

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



## Module 3, Lesson 1:

### Energy Flow Activation Instructions

As we focus this month on the **HEAL** piece of CHRIA, we will use a brand-new tool called the Energy Flow Activation (EFA). You will use this tool in addition to the Coach-Guided Healing Codes to bring as much healing to spirit, soul, and body as possible.

#### How I Developed This Tool and What It Does

The Energy Flow Activation was created from a number of different healing approaches I have studied over the last many years. Healing is a multi-faceted process, and there are a number of systems that need to be engaged for full healing to take place.

The amazing thing about the Energy Flow Activation is that it does all the things I mention below *in less than 10 minutes!* Yes, that's right. You could stay in the last position for several minutes if you want—that may be the most important piece—but all the benefits mentioned below will take less than 10 minutes. And honestly, though you could do it more often, I often only do it once a day, along with my other CHRIA tools.

#### Here is what each step does, and what each is based on:

- **Inducing an Alpha brain-wave state.** The Alpha state is one of calm focus. This state is the best state for healing to happen, thus we start with the Alpha Inducer. This simple technique can be used alone any time you need to induce that calm, focused state. I believe the effects last for several hours afterward.
- **Cellular memories.** This is where The Healing Codes excel. I believe what The Healing Codes do is neutralize the negative energy pattern of the cells that are storing memories of negative images, feelings and beliefs. It does that through the process of targeting said memories/feelings and/or beliefs, and opening the door to overcome the negative with positive energies.

There are two main ways to do a Healing Code: with the longer meditation (6 minutes or more, focusing on the positive meditation), or a quicker way. I believe the pointing to the Healing Centers is like the key that unlocks the way to infusion of the positive. I learned that this can also be done simply by “punching in” the positions. Dr. Alex Loyd uses this approach in his Q Codes. I adapted it for the Energy Flow Activation.

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



- **Prayer of Intention.** Everything about CHRIA is based in prayer. Prayer is how we Connect to God, the Healer. So after identifying your issue and “punching in” the Healing Code to open the door to healing, you simply ask the Source of all healing to do the work.

I will give you the prayer below that I strongly suggest you use, as it’s based on much research into the human spirit, spiritual warfare, biblical teachings, as well as how to regulate the Code so that the power is just what you need at this time. You may not understand every aspect of this prayer, but if you are comfortable praying it this way, I highly recommend it. **Note:** if you have a physical issue, always refer to it as “the [issue].” Never “own” the disease by calling it “my [issue].”

**Actions during the Prayer of Intention.** Two simple actions will help your heart and body to open to healing as you do the Prayer of Intention.

During the first part of the prayer, you will place the palm of your hand in the middle of your chest, apply some pressure so that you rub the skin over your bone in a clockwise manner, your body being the clock (right to left).

When you begin to mention your issue, you will do the Butterfly Tap: cross your arms over your chest, and tap each shoulder alternately with your hands. This will help your brain to disengage from the negative as you name your issue. During COVID, my husband was supposed to do EMDR, which stands for Eye Movement Desensitization and Reprocessing. Usually it’s done using eye movement, but the therapist said the Butterfly Tap is just as effective and was better suited for remote therapy. EFA is not, of course, therapy, but the therapist said that the Butterfly Tap can be used to help deal with difficult memories, so I use it. It also calms the nervous system. It can also be used to “tap” in the positive, and we will do so in the Infusion module as well.

- **Heighten and activate the body’s energy.** By rubbing your hands together you will generate heat (energy) in your hands, which will then be carried over into the next motions.
- **Rapid breathing.** This does a couple of things.

First, it links the thing you want to heal, which is already a source of stress, with your breath. It temporarily heightens the stress so that all of it “gets in there,” so to speak, to be healed.

Second, it puts the body in a very temporary state of stress. While this kind of rapid breathing is NOT recommended to do in the long term, in the short term it puts your body in a very temporary state of stress, called *hormesis*, which actually strengthens the body. I learned about hormesis from Ari Whitten and his [Energy Blueprint](#). I respect Ari for his science-based

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



approach to everything he teaches. Other forms of hormesis are cold or heat exposure, exercise, diet restriction such as intermittent fasting, and challenging cognitive activities.

- **Measured breathing and nervous system regulation.** The next piece of EFA combines a specific breathing pattern with calming positions on the body.

The remarkable thing about this piece of EFA is that it ALWAYS puts the body in a state of coherence, at least by the second breath with the tapping of the Triple Warmer point on the hand that's over your heart. (The Triple Warmer meridian connects to several body systems: endocrine, nervous system, metabolic, and digestive systems.)

I use the HeartMatch [emWave2](#), a device that measures whether your body is in a state of coherence or balance, to measure the effectiveness of all my tools. I think, of the hundreds of times I've used EFA and tested it with the emWave2, it only failed ONCE to put me in that coherent state by the second breath, and it ALWAYS did so by the time the three breaths with the tapping of the hand on the heart.

- **Infusing the positive.** Here I draw on several ideas.

One comes from the words Dr. Alex Loyd was given that are purportedly healing words. [You can read the whole story here](#). Alex Loyd incorporated the healing words into his Master Key program, but he has also approved my sharing the words themselves in the spirit of how they were given.

We will infuse these words into the seven areas of the body that some say are energy centers called chakras. These energy centers have been co-opted by Eastern mystical traditions, but that doesn't mean there's not something there. If there is, then it was created by God and meant to be used for his purposes. (Satan cannot create anything; he can only twist or distort what God has already created.)

As we infuse the healing words into those areas that may be energy centers, we then "activate the flow" of the positive healing energy of these words we've put in (whether actually or symbolically), by bringing our hands up the mid-line of the body, and over the head. This is one of the two mid-line energy vessels, called the conception vessel, which is part of the meridian system. (Meridians are the electrical circuitry of the body, and the conception vessel is the main source of the resting physiological forces in the body.)

- **Widening your nervous system's window of tolerance.** This piece of the EFA is an adaptation of one of the exercises in Dr. Liz Stanley's excellent program, [Mindfulness-based Mind Fitness Training](#) program. (She also has a book called *Widen Your Window*.) I took this course to help

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



me deal with the traumas and stress associated with what I call my “infant hospital trauma,” as well as Childhood Emotional Neglect. (I was in the hospital for the first 6 weeks of my life and underwent at least one surgery, pneumonia, and abdominal stitches bursting open.) Dr. Stanley’s course helps you build resilience and recover from prior stress and trauma. I’ve adapted one of her foundational exercises into the EFA. It reregulates the nervous system and brain, which helps you heal from unconscious trauma that’s stored in the body. You will take just a minute or two to focus on the *sensations in your body* activated by the prior infusion, without judgment.

## How to Do the Energy Flow Activation, Step by Step

Though there are many steps to the Energy Flow Activation, it is easy to learn, and it only takes 10-12 minutes to do from beginning to end, depending on how long you stay in the last piece where you focus on the sensations. Practice each piece one at a time until you get it, then move on to the next piece until you are comfortable with the whole process.

**1. Alpha Inducer.** Begin with the Alpha Inducer to activate the alpha brainwave state. To make it easier, you may [download the guided Alpha Inducer here](#) so that you can just concentrate on your breathing.

- Place the palm of your right hand, or the curled nail beds of your fingers, on the brain stem (place at the back of the head where your neck and head meet). The left palm or curled nail beds rest on the middle of the forehead (high bridge).
- Close your eyes and roll them down as far as is comfortable. You will hold this for 15 seconds, as you breathe through your nose in this pattern: 4 seconds in, hold for 2 seconds, exhale for 8 seconds (4-2-7).
- After 15 seconds, roll your closed eyes as far up as is comfortable, and hold for 45 seconds, breathing in that 4-2-7 breathing pattern.
- Switch hands (left hand on forehead, right hand on brain stem), roll your eyes down, and continue breathing in that 4-2-7 pattern for 15 seconds.
- Roll your eyes up and continue that breathing pattern.
- You are now done with the Alpha Inducer.

**2. “Punch in” the Healing Code.** Here is where you will point to each of the custom Healing Code positions you have been given. Don’t touch, just point for about 1 second at each of the Healing Centers in your Code.

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



**3. Prayer of Intention.** This is the prayer I suggest you use:

**[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. [start the 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. Heighten and activate the body's energy.** Rub your palms together vigorously for 10 seconds.

**5. Rapid breathing.** Put your palms together and breathe rapidly in and out through the nose, 25 times. *Important: Start with a breath IN, so that you do not hyperventilate.*

**6. Measured breathing/nervous system calming.**

- Put your 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.
- Now 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 (Triple Warmer meridian), while continuing to breathe in that 5-8 breathing pattern, three breaths.

**7. Infuse the positive.** Here you are going to activate the energy flow by placing your hands, one on top of the other, in the specified places down your mid-line. You will infuse the Healing Words by speaking aloud or in your mind and placing your hands on each of these places on the body. I also suggest when to breathe.

- top of the head: **God-I AM** (inhale)
- forehead: **Light-Power** (exhale)
- throat: **Love-Truth** (inhale)

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



- 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, bring your hands up the mid-line of your body, over your head and down your neck.

**9. Focus on the sensations.** After Step 8, rest both hands on the top of your head and tune in to your body. Try not to think, but just to focus on whatever sensations there are in your body. You may feel a flow of energy. You may feel warmth, tingling, prickling, coldness, dampness, or just an awareness of a certain body part or parts. The sensations may settle in one area, move from one to another area, or just shift or change in some way. 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.

If thoughts intrude, gently refocus on your body sensations.

You may feel different sensations every time you do the EFA. There is no right or wrong, nothing “means” anything. Just *notice*.

This may take practice, but it is a vital part of retraining your nervous system. Try to stay in this awareness for as long as you can, at least a minute. Don’t stress about any of it, even if you don’t seem to be able to notice anything. With practice, you will begin to be able to tune in to your body more and more.

This will be a key part of not only your healing, but expanding your ability to take in vital information from your body that will also help you attune to God, your inner guidance from your spirit, and other people.

It will also, as mentioned, help you re-wire your nervous system from the bottom up.

**Did you notice how many CHRIA techniques are involved in this? All of them!**

- We **Connect** with the body and God through the Alpha Inducer, prayer, and noticing the body sensations
- **Heal** by the Healing Code and noticing the body sensations
- **Release** with the Healing Code and rapid breathing
- **Infuse** with the Healing Words and breathing

# ALIGN WITH YOUR DIVINE DESIGN

Connect-HEAL-Release-Infuse-Activate



- **Activate** the energy by rubbing the hands together, and moving them up the body.

All this, in only a few minutes!

## Best Times to Do the EFA

The Energy Flow Activation is part of CHRIA, and is meant to be done daily. You may also do the EFA any time you need to calm down, prepare for a challenging task, recover from a stressful situation, or when you feel “triggered” by something.

I usually start my CHRIA practices with the EFA, and then go on to do the other techniques you will learn, and add this at other times as needed.

I recommend you do this at least once/day, and the recorded Coach-Guided Code once/day. I often end my day with this, doing it in bed, but often I fall asleep at the last step! So if you have insomnia, try this!