

Hands-On

Introduction

People in the Thursday group participate in hands-on both as givers and as receivers. It's time for more clarity for both people giving and receiving.

Hands-on is part of the work at the meetings. *Hands-on is not massage. Hands-on is for more of God's energy to flow into the body of both the receiver and the giver.*

Jesus Using Hands-On

Jesus wanted the energy of God to heal people. Jesus didn't say to God: "Father, I'm going to add a little something to Your Energy so that the blind person will see." Or "Father, You're almighty and all powerful, and I'm going to 'juice up' what You do. If I add my will or my thought or an affirmation to Your Energy, I'll improve Your Healing Force."

Charles Guiding Us With Hands-On

Socorro and I are probably the only two people coming to the group that have been guided-taught by Charles in how to have hands-on a person. Charles' primary instruction is to get out of the way and to be grounded, present and relaxed. Then God can come through more. The more that we're 'doing something' or thinking something, the more that we're in the way of God coming through.

Charles has coached me multiple times when I've had my hands on a person. His instruction is clear: be present, be grounded, be relaxed and receive. Yes, he says to receive; not to try to give when we have hands-on.

Our Group Is The Only

Our group is the only group that has everyone participate in hands-on. One group has been meeting for over ten years and the group members haven't done any hands-on work. Other groups have been meeting for many years and still no hands-on by anyone other than the person leading the group. Our group is doing this hands-on work so that everyone can open faster. Having hands-on a person can help the other person. Having your hands-on a person also helps you to open, to receive more.

You're Asked To Put Yourself Aside When Putting Hands-On A Person

Sometimes people who have been trained in hands-on energy work have the hardest time getting out of the way. They 'have been trained' and they think they know how to have more energy or have a certain type of energy come through them.

These trained people are welcome to do anything they want to when they're not in our group setting. *In the group setting, everyone is asked to get out of the way; to give up their techniques, to give up their ways of directing energy, to give up their ways to enhance a certain type of energy (like strength or peace).*

When having hands-on in group, be grounded, be relaxed, be present and get out of the way so that more of God (rather than you in your knowing and in all of your trained or imagined abilities) can come through.

Getting Out Of The Way

Getting out of the way is a non-effort. Getting out of the way is a surrender. Getting out of the way is deeply knowing and feeling that God's will, God's strength and God's healing force is preferred over *anything* that we can do. When we feel to the core that God can do a better job than we can, then we're open and surrendered to a force greater than us. In this knowing that anything we try creates an interference to God, then getting out of the way naturally happens with no effort. Then getting out of the way seems a 'no brainer.'

The Giver

The giver is like a piece of copper wire that electrical energy flows through. The copper wire generates no energy that makes the light bulb light up. The copper wire conducts energy from the energy source to the light bulb. The giver of hands-on produces no energy. The giver of hands-on doesn't direct the energy. The giver is like copper wire; transmitting an energy that is not their own. The copper wire doesn't determine the amount or the type of energy that it conducts. The giver in hands-on also doesn't enhance or direct or manipulate with thoughts or with affirmations.

The giver of hands-on is not to direct any special energy like directing strength or peace or healing or forgiveness or for the receiver to release. There is no 'type' of energy for the giver to direct. There is no directing of energy. There is being a transparent life form where energy comes through. The giver is not looking for any results or for any effect. Any thinking or directing or wanting is getting in the way.

The giver is to feel grounded, present and relaxed in their body; no spacing out or going into la-la-loving land. The giver is to relax yet have an aware presence. The giver listens to where to put their hands, when to move their hands, and how much pressure to apply; becoming as transparent as possible so that God's energy can come more fully through.

The Person Receiving

The person receiving hands-on is to receive. The person receiving is not to direct the 'giver' as to where to place their hands or where to move their hands to. The person receiving hands-on is not to tell the person to apply more pressure. Again, hands-on is not massage, though a pressure similar to massage may happen. The person receiving is to receive; not to direct except if the physical pressure is too painful.

If the giver's hands are guided to add a physical pressure, follow the guidance. If the person giving hands-on is causing excessive pain to you, let the person giving know this by tapping their hand. If there is a lot of pain, the receiver can tell the other person. The person receiving needs to feel safe at all times.

Tapping the hand of the giver is preferred rather than being verbal. This keeps the giver-receiver connection at a sensory, and not at a verbal, level. Keep tapping until the pressure is okay. And do speak up if the pain is excessive and the giver's response is not fast enough.

Closing

When we're giving, may we become a transparent messenger of God.
When we're receiving, may we be humble, surrendered and receive.