

# Divine Grace Healing

## The Christa Energy Initiation

Congratulations on your decision to become attuned to the Christa (*cree-sta*) Energy.

### **The Passing Ritual: What Happens**

The ritual used to pass on the power of the Christa Energy to another person takes about fifty-five minutes to an hour to complete and is divided into a seven steps. Throughout this initiation, you will participate by allowing the passer to work with your High Self and through your willingness to open to the Energy. To allow this process to flow as smoothly as possible you will be asked to mentally move to each respective chakra “energy wheel” and mentally repeat the mantra every so often. This vastly decreases the amount of time and allows things to be done most efficiently.

### **Preparation**

Throughout most of the ritual, you and the passer of the initiation are seated directly in front of each other or I will stand or kneel as I work on the upper and lower chakras. I prepare for the initiation by opening and grounding and then connecting up to level one of the Christa Energy, bringing it through my body and grounding it deep within the Earth. Next, I will call forth and connects with your High Self, asking for guidance in this work with you.

#### **Step One: The Christa Energy is Placed within Your Heart**

The passer first places the Christa Energy within your heart and wraps it securely around your soul. The Christa Energy begins to vibrate your soul and wake it up, helping you can get more in touch with your High Self and with your soul’s mission and purpose.

#### **Step Two: Your Spiritual Energy Channels are Extended**

In order to attune, or join, you to the Energy, the passer must first work with your existing spiritual energy channels. Specifically, I builds onto them so that they extend up to and connect with the high vibration of the Christa Energy. I then creates an opening in the channels, allowing the Energy to begin to flow to you.

### **Step Three: Your Body's Energy Channels are Opened**

Next, the passer completes your initial connection to the Christa Energy by opening the necessary channels within your physical vehicle. I does this by working through your chakra system and out to the channels that run between and connect all of your bodies—beginning with the spiritual body, then the mental, the emotional, the etheric, and the physical. Channels are also opened in your arms and legs at all bodily levels, and to the Earth chakra below your feet.

The Energy first comes in through the channels opened in your crown chakra. It then works its way down through the channels opened in all levels of your body, including your arms and legs. Once it reaches the base of your spine, the Energy spirals down through your Earth chakra, traveling through the Earth where it is tightly wrapped around and anchored to her core.

### **Step Four: The Vortex Grid is Laid**

Next the gridwork for your vortex of protection is laid. The grid, an intricate network of pathways unique for you, originates from the core of the Earth. It then runs up through your Earth chakra and into all of your bodies, and finally extends up to your High Self. This network of pathways serves as a blueprint for the Energy to follow when building your vortex of protection. As you bring the Christa Energy into your channels (through the daily exercise described on page 9), the vortex then fills in and around these pathways and creates a tightly woven inner suit of protection.

Before moving on to the next step, the passer brings in more Christa Energy for you through your crown chakra. I watch it flow through your body, down to the earth, and back up through your body to your High Self, checking to make sure all channels are open and strong.

### **Step Five: A Protective Seal is Set in Place**

Next, the passer stands at your side and places a seal<sup>3</sup>—delivered to her by Archangel Michael, the keeper of seals—on your third eye. This seal, which cannot be interfered with in any way, secures the protection while you are building your vortex.

### **Step Six: The Christa Energy is Activated**

While still standing next to you, the passer sounds the mantra “OM JAI CHRISTA.” The vibration of this mantra activates and empowers the Christa Energy within you. It means “*Victory to the Christ Consciousness within you.*” You will use a slight variation of this mantra when you work with the Christa Energy in the daily exercises.

### **Step Seven: The Ritual is Closed**

Now that you are connected to the Christa Energy and your energy channels have been opened to it, the Energy flows through you in a spontaneous and continuous way. As you go about your daily life, this flow is directed out to the world through your

heart chakra. When you do the vortex-building and self-healing exercises, you are directing the Energy inward to do specific work . The more you consciously focus and use the Christa Energy, the more Energy you will bring in and have available to you.

During this initiation I've also been directing the Energy to do specific work within your energy bodies. Now that this work is completed and I will tell the Energy that I'm done and give thanks for its assistance. These words of thanks tell the Energy to return to its spontaneous outward flow. I also return your chakras to their normal levels of opening for daily functioning.

The daily vortex-building and self-healing exercises you will do to complete your initiation to level one follow a similar pattern to your initial encounter with the Energy in this passing ritual. The instructions for these exercises are detailed in the following sections.

<sup>3</sup> The seal is a five pointed star with the Bindu symbol (a small crescent moon with a little white circle on top) in the center. The star symbolizes physical manifesting and the Bindu represents the Source of Creation and limitless consciousness. It contains the blueprint for Creation.

## Level One Daily Exercises

You are now ready to work with level one of the Christa Energy. For the next sixty to ninety days you will be working with level one of the Christa Energy to build your vortex of protection and to advance your self-healing work.

In these exercises, keep in mind that you are working with the Christa Energy in a cooperative and interactive way for the specific and intentional purposes of building protection and self-healing. In other words, these exercises involve more than just calling in the Energy and letting it "do its thing." They require your active input, attention and direction. Be prepared to put your full attention into these exercises and you will achieve more satisfying and effective results.

### How to Build Your Vortex of Protection

Follow these basic steps to build your vortex of protection:

- 1: Sit in a comfortable, upright position. Close your eyes. Draw in and release several deep breaths to settle your body and quiet your mind.**
- 2: Mentally bring your attention to the Christa Energy flowing through you and ask it to build your protective vortex. Say to it, "Christa Energy, build my vortex of**

**protection.”** This lets the Energy know that you now want to work with it in a conscious and directed way.

Feel the Energy coming into your crown (or imagine the flow if you cannot feel it yet). Let your awareness travel with the Christa Energy as it makes its way down all of your chakras, as it passes through the base of your spine and spirals down through your Earth chakra below your feet, and as it reaches deep into the Earth and wraps around her core. Continue to follow with your awareness as the Energy spirals back up through your energy bodies all the way to your High Self.

How long it takes the Energy to make this up and down journey may vary from day to day. It may even make the journey several times in one session. Be sure to allow at least three to five minutes.

Your body may sway, rock or spin slightly as the Energy bounces and darts around within the chakras and out to all of your energy bodies. You may also feel a sense of peace, balance and strength flow through you while working with the Energy. When vortex building work is done for that day's session, you will receive some sort of signal—such as a deep breath, or the stilling of your body.

Even if you do not feel the Energy at first, you can trust that it is flowing through you and that it knows how to build your vortex.

**3: While the Christa Energy is building your vortex, chant the following mantra, either mentally or out loud: OM JAI CHRISTA NAMAHA.**

This mantra means “I surrender to the Christ Consciousness within.” Reciting this mantra while working with the Christa Energy will help you hold your awareness inward and awaken more of your own divine nature.

Continue to chant the mantra until you feel that the Christa Energy has finished its vortex-building work for that session. If you find that your mind has wandered off at any point during this exercise, gently and without judgment, come back to the mantra.

## **The Self-Healing and Protection Exercise**

This exercise picks up where the vortex-building work stops. From your High Self, the Energy descends once again and is ready to clear, heal and balance all levels of your being. Follow the self-healing and protection exercise as it is outlined below.

**1: Begin by placing your right hand over your Heart Chakra, between the breasts. Keep it there during the entire exercise.** This signals the Energy that you are ready to work with it for self-healing.

In this exercise, you will be directing the Energy inward through your major chakras, or energy centers. Each chakra governs different physical systems and

functions within the body and they extend through to all levels of your being. So, by working through the chakras, you can bring clearing, healing, balance and protection to not only to your physical body, but to your etheric, emotional, mental, and spiritual bodies as well.

And, as you bring in the Christa Energy for your self-healing you also bring it to the Earth for her healing.

- 2: Place your left hand over your Third Eye Chakra (at center of the forehead). Mentally declare your intention to bring clearing, healing, balance and protection to this chakra, to all its related systems, at all levels of your being.**

Use the following directive or come up with your own: "I now direct the Christa Energy to my Third Eye chakra to clear all distortions, blockages and interference at all levels of my being. Heal and protect this energy center and restore it and all its related systems to full balance and alignment with God."

- 3: Chant the mantra OM JAI CHRISTA NAMAHA while holding your hand over the Third Eye area.**

Leave it there until you feel the Christa Energy shut off or get some other signal that the chakra has taken in all the Energy it can for this session. How long you hold your left hand over an energy center will vary from center to center, and from session to session. Generally, plan on allowing between one to five minutes per energy center.

- 4: Repeat steps 2 and 3 for each chakra, following this sequence:**

- the Throat Chakra (at the front base of the neck)
- the Psychic Center (over vertical center of the breast bone)
- the Heart Chakra (place the left hand over the right)
- the Solar Plexus (below the sternum and above the navel)
- the Navel Center (over the belly button)
- the Sacral Chakra (below the navel, directly above the pubic area)
- the Root Chakra (at the perineum, place the left hand between your upper thighs)
- the Earth Chakra (below the feet, point the left hand toward your feet)
- the Crown and Upper Chakra (hold the left hand at the front top of the head, fingers pointed up)

- 5: If you would like to send more healing Energy to a specific area of the body, do so now, keeping the right hand over your Heart Chakra. If you cannot reach the area with your left hand, send the Energy to it mentally.**

**6: Use the following procedures to close your self-healing session:**

- A. Remove your right hand from your heart chakra. Direct the Christa Energy to return to its spontaneous outward flow by offering a few words of thanks for its healing and protective work in your life.
- B. Then, return your chakras to their normal functioning levels of openness. On an exhalation, slowly sweep your left hand down the center of your body in front of all your chakras, including your Earth chakra, in one smooth stroke.

Note that you can continue to use this self-healing exercise even after your vortex of protection is complete. It can be especially helpful any time you experience a health problem or are feeling out of balance.

## **Tips for Daily Work**

Use the following tips to enhance your daily work with level one of the Christa Energy.

### **Establish a Regular Time**

Set aside twenty to thirty minutes, once a day, to do your work with the Christa Energy. (This is enough time to do both exercises.) Find a time of day that works for you on a fairly consistent basis. Establishing a regular time that is part of your daily routine will increase your chances of actually getting your Christa Energy work done for the day! Also, choose a time during which you are free from other demands or interruptions and have adequate mental and physical energy.

### **Sit in an Upright Position**

While working with the Christa Energy, sit in an upright position with your spine straight so that the Energy can flow unrestricted. This position helps your mind stay alert and your attention focused during the exercises. Feel free to support your body with props such as pillows or foot rests if these will help you maintain an upright position. While it is possible to do the exercises lying down, you are more likely to lose concentration or drift off to sleep in that position.

### **Merge With the Earth**

In whatever way is possible for you, make time each day to physically merge your energy with the Earth, to connect with her in an intentional way. Here are some possibilities:

- Go for a walk and concentrate on feeling your energies going into the Earth.
- Meditate outdoors while sitting on the ground, a rock or log. Lend your awareness to the feeling of the surface on which you are sitting as well as to the sounds and smells around you.

- Visit places in Nature you find beautiful and intentionally send the Earth your feelings of appreciation and gratitude for that beauty.
- Step outside and breathe in the fresh air for a few minutes. As you inhale, feel the air as it comes in your nose and makes its way to your lungs. See it merge with and give life to all the cells of your body. With each exhalation, send out your love and appreciation to the Earth.
- Spend a minute or two standing barefoot on the ground. Imagine your legs extending deep into the Earth. At the same time, stretch your arms up to the sky. Feel the energy of Spirit and the energy of the Earth merge and come to life within you. Give thanks for your physical vehicle and all that it allows you to experience and do through it.

Any intentional activity that connects you to the Earth will help you ground both the Christa Energy and your personal energy. This brings balance to your physical body and enables you to physically carry or hold the high vibration of the Christa Energy so that you can utilize it on Earth and be a true conduit between Spirit and matter.

### **Abstain from Sexual Relations**

Until your vortex of protection is built, it is best to abstain from sexual relations. The merging of energies that happens during sex creates opportunities for taking on your partner's energies. Prior to the full completion of your Christa protection, everything your sex partner carries can come right into you. This creates holes in your protection that then need to be repaired, slowing the building process. In other words, while it is not impossible to build your protection if you are sexual, it will take longer.

Remember, too, that the whole purpose of building your protection and doing the self-healing work is to protect yourself against interfering energies and to restore the fullness of your personal power. This includes once again having true free will or choice. Once your protection is complete you are free to have sexual contact with anyone without danger of taking on his or her energies. The only way another person's energies can come into your system is if you choose to allow them to do so.

### **Set a Pace You Can Handle**

The Christa Energy is a very high frequency energy, it will take time for your physical body to adjust to it. Also, working with the Christa Energy quickens your healing process because its high frequency loosens all of the lower frequencies within your bodies and brings them up for release. Ultimately, however, you have control over the pace of your attunement to level one of the Christa Energy and over the pace of your self-healing. Throughout your work with the Energy, let yourself be guided by your High Self, and by your own intuitive self-knowledge, as to the pace you can handle.

Be aware that, in the process of taking back your power through your self-healing work, the forces that have benefited from your relinquishment of your power will likely

do whatever they can to get you to stop. Your vulnerabilities, especially at the emotional level, may be played upon. Old emotional issues or physical problems may surface; subconscious belief systems might be exposed or challenged. In other words, the ride could get a little bumpy at times.

Whenever this happens, step back and remind yourself that the Christa Energy is with you, building your protection and working with your High Self to guide this process. The Christa Energy is a very powerful and balanced energy. Let yourself be calmed by it and in doing so create the space you need to “weather the storm.” It may even help to “celebrate” the experience, to see it as a sign of progress in your healing. Then, as soon as possible, make arrangements to work with a Christa healer to complete the release of whatever has surfaced at this time.

### **How to Know When Your Protection is Complete**

As mentioned earlier, it usually takes between sixty and ninety days to completely build your protective vortex. The first sign that your vortex is complete is that you will likely lose desire to do the vortex-building exercise. If this loss of desire to do the exercise persists for more than a few days, then contact me to check on your Energy.

If this loss of desire occurs before the sixty days—or if it lasts for only a day or two this may simply indicate that your systems were reaching overload and needed a break. If this is the case, just resume your daily work with the Energy when it feels appropriate and continue until you reach the usual completion time period. Then contact the person who initially attuned you to the Energy and ask her to check your vortex for you. When your vortex is complete, you will be safe to go out into the world to speak and demonstrate your truth.