Notes for Trainer:
Group Exercises

Select from the following energy exercises to do with your trainees. You can do all or a selection of them. The exercises as listed build upon each other, adding to the trainee's knowledge and experience as they progress. You can spread them between other topics over a number of sessions to add some fun and variety, or do them all at once. They invariably get the trainees excited and talking. The exercises are written in a format such that they can be read out as instructions.

3.5.1 Solo Exercise 1: Attunement[2]

1. Begin by taking a few deep, relaxing breaths, and centring yourself. Sit with a straight spine, legs uncrossed and feet on the floor, or stand. Crossed legs and arms hinder the energy flow through the body, so keep the central core free to allow the energy flow unimpeded. Wear loose clothing. You may want to remove your shoes to improve your connection to the Earth, or adjust anything else that interferes with the smooth flowing of energy. Make yourself ready to become a clear channel to receive.

2. As Michael Bradford says, use all your senses to feel, hear, and become aware of the energy level in the surrounding area. [3]

3. Attune yourself to the divine / the source by saying a prayer or just spending time in quiet thought or meditation. Just simply, go somewhere you can relax. For some this may involve playing music and listening to the clarity of the sound, going into it, becoming part of it, absorbing it and flowing with it. Attune yourself to your divine.

4. Again, sense the energy in and around you now. Can you sense, feel or hear any differences? You may notice the energy feeling more peaceful, settled, harmonious, lighter, happier – however you sense it is right for you. If struggling, spend some more time in quiet thought or meditation and say a prayer asking for assistance.

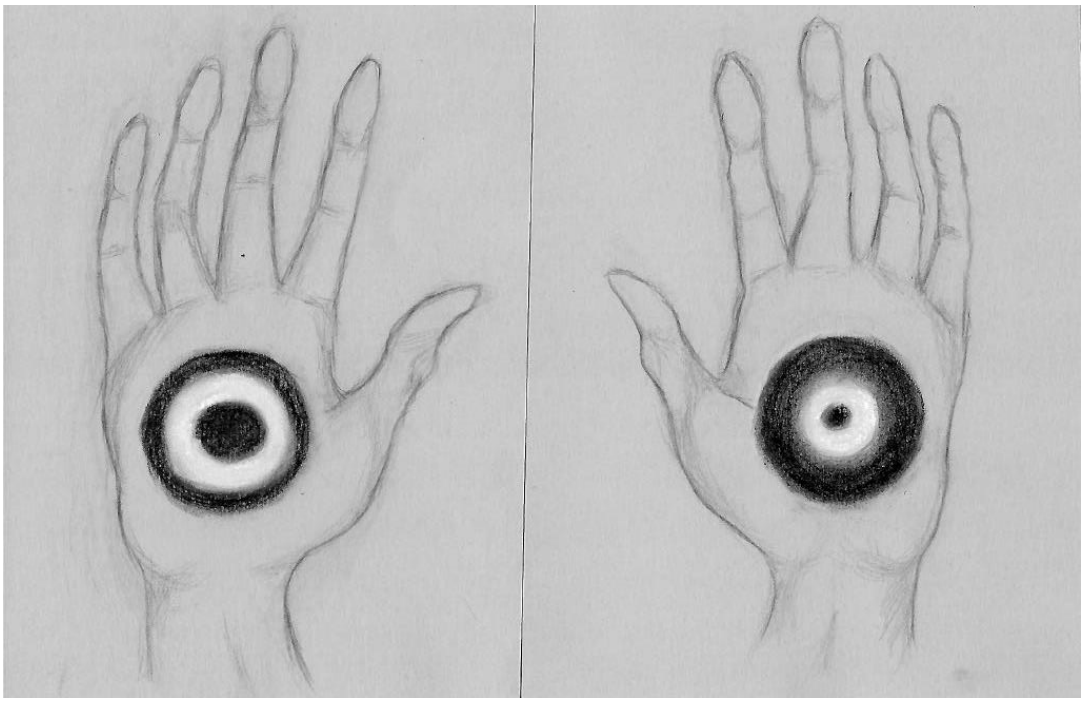
5. **Group Discussion:** If in a group, discuss what differences you sense.

Note what you feel in your own body and energy system before you start connecting to others. Note your own emotions and physical symptoms (aches. pains, etc) so you don't attribute them to the patient when you are healing. This is particularly important if your healing guides communicate with you using clairempathy (feeling the client's emotions) or clairsentience (feeling the client's physical discomfort).

[2] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, pp. 53-54
[3] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, p. 53

3.5.2 Solo Exercise 2: Activating your hands[4]

1. Hold your hands out in front of you and shake them as if you're flicking water off them.
2. Rub your hands together vigorously for a minute. Rubbing the hands together is an effective way of activating the healing energy within the hands and throughout the body.
3. Attune into your higher self. Ask for the healing energy to commence flowing through you. Become one with it.
4. Visual the energy flowing through you.
5. **Group Discussion:** If in a group, discuss what you sense, feel or see, if anything. Some may feel warmth and / or tingling in their hands, some may see light around their hands, some may not be sure, etc



Right hand	Left Hand
Negative polarity charge	Positive polarity charge
Generally sends energy	Generally receives energy

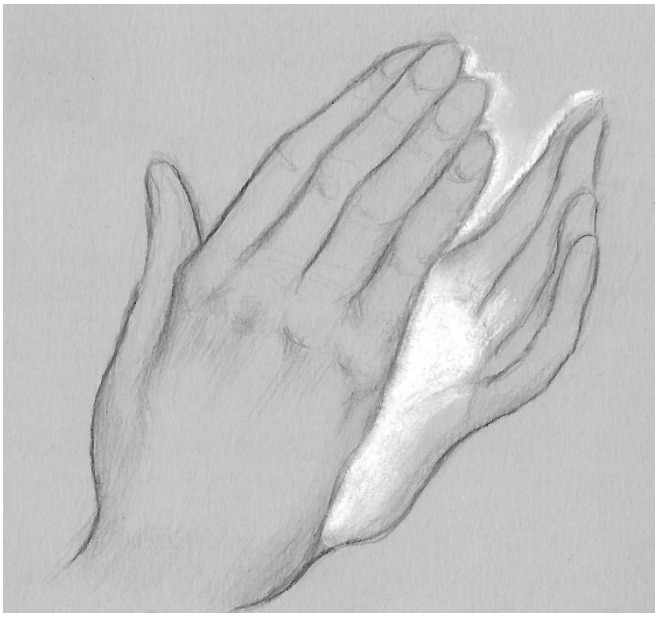
In the centre of each hand is a minor chakra through which energy flows in and out of our bodies, and rubbing your hands together charges these points. Clapping your hands together instantly activates the energy.

[4] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, pp. 54-55

As you experience more energy, these methods will not be necessary. However, these strategies are a helpful tool until you develop your own intuitive approach. Later, just your thoughts about healing energy will commence the flow.

3.5.3 Solo Exercise 3: Feel the energy[5]

1. Clap your hands or rub them together vigorously activating those minor chakras to get the energy moving.



2. Now hold your hands out in front of you, about 10 to 12 inches apart (25-30cm). Turn your hands until the palms are facing one another. Slowly move your palms towards each other leaving about one inch space (2 cm) between them and then move them back out to the original position.

3. Do this until you sense or feel the energy field building you between your hands. Experiment by alternating between moving your hands quickly and slowly.

4. **Group Discussion:** Can you feel or sense anything? What sensations are there … tingles, vibrations, heat, cold? Are your minor chakras hot or cold? What sensations do you feel in your fingers? Does the energy have a texture to it? Is it heavy or light? Can you feel resistance to it, as if something is being compressed? Or like a magnetic field? Don't be discouraged if you can't feel any energy or life force at first, as isn't always strongly felt.

It is a known fact that sometimes healers channel wonderful healings but never feel the sensation themselves. Does this mean that they are not good channels? No. It simply means that they are pure in their channelling for the divine. They are there to channel the divine energy, not to experience it. As you continue to work with the energy, you will become increasingly aware and intuitive towards it.

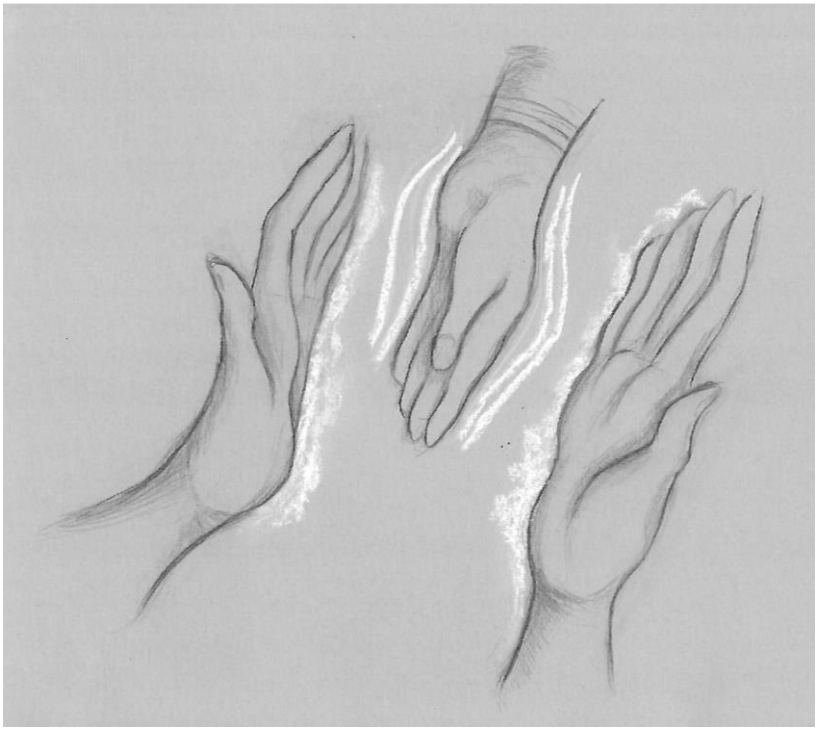
[5] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, p. 56

3.5.4 Solo Exercise 4: Feel the light energy[6]

1. Clap your hands or rub them together vigorously activating those minor chakras to get the energy moving.
2. Now hold your hands out in front of you, about one inch apart (2 cm), palms facing but not touching. Feel and sense the energy you have created between your hands.
3. With the energy still flowing, imagine that you are bringing red energy in through the back of your heart, through your chest, down your arms and through your hands. Can you sense any difference between or in your hands?
4. Now imagine that you are bringing green energy in through the back of your heart, through your chest, down your arms and through your hands. What do you feel in your hands? Can you feel any sensations anywhere else in your body? Does it feel any different from the red energy?
5. Try the same with some other colours. Can you sense the difference?
6. **Group Discussion:** What, if any, differences do you notice?

3.5.5 Partnered Exercise 5: Feel another's energy

1. Find a partner and both of you clap your hands or rub them together vigorously to get the energy moving.
2. Now one of you hold your hands out in front of you, about 10 to 12 inches apart (25-30cm), palms facing. Have your partner place one hand between your two. Slowly move your hands in to about one inch (2 cm) from



[6] Cyndi Dale The subtle Body Practice Manual: A Comprehensive Guide to Energy Healing (2013) Sounds True, pp. 16-17

your partner's and then out to about 6 inches (13 cm) away. Continue to move your hands in and out until you feel something (allow up to a minute).[7]

3. Discuss what you both sense? Was the energy stronger, weaker, different in some other way or not different? If you feel something in a spot on your hands (say, by your pinky finger), does your partner feel something in their hand on a spot directly between your spots?

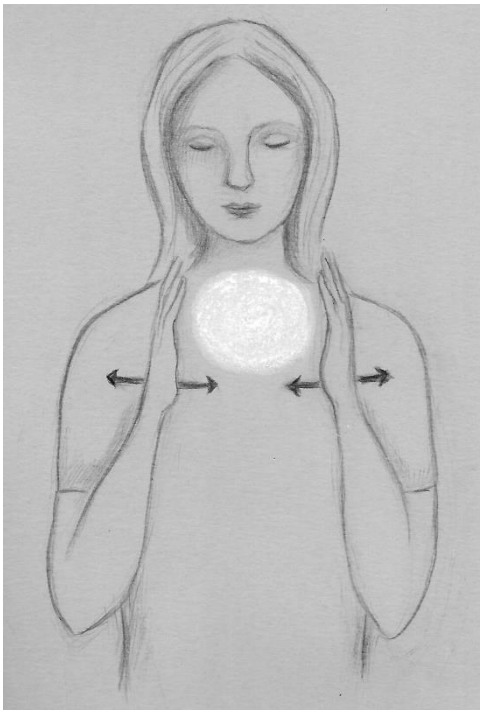
4. Now, holding your hands where you can sense the energy best, get your partner to move their hand in and out from between yours. Again, what do you both sense?

5. Swap roles and repeat.

6. Sometimes the energies you sense may hardly perceptible and at other times they may be very intense. If you don't sense anything, try again with someone else.

7. **Group Discussion:** What do you notice? What sensations are there … tingles, vibrations, heat, cold? Can you feel anything different?

3.5.6 Partnered Exercise 6: Making an energy ball[8]



1. Once again, begin by clapping or rubbing your hands to activate the energy. Now as before hold your hands vertically in front of you. Curve your hand slightly to the shape of a large ball. Move your hands slowly back and forth, feeling/sensing the energy building up intensity.

2. Visualize this image of a great golden ball, or intense white light, (or whatever colour you feel is pleasing to you at the time). Feel the intensity of the energy building up. Move your hands back and forth, slowly or rapidly. Bounce the ball from hand to hand. Increase the size of the ball by moving the hands further apart. Visualize this ball, feel the curve within your hand. How big is it? How dense? What other qualities are you aware of?

[7] (exercise) Richard Gordon Your Healing Hands: The Polarity Experience (2004) p. 21, North Atlantic Books

[8] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, p. 56-58

3. Move the energy ball up and down your partner's back. Note how that feels. Let your partner do the same with you. Can you feel or sense the energy moving around your back?

4. This technique can be used to place a healing ball of energy within or through the body of a person that requires healing. Once you have the healing ball as you want it, lift it above the patient's head and slowly lower the ball over the body. Concentrate on the healing energy as you place it on the person. Visualise it as you lower it down, cleansing and purifying the person, take it all the way down, back to mother earth. You can also visualise sending the healing ball to a person over long distance.

This technique provides an opportunity to build your confidence. Sending healing through visualisation is also a key element of mind to mind and long distance healing.

3.5.7 Three Person Exercise 7: Moving a person with energy

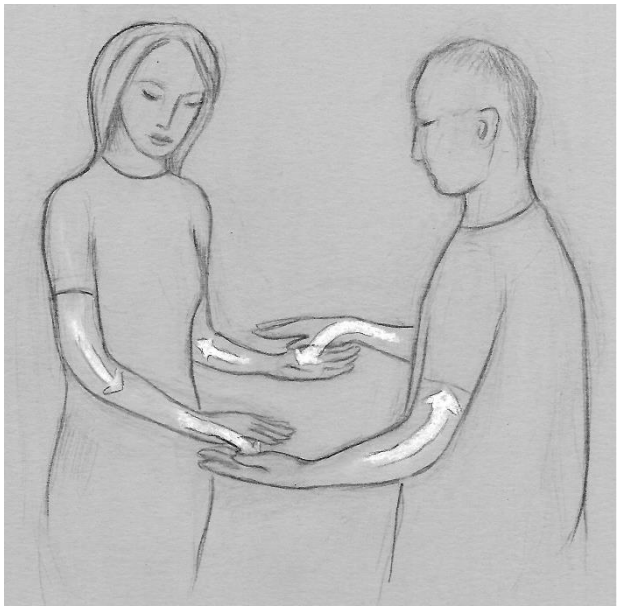
1. Get into groups of three. Once again, begin by clapping or rubbing your hands to activate the energy.

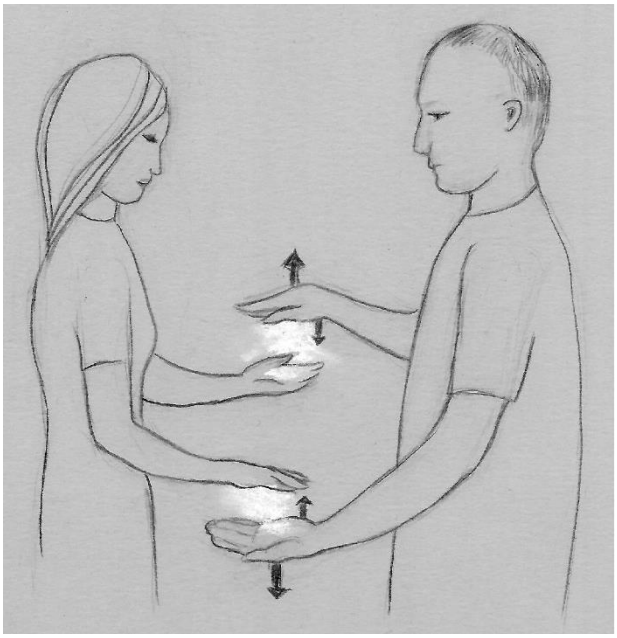
2. Stand with one person between the other two, with eyes closed ready to feel and move with the "pushes" of the energy. The other two put their hands up, palms facing the person in the middle and, without touching, in unison move the person using the energy from their hands.

3. How does that feel? What does the person in the middle feel and notice? What to the two outside people notice about the person in the middle?

4. Swap roles until everyone has had a turn in the middle.

3.5.8 Partnered Exercise 8: Building up energy with a partner[9]



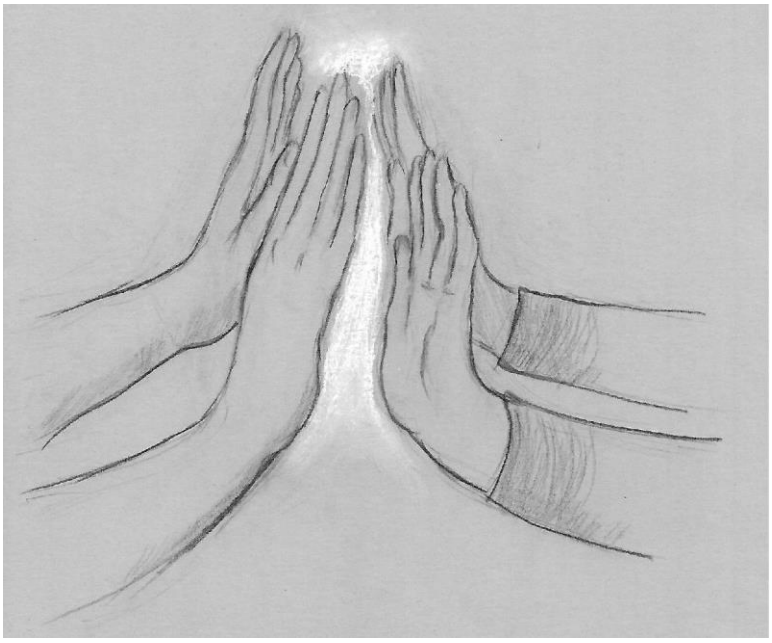


1. Find a partner, and stand or sit comfortably facing one another. Each participant needs to be comfortable to get the most from this exercise. Each of you clap your hands or rub them together vigorously to get the energy moving.
2. Start activating your energies by each person holding out their left hand palm up to receive energy and their right hand palm down to send energy. Each right hand is directly above, but not touching, the partners hand.
3. One person starts by raising and lowering their hands, keeping one to two inches (2-5 cm) between them and their partner's palms. As with the other exercises, sense the energy building up. How does the energy feel? Move each hand separately, first the right one and then the left. Ask yourself, is there a difference in the energy with each movement? Allow plenty of time to experience the energy sensations.
4. Now reverse roles.
5. Repeating this exercise several times will build up a greater sensitivity and awareness of your energy field. As suggested by Michael Bradford, discuss the details of what you are each feeling and sensing. This is extremely important because it will open up new awareness and validate the sensations that you had but perhaps did not recognise

[9] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, pp. 58-59

3.5.9 Partnered Exercise 9: Extending out the connections[10]

1. Similar to the exercise above, but this time stand opposite your partner, with your hands up, palms facing. If needed, both of you should first clap your hands or rub them together vigorously to get the energy moving.



2. With your palms facing, bring your palms to within one inch (2 cm) of your partner's palms. Visualise sending energy to each other, out through your right hands and receiving it back through your left hands. Wait about 30 seconds and then discuss what are you sensing. How do you feel sending energy? How do you feel receiving energy? If struggling to sense anything, try again with your palms touching.

3. With your hands still in that position exchanging energy, step back about a foot (30 cm). Talk about 30 seconds to continue sending and receiving energy and discuss what you sense now.

4. Now step 6 feet apart (1.8 metres) and continue to send and receive energy for about 30 seconds. Discuss what you sense about the flow and intensity of energy being exchanged at this distance.

You should notice that your energy fields have expanded out to allow the energy exchange, no longer reliant on being in close proximity to the other person. This is more practice for long distance healing.

5. Now move back close together and start the exercises over again but reverse the energy flow, sending energy with your left hand and receiving it with your right hand. Does it feel the same? Which way is easier and more comfortable for you?

On average, about 80-90% of people send energy with their right hand and receive with their left, the rest doing it the opposite way. Work which ever way feels right for you.

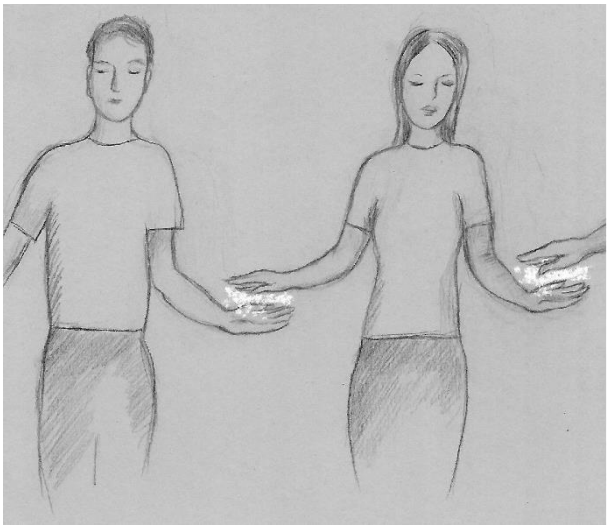
[10] Cyndi Dale The subtle Body Practice Manual: A Comprehensive Guide to Energy Healing (2013) Sounds True, pp. 15-16

3.5.10 Group Exercise 10: Create an energy circle[11]

You can accomplish this exercise either with a group of people or just one partner. The greater the circle, the greater the potential of the energy field that is created, and the more intense the flow.

1. As a group, form a circle. Stand there for a moment and connect with your higher self, attune, asking the divine to be present with you. Put your hands at your sides and relax, taking the energy that you are receiving into your Hara area (centre of the abdomen), ready to it be released back into the circle.

2. Following the same procedure as Exercise 8, extend your arms out with the left palm up and the right palm down. Your left hand with palm up sits below the palm of the person on your left and your right-hand palm down sits above the hand of the person on your right.



3. Attune yourself momentarily to the new energy you will experience. Now let the divine energy flow from your higher self into you. Let it come through you. Now, send the divine energy from yourself to the person on your right and receive divine energy from the person on your left.

4. Let the energy flow counter-clockwise around the circle. Some of you may not feel any energy flow at first. If this is the case, use visualisation to enhance and help the divine energy flow. This will help you in your appreciation of it. Visualise the energy flow increasing.

Most of you will physically feel the energy flow. You will feel it above you, below you, all around you as this wonderful divine energy circulates and becomes stronger and stronger. Go into it, accept it, it is yours to enjoy. Thank your higher self for the feelings and the experience, they are there to be received unconditionally.

5. Using the healing colours of, white, pink, green, gold, purple this exercise can be repeated. How is this done? Is everyone visualising the same colour or is it free for all? In doing this exercise, feel the different energy created by the different colours.

[11] Michael Bradford The Healing Energy of Your Hands, 1998, Crossing Press, pp. 59-61

Feel and sense the differences in the way each colour is felt. Discuss your experience.

This exercise helps us gain experience in feeling the divine energy. Learn to feel comfortable with energy and gain confidence by working with it. Remember, energy is always present. Remember the saying 'use it or lose it': divine energy is not something abstract, but rather the employment of divine science.

3.5.11 Group Exercise 11: Create an energy wall[12]

1. As a group, split into two.
2. Connect with your higher self / guides / the divine , attune, and ask the divine to be present with you. Put your hands at your sides and relax, taking the energy that you are receiving into your Hara area (centre of the abdomen). Let it be released back.
3. Half of the group are to build a wall using their will and imagination. They can build any type of wall they wish. They should agree between themselves where they are building their wall. They should continue to visualise and send energy to maintain their wall.
4. When they have built their wall, the other half of the group can slowly make their way towards and through it. Do they feel the any resistance? What else do they sense? (It may feel like walking through cobwebs.)
5. Reverse roles and repeat.

Our intent creates compatible energy. Healing can also be sent through intent and visualisation, a key element of mind to mind and long distance healing.

[12] Exercise from Michael Steffensen

3.5.12 Solo Exercise 12: Harnessing positive emotions

Your love can be harnessed to become a great and wonderful healing force.

1. Let yourself remember and re-experience someone or something in your life which creates a tremendous sense of love, gratitude, happiness or joy. Simply open your emotions to experience the person, place or thing that lights up and inspires your passion.

2. Let this emotion fill your body with as much tactile sensation as possible. Pay attention to where in your body you are feeling the emotion. If you feel the love in your chest, for example, feel it there with as much sensation as you can muster and let it spread through your body. Run the tactile sensations of your love, joy, happiness or gratitude out of your hands and combine it with the breathing techniques: it is as simple as that. Simply use your intention to move the tactile sensation of the emotion through your body and then out your hands.

You can also use any other extremely positive emotion in place of love: other emotions you can use to good advantage include enthusiasm, contentment, wonder and inspiration.

NB: Do not try to force yourself to feel positive emotions, as this is not enjoyable or effective. Use positive emotions that come easily and only use this technique if you are in the mood to do so.

