



Introduction to Energy Medicine Thursday, September 19, Calgary

Would you like to know more about *how* energy medicine, like Reiki, works and what it feels like? Join Dr. Jelusich who has over 30 years' experience in the energy medicine field and founder of his unique form of energy work for this informative and *experiential* lecture. Often referred to as subtle energy, the practitioner becomes a conduit for healing, allowing that energy to flow through (not from) them. Science has proven the efficacy of energy medicine.

Learn:

- What is subtle energy? How is it measured
- About the 'subtle energy body' that we all possess
- Chakras and the human biofield
- The physical and the non-physical – two sides of the same coin
- The Mayan Breathing Exercise for *Merging, not Connecting*
- What is Reiki, touch for health, spiritual healing, chakra energy
- What is energy medicine and energy psychology
- Is healing work affecting the physical body only?
- Your cells are energy and awareness
- What actually happens during an energy medicine session
- What is Integrative Chakra Therapy®?
- How the energy flows through the practitioner
- How do you know energy is flowing through you?
- Qualitative vs. Quantitative reality – the quantum universe
- Experiential exercises so you can feel the energy flowing through you
- *Ask lots of questions! Lots of time for Q&A*

Dr. Richard Jelusich PRIVATE SESSIONS and Workshops

Dr. Jelusich offers private spiritual counseling sessions in person and by phone/internet. He teaches many public workshops, as well as his internationally-offered course, Integrative Chakra Therapy® subtle energy training program. Dr. Jelusich has been training energy healers for more than 20 years!



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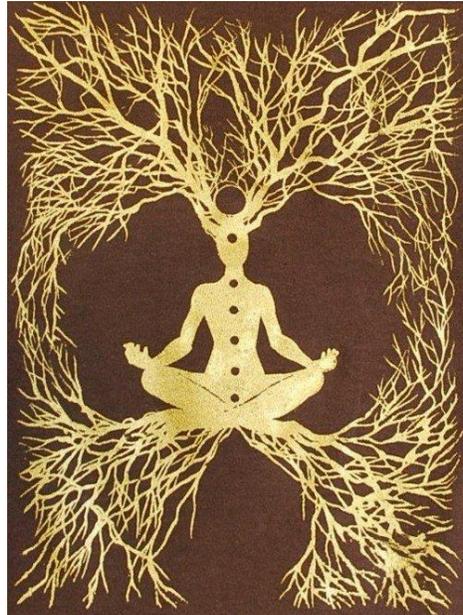


Mayan Breathing Exercise

This is a wonderful exercise for uniting “Heaven *and* Earth”. That is, the point of the exercise is to bring the spiritual nature to the material, and the material to the spiritual, where you are the ‘soul’ in the middle; holding both realities.

Imagine you are a tree: the trunk is your soul, the branches are the Heart of the Sky (spirit), and the roots are the Heart of the Earth (material).

The breath, body movement, and focus of intent are all used in this exercise.



Father Sky (Spirit)
GIVE/RECEIVE

YOU (The Soul or tree trunk)

Mother Earth (Physical)
GIVE/RECEIVE

Begin by reaching up and out towards the sky.

Breathe in and say “Receive from the Heart of the Sky”, and while breathing in bring in your outstretched arms down and in and bring the energy through you, like the trunk of the tree, moving to a bent over position.

The bent over position is breathing out and “Give to the Heart of the Earth” as you are bending down your arms spread out as to give the energy of the Sky to the Earth.

The key here is that this is happening THROUGH YOU.

From the bent over position with arms spread out and down, now breathe in and “Receive from the Heart of the Earth”. As you are breathing in and straightening up, your arms and hands are receiving, pulling in and up through you as the trunk of the tree (like the illustration above).

Reaching up with hands beginning to extend up and out, you are now exhaling saying “Give to the Heart of the Sky”

This is one cycle of the breath. I recommend at least 7 cycles of this breathing technique.

The Mayan breathing technique centers and balances you, bringing in the cosmic energies of spirit, blending them through you and the Energies of Mother Earth. You are the SOUL, who holds both the spirit and the material, Heaven and Earth, within your being at all times.

You are Merging the physical and non-physical, not connecting.