

Full Spectrum Healing Course Notes



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Hands on healing

You can use FSH pretty much like Reiki. I do though use and recommend the following technique.

1. Say mentally: "I ask the Full Spectrum angels to surround us and help us in this healing session."
2. For 5-10 seconds visualize/intend a cocoon of Full Spectrum energy (white) around the person. Then visualize the person completely filled with Full Spectrum energy for another 5-10 seconds. Tell you client to say mentally or aloud: "I accept the healing energy in every cell of my body." Say this mentally yourself also like: "(name) accepts the healing energy in every cell of his/her body." This is like an invitation to the energy, so the person will absorb more of the energy. This simple step will make your healing more powerful.
3. Hold the client's hands and say mentally: "Full Spectrum Healing" or "FSH". This will start the energy.
4. Tell your client to say (with feeling) mentally or aloud 2-3 times: "I am willing to release everything that I do not need anymore." This will unload a lot of energy and further improve the healing session.
5. Let the energy flow for 5-10 minutes. Thank the angels. The healing session is over.

Why the hands? I found out, that the hands (hand chakras in the palms) are the place where the energy is distributed best all over the body. Next best absorption is through the crown chakra.

Distance Healing

Same as above. Just imagine the client's hands in yours. If you have agreed on a specific time frame, you can tell the person to say "I accept the energy in every cell of my body" and then "I am willing to release everything that I do not need anymore."

Clearing your past

Visualize in your palm: "(your name) in the age of 0-1 year". Then place your palms together. Say mentally: "Full Spectrum Healing" or "FSH" to start the energy. When the healing is done, proceed to your age at 1-2 years etc. You can take one per day; you can take 10 periods or whatever you feel for. This method will clear much of your emotional baggage. You will most likely notice that the time periods feels different to heal.

How to pass on FSH

Example of the attunement: (to your higher self) "I ask that (name) may be attuned at (time) on (date) in his/her timezone for Full Spectrum Healing 1, 2 and 3"

The attunement will then start and stop after around 1 hour.

Best Wishes