

Class 14 – Wands 2

Covered in this Class

1. Preparation for This Class
2. Air Door Shields and Window Curtains
3. Air Half Shields
4. Healing With Your Wand – Sweeping, Pulling, Touch Assist
5. Exit Ritual, Day Greeting and Day Ending

1. Preparation for This Class

- *Video Clips:* Air Door and Window Curtains, Air Half Shields, Sweeping With the Wand, Pulling With the Wand, Touch Assist

2. Air Door Shields and Window Curtains

You can use your Wand to put up shields on doors and windows and key them against heat, cold, bugs, sound and other air experiences. These shields are handy because you don't have to put up an omnium around the entire area, just on specific doors and windows.

For instance, you can key your doorways to keep certain kinds of people or energies out of your home. You can put up a shield that keeps anyone who wants to gossip or spread negative energy out. This means that certain people will be able to come in when they don't want to gossip, but will have to stay out if they want to gossip. A student once put up a door shield like this and kept his housemate out of town for an entire week. The housemate kept calling and saying, "Well, I don't know why, but I don't think I'll come home just yet." The housemate did not come home until the door shield was taken down. Because these shields are very effective, be sure that you don't inadvertently key yourself out of your own home!

Unlike air omniums, door shields and window curtains are permanent until you take them down – they don't dissipate in a day. They do get stronger the more they are "hit" or under attack. However, if there is a lot of traffic moving through them, they tend to weaken and you may have to take them down and put up new ones. You can use the same silvering technique as you did with omniums to keep heat in or out of your house. To keep heat out, silver your shields on the outside, and to keep heat in, silver your shields on the inside. To put up a door shield or window curtain:

1. Stand on the inside of the door or window you want to shield. Have your color source ready.
2. Hold your Wand so that the notched end is very close to the top right corner of the door or window. Hold the Wand so that your palm faces outward, away from you.
3. Load energy into your Wand, and extend a little energy out the notched end into the upper right corner of the door or window. Lock that energy in with your intention.
4. Send a beam of energy out the tip of your Wand to the upper left corner of the door or window, and using your intention lock that energy into the door or window frame.
5. Keep flowing energy into your Wand, and then move your Wand slowly down toward the bottom of the door or window frame laying a sheet of air energy as wide as the door or window you are covering. You should feel as if you are unrolling a scroll, pushing the energy ahead of your Wand as you move it downward.
6. Lock it into the base of the door or window frame by flaring a little energy out of your Wand when you reach the bottom of the door or window. To anchor the shield, you can put a line of sea salt or firebowl ash on the bottom of the sill.
7. Key the shields in the same way you key an omnifield. If you are doing multiple doors or windows, you can put up all the shields, then key them all at once.

Taking Down Air Door Shields and Window Curtains

1. Load your Wand with the same color as the door shield or window curtain.
2. Extend a beam of energy off the tip of your Wand.
3. Use the beam to cut the shield from the top right of the shield to the bottom left.
4. Make another cut from the top left of the shield to the bottom right.

3. Air Half Shields

Half shields are temporary shields that are used in an emergency. These shields last about 30 seconds and do not move with you. They will last longer and, in fact, get stronger when you are under verbal or psychological attack. You do not have to key half shields – they will automatically block anything coming at you. After practicing putting up half shields with your Wand you can practice putting them up with just your hand. You see martial arts experts do it all the time when

they move their hand in front of them from left to right, with the outside edge of their hand facing outward.

You can put half shields in front of or behind other people to key out noise, fear or other kinds of energy. This can be very useful for people who feel uncomfortable in certain situations, such as in crowds. To put up a half shield:

1. Hold your Wand in your right hand, or output hand, about halfway up the Wand. Position your hand in front of and to the left of you, low chest height, palm facing left.
2. Pull in the color you want to use for the half shield (white and sky blue are stronger than clear). You can silver the outside to make the shield even stronger. Fill your Wand with the color and extend energies out both ends of the Wand. Be sure to extend the energies far enough to shield the entire height of your body (don't leave out your feet).
3. Move your hand in front of you from left to right in a curve. You can make the curve convex (curving out) or concave (curving in). Curves are more effective at deflecting attacks than straight lines, so omnils and half shields are curved. If you make your shield convex, it will scatter any incoming energy. A concave shield will focus the incoming energy and return it to the sender with much greater force. If someone sends you anger a concave shield will send back enough rage to give the sender angina, heart pain or a headache. If someone sends you fear a concave shield will send back terror. A convex shield works well for scattering sound, psychic or mental blows, and/or insects. A concave shield is better for serious threats.

4. Healing With Your Wand – Sweeping, Pulling, Touch Assist

You can use your Wand to heal various ailments using three techniques: sweeping, pulling and touch assist. Sweeping and pulling work on the principle that fire cannot burn without air, and many ailments are related to excess or stuck fire. Both sweeping and pulling reduce the amount of air energy so that excess or stuck fire cannot cause inflammation and pain. In addition, sweeping works on the principle that Air is closely related to the lungs, which govern the flow and circulation of chi (life force) in our bodies. Sweeping will restore the flow of chi so that ailments resulting from stuck or insufficient chi are relieved.

Touch assist works on the principle that problem areas in the body lack awareness. Touch assist brings awareness and consciousness to areas that may have been numb, ignored or suppressed for a long time. As with any healing you attempt, be sure and ask the person's permission before you begin – the person may or may not want your help.

Sweeping With Your Wand

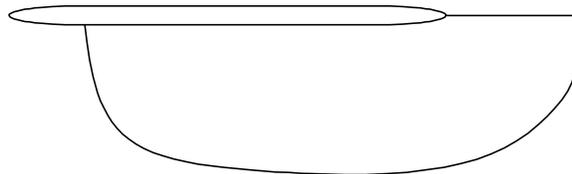
Sweeping works well on ailments that affect the whole body, including overall aches, stiffness, colds, fevers and stagnant energy. This technique also works on localized problems such as injuries or infection, and any illness related to the lungs.

You can sweep someone while they are standing, sitting or lying down. Most people find it more comfortable to lie down. Whatever position the person chooses, have them close their eyes so they are less likely to energetically resist your sweeping. The person may feel the sensation of a cool breeze as you sweep them. You may feel hot spots, chakras or energy ridges as you sweep. All of this is normal.

To sweep with the Wand in any air color you choose:

1. Build an energy blade for sweeping by loading your Wand with the appropriate color and extending a beam 6-12 inches off the tip. Next, point the wand out in front of you at shoulder level, then create the energy blade by whipping the Wand down to 45° and back to the horizontal position. This creates a huge scimitar shaped energy blade wide enough to go all the way through the person's body.

Figure 14.1



2. Start at the person's head and push the energy blade down over their head, shoulders and back sweeping all the way down past their feet. Feel that you are pushing or rolling energy ahead of your Wand as you sweep. Once you get past the person's feet, flick the unwanted energies off your Wand into an upper corner. Be sure you don't direct that energy at anyone else in the room.
3. Sweep the person several times to be sure you have cleared all unwanted energy. If there is a particular area that is inflamed or in pain, start above the area and sweep to just below the area, repeating the sweep 3-4 times before

you flick off the excess energies. To find the exact size of the area, you may have to run your hand along the area, even pushing a little energy through you hand, until you find the energy “ridge” or “hot spot.” The hot spot will push energy back at your hand. The ridge may or may not be exactly where the person is experiencing the pain. You can also sweep the entire body 2-3 times without flicking off the excess energies between sweeps to reconnect their chi and reduce hyperactivity. Considering body flows, this technique restores the downward flow of chi and also restores lung chi which helps calm the body.

4. You can sweep arms and legs the same way you would sweep the entire body. You can also sweep animals.

Pulling With Your Wand

Pulling air with your Wand is very effective for healing small areas of intense pain, such as toothaches, broken or sprained fingers and toes, burns and cramps. Pulling works with the principle that inflammation, or fire energy, cannot burn without air. By removing air energy with your Wand, the inflammation will subside.

There is an exception to this rule. Sometimes pulling with the Wand can trigger psychosomatic problems that we refer to as Bank. If you are pulling on an area and the pain suddenly gets much worse, you have pulled some Bank issues to the surface. Bank, also known as buried unconscious, is the result of suppressed anger, fear and/or grief that has not been dealt with. You will not be able to deal with this situation by sweeping or pulling with your Wand. You may be able to handle it with the touch assist procedure covered in the next section. If you are not prepared to do the touch assist then sweeping the area with your Wand using sky blue will soothe the area and quiet the Bank issue. Symptoms that might indicate Bank issues include toothaches, earaches, heart pain, joint pain (particularly in the elbows, wrists, knees and ankles), lower or mid-back pain, neck pain or colon problems. This doesn't mean that everyone who has these symptoms has Bank issues. Just be aware of these symptoms as you work with people.

To pull air energies with your Wand:

1. Have clear, white and sky blue color sources ready as references.
2. Hold your Wand halfway up with your thumb and forefinger or middle finger. Place the notch end of the Wand 1 to 2 inches above the affected area. Point your Wand slightly downward to honor body flows.
3. Use your intention to draw clear, white or sky blue through your Wand until the pain is gone. You may need to switch between colors to find the right combination.

4. You do not have to point your Wand into a corner – just be sure not to point it at anyone.
5. After you are done pulling you may want to flick excess energies off your Wand into a corner.

Touch Assist

The touch assist technique works well with psychosomatic problems, Bank issues, buried or suppressed issues held in the body, cellular memory, past life issues and chronic or acute problems. The goal of this procedure is to bring the person's intent to heal and consciousness to areas of the body that have been numb, suppressed and/or ignored. Touch assist releases cellular memories, breaks fixations and raises the energetic tone of the area. You cannot do this procedure on yourself.

Touch assist is about awareness therefore it is best to work on one area, wait a day or so then work on another area. This will allow body, mind and spirit time to fully process the information and allow consciousness to sink into the affected area. You will be using your keyed Wand to do the touch assist, but you can also do this technique with an un-keyed Wand.

Follow these steps for Touch Assist:

1. Explain to the recipient that there must be a completed communication cycle for this technique to be successful.
2. Have the person comfortably seated or laying down with eyes closed. Explain that you will be touching them with your Wand and that when you say to them, "Feel my wand," they must respond with an affirmative verbal answer. Again, reiterating the importance of the completed communication cycle.
3. Feel for the energy ridge or hot spot in the affected area by moving your hand 2 to 4 inches above the area of pain, pushing a little energy out of your hand as you do. The energy ridge or hot spot will push energy back at your hand. You will be working above and below the hot spot, not on the spot or ridge itself.
4. Start in the area above the hot spot holding your Wand between your thumb and forefinger or middle finger, in the middle of the wand. Gently touch the person with the notched end of Wand saying, "Feel my Wand."
5. After the person says "OK" or "Yes" you must then complete the communication cycle by acknowledging their response. Say, "thank you," or "good," or "terrific," or "great," or whatever will make your responses and your voice vary each time so that it's fresh and non mechanical. It's important that the dialogue stay engaging – remember you want to increase consciousness and awareness, not put the person to sleep!

6. Continue to work in the area above the hot spot, touching them with the notch end of the Wand 10 to 20 times in different places above the area of pain. It is VERY important to complete the communication cycle EVERY time you've touched the recipient.
7. Move below the area of pain and touch 10 to 20 places using the same response dialog. Do not touch the person in the area of pain – it will not help!
8. You may have to repeat the cycle of 10 to 20 touches above and below the area of pain once or even twice. When you are done, the affected area should feel completely changed. Touch assist works even for very chronic ailments.

5. Exit Ritual, Day Greeting and Day Ending

This week's Exit Ritual is:

Sky Father
And Earth Mother
In Anticipation
I Greet You.

This week's Day Greeting and Day Ending is:

Winds of Knowledge,
In Anticipation,
I Bid You Good Morning.

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Winds of Knowledge,
In Anticipation,
I Bid You Good Night.

