



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



## **Syncing the System**



## Syncing the System - Practitioner

Def: Aligning and balancing the left and right hemispheres (and the physical body) so that the practitioner can successfully align and balance the client's energy and accurately assess the energies requiring clearing in their Astral and Etheric fields.

### Description

Syncing the System is easiest to achieve from a standing position, where weight is distributed equally to both feet.

The practitioner places focus and awareness on the energy emanating from the left and right hemispheres of the brain, synchronizing them by visualizing a figure 8 of energy connecting, harmonizing, balancing and aligning them.

When the synchronization has completed, the practitioner's body will likely be swaying very gently in a figure 8 flow.

### Background

Everyone has a dominant lobe. Left-brain dominance lends itself toward analytical thinking and actions, and the right side of the body is controlled by the left brain.

Right-brain dominance lends itself toward creative expression and an emphasis on felt-sense. The left side of the body is controlled by the right brain.

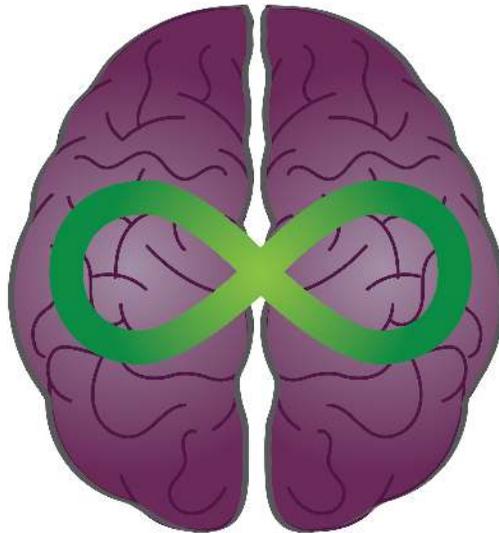
While not always true, the non-dominant side of the body often holds more blocked, suppressed energy, and can be more stimulated to release and receive during an energy session.

Whatever the hemisphere dominance, there's an implied and actual imbalance in the energy field. Energy flows where attention goes, so even though the dominant lobe is largely unconsciously chosen and activated, it suppresses the balance that could be achieved should both lobes be actively vibrating and resonating energy equally.

It's difficult to balance a client's energy if the practitioner's energy is out of balance. Prior to initiating a hands-on session, Syncing the System brings the practitioner's energy into balance and alignment. This balance serves as a model for Syncing the client's energy and allows the practitioner full access to intuition, analysis, intellect and perception.

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## Illustration: Syncing the System - Practitioner



*Stand with both feet on the floor, with weight balanced equally on the feet. Placing awareness on the energy emanating from the left and right hemispheres, the practitioner Syncs his or her system by visualizing a golden figure 8 of energy aligning and balancing the lobes of the brain. As the lobes synchronize, the body integrates the balance and sways very gently in a figure 8 flow as well.*



## Exercise: Syncing the System - Practitioner

Stand with your feet flat on the floor, your weight equally distributed

Bring your awareness to the energy of your left and right hemispheres

Notice brain dominance – does your energy pull left or right?

With your intention and imagination, create a golden figure 8 of energy running between the left and right hemispheres

Notice the migration into balance and synchronization between the two hemispheres

Monitor your body and its integration of the balance that is achieved,  
noting the subtle swaying that commences