



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Conscious Channeling

Lesson 1: Preparing your Energy for Channeling

Agenda

Earth Energy & Your Grounding

Cosmic Energy & Your Flow

Your Earth & Cosmic Energy Circuit

Hunkering Down for Channeling

Lightening up for Channeling

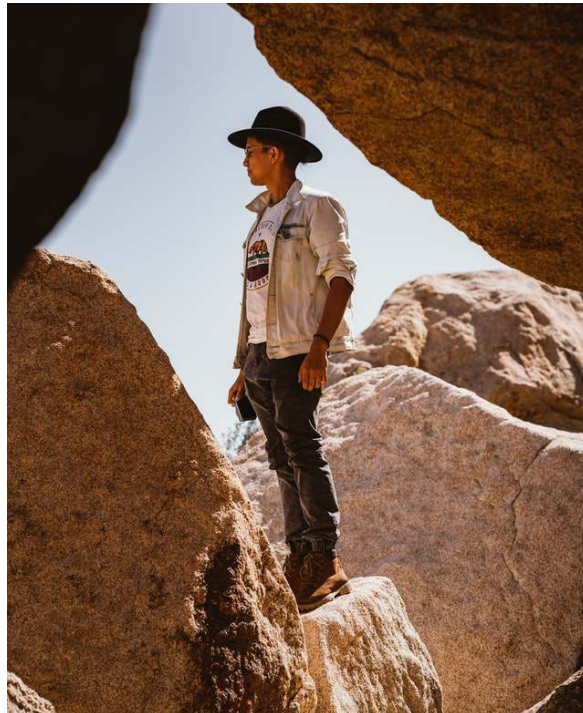
Earth Energy & Your Grounding

The Earth anchors your body



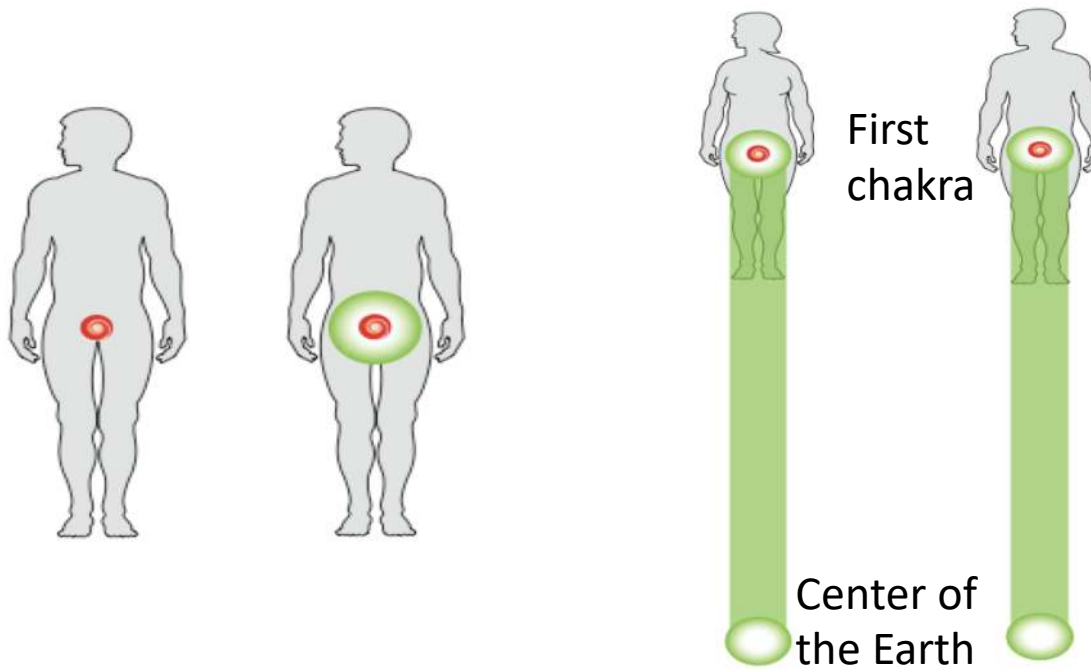
Earth Energy & Your Grounding

Your Grounding anchors your experience



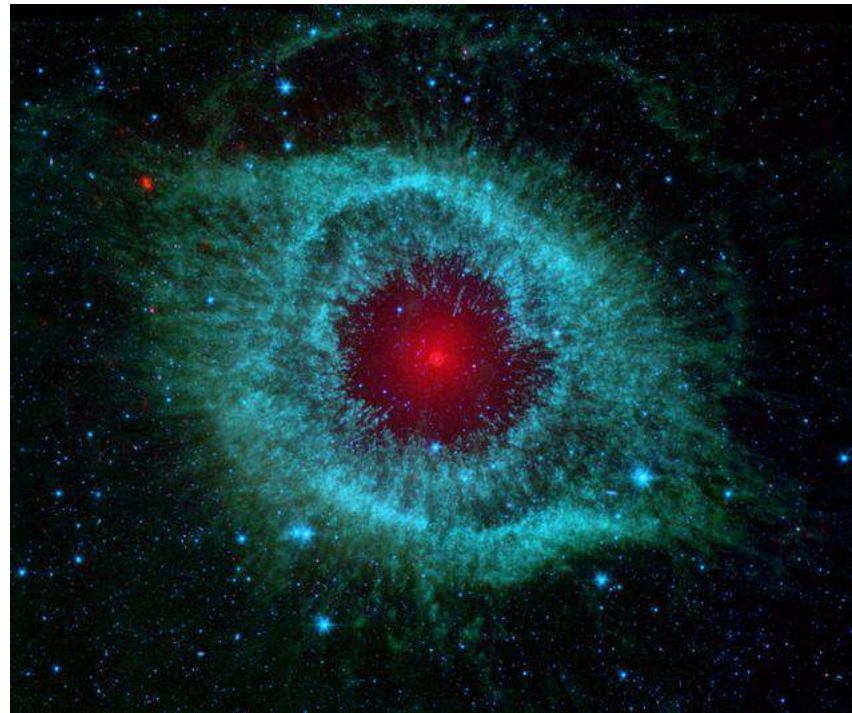
Your Grounding

Your Grounding looks like this:



Your Flow

The Cosmos Inspires Potentiality



Helix Nebula

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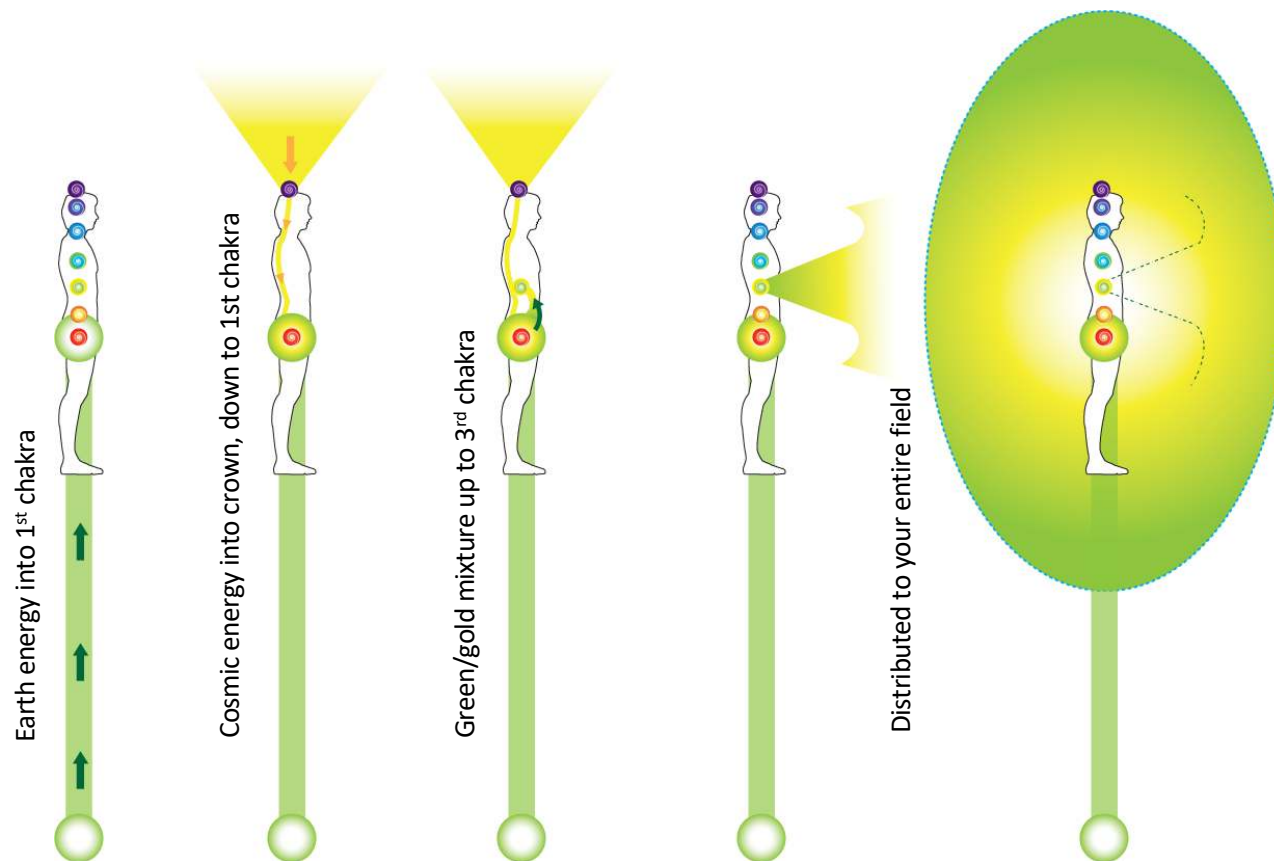
Cosmic Energy & Your Flow

You access Cosmic Flow like this:



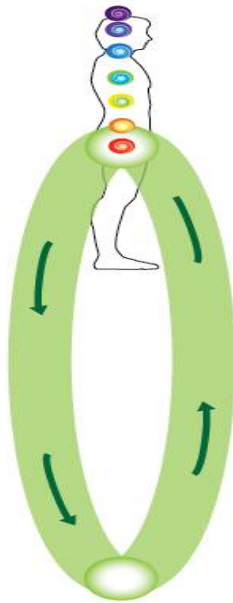
Your Earth & Cosmic Circuit

Every minute of every day you do this:



Preparing Your Energy to Channel — Step 1

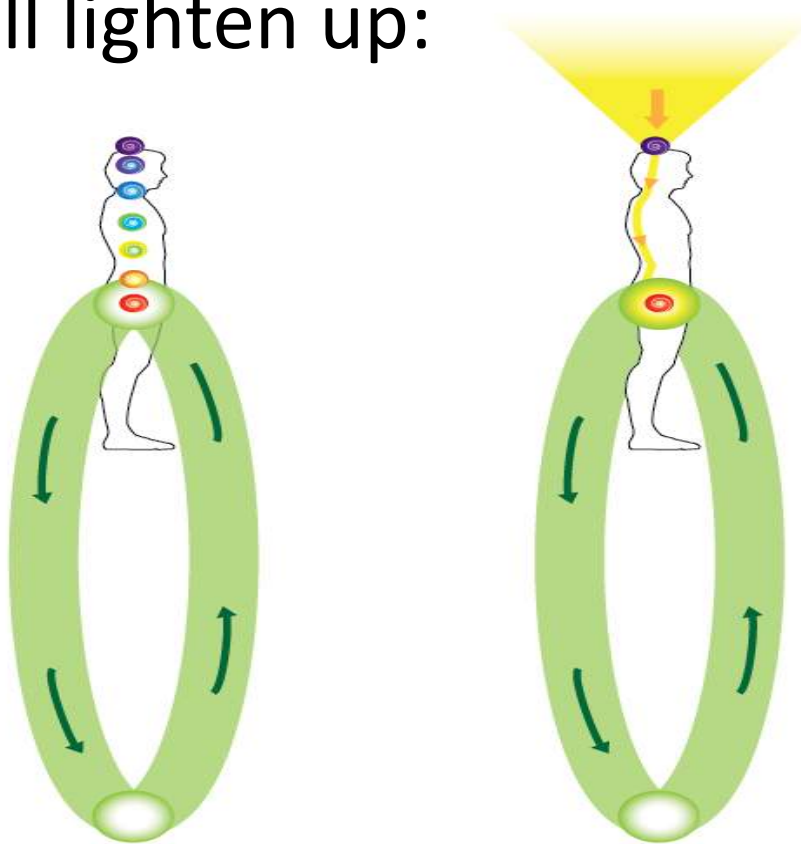
You'll hunker down:



Down to the center
of the Earth and
back up again —
a rubber band
grounding cord

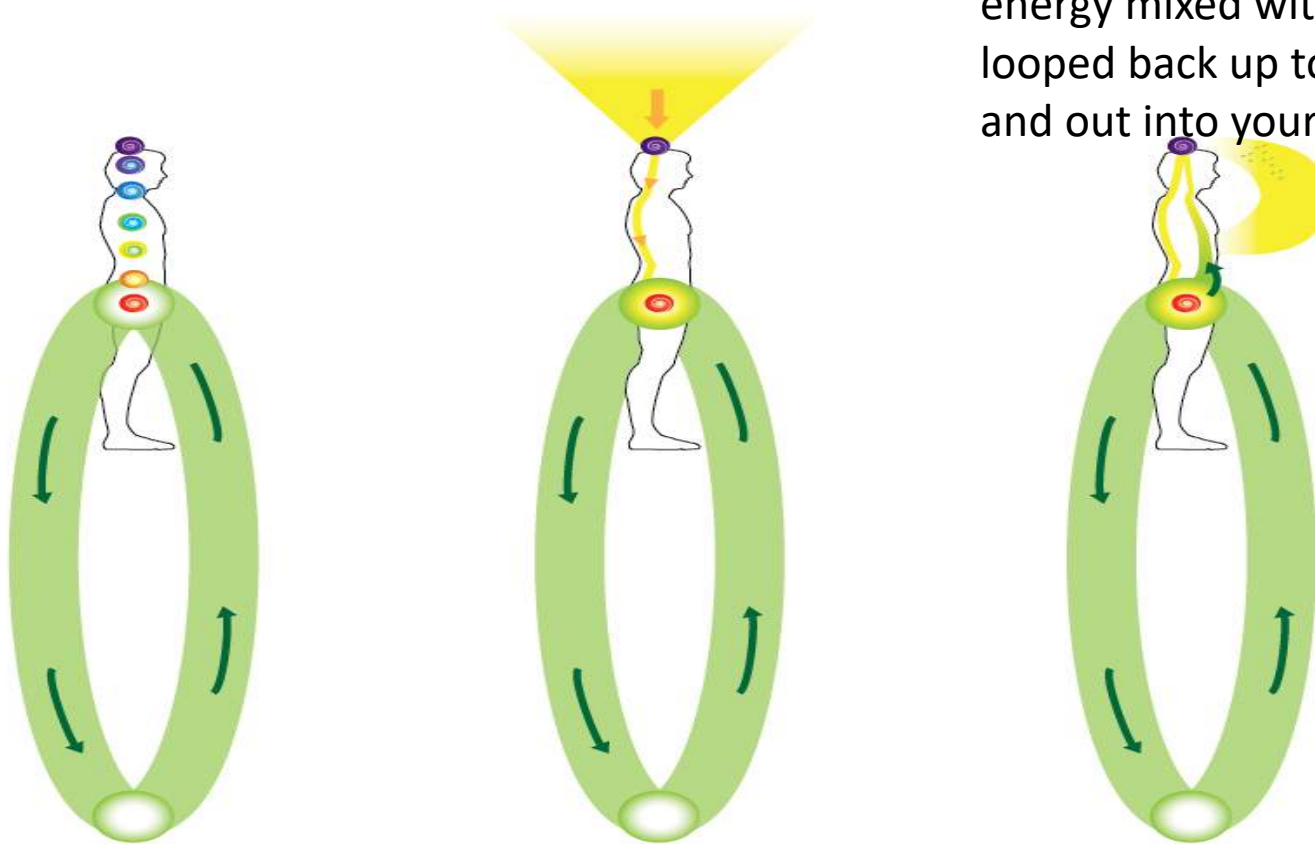
Preparing Your Energy to Channel – Step 2

You'll lighten up:



Cosmic energy flows down
to 1st chakra from crown

Preparing Your Energy to Channel — Step 3



Tiny scoop of green energy mixed with gold, looped back up to the crown and out into your field