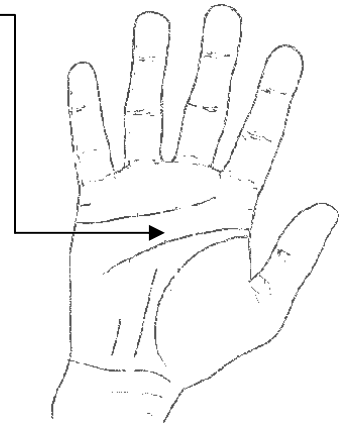


**Healing Yourself: Hermes Workshop Worksheet Page: Atlantean Healing Technique**  
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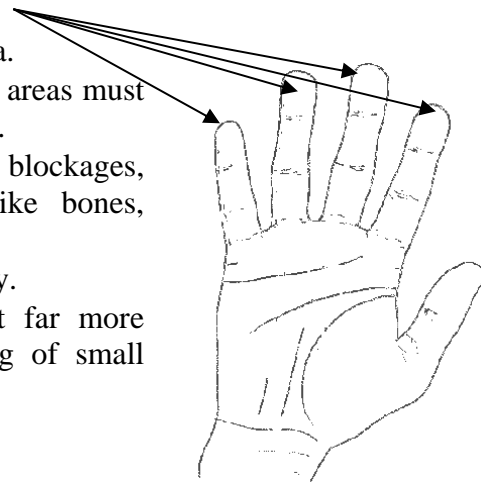
**Healing from the Palm:**

- Large amount of energy spread over a wide area.
- Good for general energy balance or to move negative energy out of a large area quickly.
- Use the palm to flood a large area with energy to kick off the healing process. Use it to bring overall energy balance to the injury. Use with healing from the finger tips for more complete healing work.
- Break up large blockages of energy quickly.
- Charge up the body part with energy so that it can heal more quickly or to assist the body in combating infection.



**Healing from the Finger Tips:**

- Small amount of focused energy into a small area.
- Used for healing on a fine level, where pinpoint areas must be targeted with a finely focused beam of energy.
- Good for splicing, the breaking up of small blockages, encouraging healing of specific elements, like bones, tendons, muscle, repair of fine tissue.
- Break up small areas of energy blockages quickly.
- Much more tedious than using the palm but far more effective when the injury involves the healing of small fractures and tears.



**Exercise 1, using the palm:**

1. Using your palm place it over the injury or area to be healed and gently push (imagine) energy from your palms into the area. This is very similar to making an energyball RC1. But instead we are creating this energyball inside the body. Touch your hand to the body part to be healed. There should be no space.
2. As you work in the energy take note if the pain increases or decreases. If pain increases in some part under where you are applying the energy work that area in your mind over and over again until the pain subsides or lessens. When all the pain subsides or is lessened you are done for now. Move on to the finger method for finer healing if needed.

*Results from Exercise 1 (record your sensations and or experiences and thoughts here):*

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**Exercise 2, using the finger tips:**

1. Use one two or three fingers and place them on the area where the injury is. Touch your finger tips to the body. There should be no space.
2. Gently start to vary the pressure from light to moderate light on each finger in sequence. While you do this push a small stream of energy out the tips of each finger. Continue this motion and in small amounts move your fingers around the injury. When you reach a spot where the pain increases. Use move one of your fingers, to that specific spot and gently apply pressure while pushing energy out your finger tip into that exact spot. The pain may increase this is ok and good. Keep this up until the pain subsides or decreases.
3. Repeat step 2 again in a different spot until you get all the small areas of pain to decrease or go away. You are literally burning away energy blockages and causing the tissue to heal at a faster rate,

*Results from Exercise 2 (record your sensations and or experiences and thoughts here):*

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**Notes:**

- If it is an open sore or wound do the healing work on top of a bandage or some kind of covering. Never touch an open wound with your healing hand.
- Be patient. Healing this way takes time but does work well.
- You may not see immediate results after this treatment but sometimes you do. Mostly you will see a significant relief of and healing over the next several hours.
- Do not heal the same area constantly. Work on it for 5, 10, 15, or 60 minutes at a time then take a break for at least three times the amount of time you just spent healing. So if you work on this healing for 30 minutes do not do a new healing for at least an hour and a half. You can if you like give small tune-ups or short bursts of healing during this time if you like. You need time to recharge your healing battery and the wound needs time to follow your healing direction.