

# JF NATURAL HEALTH

LIFE COMPASSION GREATNESS HOPE POTENTIAL LIGHT MEDITATION ENERGY LOVE PEACE HEAL

## HEALING WITH ENERGY

Ahhh you know that moment, when you're SO thirsty and ice cold water finally hits your mouth.. can you feel how great that feels!?!? Your thirst finally being quenched! Ahh. Well that's what healing with energy is like. It just feels GOOD. Energy healing allows you to tap into Universal Life Energy to rebalance your body's energy system including your chakras and aura. It is common to feel a flow of energy during a session and to experience shifts in your life depending on the intention of your healing.

### WHAT DO CHAKRAS HAVE TO DO WITH ANYTHING?

Each chakra is a layer of our being and represents an aspect of life. They are each like a lens to look at life through containing a unique level of consciousness. There may be as many as 144 chakras in one individual energy system. For the sake of introduction, we will go over the 7 Main Chakras.

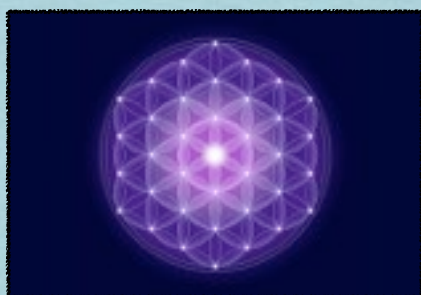
continued on page 2



## Healing Hands

What's this energy healing all about? Lets take a physiological view to hands on healing; the process of transferring Universal Energy from practitioner to client. Often a session begins with the practitioner laying hands on the client's body (i.e. their shoulders). Touch receptors called Meissner's corpuscles sense touch and nerve impulses are sent to the brain. Chemicals such as oxytocin are

released. Oxytocin can produce feelings of bliss and love. Therapeutic touch stimulates the parasympathetic nervous system, the healing and regenerating part of the nervous system. Now from an energetic standpoint, the practitioner channels Universal Life Energy to the client and the energy naturally goes to where there is imbalance & Life Force is needed.



Sacred Geometry forms the fundamental templates of the Universe and naturally carry ordered, high vibrational energy. Above, the Flower of Life reflects the expression of the connection of life & how we are interconnected.



JF NATURAL HEALTH

Helping individuals and families experience a greater view of health using natural and energy medicine.



Lifestyle matters! Take a look.. what is your lifestyle like? Meditation, sound sleep, nutrition, exercise, and health practices improve quality of life. Is there an area you can add a little extra love to? Start now :)

## Human beings are multi-dimensional; We are Spirits having a physical, emotional, & mental experience!

...

The main chakras are located throughout the spinal column and are closely connected with the peripheral nervous system and major endocrine glands. The 1st energy center is the root chakra which is located at the base of the spine and can be balanced using hands on healing of the feet, knees and hips as well as doing grounding exercises to reconnect with the Earth. This chakra is commonly associated with the color red and deals with a person's basic needs, physical health and connection with the Earth. It is the densest of all the chakras and the most primal; Ayurveda teaches that it is of the Earth element. Feeling a lack of security and/or physical vitality can indicate an imbalance in this center. The root chakra forms the base of the Hara line which is an energetic line that connects us with the Earth and Cosmos. Next, lying just behind the

## CHAKRAS AND AURA



*Working with the chakras and aura is a great way to bring healing into the body down to the cellular level. Chakra balancing brings about expanded levels of awareness.*

\* In Sanskrit, **chakra means wheel**. Each chakra is an energy center... a lens to view the world from... A level of consciousness.



navel is the 2nd center, the sacral chakra associated with the color orange, as well as creativity, pleasure and sexuality. After the sacral is the third energy center, the solar plexus which exists in the gut and is yellow in color, dealing with personal power, will, and energy distribution. The 4th chakra is the center of being, the heart center and is green. This chakra

vibrates love, interconnection, and oneness. It acts as a bridge between the physical world and the cosmos. The 5th chakra lies in the throat and is blue, dealing with communication and expression. A strong throat chakra is able to make words, law. The 6th energy center is between the back of the head and forehead and is often referred to as the third eye.

continued on page 3

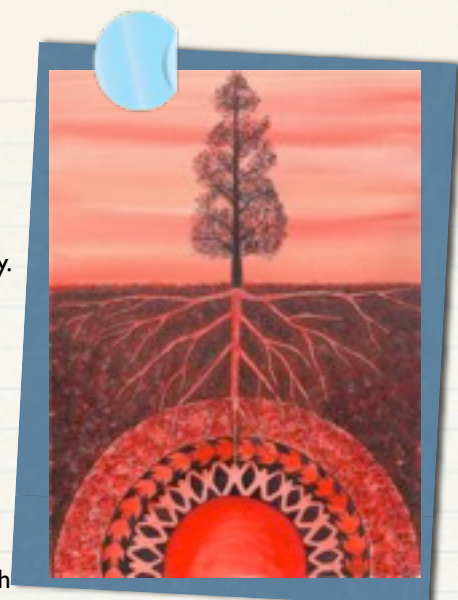
## GROUNDING EXERCISE

**Root Chakra:** Muladhara, in Sanskrit. The primal energy center and first of three chakras that deals with matter, instinct and survival.

**Affirm:** *I am safe, I am secure, I am centered, I am grounded, I belong.*

**Chant:** LAM, this sound creates a vibration that releases blocked energy from the root chakra and is activating, giving energy of courage, resourcefulness, belongingness, & security.

**Meditate:** Sitting with your back straight & the soles of your feet on the ground, bring your attention to the center of your head & breathe in. Now, focus on the base of your spine, where your root chakra is & breathe in. Imagine like roots of a tree coming out of your root chakra into the Earth. With your breath, send your roots deeper & deeper into the Earth. Continue until you reach the Earth's core & wrap your roots around its core. Settle in & breathe. When you're ready while breathing in, draw Earth energy into your roots, filling you with nourishment. Allow the energy to continue up and fill your root chakra until you are completely grounded & one with the Earth. Close this meditation with a feeling of gratitude, and smile.



It is an **indigo blue** and deals with intuition, clairvoyance, vision, imagination, and perception. The 7th energy center located at the top/center of the head is the crown chakra and is **violet** or white and deals with understanding, knowing, receiving downloads of information from the divine and experiencing transcendent consciousness. This center connects with the root chakra to form the Hara line which extends through the physical body. (see figure 1-4 )

Balancing the chakras with energy healing often provides shifts in one's life. For instance, a person who

does not feel secure, lacks resources, is ungrounded, and has poor physical health, would benefit from an energy healing that focuses on balancing the root chakra. The Practitioner would clear negative energy/past trauma from the center and channel Universal Life Energy to fill and balance the chakra. After the session, it would not be uncommon for that person to experience feeling more integrated, present, resourceful and physically resilient. This is an example of how energy healing can create a shift. In closing, energy healing makes life easier!

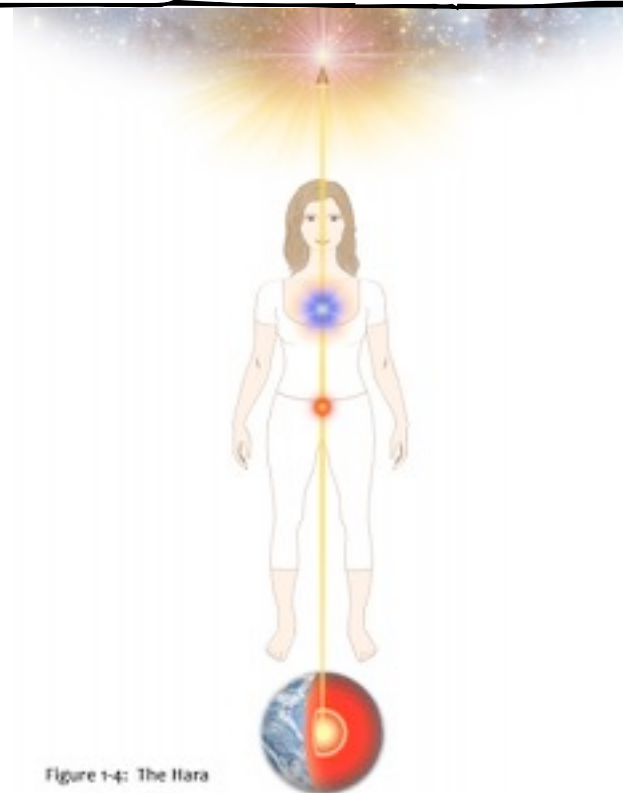


Figure 1-4: The Hara

## Get your Mudra on!

### What is a mudra?

A mudra is a hand position that is used as a part of meditation, ritual, yoga, dance and/or spiritual practice to tap into energy. There are different types of mudras that bring about different energies. Historically, mudras have been a part of Hinduism, Jainism, and Buddhism.

### Instructions

- Touch your pinky and ring finger to your thumb, keep your middle and pointer finger together and straight.

### Details

- This mudra is called **Prana** and is energizing, connecting you with your Life Force and waking up any dormant energy in your body.
- It is associated with the elements of Space and Water.



### Jocelyn Flay

Reiki Master; Energy Healer;  
Health Consultant

**Founder of**  
JF Natural Health

**Author of**  
JF Natural Health  
Newsletter

Call 215-278-9320

[heal@jocelynflay.com](mailto:heal@jocelynflay.com)

[www.jfnaturalhealth.com](http://www.jfnaturalhealth.com)

### Mission:

To bring high-vibrational  
healing to the world.