

## A Technique for Raising Your Energy

For most occult / manifestation practices to be successful, you need to have a certain amount of energy built up. Here is my technique for doing this ...

You need to start by imagining you have a second pair of hands. How they look is not important, the visualization does not even need to be clear. The important thing is that you can imagine them effortlessly gliding through your physical body.

Now, if you've never done this before (or it's been a while) then we need start by opening up your energy pathways a little and to remove any blockages you might have.

The best way to do this is by producing some tactile sensations with your imaginary hands. There are many ways this can be done.

You can make a brushing motion, like you do when painting a wall (or sweeping a floor)

You can make a stirring motion, like you do when stirring a thick can of paint

You can make a tearing motion, like you do when ripping up a piece of paper

You can make a picking motion, like you do when tearing off a piece of bread

You can make a crushing motion, like you do when crushing peanut shells

You can make a clawing / raking motion, like you do when dragging your fingers through sand

I'm sure you can come up with others. Try a few out and pick one that feels comfortable to you.

To open up your energy pathways, we are going to start at your feet. It is one of the major places for energy to enter your body. I am going to use the stirring motion in my examples, but feel free to replace this with the one you're using.

Move one of your imaginary hands to bottom of one of your feet. Slowly stir your foot with one of your fingers. It can be small circles or large circles, it doesn't really matter. Just make sure your imaginary hands move in and out of your physical foot as you stir. Do this for a good 10 minutes.

Now, move to the top of your foot and do this again. Then your leg and then your thigh. Move to your other foot / leg and do the same there. Then onto your groin, your belly, your chest, your neck, your face and finally the top of your head. As you move through your body parts, feel free to spend less time on each one. You will start to get familiar with the exercise and your intent will start to take over, and so there is no need to spend a lot of time on each one.

Eventually you will start to feel sensations in your physical body. These sensations can be a slight vibration, a cooling or warming feeling, a subtle breeze on your skin or a lot times some involuntary muscle

twitching. These are all good signs. This means you are becoming more aware of the energy inside of you, and you are starting to clear blockages.

Set aside 20 minutes each day and do this exercise for a week or two. As you progress, there is a more advanced technique you could do too, though it is optional. Try splitting your awareness on more than one body part. For example, when stirring your foot, try stirring both feet at the same time. Try both legs, try completely different body parts, try four different body parts! Doing this not only makes the exercise quicker, but it trains your awareness to follow your command and greatly enhances your visualization skills.

After the 1 - 2 week period is over you can move onto the main technique.

Again set aside 20 minutes each day, and this time, starting at your feet again, imagine running your hands through your body from the bottom of your feet to the top your head. This should be done in one quick motion. I find the clawing / raking motion easier to visualize for this, but choose what works best for you. Now do this again, but from the top of your head to the bottom of your feet. Now continue to do this over and over again, back and forth, in a rhythmic motion for the rest of the 20 minutes.

That is it! Do this technique every day and you will start gaining more energy. Every once in a while I would suggest going back to the first method, just to clear out any new blockages. Eventually your subconscious picks up on this too, and it will sometimes do the technique on its own.

You should also start noticing a slight difference in your life. You will feel a little calmer, situations will resolve themselves easier, things will start happening in your favor. I'm not saying miracles will happen, but things will be a little bit different ...

Source: A Technique for Raising Your Energy by TheSunAndTheShadow. See it here, including comments and discussion.  
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