

## **The healing energy from the Temple of Love in Atlantis**

### **What is healing?**

Healing energy is a way to access the original vibrations of the Universe here on Earth. Everything is made up of atoms and everything vibrates at a given frequency. Often different challenges in our lives brings imbalance to the system. Having access to the original frequency empowers you to get back in tune.

You can use the healing energy for many different things in your life. It doesn't just have to do with health, as you will find later in this document.

If you find that you want to use healing professionally with clients, I recommend that you supplement with workshops, e.g. in reiki, with that specific angle.

### **Who can heal?**

It is a myth that you need to be born with special gifts to be able to heal. It is true that many people through the ages have found their own way to open up to a healing source, but today there are several healing sources available that you can be initiated to without any prerequisite. This energy is one of them. Reiki healing is another.

### **The story of the energy from Atlantis**

My first experience with healing energies was the reiki energy. I was initiated to reiki 1 in November 2006. I found it an awesome tool for professionals but judging from my own experience and the experience of others, reiki can be a little overpowering. Being opened to this kind of energy cleanses your body both physically and emotionally. Sometimes this can change your whole life. I found that sometimes you do not need quite so drastic a change.

During my first summer of having been initiated to reiki I was opened to a second healing channel by the Goddess of the Sea through a meditation. During subsequent meditations I discovered that this rose coloured healing energy was seen last in the Temple of Love in Atlantis at the time when the ascended master Lady Nada was priestess there.

When I asked the Universe for a more gentle healing energy as an alternative to reiki healing I was shown that I already had access to that alternative. I was told how I could in fact initiate others to the healing energy from the Temple of Love, that it would softly crack the door open instead of kicking it in. I was also told that being initiated would make distance healing available at once. I welcome you to join me in the healing energy of love!

### **More information about the nature and the purpose of this energy**

In the fall of 2007 I initiated a group of energy sensitive women to the healing love energy. This is what they reported back, clarifying the purpose and nature of the energy:

"It was a very pleasant experience. We felt a lot of warmth that spread to the whole body. For me personally it felt like taking a hot bath – bath and shower at the same time. Some of the others had

the experience of lying on the beach being covered by gentle waves. We all agreed that it was a very feminine and very powerful energy. One had an experience of Utopia – a place of harmony, another had the experience of being part of a legend and of something to be enjoyed.

I asked about the purpose of the energy (through her higher self) and was told that it was a gift for light workers. It felt like it was for conscious light workers but I think that the energy can also help in making light workers conscious? The purpose is to cleanse and to uncover the “royal lineage” of light workers, meaning to uncover who we really are. Some from my group received images of the energy promoting a feeling of community and of lightness.

Finally I got the impression that hands-on healing does not make much sense with this energy, since after initiation it is placed in our energy aura and will automatically heal anybody who is in our company physically, meaning other light workers. Maybe that is why there is this focus of it being well suited for distance healing."

## **The Symbol**

During the transfer of energy that will open you to this healing source I will ask you to envision a symbol, that will serve both as an ON and volume button. If you receive the initiation at distance, please take a moment during the initiation to envision your symbol. You can draw symbol here after your initiation:

Once you have been opened to the healing source, you will always be able to turn it on even if you haven't used it for 10 years. But like a muscle it grows stronger the more you use it.

## **Turning on the energy**

To turn on the healing energy you trace the symbol, in the air, on your thigh, with your eyes – which ever way you feel comfortable.

Energy will then be flowing through your hands. It is that easy. If you put your hands on anything, the energy will flow to it. You can do hands-on healing on yourself, friends, family, pets, plants, that way. You can also heal the water before you drink it.

If after a while, you are still not quite sure, if the faint trickle you feel when using your hands for healing is indeed the healing energy, try to send healing to a computer and notice the difference!

If you want to turn up the volume while sending healing (hands-on or distance), trace the symbol again. You may also just indicate with your intention that you want the volume to go up or down. Intention is everything.

If you want to turn off the energy again, simply put your hands together and give thanks.

Personally I use hands-on healing a lot with my two young children. It works wonders if they hurt themselves. Usually I will combine hands-on with sending healing to the hurt as well. I also use it to calm them if they are upset but ready to be comforted and to help them fall asleep.

### **How to send distance healing**

If you want to send healing, not using your hands, simply repeat three times where you want the healing to go.

E.g.: "Healing to myself, where I need it the most, Healing to myself, where I need it the most, Healing to myself, where I need it the most".

You can program distance healing, again this is a question of intend. You may start off in the morning saying "Healing to my job interview, start at 10 am, finish at 11 am" three times.

When you send healing to somebody you may want to spend time feeling the energy flowing through your body. Some people pick up physical symptoms from the people they heal. If you do, don't worry. It will go away when you turn off the healing. Some people will receive messages to the people that they are healing. Whatever you may feel is happening while you are in the healing energy, trust your intuition and believe what you feel.

You don't actually need to sit still and watch the energy flow while healing if you have others things to do. I always clean my face, brush my teeth and sit down to read at night while I am transmitting to my friends

### **What can you heal?**

Basically you can send healing to anything. It is a question of tuning to the original frequency through your healing energy. Here are some examples. I invite you to find more.

"Healing to myself where ever I need it the most"

"Healing to Gloria where she needs it the most"

"Healing to Brad, to his lungs, his immune system, his white blood cells, his blood circulation, his heart chakra, and to where he needs it the most"

"Healing to making it to work in time"

"Healing to my economy"

"Healing to my son falling asleep fast and easy"

"Healing to the house work being done fast and easy today"

"Healing to being loving and joyful today"

"Healing to my grounding"

"Healing to everybody in this meeting getting the experience they need the most"

"Healing to finding the job that is exactly right for me at this time"

As you will notice I tend to leave the request open ended. I do not know exactly what job would be best for me at this time. Better leave it up to the Universe to help me on that one. You may consider that sometimes you have to be careful what you wish for. You just might get it.

## **What can't you heal?**

You can't send healing to a negation. You can't send healing to not doing something or something not happening. Because then you focus on the exact thing that you don't want. In that case you have to find a positive angle.

You can't send healing to somebody who didn't ask for it. You can offer people to send healing to them, but you can't interfere without invitation. You don't know what kind of experience a person needs right now and sending healing without acceptance may in fact make matters worse for somebody you were trying to help. Small children are an exception to the rule since they usually cannot answer.

If you find that you end up offering healing constantly you make take a few moments to consider why you feel compelled to do this. You may find that you are surrounded by people who really need it and have been sent to you. But try to make sure that you are not doing it to boost your own ego.

## **When have I sent enough healing?**

So, how do you know when you have sent enough healing and should stop? If you send healing to "where it is needed the most" the healing flow usually just stops by itself, when it is appropriate. You can also include it in your programming, e.g. "Healing to my dog's right leg in the exact right amount". Or you can simply put your hands together and give thanks when you want to finish.

## **It got worse?**

You have just opened up to the healing energy. You send healing to yourself and suddenly you get a sore throat. How does that add up? You were supposed to get healed. You weren't supposed to get sick!

Any flow of healing energy through your body, even one as mild as this, will initiate some kind of cleansing of your body. If you get a sore throat chances are that you there has been some communication problems in the past. The healing energy flowing through your body is clearing away the old debris so to speak.

It compares a bit to washing clothes that my son wore to the playground. At first the water looks really dirty but little by little the dirt gets rinsed out and eventually the pants are all fresh and clean again.

If the symptom is persistent it may indicate that you are still having the e.g. communication problem. I encourage you to study information on the chakra's (energy centres of the body). The book 'Anatomy of the Spirit' by Caroline Myss is also highly recommended if you want to study the connection between health, energy flow and blockage.

## **Advanced tips**

If you try to get muscle pain to stop, sending healing to the muscles may not work. In that case try to send healing to the nerves in the inflicted area instead.

If you find that you get a headache for a while when you start using the energy, it is usually because you are beginning to open up to a new experience. It should subside after a few days. You can also ask your Higher Self to ease off for a bit.

If after having used the energy for some time you feel that you no longer need a symbol, that is fine too. It just means that you have learned to focus your intent. If after a while you find that you no longer need to repeat things three times, that is fine too. You are the one who knows what works for you! This is your personal healing energy!