

Alpha Healing with the Mind 8

7.4 HOW TO ENERGIZE YOURSELF

It happens sometimes that you have no energy left whatsoever, maybe just enough energy to sleep. Alpha-Theta requires very little energy and in fact increases energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

With your mental hands you take your body off the screen and place it standing on the platform in your Workshop.

Open a window in the ceiling of your Workshop, and let the beams of the sunshine come down and penetrate your body on the platform. If you wish, you let your favorite music and smell be emitted towards your body on the platform. Mentally say to your body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, which may take a few minutes or a quarter of an hour, put your body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You have now fresh energy and any obstacle will be taken easily.

Refresh this energy whenever you feel the need to.

7.5 HOW TO ENERGIZE ANOTHER

It happens sometimes that someone has no energy left whatsoever, maybe just enough energy to sleep. With your Alpha-Theta capabilities you can help that person regaining energy without at the expense of your own energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display that person on the screen. Place a white frame around the screen.

With your mental hands you take the body off the screen and place it standing on the platform in your Workshop.

Through an open window in the ceiling of your Workshop you let the beams of sunshine penetrate the body on the platform. If you wish, you let his or her favorite music and smell be emitted towards the body on the platform. Mentally say to the body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, put the body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. The person has now fresh energy and any obstacle will be taken easily.

Refresh this energy whenever you feel like doing. But do this only from within your Workshop, when you are in Alpha-Theta. Replenishing energy for someone else, while you are at Beta level, will cause drainage of your own energy.