Life Force
Energy
Healing
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Introduction

Life Force Energy

Natural life force energy is something that flows through all living things. It sustains and nourishes our bodies and it can be used to support and increase the body's natural self-healing ability. This can speed up recovery from illness and injury. Life force energy can be used to boost our physical vitality and energy levels and to support us and heal us on the emotional and psychological levels as well.

Life force energy is known as chi in China, ki in Japan and prana in India. It is also sometimes called universal energy in the West.

There are internal energy channels in the human body and we all have life force energy flowing through these channels. (See picture below.) But the energy channels in the average person tend to be blocked up to some extent and the flow of life force energy through them tends not to be powerful enough to be perceivable. Therefore, most people are not aware of this energy and are not able to use it consciously.
Natural healing systems have been developed for working with life force energy. One of these systems is called Reiki. Reiki is a hands-on natural healing system that was developed by Mikao Usui in Japan in the 1920's.

**Life Force Energy Healing**

Life Force Energy Healing is a very simple and easy self-healing system that anyone can use. It is based on elements of Reiki and other similar natural healing systems. It requires no previous experience or knowledge and this first level will give you a self-healing system that you can use for the rest of your life. Many people may not need any more than the first level in this system.

Life Force Energy Healing uses a Reiki technique called *attunement* which helps to open and clear the energy channels in the body and increase the level of life force energy flowing through the body. This will enable you to channel life force energy through your hands and use it in a form of hands-on self-treatment.

Life Force Energy Healing uses another Reiki technique called *distance healing* which makes it possible to for the attunement process to be carried out on someone from a distance. For example, the attunement process can be performed on someone who is located in another country.

**The Benefits of Life Force Energy Healing**

Life Force Energy Healing self-treatments can be used to:

- Boost and accelerate the body's self-healing abilities
- Boost the immune system
- Relax and rejuvenate the mind and body
- Help relieve pain
- Boost energy levels and improve stamina
- Help improve blood circulation
- Help improve digestion
- Help improve sleep
- Assist in recovery from injury or illness
- Assist in recovery from surgery
- Help relieve stomach upset and nausea
- Help relieve headache and migraines
- Help relieve high blood pressure
- Help heal the nervous system
- Help improve memory
- Help relieve symptoms of long-term illness such as asthma, arthritis and back pain
- Assist in cleansing the organs such as liver, kidneys, gall bladder, heart and lungs
• Assist in the general release of toxins from the body
• Assist in overcoming drug or alcohol addiction
• Assist in physical and psychological recovery from drug or alcohol abuse
• Help cope with stress, help relieve stress and help recover from stress
• Help relieve anxiety and depression
• Provide support to help cope with emotional and psychological trauma
• Assist in healing the scars of emotional and psychological trauma
• Support and assist in the grieving process after the loss of a loved one
• Help release negative emotions
• Help restore emotional balance
• Bring calmness and peace
• Help improve self-confidence and self-esteem
• Help build willpower and determination
• Help develop "positive thinking"
• Help increase intuition and creativity

**How Does It Work?**

It is difficult to explain in scientific terms exactly what life force energy is or where it comes from but it is something that all living things have access to and are connected with. It is also something that is available to us in infinite supply. No matter how much we draw upon it, it never runs out.

You could think of life force energy as being similar to oxygen in a way - we cannot see it but it is somehow always there and available for us to draw in as we need it.

If we become ill or get injured, there is intelligence within us that knows how to automatically heal us, provided the appropriate support and resources are available. When we eat food, our body knows how to take the nutrients contained in the food and use them to maintain and heal itself. In a similar way, our body also knows how to take life force energy and use it to maintain and heal itself. Our subconscious mind knows how to use life force energy to support us and heal us on the emotional and psychological levels as well.

An **attunement** is a special kind of healing procedure, carried out using the life force energy itself. Once you have received your attunements, the internal energy channels in your body will be more open and clearer than they were previously. The level of life force energy flowing through those channels will also be higher than it was previously. This will make the life force energy stronger and a lot more perceivable.

Once you have received your attunements, whenever you place your hands on your body, your body will automatically begin drawing life force energy in through your internal energy channels, out through your hands and back into the part of your body upon which your hands are placed. It will automatically draw through as much energy as is needed for that part of your body, provided you leave your hands in the same place for the appropriate length of time. This means you can supply life force energy
to any particular part of your body you want, simply by placing your hands on that part of the body.

When people channel life force energy through their hands in this way, they usually experience the energy as either warmth (heat) or as a tingling sensation. When a particular part of the body has received as much energy as it needs at that time, people usually feel the warmth or tingling sensation starting to weaken or stop. This is an indication that enough energy has then been given to that part of the body.

Receiving the Attunements

There are 2 attunements for Level 1. Once your attunements are ready for you, you will be able to receive them at any time that suits you, just by asking for them. You will be given instructions by email on how to receive the attunements.

The attunements usually take about 30 minutes each. During the attunements, you may feel energy sensations in your body. Sometimes people have visions during attunements. Everyone’s experience is different and whatever happens, it will be right for you. If you fall asleep during an attunement, don’t worry – it will still work. Once an attunement has been initiated, it will happen automatically.

Please Note: Being attuned in the Life Force Energy Healing system does not authorize or empower you to attune others into the Life Force Energy Healing system.

Adjustment and Detoxification Period

Following the attunements, there will be an adjustment and detoxification period that occurs directly after receiving the attunements and lasts about 21 days. During this time, it is best to try and avoid taking in toxins (e.g. alcohol and coffee) as much as possible.

Over this period, your energy system will be expanding and rising in vibration. You may experience physical detoxification and/or the release of old emotions. You may notice that you are more thirsty than normal, which is a sign of detoxification. If you do feel thirsty, it is best to drink plenty of plain water. You may also notice that you have unusual dreams, which is a sign of release and adjustment taking place on the emotional, mental and spiritual levels.

It is especially important to practice the technique below, Channelling in the Life Force Energy, regularly over the 21 days to assist with the adjustment and detoxification processes. The energy will support you through this time. Try to do a
Channelling in the Life Force Energy

Working with the Life Force Energy Healing system involves channelling the Life Force Energy into your body. This is extremely easy and can be done at any time of day or while you are lying in bed at night, before you go off to sleep. All you have to do is place your hands comfortably on your body, ask the energy to come through and then observe what happens.

People sometimes find they can work with the life force energy using the technique below, even if they have not received the Life Force Energy Healing attunements. If you have already received the attunements, your connection with the energy will be a lot stronger when you practice this technique. However, even without having received any attunements, you may find you can use this technique to work with the energy and carry out self-treatments on yourself.

Below are detailed instructions for channelling in the Life Force Energy:

1. Lie on your back. (If that is not comfortable for you then lie on your side.)

2. Place your hands (palms down) comfortably on the upper part of your legs – with your left hand on your left leg and your right hand on your right leg. Or if you find it easier, place your hands on your stomach. Do not spread out your fingers and thumbs – keep them together. (If you prefer to lie on your side, you may find it is more comfortable to put your hands on other parts of your body instead. In this case, the technique will still work.)

3. Say in your mind, as if you are saying a prayer, “I ask please for the Life Force Energy to come through to heal me for my Highest Good.” If you want to, you can also ask that the energy help to heal a specific problem or issue. The energy will know where to go and what to do.

4. Now just relax and observe what happens. Do not try to make the energy come through. Instead, just allow the energy to come through all by itself. The energy will begin channelling through your hands into your body. It will automatically go wherever it is needed within you. It may take a little while for the energy flow to build up enough for you to be able to feel it.

Do not try to control the energy – just observe it. The energy will work under the direction of your Higher Consciousness. It will know where to go and what to do. It can work on healing you on the physical, emotional, mental and spiritual levels and it will always work for your Highest Good.

Once the channelling process has begun, it will continue on as needed, as long as your hands remain placed on your body, even if you fall asleep. Try to remain awake and observe what happens for at least 15 - 30 minutes. (You can
do it for longer than 30 minutes if you want to. Let your intuition guide you as to how long is needed with each individual session.)

Some people will experience the energy as warmth and others will experience it as a tingling sensation. There may also be a feeling of something flowing. The energy may feel different at different times. As you observe what happens, you may notice that you can feel something going on in a certain part of your body for a period of time and then find the feeling will change and move on to another part of your body.

5. Finish the technique by thanking the Life Force Energy for coming through and working on you, and for the healing it will bring about in you. If you fall asleep before thanking the energy, try to remember to thank the energy later (for example, when you wake up in the morning, if you have been using the technique at night).

If you find you cannot feel the energy when using this technique, don’t worry – even if you can’t feel it, it will still be working. Some people find that it takes practice before they start feeling the energy.

Try to practice this technique at least 3 or 4 times a week. You will find that the energy will generally relax you and rejuvenate you at the same time.

If you like, you can use the above technique sitting in a chair or while you are meditating. You can also put your hands on any part of your body that you feel needs energy, at any time of the day, if you feel intuitively guided to do so. The energy will assist any kind of healing process. It will also help rejuvenate you whenever you feel worn, depleted or ill.

Any time you place your hands on any part of your body, your body will naturally begin drawing energy through your hands in that place. You will find that the energy will usually start coming through even without you having to ask it to. But if you are intentionally wanting to work on healing something, then by specifically asking the energy to come through at the start of your treatment (as instructed in step 3 above), and by thanking it afterwards, you will be more actively involved in the process and this will make it more effective.

If you leave your hands in the same position for a little while, you will find that your body will draw in as much energy as it needs in that place. Then when it has taken in enough energy in that place, you will notice the energy flow will slow down or stop.

If you keep your hands in the same place even after the energy flow has slowed down or stopped, you may find that your body then starts to draw in more energy at the same place. In this case, the energy will most likely start travelling inside you to another part of your body that needs energy.

An alternative way of giving yourself a treatment is to just place your hands on parts of your body that you feel intuitively guided to treat. If you are using this method, begin by placing your hands on the first place you feel guided to treat, and let the
energy flow at that point for as long as seems necessary (until the energy seems to be slowing down or stopping). Then place your hands on the next part of your body that you feel intuitively guided to treat, and again let the energy flow at that point for as long as seems necessary. Then move to the next place, etc. Continue this process until you have treated as many parts of your body as you feel guided to treat at this time.

If you are working on healing specific problems or issues, you may need to give yourself regular ongoing treatments in order to see real improvements. If you are patient and persevering, you can often achieve great results.

Releasing Trapped Emotions from the Past

Releasing trapped emotions from the past is a very beneficial thing to do and can greatly improve our quality of life. We all have trapped emotions from the past within us to some degree, unless we have already done a lot of work on ourselves to release them. Clearing out these old emotions is an ongoing process because they can only be dealt with bit by bit, but every time something is released and healed, this leaves us a little clearer and a little freer. Or sometimes a lot clearer and a lot freer!

Because the life force energy will sometimes work on releasing trapped emotions from the past, you may sometimes experience old emotions coming to the surface in unexpected and unexplainable ways. This is a natural part of the healing process. If you notice this happening, try to just allow yourself to feel the emotions with the intention of letting them come up and out. Rather than becoming very attached to the emotions, try to be aware that it is just part of the healing process – try to just feel them naturally, witness them, acknowledge them and let them go.

When old emotions are coming to the surface, you may need to express them. Sometimes you may need to laugh, shout or cry. It may help to write down in words what you need to express. Emotions need to be felt and expressed. The way to let them out is to feel them and express them. Emotions become trapped inside us when we are unable to allow ourselves to feel them and express them, and that is when they create ongoing problems for us.

Appreciation

The first level in the Life Force Energy Healing system is available to anyone, anywhere in the world, for free from www.life-force-energy.com. There are many people in the world who could benefit greatly from trying this system and no previous knowledge or experience with energy work is required. The first level will give a
person a simple self-healing system that they can use for the rest of their life. If you personally find this system to be helpful, please show your appreciation by telling others about this opportunity.

**Acknowledgements**

Manual by Peter Chapman

“Universal Energy flowing through the human body” diagram by Paula McNally
This manual may be freely copied and passed on to others, provided that it is not modified.

Free attunement for the Life Force Energy Healing System is available from

www.life-force-energy.com
Contact Information

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