

ENERGY HEALING



101

YOUR GUIDE TO THE LIFE-CHANGING PRACTICE
OF ENERGY HEALING

By Master Healer, Deborah King

Mind, Body, Emotions, Spirit

When I started practicing energy healing decades ago, it was a relatively unfamiliar practice in the western world. But over the years, interest and curiosity about energy medicine has spread like wildfire, and so many people are now asking to learn more and more about the amazing field of energy medicine. I don't blame them, or you, for being interested—it is certainly an exciting concept!

The increasing popularity of energy healing has come about due to a growing dissatisfaction with current medical systems. The United States spends billions of dollars on healthcare and yet it is one of the unhealthiest industrialized populations in the world. The number of cancer diagnoses seems to be increasing rather than shrinking, medical lawsuits run rampant, and a fairly common cause of death in the US is hospitalization itself!

But even beyond these issues that suggest that the medical system is severely flawed, the system is so focused on physical ailments that it often fails to consider the mental, emotional, and spiritual aspects of illness. Unfortunately, current medicine doesn't treat the whole person: body, mind, emotions, and spirit.



A Balancing Act

These four elements are like the walls of a pyramid—if you take away one side, the whole structure is weakened. In other words, if one part of you gets sick, then the rest of you is thrown off balance. Wellness cannot be achieved if only the physical symptoms are treated. You must cure all the sides to strengthen the whole structure.

Energy medicine acts through your personal energy field and treats the totality of you, healing all aspects of your being in a non-invasive, completely safe process. This is powerful stuff, folks. Energy medicine saves lives. There are thousands of students who have worked with me who love to testify about the power of energy healing because their lives were saved—in the many ways lives need saving—with energy medicine and they are so thankful. Once you have experienced the power of energy healing, you'll want to shout about it from the rooftops, too. It truly does save lives. It even saved mine.



M Y S T O R Y

I was diagnosed with the dreaded "C" when I was just twenty-five years old. That's right, cancer. Let me tell you, that was truly a wake-up call that focused my attention on all the destructive behaviors I was engaged in. I was a competitive young lawyer barely eating or sleeping, taking whatever substance would ramp me up or slow me down, determined to reach the top if it killed me, and it nearly did.



The diagnosis forced me to get my act together. I took control of my addictions, began eating healthfully and sleeping regularly, and implemented a daily routine of meditating to open myself up to Source. I got permission from my doctors to take some time before having the recommended surgery to explore alternative therapies. I tried massage, chiropractic care, reflexology, acupuncture, herbs, and energy healing.

It was there on the table of an energy healer that I had a full remission from the cancer. I actually felt it leave my body! I was so amazed by what I'd experienced and intrigued with how it worked that I threw myself into studying energy medicine.



I invested every free penny I made from my job to travel and study with shamans, priests, monks, seers, healers, and other spiritual teachers absorbing everything I could and lamenting my departure each time. Eventually I left a thriving career as a lawyer to devote my life to the practice of energy healing and teaching others how to heal themselves and others.

The more energy healers we have in the world, the better off we all are. To that end, I've distilled the best of what I learned from decades of observation and practice into healing courses any one can take. **You, too, can become an energy healer.**

In fact, you have an energy healer inside of you already. Even if you ultimately decide not to start your own professional energy medicine practice, learning how to heal yourself is the greatest gift I can give you. Energy medicine will show you how to take control of your own self-improvement, spiritual health, and physical wellbeing, so you can make quick progress on the path toward becoming the best version of yourself.

This e-book is designed to give you an overview of energy healing—what it is and how it works, how it relates to traditional medical care, and its many wonderful and life-altering benefits so you can learn exactly what energy healing can do for you. Whether you are looking to heal your mind, body, or soul—or all three—or you want a spiritual jump-start, or are ready to take your yoga practice to a whole new level, energy medicine is the answer.

I've even included a section on how you can begin the process of becoming an energy healer if that's where your destiny lies, and practicing energy healing techniques can help you figure out what your destiny, or your soul purpose, really is. Whatever your path, you are here, now, so I hope you're ready for a wealth of incredible information. Now let's get started!

Who Can Benefit From Energy Healing?

First, let's determine who can use energy healing. This one is easy because the answer is literally everyone. Anyone and everyone can benefit from energy healing techniques, whether you want to heal a wound or an emotional block, to thrive in the life you lead through better alignment with your soul purpose, or to further your connection to Spirit. Happiness and fulfillment are available to everyone through energy healing, time, effort, and patience.

Obviously, with the word healing in its title, energy healing is bound to attract people who have an illness, especially those who have emotional illnesses like depression or anxiety that are difficult to treat when past traumas and stuck emotions are not processed, and physical illness brought on by energetic blockages that may not have responded to traditional medicine because the root cause was not treated. Energy healing is perfect for you if that is the case, as it will treat the real cause so the physical symptoms can finally clear.

But energy healing is not just about healing specific targets in your body or psyche.



As the name suggests, it's also about healing your energy, which includes your spirit. Part of energy medicine is indeed a spiritual healing, which includes expanding your consciousness, discovering your higher self and your life purpose, and deepening your connection to Source.



Energy healing works in conjunction with other healing modalities, often taking them, and you, to a more spiritual place than when yoga, etc., is done on its own. Energy medicine will bring your yoga practice to a whole new level, and will help you further integrate your Ayurveda practices. Both of those traditions are in alignment with energy healing, and each is about treating the mind-body-spirit-emotion as one, as the whole complete being you are. Energy healing will also teach you a meditation you probably don't know yet, because it is unique to me and my healing courses, but it will raise your awareness and provide a huge boost to your spiritual journey

If you practice yoga, or are interested in Ayurveda, or have a meditation practice, or are otherwise steeped in some sort of spiritual traditions, you are already a seeker of light, and energy healing is only going to broaden your horizons and bring more of that light energy into your life.



What Is Energy Healing?

Energy healing dates back to the oldest human cultures and yet it remains as relevant and up to date as the most modern medical advancements. It is safe and natural, painless, and rather than poisoning an illness (and your body) with drugs, energy healing works with the body to heal from within. Energy medicine can address mental, physical, emotional, and spiritual distress and sickness, healing your entire being, not just the part that is sick, and it works in tandem with yoga, Ayurveda, massage, or any other type of natural therapy.

Energy is what the universe is made of. You, me, your house, your neighbor's dog, Yosemite, the Pacific Ocean, the sky, the planet, the stars and beyond—all are composed of energy that encompasses and interpenetrates every single tangible and intangible thing in existence. This energy creates and sustains life. It is intelligent and has a consciousness. It's also bigger than we can possibly imagine because it has no beginning and no end. It is without limits.

Most people are unable to see this unified field of energy, but you can learn to experience it. In fact, you have probably already experienced a higher state of awareness, a sense of receiving input from beyond your five human senses, a feeling of awareness outside the borders of your mind and body. Have you ever felt like this while jogging or swimming, or perhaps while you walked along the ocean's edge or in a light-filled forest? Often expanded states can wash over you when you are exercising or in nature. That "high" that athletes often refer to is this higher state of being. Meditation is another common means of reaching an expanded state. It is, in fact, the most purposeful and consistent method of moving into those higher realms of consciousness. It's why I highly recommend starting a daily meditation practice.



Connect to the Universe

When you have shifted into this higher consciousness, you experience the vastness of the spiritual realms beyond Earth. You go outside of your body and become, temporarily, part of that unified field of energy, the universal field where all levels of existence are connected. In higher states of consciousness, you plug into that larger energy field, which gives you access to the universe, your higher self and higher beings on other planes.

The unified field contains literally everything, so when you have connected to it, you have essentially connected to the universe, and all the information in existence. This means that you can gain insights from your higher self in this expanded state by asking questions your personality doesn't know the answer to. You can obtain information about any fact of life related to you or not—past, present, or even future. You will also be able to begin waking up your spiritual gifts that have lain dormant in your cellular memory, including the gift of energy healing!



Energy IS Medicine

Energy IS medicine—it is the agent for healing in energy medicine. The healing comes from the energy itself when an energy healer has tapped into the universal field. When you become connected to this unified field you can direct that healing energy into yourself or loved ones and eventually clients. You yourself become the conduit for that energy so that your body and intention drive the treatment, but the healing comes from Source and the universal field.

The unified field has the power to heal mind, body, and spirit. And remember, it is limitless, so there is no end to its capability to effect change. The limits placed on healing potential are all human—ego and fear being the most common. Remaining humble is part of the energy healer's code—you cannot heal from a place of pride. Keeping in touch with Source through meditation, yoga, or nature is an excellent way to remind yourself where the power really comes from and to be humbled in its presence.

How Does Energy Healing Work?

Your body is born out of the energy in your personal energy field that exists before you had physical shape; energy creates your body and continues to pulse around and interpenetrate your body throughout your whole life. It might be helpful to think of your energy field like a dynamic outline or template for your body that mirrors and affects the body. Any distortions in your field will eventually create disturbances—illness, injury, etc.—in your body, and vice versa.

What this means in terms of energy medicine is that if you make corrections or repair imbalances in your energy field, then corresponding corrections will appear in the body. Energy healers can sense a disease or illness percolating in your energy field well in advance of its manifestation in the body. Detecting conditions or sicknesses long before traditional medicine can is one of the many advantages of energy medicine. Imagine being able to avoid the physical symptoms of an illness completely!



The Earliest Treatment Possible

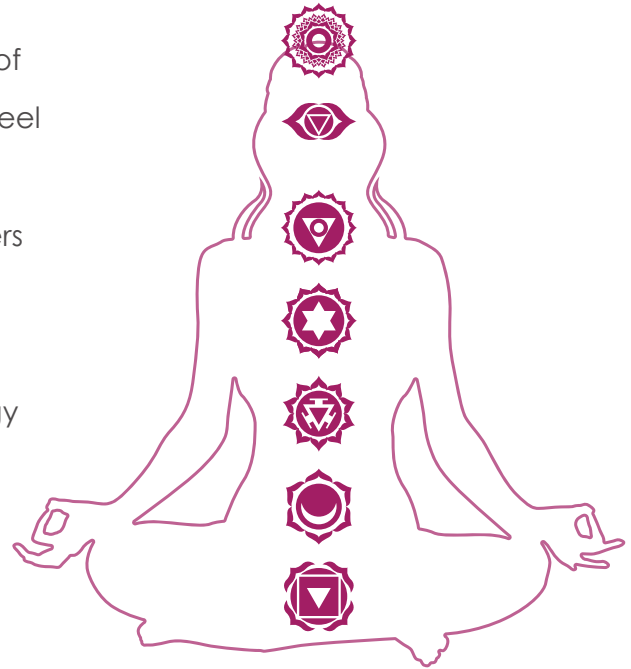
All healing practitioners would agree that prevention is the best medicine, but when that isn't doable, the next best thing is to start treatment as soon as possible. The earlier you find and treat an illness, the better and the quicker the recovery. A trained healer can manipulate the energy field before the ailment has the chance to plant roots in your body, and you will heal faster or even skip feeling the sickness altogether.

As my personal story above illustrates, physical healing does indeed occur at the hands of energy healers regularly. And you can learn how to do that healing yourself through practice, meditation and resources that are abundant and available around you. Chances are you've already explored a little about energy or have been attracted to this type of learning. You may have even taken one of my online courses where you learn how to heal yourself and others.

I'm a firm believer that the best way to learn a new skill or task is to do it—immerse yourself in practicing the skills, open yourself up to your guides and ask them for assistance, and be patient with yourself until you've mastered it. The great thing about energy healing is that there is no downside—every aspect of the procedure itself and the learning process of becoming an energy healer progresses your spiritual journey and improves your wellbeing.


How Does Energy Healing Relate to Chakras?

Your personal energy field is highlighted from spinning centers of energy called chakras. In Sanskrit the word *chakra* means “wheel of light,” and a healthy *chakra* will appear like a vortex. When you activate your *chakra wisdom*, it allows those energy centers to both focus and distribute energy to and between your personal energy field, the universal field, and your body. This continual energy exchange nourishes and supports your energy field and your body. That’s why it is so important that your chakras are healthy and open and spinning freely.



There are seven major chakras that correspond to and affect seven different points on your body, from your tailbone to the top of your head, roughly in line with your spine, and then there are dozens of spiritual chakras above your head. Your seven bodily chakras relate to you in your body on this earth, and the eighth and higher chakras relate to your soul and spirituality. Chakras are energy centers, and they are both influenced by and able to influence different aspects of your life, either arming you with *chakra wisdom*, or damaging your health.





Chakras are affected by your emotions, so when you repress emotions or delay dealing with traumas, your chakras can become distorted. This distortion means that your chakras are unable to receive the proper replenishing energy from the unified field, depleting you of this essential foundation and depriving you of the *chakra wisdom* you so deserve. The energy drain is the same as if you donated blood all day every day without allowing your body to repair itself and make more—you'd eventually run dry and collapse. A closed or depleted chakra can throw your whole energy flow off kilter.

Without the proper circulation of energies, all kinds of problems can happen. Improperly balanced chakras can cause or exacerbate weight problems or eating disorders, various physical disorders and illnesses, and relationship issues including fears of commitment or intimacy, and even sexual dysfunction. Your chakras affect your ability to maintain a career and secure financial stability, and can dictate the way you make decisions and how you see the world. So you can see, they're pretty important, not just for your health, but for your general quality of life.

Healthy Chakras Equal Healthy You

When negative emotions clog or distort your chakras, you may have difficulties in the areas those chakras relate to. For example, a dysfunctional fourth chakra, the heart chakra, may result in an inability to fully give or accept love, and increases the potential for heart-related physical problems like high blood pressure or heart attack. A distorted first or root chakra may lead to feelings of disconnection from your body and the world and can lead to leg, feet, or tailbone issues and problems with the immune system. Clearing your chakras and maintaining them takes effort, but properly functioning chakras are crucial to your physical and spiritual health.

want to be sure to note here that most people have at least one or two chakras that are spinning incorrectly or are distorted in some way, so don't worry if you think yours may not be one hundred percent clear. Very few people's are! It's a sad but true fact that most people have experienced abandonment, loss, abuse, betrayal, rejection, or a whole host of negative emotions that can cause imbalanced chakras, often by the time they are a teenager, often before they have learned how to process those emotions. You are a work in progress, and it is never too late to begin cleaning out the leftover pain and trauma from any period of your life. It takes a lot of personal spiritual work to clear out all the negativity in your body and psyche, but it is vital to your health, wealth, and happiness. That's why healing courses, meditation, and releasing negative emotions are necessary procedures on the path to becoming an energy healer and reclaiming your *chakra wisdom*.



How Are Angels Connected to Energy Healing?

Energy healing does more than just heal your body and your energy field; it really does heal your soul. When your chakras are clear and you are exchanging energy freely with the universal field, you are connecting with Spirit, because that's what the universal field is. The universal field is made from divine energy, from divine love, and Source itself. Source is bigger than you can possibly imagine; so it encompasses everything. The trick is getting past your human personality to connect with Spirit on an energetic level.



Energy healing also helps move you toward Source in others ways. Meditation, a key element of any energy healing practice, is a way to commune with Spirit, and spending time in nature is also a way to connect to Source. By clearing out the negativity within your chakras, field, and body, you become more open to communicating with your spirit guides, who may be animals, or religious figures, or deceased ancestors or family members. Through energy medicine, you also increase your ability to interact with angels, both your personal guardians and the Archangels, and angels are a direct link to God and conduits for divine love.

Angels surround you all the time, whether you are aware of them yet or not. The good news is that you can simply call them—out loud or within your mind—and they will be by your side in seconds for protection, guidance, healing, or love. In fact, often your intuition is really a nudge from an angel when you've asked the universe for help. Angels are already giving you signs every day: maybe to take a different street to avoid an accident or to tactfully speak your mind to your overbearing sister or to leave an abusive partner. Angels are there to guide you along your best path and their only interest is in making sure you live the life you are supposed to, and that you are happy and safe and fulfilled.

So how do they relate to energy healing? Well, angels are made of energy; they are made of God's love and light and do not have physical bodies when they are in their natural state. They are therefore masters of energy, and of healing with energy, so they are natural energy healers. You can call upon your personal guardian angel—yes, everyone has one or more—whenever you need physical, emotional, or spiritual healing. If you have not yet met and named your personal guardian angel, you may want to consider taking my Angels of Energy Healing online course. In addition to teaching you all about angels, their signs and how to recognize them, and how to experience the bliss of divine love by way of the angelic plane, I lead you on a guided meditation where you will meet one of your guardian angels so that you can widen the doors of communication between you. This is helpful since angels are not generally on the earth plane or in corporeal form, and do not communicate the way humans are used to.



You can also call on your favorite archangel specifically for protection, guidance, or healing. You may want to call upon Uriel to clear confusion or for help making a decision, Michael for strength or protection, and Raphael for healing. In fact, the Archangel Raphael is the archangel of energy healing, and he arrives in a green light and a warmth or tingling sensation in the source of your wound or injury, or the related chakra for emotional or energetic healings. Raphael is the angel you want to summon when you need healing, or before you attempt any type of healing technique on someone else. I always invoke the power and healing energy of Raphael before I do a workshop or healing session, but all angels are ready to heal you with their light energy in a second's notice. All you have to do is ask.



What Can Be Healed?

Energy healing is the most exciting field in modern medicine because there are no restrictions to its healing powers. Because the unified field that all energy healers tap into in order to heal themselves and others is limitless, energy healing is therefore truly boundless.

Energy healing is effective in treating all kinds of sickness and injury, from broken ankles to asthma to cancer; emotional pain from past traumas like abuse or abandonment or more recent emotional hardship like a divorce or identity crisis; and spiritual illness like blocked chakras or distortions in your personal energy field. I have been studying and practicing energy medicine for decades and I've seen this amazing procedure lift the burden of pain from tens of thousands of people.

Boundless Gratitude

I have received testimonials, emails, videos, and in-person stories from people who have been blown away by the power of energy healing. An athlete who was told she had to stay off her injured knee for six months and might never compete again was off crutches in three weeks thanks to energy healing. A man whose grief over losing his son was costing him his marriage cleared his chakras and is learning to live his life again. A woman with arthritis was told she shouldn't paint anymore, but without her art she lost the will to live. With one energy healing session her hands were pain free enough to hold her paintbrush again.

These testimonials are just three examples of people who have experienced relief from pain and sorrow due to energy medicine, and there are thousands more. Boundless potential and consistent results—who can argue with a medicine like that? As long as the healing lines up with the soul's true plan, energy medicine can heal almost anything.

Does Energy Healing Replace My Regular Doctor?

Anytime an energy healer tells you that western medicine is useless, he is operating from ego and pride rather than thinking of your best interests. Energy healing should be used in conjunction with western medicine, or any other reputable modality, like acupuncture, psychotherapy, yoga, and massage, just to name a few.

Think of it this way: when you have a cold, do you only utilize one approach to getting well? Probably not. You most likely drink more fluids, up your vitamins, sleep more, take it easy, eat chicken soup, drink tea, or whatever other remedies you use to feel better and heal faster (one of my favorites is elderberry syrup). You take this holistic approach, treating the illness on multiple levels because it is what works the best. If you only took more vitamins and then otherwise went about your normal routine, it would take you longer to get better.

It's the same with any other injury or illness. You want to take advantage of every resource available, get help from all sources. "All hands on deck," so to speak. When you need serious healing, it's time to call in all the troops and get opinions from your doctor and your energy healer. Then, you must ultimately make the decisions that are best for you and your body based on all the information.

Trust your gut. When I was told I had cancer, I asked my doctors for more time before starting chemotherapy or having the surgery. It was that courage to trust my intuition's hesitation about invasive treatments that paved the way to my powerful remission on the table of that energy healer. **Use everybody on your team, including your doctor!** By the time a problem has progressed from your energy field to your body, you want all the hands on deck you can find!



Who Can Become an Energy Healer?

You can! The good news is the ability to heal already exists within you. Ancient humans long ago had many spiritual skills that have faded over time: telepathy, being able to connect directly to the God force, and, yes, energy healing. Our ancestors had the capacity to heal themselves and others, without taking any healing courses or studying with master healers as is necessary today.

Fast forward hundreds of generations and these skills have gone dormant, like muscles atrophied from sustained lack of motion. Think of it as comparable to that scene in *The Matrix* when Neo wakes up on the ship in the real world and asks Morpheus why his eyes hurt. Morpheus says, “You’ve never used them before.” You, like Neo, may not have used these parts of you yet, but they exist within our collective unconscious. The knowledge carried by your ancestors resides in your cellular memory and it’s just waiting for you to access its potential. You are already an energy healer—the power just needs a little jumpstart in order to be put to use again.

The ancients were more connected to their higher selves and the unified field of energy than modern humans, and energy healing was not considered the phenomenon it is today. While everyone had healing abilities, medicine men and women were particularly adept at the art of healing and could perform astonishing hands-on healings that seemed like miracles.

Some people are naturally good at baseball, others at chess—it is the same with spiritual gifts. If you feel drawn to energy medicine, then you are probably someone, like me, who has the “healing touch,” as they say. Your innate talents will blossom and reveal themselves to you when you are ready to receive them. **Trust your intuition—if energy healing feels like the right path for you, it is.**

Using Your Innate Talents

There are many physical world talents that will help prepare you for practicing energy medicine. My capacity for focus and single minded-ness which was helpful as a competitive lawyer was a skill I was surprised to find out serves me very well in energy healing—the unbending intention needed for energy healing feels natural to me.

Perhaps you have your own skill or practice that has uniquely prepared you to become an energy healer. Maybe you spend a lot of time outside and are deeply attuned to Mother Earth; or you practice yoga and have mastered breathing techniques that keep you in balance. Did you experience abuse in your life and as a result learn to sense beyond the average? Have you successfully processed traumas or negative emotions from your past? Maybe you have a daily meditation practice and are regularly able to access higher states of consciousness.

All of these experiences and countless more are part of your journey to becoming a healer. You are unique and your particular talents are yours alone. I can't wait to see you discover your potential and access your spiritual gifts. It's exhilarating and humbling at the same time.





There are many paths to energy healing, so don't worry if you're unsure or nervous about having enough healing "chops," so to speak.

Whatever road has led you here, you are here, and you are exactly where you're supposed to be.

Rest assured that the ability to heal is absolutely inside of you. You just need to bring it back to life with a little training and practice.



How Can I Become an Energy Healer?

The best way to begin your training in energy medicine is to take healing courses or workshops with a skilled and experienced instructor. At these workshops, you will discover any blockages in your own energy field and start the work of releasing negative energy clogging up your chakras. You will be taught how to retrieve energy that was lost to past traumas and learn valuable techniques for effecting real healing change on yourself and others. Some workshops, like my **LifeForce Energy Healing™** Online Course, even certify you in the field of energy medicine upon completion.



There are other additional activities you can do to begin the requisite self-work it takes to become an energy healer. An energy healer must consistently maintain a free-flowing energy field and keep their chakras clear of negativity. It's smart to begin the process of clearing your chakras, activating your chakra wisdom, and removing any emotional baggage as soon as possible. Here are four practices you can begin right now so you can jump right in and be on your way to becoming an energy healer as soon as possible!



1. Meditation

Meditation is probably the single best thing you can do for your physical, mental, and spiritual health. It stills the mind, relaxes the body, and cleans your chakras. The benefits of meditation have recently been proven by science, but have been known to humans for centuries. Nearly every culture throughout human history has used some form of meditation to achieve a variety of enhancements such as: stress-reduction; increases in focus and memory; decreases in muscle tension, cholesterol, and heart rate; enhanced immune system function, athletic performance, and weight loss; better sleep and the need for less of it, and so many more. Meditation has even been shown to be more effective than prescription drugs in lowering anxiety and depression. Now, you will receive some of these benefits doing any type of meditation, but if you learn meditation correctly from an experienced instructor or spiritual teacher, the benefits multiply to include higher levels of consciousness, better connection to Source, and a boost to your spiritual journey.

For the purpose of becoming an energy healer, meditation helps to center and ground you, which aids in straightening out any wrinkles in your energy flow and balancing your chakras. It is an essential tool for bringing you into higher levels of consciousness. From these expanded states of awareness you will become aware of the vastness of the universe and be able to connect with higher beings on other planes, your own higher self, and even Source. Meditation brings you one step closer to accessing the unified field, which is where all healing comes from.

The more you practice, the better and easier your meditation practice will become. I recommend twenty minutes twice a day—preferably first thing when you wake up and then sometime in the late afternoon before dinner. Keep your meditation space protected from noise and distractions, and don't worry if you fall asleep! Do your best to be still and present, breathe, and sink into the joy of meditation. If you don't have an effective meditation practice, you may want to consider exploring any of the wonderful resources available out there to learn more about this powerful and transformative practice.





2. Journaling

One of the most frequent stumbling blocks for students of energy medicine is emotional baggage. We all have it, of course, but the key is to process it and release it. If you let go of that baggage, it can't clog your energy flow, create distortions in your chakras, or otherwise hamper your spiritual progress.

When you experience trauma or other emotional hardship that you don't process, that negativity gets stuck in your body. Emotions don't just disappear into thin air like magic—they have to be experienced, processed. If you don't consciously acknowledge those negative feelings, they seep into your body and your energy field and wreak havoc with your health, causing all kinds of problems from headaches to ruined careers and relationships. You need to own up to your feelings, leaving a clearer, freer energy field and unblocking your chakras.

J ournaling is a great way to process and release those emotions. Expressing your mind and heart honestly in a protected space, no judgment about content, no spell checking, no worries about whether your emotions are correct or appropriate—they are yours and you need to honor them—is the best way to purge negativity. Simply admitting your deepest feelings to yourself, even if you share them with no one else, can go a long way toward self-healing, which is an important step on the journey to becoming an energy healer.

What you leave unsaid **can** hurt you, so make an effort to take a few minutes each day to write about your truest feelings and thoughts and release them from your body. Once you have purged the stuck traumas from your past, you'll want to continue journaling so that you prevent any additional emotional baggage from getting the chance to weigh you down again.





3. Forgiveness

Some of the most difficult emotions to deal with are those that stem from a betrayal or abandonment or some other hurt caused by the behavior of someone else, usually a loved one. But holding a grudge never actually hurts the other person; it is only damaging to the one who carries it.

Grudges slowly chip away at your ability to be happy. Though letting go of resentment and anger over past hurts does take concentrated effort, the reward is a significantly lightened load. When my path to becoming an energy healer brought me to the point where I had to forgive my childhood abusers or face the consequences of that part of me never being able to see the light or reach Source, I chose forgiveness and I'm so glad I did. I hadn't realized how heavy the weight of that negativity I'd carried for so many years really was until it was lifted. Suddenly I could breathe again. I felt lighter and more open, and I knew I had just crested a new peak in my spiritual journey.

Now, forgiveness does not mean justification. You do not excuse the behavior of someone who has wronged you. What forgiveness means is releasing the hold that wrong has on you. As long as you wish for revenge or cling to the injustice of it or expect an apology from someone who will never apologize, you allow that person and their mistake to control your emotions. Forgiving them frees up all that time and energy you spent wishing for the impossible and returns it to you. You can reclaim that energy as positive. With the resentment, bitterness, and anger gone, there is room for more joy and peace.

It is never too late to begin improving your life, and these practices are important steps in the right direction.





So, Are You Ready to Heal Your Life?

I hope you are as intrigued by energy medicine as I was. In my experience, energy healing is a dynamic field that is ever growing and shifting just as human consciousness is growing and shifting. Every step you or I take toward healing and bettering ourselves and striving toward the light is a step toward healing and bettering the planet. Each time you reach a new level of consciousness, you are helping lift the consciousness of the world, and that is no small thing.

Remember, we are all interconnected through the unified field, so all the progress you make on your personal spiritual journey benefits everyone else on theirs. This is one of the core principles of energy medicine, and why it is spreading so quickly. Once you begin studying this amazing field you will feel the truth of Source, the truth of your own inner power, and the peace of releasing negative emotions.

You're ready!



More About Deborah King

Deborah King, a *New York Times* best-selling author, Master Healer, and spiritual teacher, has developed her powerful healing gifts through nearly three decades of global study and is hailed as the premiere Master Healer of our time.

Deborah was a successful attorney in her twenties when she was diagnosed with cancer and began a quest for health that would radically change her life. Her amazing remission at the hands of a healer led her to leave the corporate arena for the field of energy medicine, where she mastered ancient and modern systems, gained an advanced degree, and ultimately developed a powerful energy healing technique of her own.

Find out more at DeborahKing.com