inward, deep into your body, letting the brownish red energy float throughout your body.
8. Now, beginning with the seventh chakra imagine all of this energy moving downwards from one chakra to the next. Bring all of this energy back down through the whole body, dropping from the sixth, to the fifth, the fourth, into the third, the second and into the first chakra.
9. As the energy moves into your first chakra let it continue to flow downwards into your left through your calves and out your feet. Let all of the energy flush downwards, through your grounding cord and into the center of the earth.
10. Slowly open your eyes. Observe how you feel in this moment.

Pulling Cords

1. Center and ground yourself
2. Bring your attention to your head. Begin by sensing the aura of your body around your head. You may get a sense of it, a knowingness. You may also see colors or sense density or lightness. You may feel the edges or contours. Continue to connect with your Aura in your own way.
3. Continue to explore your aura, down your body, from your head, along your neck, shoulders, arms and around your torso. Follow it around your legs and your feet.
4. As you are connecting to your aura notice where it might feel cold, dark, or thick. Notice where you may feel no impression at all. Visualize neutral, orange colored light flowing gently into these areas.
5. Now bring your attention to your first chakra. Imagine what this chakra might look like. What is the essence of feeling you get in this area? As you notice the characteristics of this chakra ask yourself "What cords might be present here?" let the energy speak to you. You may see something or maybe a name pops into your head or you suddenly are thinking of someone.... As these pieces emerge, begin to

remove these cords ever so gently. Let the cords slip gently out from the chakra. Thank the cord if you want and wish it on its way. Continue to go back and ask your chakra again “what cords might be present here?” and continue to gently remove this cords from your chakra, releasing them into the universe and back to the owner.

6. As you sense that chakra is cleared proceed to the next all the way up through the chakra's.
7. When you have completely removed the cords from all of your chakra visualize an enormous facet of crystal clear water pouring into your seventh chakra, flowing down through the sixth, the fifth, through the fourth, over and through the third, the second and the first. Imagine this flow of crystal clear water pouring out your feet, into your grounding cord, reaching deeply into the earth, release and letting go of all that it contains, purify and removing all that does not serve you.
8. Now, visualize a clear, clean, neutral, light golden energy washing through your energy system and over your whole body.
9. Starting with you head and working down to your feet imagine your hands smoothing out your aura. Open your eyes and come out of your meditation.
10. Do something to return your self to the physical plane, wash you face, hang you body upside down and shake, have a cup of tea. Be nice to yourself.