

# AuthorKarenFrazier.com

## Intro to Energy Healing

### Types of energy healing

- Hands-on (reiki, Chios, healing touch, quantum touch)
- Sound
- Light/color
- Crystals
- Aromatherapy
- Herbs
- YOU

### You as an instrument of energy healing

- Intention
- Movement
- Attitudes/beliefs/thoughts
- Tone of voice

### Chakras and Healing

### Ways to use energy healing

- Personal (protection, health, vibration) –Body/mind/spirit
- Change vibration of a person, place, or object
- Release and attraction (such as getting rid of old habits and replacing them with new ones)
- Other people (same as above)
- Animals
- Spirits
- Spaces/places
- Situations
- Universal/terrestrial healing

### Before starting

- Consider meditation
- Set intention
- Positive frame of mind

### Deepening your practice

### Questions?

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