

Chi Balls

The Chi Ball is one of the most simple and effective ways of sending healing energy and attunements. It is simple because it is your energy that forms the Chi Ball. Your Light that fills 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 on your breath and energy.

The Chi Ball is created by you, and your energy; yet it safely helps you to send energy, since once the energy is in the Chi Ball, 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 learning what centering is. Centering is a simple way to generate energy without draining yourself. It is creating a power point in your own being that you can always rely on to energize yourself and help you eventually form the Chi Ball without stress or strain.

Centering is the central power of martial arts.

It develops Chi the life force itself.

First and foremost, shield yourself with a Ball of White Light to protect you and the energy you are about to build for yourself.

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.

Take your hands and face them palms at each other. Hold them close to each other and feel the energy, the heat 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 breath with your diaphragm deep and strong. Carry the breath to your solar plexus and draw it deep. Now exhale through your mouth, quietly; and evenly. Take two more breaths. On the fourth breath, you will now direct the exhale to the palms and blow your breath into the space between your hands. You are giving the space/ball between your

hands 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. Direct your hands down to your Solar Plexus. Gently push this ball of energy into your Solar Plexus. Feel the ball move within you and feel the ball beat gently within you. Take a deep breath and direct the ball's energy to flow all through your body from head to foot. Feel the energy flow through you. This energy will be the energy for creation of the Chi Ball. This energy is the basis for your ability to center. Centering is two fold. One is for energy sending and the other is to provide you with power. You may ask, why power? In this day and age, stress and anxiety is everywhere. If you remain centered, you remain calm. All you need to do to activate this centering energy is to touch your Solar Plexus! Try it! You will feel a gentle surge of energy move through you that will go to that place of anxiety and gently create calm. It is a place of power that you can move anywhere through your body to heal and calm anxiety or pain. This energy is permanent. It will never leave you, and will serve you anytime you need it.

Let's look at healing and attunement energy
with the Chi Ball.

Why use a Chi Ball? It is sending pure energy. Once it 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. To make the Chi Ball, first surround yourself with a ball of White Light. Call in your guides, healing guides and angels to be there with you. Now is the time to gently touch your Solar Plexus to give it the signal that you are activating the centering energy. Then simply place your hands palms facing and form a ball of energy. Mold it with your hands to any size you wish. First, give it color. For instance, if you wish to have a gold Chi Ball with a white stripe around the middle; speak to the Chi Ball and intent the Ball to be gold and have a white stripe around the middle. Then take that deep breath through your nose and blow the breath out the mouth into the ball you have just formed with your hands. Now it is time to fill it with energy. Open the ball with your dominant hand, and then intent exactly what you wish to go into the ball the person's name, the amount of time it is to be used; and any other pertinent information needed to intent the attunement. Take

a deep breath and blow that energy into the ball. Now close the ball with your dominant hand, and take a deep breath, and intent the ball on your breath to go to the recipient of the Chi Ball. Take another breath and allow it to blow the Chi Ball off to the person you are sending it to, and bless it and send it on its way.

If you have more than one attunement to send, you may send two Chi Balls, with separate attunements. When I send Chi Balls with the Melchizedek Gold Light attunements, I indicate that the first Chi Ball with the Gold Light attunement to be opened first, and after it is received, the second one with the Rainbow Light/Merkaba activation may be opened. I am user specific about all Chi Balls I send, and I indicate to the client exactly what to expect and how long the Chi Balls will be there for use as needed.

After you have sent the Chi Ball, take a cleansing breath and thank your guides and angels for their assistance and support.

To pick up an attunement from a Chi Ball is as simple as intent.

Shield yourself with a ball of White Light, call in your healing/attunement guides/angels, and 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 directly in front of you, and open it with your dominant hand. Then intent the attunement out of the Chi Ball. It will pour out of the Chi Ball and begin to attune/bring energy of healing to you. After the attunement/healing session, thank your guides/angels for their help, close the Chi Ball and if it is there for specific periods of time to use, indicate that you will use it later. It will stay where you put it until the next session. If you are through with the energy within it, all you do is take a breath and send the Chi Ball into the Light to be used to help heal, bring peace and help the world and universe in this time of need. This is the key to the power of healing and sending energy: re-seprocity giving and receiving. Sharing with intent.

Cleansing Chi Balls can be made quite simply the same way. Form the Chi Ball, then intent the Chi Ball to be a washing machine for the energy you desire to be cleansed. You may place any energy sent to you by remote/intent in the Cleanser Chi Ball, and remove any negative energy from it. After the cleansing takes place usually only a minute at the most, open the Chi ball and then intent that energy to you.

Chi Balls can be sent with healing energy within them. Send them exactly the same way, but intent the healing energy used, the name of the person, the location/current information/ illness to be treated. What you have done is two steps. You have activated energy of great power inside of you to help you maintain good spiritual health, peace and serenity; and 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 will provide powerful attunements and healing to those you serve in your work/practice.

Be blessed in your work and be blessed in your life.

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