

ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



Energy Flow Activation Cheat Sheet

1. Alpha Inducer.

2. “Punch in” the Healing Code you are using.

3. Prayer of Intention.

[Start rubbing your heart area.] Heavenly Father, please call my spirit to attention to connect with your Holy Spirit to receive your healing and grace. **[Butterfly Tap.]** Please find, open and heal the source of any disease or dysfunction in spirit, soul, mind, body or relationship, especially name of physical issue, with any connection to [name your heart issue], from [name any memories you have, including hidden memories]. Please cover with the blood of Jesus me, the source memories, and any legal grounds Satan has against me, bind Satan and destroy all his works, and fill me with your light, love, life and truth—your Holy Spirit. **[Rub your heart again.]** Please also magnify the effectiveness of this healing to the maximum level for my highest good, at an optimal pace, and restore everything—spirit, soul, mind, body, relationships—to your original, intended design. Thank you, Lord, for your willingness and ability to do all these things and more.

4. Rub your palms together vigorously for 10 seconds.

5. Rapid breathing: Palms together now, breathe through the nose, starting with breath in, 25 times rapidly.

6. Measured breathing/nervous system calming.

- Left palm on the brain stem, right palm on forehead, and breathe in this breathing pattern: 5 seconds in, 8 seconds out, through the nose.
- Switch hands and breathe in the 5-8 pattern.
- Place your right or left hand over your heart, fingers spread out over your heart, and tap the index finger of the other hand on the spot between your pinky and ring finger, while continuing to breathe in that 5-8 breathing pattern, three breaths.

7. Infuse the positive. Place your hands, one on top of the other, in the specified places down your mid-line. Speak the Healing Words aloud or in your mind and placing your hands on each of these places on the body:

- top of the head: **God-I AM** (inhale)

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- forehead: **Light-Power** (exhale)
- throat: **Love-Truth** (inhale)
- heart: **Spirit-Kingdom** (exhale)
- stomach: **Jesus-Life** (inhale)
- belly button: **Faith-Forgiveness-Healing** (exhale)
- bottom of torso: **Gratitude-Joy-Peace** (inhale)

8. Activate the flow. Now, slowly move your hands, one on top of the other, up the mid-line of your body, over your head and down your neck.

9. Rest your hands, one on top of the other, on top of your head.

10. Focus on the sensations in your body. As you breathe those Good Breaths (slow, nasal, down your back ribs to your diaphragm, expanding your middle), focus only on your bodily sensations. If your mind wanders, that's OK—gently bring it back to your body.

The key word here is NOTICE. Without trying to analyze, just tune in to your body's sensations. This may take some practice; keep trying to stay focused only on the sensations. Be open and curious and *aware*.

Some of what you may feel:

- warmth
- energy flowing
- tension
- tingling or prickling sensations
- just an awareness of a certain part of your body.

If you have trouble feeling any sensations, focus on any of the points of contact: your hands on your head, your seat in the chair, your feet on the floor.

You may feel different things each time you do this. There is no “good” or “bad” here. The objective is to simply tune in to your body's sensations, after clearing the negative energy with the steps above, and infusing the good energy of the Healing Words. This calms the nervous system, helps you feel “safe” in your body, and expands your “range of resonance”--all in one simple exercise that takes only a few minutes to do!