



## Healing Nexus

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## *How To See Energy Fields and Auras*

Energy is rising in the trees and is evidenced to me by more vibrant energy fields. I have always seen energy, and I thought I might share the basics of how to retrain yourself to "see" again.

Seeing energy fields is something we are all born with and most of us lose over time from changes in the eyes or as is more common, external pressure from parents, peers or the education system. If you have any doubts as to whether or not we are born with this ability just try the following test. The next time you are at someone's house that has a fairly new baby observe how they watch you. Their eyes will be looking above your head at the field. If you can make your field expand and contract the baby's eyes will follow that movement!

So here's an abbreviated version of how to see energy fields. Find a big tree with vibrant energy. If you live in a northern climate like I do, at this time of year that means an evergreen. Go outside at dusk and raise your gaze a few inches above the tree. Look softly, and hold the gaze for maybe a minute or less. Then move your soft gaze to the 2 o'clock position a few inches away from the tree. Hold that for less than a minute and then raise your attention but not your eyes back to 12 o'clock. You should see a soft bluish, gray band around the branches and leaves or needles. It should be dynamic and not static. If it isn't moving you have gazed too long and created a negative image in your eye. It looks rather like heat waves rising from a pavement in the summer. What you are seeing is the energy field of the tree. Initially your reaction will be to look too hard when the field first appears and you will lose it. Just soften your gaze until you see it again. The trick is really looking at the edge of things or at the gap or spaces in between, it's now a simple matter to begin to see energy around everything, including your own hands.

You can also learn to see by looking at (past) your reflection in a mirror. You need to be in a room with low or no outside light and minimum illumination. A couple of candles placed at about table height below the mirror and to the sides are perfect. You can do this exercise for about 18 – 20 minutes at least once per day for as long as it takes (usually a maximum of 21 days to see colored auras) As above you need to hold a soft gaze and look past your reflection. At some point you will see the same dynamic, grayish- blue energy field dancing around your head. Again, your initial reaction will be to look too intently and you will lose the image. Persist in your efforts and you will be rewarded.

After discovering the initial viewing of your energy field you need to keep up the above practice with the mirror gazing. Eventually, one day you will see soft color flowing around your face and head. The color will be soft, almost like the soft shades you see on fluffy clouds at sunrise; something like a soft watercolor wash. Keep up the practice for a few days and you will begin to see in brighter light as well and you will also begin seeing around other people.

### Aura Photography



© Eveline Fleurman  
Mississauga ON

*Learn to get in touch  
with silence within  
yourself  
and know that every-  
thing in this life has a  
purpose.*

*There are no mistakes,  
no coincidences.*

*All events are bless-  
ings given to us to  
learn from.*

*Elisabeth Kübler-Ross*

- Dennis

## Scheduled Events

Apr 19	Psychic Surgery	St. Walburg SK
Apr 25-26	Dowsing	Toronto ON
April 25-26	Quantum Touch	Edmonton AB
May 2-3	Quantum Touch	Tisdale SK
May 9	Psychic Surgery	Toronto ON
May 9	Psychic Surgery	Edmonton AB
May 16-17	Quantum-Touch	Waterloo ON
May 23-24	Quantum-Touch	St. Walburg
May 23-24	Quantum-Touch	Toronto ON
June 2-7	Dowsing	Edmonton AB
June 13-14	Quantum-Touch	Geneva NY
June 27-28	Lumalight Color Light & Geometry System	Toronto ON
Aug 15-16	Quantum-Touch	Toronto ON

## Check often for Updates

[www.healingnexus.com/?module=events](http://www.healingnexus.com/?module=events)

June 27-28	Lumalight Color Light & Geometry System	Toronto ON
July 25-26	Lumalight Color Light & Geometry System	Vancouver BC
Sept-12-13	Lumalight Color Light & Geometry System	Vancouver BC
Sept 26-27	Quantum-Touch	London ON
Nov 21-22	Quantum-Touch	Toronto ON

*Please note if you are taking the Colour Therapy Workshops and wish to get a discount on your Light set you will need to mention this Healing Nexus or this newsletter.*

### Ongoing Events:

Toronto Healing Circle (first Thursday Evening of the Month) [www.quantumtouch.ca/toronto](http://www.quantumtouch.ca/toronto)

**Register online for one of our life changing events near you and move your life to one of no limits. If you would like to host a workshop in your city please contact us at [nexus@healingnexus.com](mailto:nexus@healingnexus.com)**

### The Healing Nexus Community Discussion Forum

Join like minds to share  
your healing journey.

<http://www.healingnexus.com/forum>

### A Healer's Journey

Tidbits from Dennis' Blog

How to see Energy

Where has all the money Gone?

[www.healingnexus.blogspot.com](http://www.healingnexus.blogspot.com)

### \*Free Download\*

### Blueprint for Freedom

The video is called "Blueprint for Freedom"

Thank you Raymon!

Energy Follows Thought. Our friend Raymon is now offering a 40 minute video that helps you focus healing energy towards those affected by abuse of any kind. You can watch the video and direct your focus or you can follow the methods taught and do it yourself. This is based on Raymon's proven **Energize Your Life** and **Energize Water** techniques.



*"[Abuse] has always disturbed me, especially abuse of women and kids. Well now, it looks like we can do something about it. The plan is to have those who care enough to do something, play the video and direct the energy of it to any home, school, abuse shelter, jail, orphan home or anything else you choose. And if you are really serious, direct it to anyone you suspect of participating in this type of activity."*

**Video Link** [www.raymongracefoundation.org/blueprintforfreedom.htm](http://www.raymongracefoundation.org/blueprintforfreedom.htm)

**Raymon's Newsletter**

**Orbs...**



Meet Star Bear the Cat that Orbs follow  
© Alison Carter  
West Virginia USA



Stephanie & Orb



Spring Daffodils— Bridgewater UK  
© Pam & John Gwilliam



(c) Susan Collins, 2008

© Susan Collins www.dowser.ca

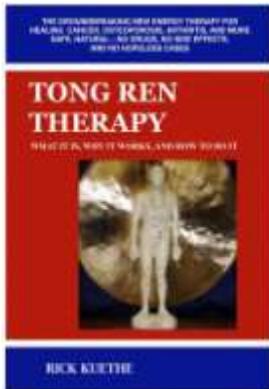
**Picture Gallery**

*Thank you all for Sharing  
Your Pictures with Us!*



© Barbara Philibert  
St. Thomas ON

**Healing Products**

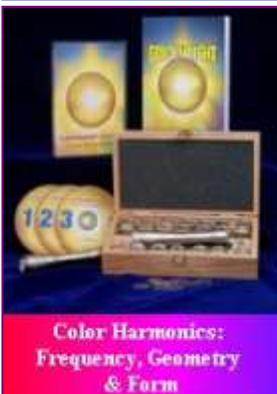


**Tong Ren—no drugs, no risks, no side effects, and no hopeless cases.**

This clear, easy-to-understand book reveals the inner workings of Tong Ren Healing; the scientific reasons for why it works and a step-by-step blueprint of HOW TO DO IT. Rick Kuethe reveals his personal confrontation with his wife's cancer to his evolution as a Tong Ren Practitioner. This journey he will take you on a scientific journey that challenges modern day medical thinking today.

This book is a must for anyone facing serious illness, anyone interested in alternative healing methods and anyone who wonders about the real power of thought energy.

\$ 28.00 USD www.tongrenhealing.ca



**Lumalight for well-being, radiance and beauty**

Color therapy (also described as chromotherapy and *color harmonics*), is a wonderful energy-based modality used in holistic practices and for personal use worldwide. Light is the carrier of our color spectrum from our Sun. Each beam of light is a packet of energy and supports vitality. Lumalight introduces this revitalizing energy through acupuncture points, reflex zones and the aura.

Upcoming Course Details

<http://www.spectrahue.com/colorcourses.htm>



*wellness & vitality  
esthetics & beauty  
color healing  
& acupuncture  
holistic pet care*

<http://www.spectrahue.com>

**Product Coupon Code  
'Healing Nexus'**

Download your copy of  
**GOLDEN LIGHT FREE**  
A \$50 value  
150 of 248 pages

Because of the timing of our Newsletter Lumalight has graciously extended the FREE download until May 1

***Our Next Issue . . .***      **Connecting to Source through Your Story.**  
**The Journey: Angels Around Us.**

## ***The Journey: Listening***



"Imagine a multidimensional spider's web in the early morning covered with dew drops. And every dew drop contains the reflection of all the other dew drops. And, in each reflected dew drop, the reflections of all the other dew drops in that reflection. And so ad infinitum. That is the Buddhist conception of the universe in an image."

*Courtesy of Wikipedia*

--Alan Watts

As we move into awakening and enter the stream, our lives change in many ways. The empathic or the intuitive part of us expands opening up to our sixth sense, which connects to the knowing of all that is, was and will be. Our 'spidey' senses become sharper. Information or direction comes to us in new and interesting ways. Sometimes information comes in dreams; either a waking dream or in slumber. It could be in repetition; waking up in the middle of the night for weeks on end to see the same numbers on the bedside clock of 3:33 or 4:11. Or a smell that lingers; faint music in distance; a voice resonating in your ear, a cold breeze that entices you to shiver. Sometimes it's a déjà vu or a perception of an altered state.

I've learned to pay attention and watch the energy flowing around what-ever-it-is. As always, I am the watched and the watcher. I observe and let my thoughts rest to flow into the connection of what it means.

Two summers ago, for about four weeks, it was the summer of spiders and webs. Suddenly they were everywhere. Spiders and their webs started showing up in places that normally they wouldn't be. In the car a spider web partially constructed on the rear view mirror where none had been a short time before, with no sign of the industrious maker. One morning I woke to a scream from my

youngest son, who was startled by a spider as big as the rim of a coffee cup making it's way across the living room floor.

They joined me in the shower each morning with no fear and no desire to scuttle back down the drain. They made their presence known by crossing my path or quietly resting in places that I wouldn't fail to notice them. And webs—all kinds of webs... on shrubs, trees, bushes, window frames. No web the same—Beautiful intricate webs all unique in their construction, design, location and energetic vibration.

I've learned a lot from spiders. In the energetic flow of the spiders and their webs I could see a pattern that made sense and provided answers to questions I had been mulling over.

By observing spiders and their webs I:

- \* developed a new technique of running healing energy in my treatments
- \* discovered a way of energetically expanding my energy field similar to how the spider weaves it's web
- \* started used an energy cloak or protective shield fabricated as a web for energy protection
- \* received some interesting insight on grandmother spider and the web of life

The most powerful realization for me at that time was in the webs themselves, the patterns and how they were created. Looking at the web I realized that the spider wasn't walking on the sticky part, which led me to wonder why I was walking on the sticky part of what was going on. I had been thinking that there was only one way. The knowledge of that gave me clarity and a template for a project that was doing poorly and needed a new approach. I only needed to stop getting trapped by the sticky parts and move silently on the stronger path.

Quickly as they came—they disappeared. I still see spiders and webs—but not like that summer.

Now when I see a spider or it' web, I stop and connect with my friend. I marvel in wonder at these creatures which seem to hold keys for us to the universe contained in their webs.

♥Kathy

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