



“The awesome power of the mind and human existence is evident in each moment. No matter if you identify and observe demonstrations of will-power and persistence or laziness and lack of engagement or self-awareness – it is clear in all cases that the mind and spirit of the human is the most powerful force in your existence.”

-Elophyny

A group of energy/light beings

The Snow-Covered Road

- ▶ Our purpose as those who are going first is to make the road easier – those who go *before* make it easier. Those who know first make it easier. Those who know make it easier on those who come behind them. Those who follow, those who are next, can travel farther because of the work done before.
- ▶ You must travel a snow-covered road. You travel what you can until your time here expires.
- ▶ The next traveler has a less difficult journey because they can see your footprints in the snow. It's much easier to navigate by the steps that came before. It's easier to travel with footprints as a guide than it is to trudge along making your own way. Other travelers now go farther because of the help laid out before their arrival.
- ▶ The next person to travel has a horse. They can see your path and travel even farther, it's much easier now. They see the purpose in following the path of those before them, but they travel much quicker now. Not better, just differently.
- ▶ The next traveler has a car. They too see the road traveled before but now they can travel much farther.
- ▶ Though the next person has a snow plow, they travel the road and clear a path making it even easier for any traveler to move along the road.
- ▶ This doesn't mean that you shouldn't be creative or that you should only blindly follow the path that others have chosen. This example is only to illustrate how your purpose is not to leave others in the dark, it is not to make someone suffer because of the suffering the first person went through as they traveled and learned to navigate the road. The purpose is to make the path easier, to better light the way for those who follow.
- ▶ In life you should still think critically, be creative, and acquire and accept the knowledge and beliefs that speak true to you.
- ▶ We are all superheroes! We have tremendous power to create. Within us we have a powerful ability to create and affect our existence and the world around us. There are two modes of superhero, the *passive* and the *actively engaged*.
- ▶ You are at least one of these, you are possibly both, and if you're the passive type you can become the level of active that most suits you
- ▶ The one understanding you must have, the one natural law you must know to discuss these abilities is that everything is energy. Not just potential, kinetic, and so on like we learned in school – everything! Your thoughts, your words, your mood, your actions – all of these are energy and depending on their quantity will be a tiny pebble or a giant boulder thrown into a pond that created ripples or massive waves in all directions.

We impact our environment

- ▶ No matter if you are a healing or energy practitioner or not, you impact the world around you with physical and non-physical action
- ▶ Breathing – the immediate intervention and ultimate tool and power over your physical body

We get feedback

- ▶ Fear is only feedback and a signal of the unfamiliar
- ▶ Empaths and feeling energy because we are always send ending and sensing energy
- ▶ Grounding/Connecting practice
 - ▶ Closing/Disconnecting closing practice

Karma

- ▶ Should we be impacting the energetic environment?
 - ▶ We're already doing this
- ▶ What if...
 - ▶ Everyone sent energy to the police car, fire truck or ambulance as it was speeding by?
 - ▶ To the address of the emergency?
 - ▶ To the injured person in the news story we're reading or watching?
 - ▶ To the crying person we see in court, in images of war?
 - ▶ To the accused, the prisoner, the warmonger, the aggressor?
- ▶ Is it selfish if we don't?
 - ▶ Go beyond your own desire and your own path's concerns
 - ▶ Have your cake and smile too!
 - ▶ See Everyone as a HUMAN first
 - ▶ This practice is no different than thoughts or prayers
 - ▶ Specific vs. Unspecific

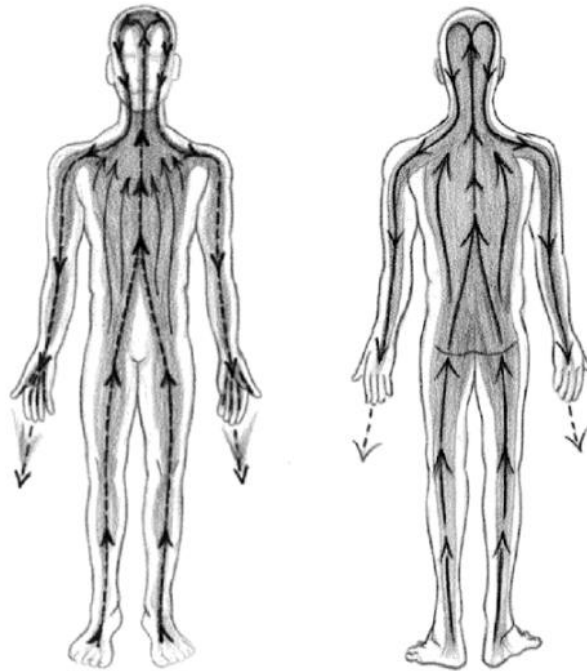
Energy Exercises and Breathing

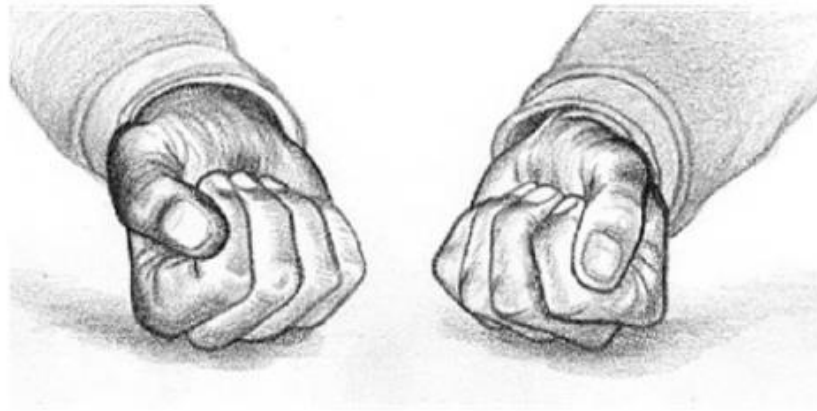
Feel your finger

1. Hold a finger in the air and spend a few minutes feeling as much sensation in your finger as you can. Focus into the sensations in your finger and focus on intensifying your awareness.
2. Feel how the skin wraps around your finger and feel the blood as it moves through your finger. Visualize the path the blood takes through your finger. Feel the sensation where your fingernail is attached to your finger, try to feel underneath your fingernail. Focus your attention and feel your finger completely.

Energy flows where you place your attention. By increasing your focus and the sensations in your finger you are causing physiological changes to occur as well. These sensations may seem ordinary, but you are sensing life-force energy. Some people experience a tingling, vibrating, or buzzing sensation in their finger.

Sensing life-force energy is not something foreign to us. This is energy we have always felt but have dismissed or not yet learned to identify.



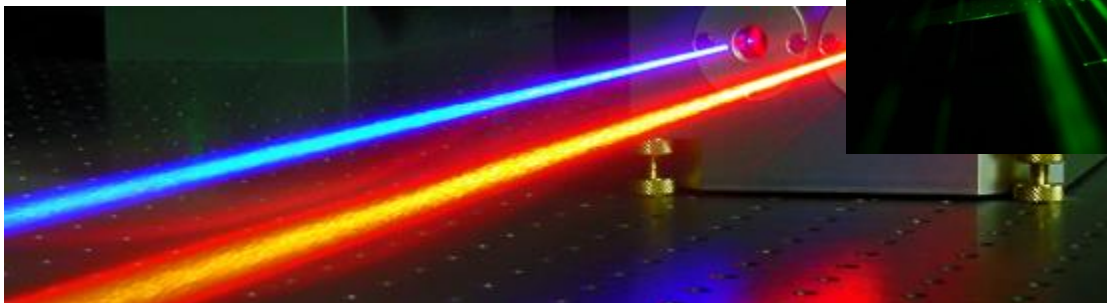
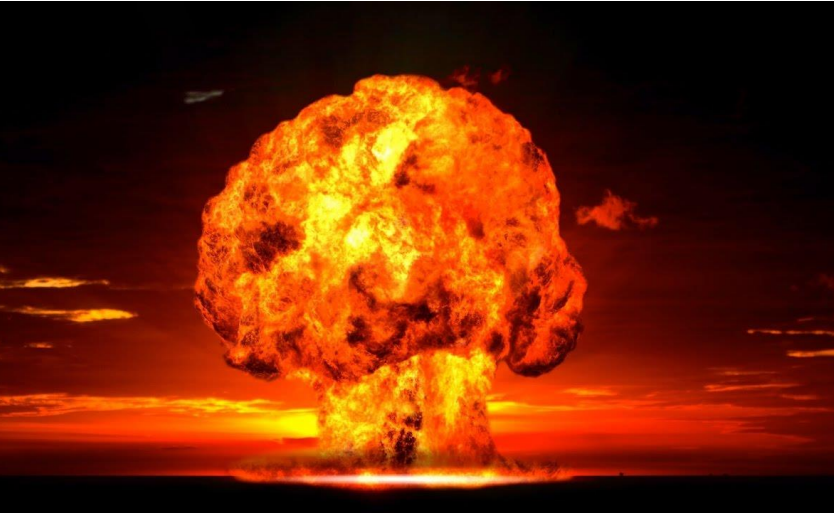


Take your hands and close them into very loose fists. Now direct the energy in your body into your hands. Notice how much sensation is in your hands now. Try this with your hands closed into the loose fist position and with your hands open.

4-4 breathing is a simple method to enhance your ability to flow and direct energy. As you inhale to the count of four complete a body sweep from your feet to the top of your head. Be sure to feel as much sensation as you can. Bring your awareness all the way through your body. On the exhalation let all of the sensation you can generate flow into your hands as strong as possible.

Harnessing the Power of Explosions

- ▶ Examples of the power our energy intention has on the physical world. We do not visualize the destructive force, only the energy. As you deliver orbs, lasers, healing and loving energy explosions, or electricity you embrace your own power and amplify your own healing and loving intention.



You are Potential Unlimited!

A channeled message from 10/30/2017

Received by Alex Zielinski

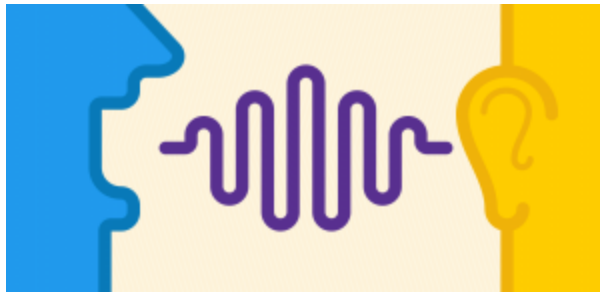


People of tomorrow! Prepare yourselves! Tomorrow there will be an awakening. There will be a rejoicing. So many are lost, lacking motivation, seeking a way; we cannot build these for you if you do not claim your intention firmly. You are accepting and tolerating of such notions as mediocrity and self-limiting ideas. To change the world requires thought unlike any spectrum you have entertained. You cannot create a new system from the old system.

You must have a child's mind. A child is not limited. A child is not fearful of and closed off from the outside world and its people. You are so heavy with the expectations and concerns of others and how they may perceive you. You are so much co Ferber with how the world is wrong but there is not much effort into creating a new system.

Identified problems need solutions. Solutions need people. People requires at least one before you can have two. No matter what perspective you'd like to apply this to you'll need maximum effort and concentration. It is you who are creating. Your thoughts and words create. You are responsible for your world. Make it your world in your words and thoughts and take ownership!

The Power of Speech
Channeled message from 12/21/2017
Received by Alex Zielinski



Your speech is powerful. Your words have the ability to create and destroy and entire worlds. The weight, the material, the matter of your words is the most powerful substance on the planet. How else can a person sitting across the country cut to the core and another being hundreds of miles away?

There has been a great deal of study and research about the impact of specific words, or types of words and their perceived emotions, and their impact on other people and other living things.

Be specific with your words. Focus on your words. Monitor your words. Are you speaking of those things that you desire? Are you speaking those things you hate? The vibration, intention, and energy of words and phrases are very powerful. Speak your mind but realize the power of speech.

This topic is of highest importance at this time because so many are connected, so many words can be quickly shared. Words and messages spread like a fire before they can be retracted or revised.

Your words impact others, the words of others impact you. Monitor this, bless your words and phrases with your own mindfulness and speak your desire into being.

-Dr. Brolovan

Can you Heal?

Channeled message from 5/4/2011

Received by Alex Zielinski

The following information I obtained on 5/4/11 regarding healing. I was asking specifically about Reiki, but I was glad to see that what I received was something that says that all forms of healing are the same, no matter the motions or routine you go through. What you do outside your body to heal yourself or another is not nearly as important as what you do with your mind.

I was asking for information that might be useful in a reiki manual I was putting together. It will still be included, but I think everyone will find it useful.

From my guides:

There is nothing that the mind cannot accomplish, and this is precisely what part of reiki is accomplishing. There is no specific reiki, it is the mind intending to do good for the person or entity in question. There is no specific healing skill that is acquired through reiki, just as there are many religions of the world there are many different modalities and terms for the same action, that action is healing, or the direction of energy; the channeling of energy with healing intent.

Your mind plays the largest role in all of healing. There is no external force that can intervene to the same degree that your mind is able, to generate a desired result in the physical body. We ask you to consider your desired outcome and then see it in your body.

The second greatest physical intervention that you can take part in is the physical laying on of hands. This energy differs from that of simply mind intervention because, when a different person other than you is used to deliver it, there is now the power of two. There is the combined mind power and intention to heal than before when there was only one mind focusing on the healing quality. At no time should there be reason to doubt this ability.

Reiki was not born from a mystical being or some divine imparting of wisdom. There is wisdom that has been brought to this plane by those born into it because they have had this ability each lifetime. There have been subtle nudges to some so that they remember this information and return to it. There is no great being that is going to tell you how to heal since all of this is merely a matter of, literally, putting your mind over your matter and controlling your matter with your mind.

There is physical energy that comes through during energy healing and the direction of this healing. It is part through the person channeling and their own energy and a large bulk is sent from the world of energy, our plane, through the physical form channeling. This energy does not differ because of an in-between or channeler. You may ask for this type of healing on your own and receive it.

Much should be done to raise a person's vibration through right thought and right actions taken. Do not simply learn to heal and deliver energy to fix acute problems, or other problems that have manifested in a person's life, learn to create this same peace through your own daily actions and your own words, thoughts, and ideas. To use this energy, to access it, you will simply need to work with an intention, you need to speak or mentally clarify this intention. If

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you do not feel it necessary to speak or state the intention to heal or create repairing energy, they shall need to remain the focus throughout your work, this should be the basis of your actions when no clear path is intended.

Even those who are not aware of it are doing this. They are not putting their hands on the body of another and doing nothing, they are doing this because they intend to bring forth the energy, they intend to bring about a change within the energy or physical body of the person who is seeking reiki or the energy.

There is no worry for anyone who feels that they must access this information through a higher being, either on your plane in a human existence or by using divine power and by calling on it. The process in which a person can heal or heal others is simply the act of doing. Intending to heal, specifically or generally, and then creating yourself as a channel and directing the energy over areas.

It is true, with your intention and with your guide's assistance there is the ability of energy to travel in the body or energy field to where it is needed. Because you place your hands or intention over a certain area does not mean that the energy will not flow to where it is needed if there is an area that is the true cause of the concern, or if there is an area of greater concern than where you are focused at the present time.

Focus should be paid to the chakras and the energy system as it is known on your plane. No matter the concern or ailment these are true energy centers and will aid in the dissemination of energy throughout the body. Directing energy to them will allow and aid and assist in opening them, attuning them, and filling them with energy so that the entire energy system shall be operational and function at the highest capacity, with their greatest good and full potential being used.

Remember – do not rely simply on reiki or any other energy to fulfill your health and ailment remedies. There is a concern that reiki is not working because problems continue to reoccur. This is not the fault of the energy. This can be the fault of the diet or the action that the body is repeating which is serving the ailment or concern rather than the opposite and healthy end result. Do not blame the energy, the energy cannot make constant repairs when you are doing work to block it. The energy will always work but it will be undone should you continue to not make strides to achieve a healthy balance in your life.

Reiki is not simply waiving a magic wand. There are many steps to health. All of them should be studied to allow for the deepest and most thorough healing to take place as it concerns the human body.

A body is full of energy, energy that flows in and that flows out. To create yourself as a channel for this energy it is imperative that you clear your mind, you begin first by living daily in actions of true and highest good. This can be the smallest of actions, you do not need to be saving every human life on the planet but be aware of your thoughts and actions and how they relate to others. Be aware that there are others who you can assist and provide assistance to without detriment to your own progress.

Learn the right actions and true virtues. There is no need to worry about things that do not matter. It is important to learn to heal your own body, mind, and energy before you attempt to

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heal others. You can use the focusing power of your mind, coupled with healing energy, or reiki, to accomplish this. It is important that you develop a program of intention and mindful development, should this be something you wish to develop and strengthen in your body beyond a parlor trick.

An athlete will not constantly ingest those things which are detrimental to their performance, should you wish to develop as a healing channel you should do those things which serve your highest good and your physical body. Developing as a channel will take time.

The attunement process for reiki is not imperative though it can serve to open many channels in your body and clear old energy to allow your work to have a greater impact. It is a, “jumpstart to success.” Though, you are already able to do this, this energy coming to you during an attunement will work to develop these skills in you. Your intention and desire and motivation are also used in the attunement process. You are working to achieve a healing function, skill, or capacity, the completion and the process of reiki class and attunement will serve your psyche and your energy commitment to the progress you are desiring to achieve.

You can enable healing energy at any time. There can be a word phrase or other cue to allow the mind to enter a ready state. There will be guides that work with you, no matter if you call upon them or not, and a mental or verbal cue, even as simple as uttering ‘healing energy’ will serve their purpose as well as your own and will indicate the desire to pull this energy into your body and deliver it to a specific area. Greater emphasis can be placed on speaking or mentally voicing an intention to heal or direct energy to a specific area or for a specific outcome, you can call your guides specifically if you desire.

Your intention is everything. Those who tell you that it is nothing are missing the body/mind connection. Even if they are not declaring an intention they are intending to heal simply by their actions, they hope to improve a condition, they hope to lift the spirits of the person requesting or needing the energy. The more faculties that you have focused on the task, the greater result in your healing ability.

It is important that you meditate, even for as little as thirty minutes per seven days. This will allow a strengthening and focusing of your mind. Calling for your guides at the start of this session will allow them to work with you, to balance your body and lift your skill to a new height, an elevated state beyond that of others, so that you may heal more effectively. You may see this as an athlete practicing – improvement is only seen after the necessary time is committed, practiced, and skill developed in accordance with your intention to heal.

It is quite possible though to achieve results and direct energy without taking the time to have mindful study and balancing, simply stating, ‘healing energy’ and placing your hands on and individual will aid them.

Just as prayer sends energy so does your mind, this is the intention, this is the extra unseen work being done to further aid in the process. There is no wrong way to do this, there is no negative interference that you can cause. It is important to note that many things can be overcome, many will not be because of the mind of the receiver, many may not be undone because of the physical body’s need to undergo a change. Though you may not undo some seemingly terrible experience, now know that you are channeling healing energy into a body

and mind and energy body of a being. There is still work being done no matter how little is physically evident immediately following a reiki or energy session.

Your skill will be developed to the level of your input into it. The desired outcome you wish to achieve will be impacted by your energy input.

You can do this with mindful intentions or prayer, there does not have to be any specific religious context, there can be no religious context, there can be every religious context. It does not matter your affiliation or lack of one, it is the word spoken, the energy in the thought, the energy – both physical and non-visible, that achieve the desired outcome. These energies mass together to create and manifest into physical existence the desired outcome. Always working towards the highest good.

This is merely a vehicle for understanding and returning to that which you are already capable.

“But I don’t know Reiki”

Alex Zielinski 2017-2018

This is often what I hear when someone wants to help themselves or a loved one. It might not be Reiki, it could be another energy modality. What should you know? YOU SHOULD KNOW THAT IT **DOESN’T MATTER!** It doesn’t matter what you call it or what an Earth-based person tells you, you have the capacity to heal yourself and others right now! It may vary because of lack of study or lack of understanding and your unfamiliarity with the practice. You are a Spirit in a human existence and have the power to impact matter, and **THAT MATTERS!**



Right now, sitting where you are, you can heal, send energy and impact your surrounds with your thoughts. To begin you need only the clear intention and the strongest of emotions and convictions. What is the end result you desire? Be clear and specific, be positive, and hold this in your mind. Envision this outcome. You are impacting matter.

Right now, sitting where you are you can send healing energy to others. Envision the highest and best healing love and light surrounding the

person or situation to be healed. Hold this intention, you are now impacting matter.

A variation of a method taught to me by Reiki Master Dharmadevi is another method of visualization. In your mind see the most perfectly beautiful rose. See this rose filling with brilliant light. Filling and surround this rose with loving and healing energy. Continue this as long as you feel necessary to charge your flower. Next, in your mind, give this flower to the person, place, or thing that needs the energy. See the energy of the rose being transferred to the person and enveloping them, filling every part of their body with this wonderful energy – literally energizing and lifting up every part of their being.

You can direct and focus these things with your hands. It is not a miracle, it is a fact of our existence. You know what to do. Rather than want, you must do. Convert your energy of the ‘want’ or ‘need’ or the ailment to action. ***It is within you, it doesn’t matter what you call it. You can do it.***

Hands-on Healing, Distant Healing, Healing sent directly to the recipient by Spirit

A channeled message from 5/1/2011

Received by Alex Zielinski

Is there any difference in the type or amount of energy received between hands-on healing, distance healing, and healing sent straight from a spirit being or spirit guide?

The reply was communicated to me from my spirit guides:

There is no difference in this type of healing. Often there are other factors that create differing energy creations through various types of healing, but this can have the same impact no matter what modality is selected to begin healing or what method is used to request it.

More is done through the mind in these areas than what is currently acknowledged, that is not to imply that there is no energy that is being sent or that there is no direct influence when healing is being sent. A large factor in the healing or repair process of any situation or ailment is due in large part to the mindset in which the receiver is currently residing. Healing can be sent to anyone but will not have the greatest impact on someone who is not already believing or manifesting their healing. To constantly say “no” will detract from any results because you are directly reversing the energy that is working within your body and that energy which is being created and delivered to you.

There is work being done to share this into the world but there are many who only see what is tangible, this energy is tangible, and the results are tangible, though because it is not necessarily the same physical action and process of taking a pill or directly intervening, they cannot see the process nor the energy nor the healing that is taking place.

There is pain in the world and no matter what method is delivering it, they all express the same love and desire to remedy a situation. This world is impacted by beings, even those who are idle physically, their minds still create. They have the potential to move mountains if they focus their own minds on it for just a few moments per day. By this token, you can imagine the great power of many if they use several minutes of their day or several hours of their day focusing on a desired outcome. This is not hocus-pocus, there is no magic button that creates the thought into being.

All things that exist or that have been or that will ever be, no matter how they are expressed, by thought, by physical production, or by any other means – all of these things are built from the same matter, pure energy, it is only the type of energy the focus on it that changes and creates it in the many different forms that you see and experience.

There is no need to worry, all will be explained, there will be many more that will express this type of interest and come to this type of understanding in the near future. All is dependent on those that are here and have the ability or knowledge. Look to yourself to express these ideas into the world, they cannot all nor cannot always happen by subtle spirit whisperings. You may face persecution but there is nothing less sacred by you sharing these ideas and facing pressure and scrutiny by those around you. Those that express this emotion to you are only doing so out of fear and ignorance, temporary ignorance. Those who are not part of your path will not reside in, on, or around it permanently.

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You can share this information and will share a new world with others. All is energy; the intention to heal is what is important. Many (in spirit) come during a healing session. Many who are capable. Those who practice this skill often will receive more assistance and more direction and more who can bring energy directly through their channel. It is not better or different, there is simply more work being done with there is not a human delivering this energy on behalf of spirit to another human.

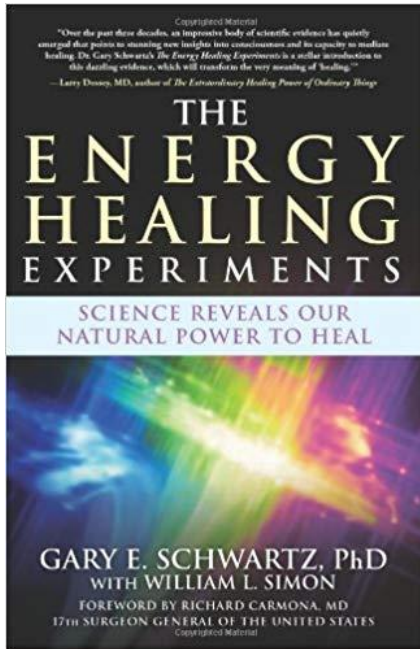
The healer, the channel, this person must have practice and skill, this is able to be delivered through them by focus and through the differing vibration that they may have acquired through mediation and the practice of healing. Anything you wish to practice or become better skilled in is achieved by returning to it often and allowing your body and energy to acclimate to it repeatedly as well as this gives practice and acclimation and balancing time for those in spirit who are coming to deliver the requested help, healing, or other balancing or information.

Yes, it is quite possible to heal all ailments through healing, it is only the mind or repetitious detrimental acts that stand in the way. More hands on will allow more energy, more thought directed towards the positive outcome creates more energy. Skillful are those who practice and attune their minds, thoughts, words to the healing and unconditional love the universe has to offer.

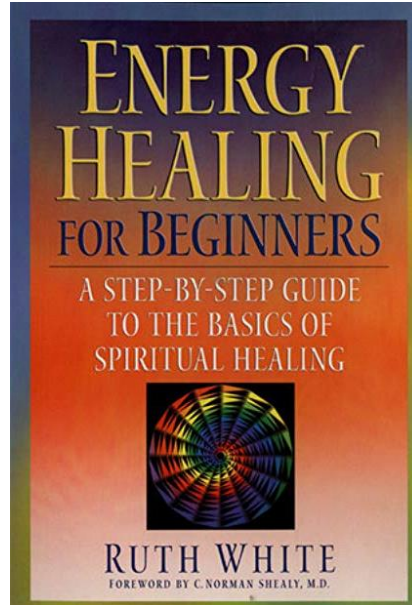
There is no sadness, only differing views.

Resources for further study

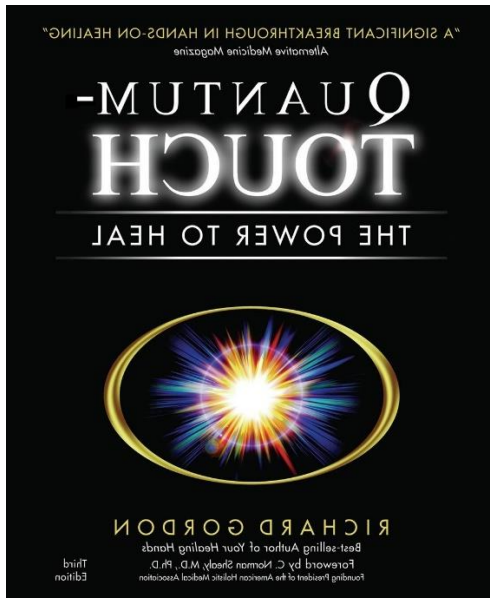
Book: The Energy Healing Experiments:
Science Reveals Our Natural Power to Heal



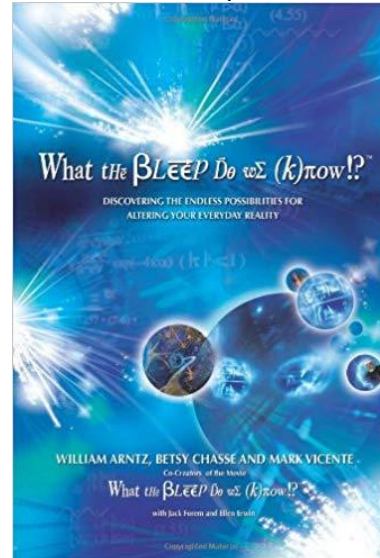
Book: Energy Healing for Beginners



Book: Quantum-Touch: The Power to Heal



Film: What the Bleep Do We Know?



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Peace

Archangel Chamuel: “Peace comes from remembering that only love is real.”