



# The LIGHTFOOT WAY



## Basic Energy Work Techniques

- **Clearing:** You can clear the room before you start and after you finish with whatever method you desire including intention.
- **Basic Technique:** Tap your collarbone and thymus with your fingers. Rub your hands together to activate yin/yang. Hold your hands where palms face towards the person or animal and intend to send healing energy to the animal or person. Set your intention that the animal take as much energy as they want, for their highest good, and that whatever they don't want will go into the universe where it is needed. For some animals, you will need to start off 5-10 feet away and allow them to get used to the energy before you can get close to them and do any of the other methods. This may take a number of sessions. If they move away, do not follow them. Offer energy from where you are. If they move away again, they are done with the session. In time, they will probably seek the healing energy from you and place a body part by your hands such as their hindquarters or head.
- **Corkscrew Method:** You will take your hand and make a twisting motion over the area that has illness or pain with the intention of removing it. Then you will fling it to the ground with the intention of it disintegrating.
- **Pulling Method:** Grab the area (you do not need to actually touch the animal or person) as if you are pulling out the discomfort or illness and toss it. Your intention is that you are pulling it out and it is disintegrating when you toss it.
- **Pain Drain:** This technique can be used to help a person or animal that is ill or in pain. You will place your stronger hand (the hand you write with) towards the ground. Place the opposite hand above the area of concern. You will intend for the energy to remove the illness, injury, or pain. You will fling your strong hand, pointing downwards, and intend for the pain/illness/injury to turn into grey ash that disintegrates into the universe. Repeat this until the sensations lessen as much as they can.
- **Energy Ball:** Make a ball with your hands together and intend for healing energy to fill it. Place the ball over the person or animal's mouth for them to breathe it in. The ball can also be placed over an area of the body that has pain or illness with the intention of that area absorbing the energy.
- **Grounding:** Make sure you ground an animal or person if they are not on the ground when you do the energy work. Connect their feet back to the earth by taking your hands and sweeping from their feet to the ground 3 times with the intention of grounding them. Most animals are on the ground when you work on them but you may have put them on the couch or bed.

Make sure when you are tossing the energy from the pain or illness that you are not flinging your hand towards any animal or person as this may cause them to become congested.