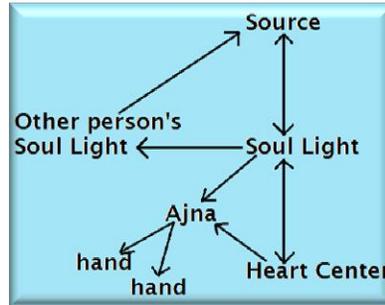




## 2020 NAEH Pre-Conference Practical

1. Align & Attune
2. Balance the Centers (SP, BC, SC, HC, TC, Ajna, Alta Major, Crown)
3. Pancreas  $\Delta$   
Solar Plexus (Ajna) + Pancreas Minor + Pancreas Organ at all levels
4. Liver  $\Delta$   
Solar Plexus (Ajna) + Liver Minor + Liver Organ
5. Spleen  $\Delta$   
Solar Plexus (Ajna) + Spleen Minor + Spleen Organ
6. Thyroid  $\Delta$   
Throat Center (Ajna) + Thyroid Minors Left and Right at all levels
7. Voice  $\Delta$   
Throat Center (Ajna) + Voice Minors Left & Right
8. Ear  $\Delta$   
Throat Center (Ajna) + Ear Minors Left & Right
9.  $\Delta$ Integration  
Ajna (Ajna) + Heart Center + Solar Plexus
10.  $\Delta$ Fusion  
Crown Center (Ajna) + Ajna + Heart Center
11. Grounding Triangles  
Sacral Center (Ajna) + Hip Minors Left and Right  
Sacral Center (Ajna) + Knee Minors Left and Right  
Sacral Center (Ajna) + Feet Minors Left and Right
12. Paired Closing, Close Petals, Blessing

## 1. Align and Attune

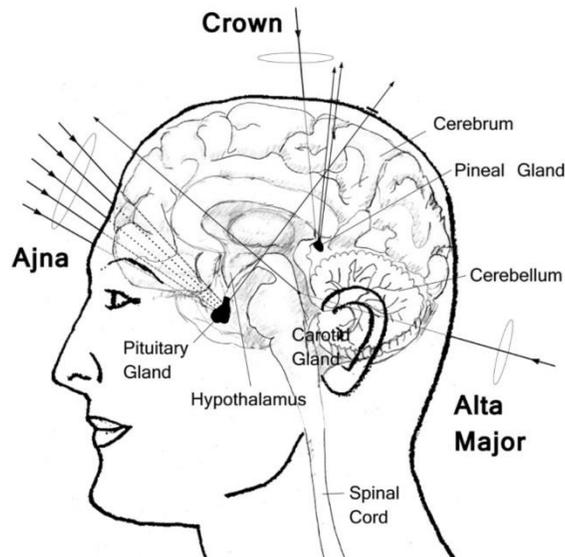


Aligning and Attuning is crucial to our Esoteric Healing work. Our intention is to allow the Spiritual energy of Source rather than our own will or ego to do the work. This way, we are the healing facilitator, not the healer. The true healer is Source, Spirit, God, Universal Energy, Allah, Brahma, or whatever name you give this higher power. We are only the conduit. You can align and attune with yourself by envisioning yourself in a mirror: Align and Attune with your own soul light and with your soul light in the mirror.

Imagine a stream of light moving from your Heart Center through your Soul Light and into the Heart of Source. Allow that Spiritual Energy to flow back down into your Heart Center. Let the spiritual energy expand from your Heart Center into your Ajna, and from there to your hands. Imagine a stream of light flowing from your Soul Light to the Soul Light of the other person who is asking for healing. Imagine a stream of light connecting the other person's Soul Light to the Heart of Source. Ask that healing be in accordance with the will of their Soul and for the highest good.

## 2. Balance the Centers

**Body Centers:** From the side, focus your Ajna on the Solar Plexus Center, locate your left hand on one side where you can feel the inflow/outflow of the Center, and place your other hand on the other side where you can feel the inflow/outflow of the Center. Imagine you are filling the Center with white light and think balance. Repeat this process for the Basic, Sacral, Heart, and Throat Centers.

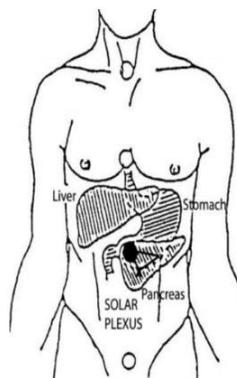


**Ajna:** With your Ajna on the Pituitary Gland, place one hand about 6-8 inches from the Ajna inflow point and place the other hand 6-8 inches from the outflow point for the Ajna; ask for balance (do not hold for more than 10 seconds).

**Alta Major:** With your Ajna on the Carotid Gland, place one hand about 6-8 inches from the Alta Major inflow point at the back of the head and place the other hand on the outflow point for the Alta Major near the front of the head; ask for balance (do not hold for more than 10 seconds).

**Crown:** With your Ajna on the Pineal Gland, place one hand about 6-8 inches above the head above the Crown Center at the inflow point and place the other hand 6-8 inches from the 2 outflow points for the Crown Center; ask for balance (do not hold for more than 10 seconds).

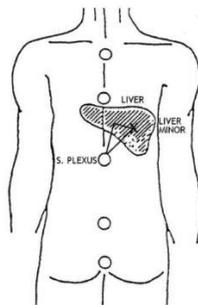
### 3. Pancreas Triangle



**Solar Plexus (Ajna) + Pancreas Minor + Pancreas Organ, at all levels (P/E, E, M, S)**

From the front, and using your left scanning hand, locate the Solar Plexus Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Pancreas, put a finger on the minor, and hold it (remember you can ask for the minor to come to you). Now, while holding your Ajna on the Solar Plexus Center, move your left hand from holding the Solar Plexus Center to holding the Pancreas Organ; hold it with your hand. You now have a triangle. Ask for balance at the physical/etheric level; repeat asking for balance at the emotional level, at the mental level and at the spiritual level.

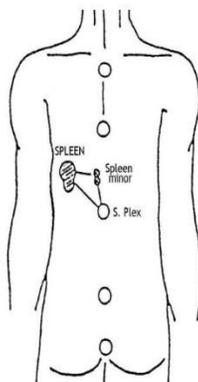
#### 4. Liver Triangle



#### **Solar Plexus (Ajna) + Liver Minor + Liver Organ**

From the back, and using your left scanning hand, locate the Solar Plexus Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Liver minor, put a finger on the minor, and hold it (remember you can ask for the minor to come to you). While holding your Ajna on the Solar Plexus Center, move your left hand from holding the Solar Plexus Center to holding the Liver Organ; hold it with your hand. You now have a triangle. Ask for balance.

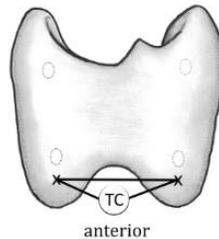
#### 5. Spleen Triangle



#### **Solar Plexus (Ajna) + Spleen Minor + Spleen Organ**

From the back, and using your right scanning hand, locate the Solar Plexus Center in the etheric field and hold it with your hand. With your left scanning hand, locate the Spleen, put a finger on the minor, and hold it (remember you can ask for the minor to come to you). Now, while holding your Ajna on the Solar Plexus Center, move your right hand from holding the Solar Plexus Center to holding the Spleen Organ; hold it with your hand. You now have a triangle. Ask for balance.

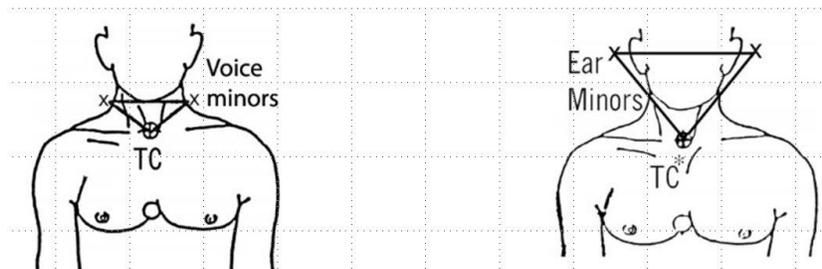
## 6. Thyroid Triangle



### **Throat Center (Ajna) + Thyroid Minors Left and Right at levels (P/E, E, M, S)**

From the front, and using your left scanning hand, locate the Throat Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Thyroid Minor on your right, put a finger on the minor, and hold it. Now, while holding your Ajna on the Throat Center, move your left hand from holding the Throat Center to holding Thyroid Minor on your left. Ask for the minor to come to you. Hold the minor point with a finger. You now have a triangle. Ask for balance at the physical/etheric level; pause, and repeat asking for balance at the emotional level, the mental level, and the spiritual level.

### **Voice and Ears**



These triangles are about speaking our truth and listening, which will support your participation in the NAEH conference. These triangles balance each other, so do these as a pair.

## 7. Voice Triangle

### Throat Center (Ajna) + Voice Minors Left & Right

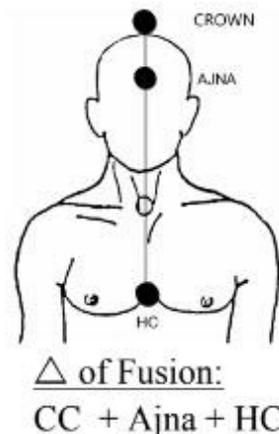
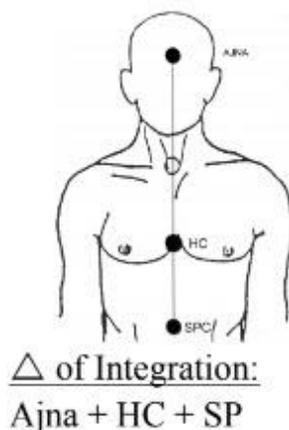
From the front, and using your left scanning hand, locate the Throat Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Voice Minor on your right, put a finger on the minor, and hold it. Now, while holding your Ajna on the Throat Center, move your left hand from holding the Throat Center, up to the Voice Minor on your left. Ask for the minor to come to you. Hold the minor with a finger. You now have a triangle. Ask for balance.

## 8. Ear Triangle

### Throat Center (Ajna) + Ear Minors Left & Right

From the front, and using your left scanning hand, locate the Throat Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Ear Minor on your right and hold the minor with a finger. Now, while holding your Ajna on the Throat Center, move your left hand from holding the Throat Center, up to the Ear Minor on your left. Ask for the minor to come to you. Hold the minor with a finger. You now have a triangle. Ask for balance.

## Energy Triangles



These two triangles support the conference theme and are wonderful to do as a pair just before closing. They support integrating the personality and fusing the personality and the soul.

## 9. Triangle of Integration

### Ajna (Ajna) + Heart Center + Solar Plexus

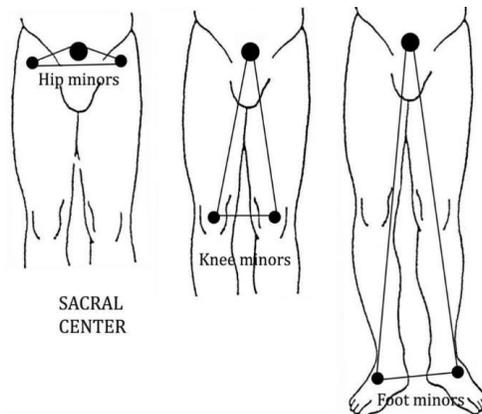
From the front, and using your left scanning hand, locate the Ajna in the etheric field and hold it with your hand. With your right scanning hand, locate the Heart Center and hold it with your hand. Now, while holding your Ajna on the Ajna, move your left hand from holding the Ajna, down to the Solar Plexus Center. Ask for the Solar Plexus Center to come to you. Hold it with your hand. You now have a triangle. Ask for balance.

## 10. Triangle of Fusion

### Crown Center (Ajna) + Ajna + Heart Center

From the front, and using your left scanning hand, locate the Crown Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Ajna and hold it with your hand. Now, while holding your Ajna on the Crown, move your left hand from holding the Crown, down to the Solar Plexus Center. Ask for the Solar Plexus Center to come to you. Hold it with your hand. You now have a triangle. Ask for balance.

## 11. Grounding Triangles



### Sacral Center (Ajna) + Hip Minors Left and Right

### Sacral Center (Ajna) + Knee Minors Left and Right

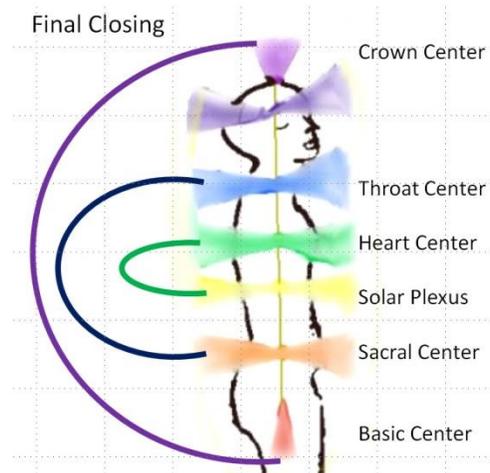
### Sacral Center (Ajna) + Feet Minors Left and Right

**Hips:** From the front, and using your left scanning hand, locate the Sacral Center in the etheric field and hold it with your hand. With your right scanning hand, locate the Hip minor on your right, put a finger on it and hold it. Now, while holding your Ajna on the Sacral Center, move your left hand from holding the Sacral Center, down to the Hip minor on your left. Ask for the Hip minor to come to you. Hold it with your finger. You now have a triangle. Ask for balance.

**Knees:** Keeping your Ajna on the Sacral Center, move your two hands down to put a finger on the Knee minors (ask the minors to come to you). Hold each of them with a finger. You now have a triangle. Ask for balance.

**Feet:** Keeping your Ajna on the Sacral Center, move your two hands down to put a finger on the feet minors (ask the minors to come to you). Hold each of them with a finger. You now have a triangle. Ask for balance.

## **12. Final Closing**



The closing sequence balances the Centers with each other: spiritual will (Crown Center) with physical will (Basic Center); mental creativity (Throat Center) with physical creativity (Sacral Center); love (Heart Center) and power (Solar Plexus).

### **Crown Center (Ajna) + Basic Center (Ajna)**

From the back, place your Ajna between the Crown Center and the Basic Center (or split your Ajna on the two centers you are pairing). With one hand, locate the Crown Center and hold it with your hand. With your other hand, locate the Basic Center and hold it with your hand. With the triangle complete, ask for Balance. When you feel them resonating with each other move to the next pair. Repeat this process for the next two sets of Centers.

### **Throat Center (Ajna) + Sacral Center (Ajna)**

### **Heart Center (Ajna) + Solar Plexus (Ajna)**

**Close the petals of the aura.** Go around the body and move your hands from the feet to the top of the head, closing the aura.

**Give a blessing. Om, Peace, Bliss, Amen.**