



Chi Ball Attunements

The Chi Ball is one of the most simple and effective ways of sending healing energy and attunements. It is your energy that forms the Chi Ball. You control the energy that goes directly into the Chi Ball. Your intent creates the color, the size; and everything that goes into it. You send it with your breath and energy. Once the Chi Ball is created, you disconnect from the Chi Ball and it stands on its own completely energized and ready to be sent.

To make the Chi Ball, we need to prepare ourselves by centering, grounding and protecting. To Center, bring your awareness to your navel and take a big breath into your belly. You are now in the present moment. Remember energy follows intention, so keep your focus. To Ground, see energy cords like roots of a tree connecting deep into the Earth's core and anchor it somehow. Then to Protect, shield yourself with a Ball of White Light. See it, feel it, know that it is surrounding your entire being. You may also visualize symbols surrounding you like a pyramid, Archangel Michael's Symbol or a Merkaba.

Sit in a chair with feet on the floor. Look at your hands palms up. See them, the lines that create the skin, the fingers, and the palms. Now take your hands and place them at just chest level, comfortable for you to work easily with during this exercise. Go into a meditative state.

Take your hands and face the palms to each other. Hold them close to each other and feel the energy as it builds. Now slowly bring your hands apart to about 4 inches from one another and allow the energy to travel with the motion. The energy is warm, and you can feel it build between your two palms. Mold that energy with your hands to form a ball round and complete. With your hands in this position, please take a breath through your nose and breathe deeply with your diaphragm (solar plexus). Now exhale through your mouth, quietly; and evenly into your chi ball held between your hands.

You are giving the ball your Light Energy. Feel the energy go to the space between your hands. Feel a heartbeat in the space between your hands, and take a moment and feel that energy build with gentle power. Allow your hands to form a ball around the energy you have created.

Once the energy is in the Chi Ball, it is cleansed and purified and made perfect. Chi energy is perfect energy. It also protects you and the recipient of the energy from any negative forces in the sending and receiving of it.

Empower Self

Direct your hands down to your Solar Plexus. Gently push the Chi Ball within you and feel it's energy pulsing. Take a deep breath and direct the ball's energy to flow all through your body from head to foot. Now feel this energy and pay attention to where it flows. Have gratitude.

Empower Others

Create your Chi Ball by calling in your healing guides, angels and/or being of light specific to the attunement (e.g., Quan Yin, Amida Buddha, Tiger, Archangel Michael) to be there with you. Trace long-distance healing symbols if you know of any. Now open the Chi Ball with your dominant hand and then intend exactly what you wish to go into the ball: the persons name, the link, empowerment or attunement to a specific deity, energy or spirit helper, and any other pertinent information needed. See it, feel it, know that the energy is forming. You may also envision the person's spirit sitting before you. I usually feel an angelic presence surrounding my being with their wings. I'll also feel energy pouring into my crown and coming out my hands as my consciousness lifts. Each helper has a different vibration.

I let this energy now flow into the Chi Ball. Take a deep breath and blow that energy into the ball. Now close the ball with your dominant hand. Envision the recipient in front of you. Then imagine you are placing the Chi Ball right into their Crown Chakra. See it filling up their entire being. Take another breath and allow it to blow the Chi Ball off to the person you are sending it to. Send it on its way asking that their spirit go back to their body and easily and safely integrate this energy into their being.

If you have more than one attunement to send to the same person, you may send two Chi Balls, with separate attunements. If you are sending one attunement to several

people, now call on the next person's being with guides and attunement specified already present.

After you have sent the Chi Ball, thank your guides, spirit helpers and angels for their assistance and support.

Receiving Chi Balls

To pick up an empowerment or attunement sent from another Center, Ground and Protect yourself by shielding with a ball of White Light or whatever works for you calling in your healing guides and angels. Go into a meditative state. Then call in the Chi Ball by intent. "I now call in the Chi Ball which carried the _____ (healing energy/attunement) from _____. I accept this Chi Ball now with love, light, peace and gratitude. Visualize the ball opening and entering your Crown Chakra. The energy will pour out of the Chi Ball and begin to attune (initiate) and bring energy of healing to you.

After the attunement/healing session, thank your guides/angels for their help. Pass the energy onto others. This is the key to the power of healing and sending energy: giving and receiving and sharing with intent.

You have activated energy of great power inside of you to help you maintain good spiritual health, peace and serenity. You have given yourself a tool of great assistance to send energy and attunements without absorbing any negative energy in the process. You provide yourself with proper shielding, maintain compassionate use of energy, and send powerful attunements and healing to those in need.

Receiving attunements will boost your own healing energy and connect you to more spirit helpers. Sharing attunements also boosts your energy and feels oh so good!