



**Creating and using  
Chi Balls to send  
Healing Energy  
and  
Distance Attunements**

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## Chi Ball

Using a Chi ball is an effective and amazing way to send healing energy and attunements distantly. Your intention creates the colour, size and content of the Chi ball and is a pure way of sending energy with protection.

There is a two part process to follow when you first work with Chi balls.

The first part is a one time process to follow which will create a Chi ball that will be permanently in your solar plexus and enable you to centre yourself whenever you need to simply by touching your solar plexus. You only need to do this process once as the energy is with you permanently.

The second process enables you to generate a Chi ball to send healing energy or attunements to others.

### **First Step – this only needs to be completed before you send your first Chi ball.**

- Sit with your feet on the floor and visualise a pure white light surrounding you and protecting you.
- Look at your palms and focus on the lines, skin and fingers for a few seconds and then place your hands at chest level.
- Take your hands and face the palms at each other – hold them close together and feel the energy and the warmth between them.
- As the heat and energy builds, move your hands apart slowly until they are 4- 6 inches apart and allow the energy to travel as you move them apart.
- Mould the energy between your hands into a ball shape – totally round and complete and feeling the energy building as you do this.
- Keep your hands in this position and take a deep breath and draw it down to your solar plexus.
- Slowly exhale and take another two breaths. After the third breath direct the exhaled air to the space between your hands and visualise it filling the ball.
- Feel the energy from your breath going into the ball and giving it life – feel the energy build and grow in power.
- Continue to mould the ball into a perfect round and complete shape for as long as you need to.

- Slowly move your hands down to your solar plexus and gently and slowly push the ball into your solar plexus, know and visualise that this is happening and feel the energy building up in your solar plexus.
- Take a deep slow breath and visualise the balls energy flowing all through your body – feel the energy moving and growing within you.
- This energy will stay with you and will be the focus when you create Chi balls from now on.

You can also use this energy to help to centre and calm you as needed – simply touch your solar plexus at any time you need to and feel the energy flow through you bringing you to a place of calm and peacefulness.

The energy is permanent and will not leave you – you can if you wish repeat this process if you feel guided to in the future but there is no real need to do this.

The Chi ball method is a pure and effective way of sending healing energy and attunements as it contains the energy that the person needs in its purest form.

## **Using a Chi Ball to send attunements or energy healing**

Once you have carried out the first steps above you are able to create your own Chi balls for sending attunements or healing energy.

### **To create your attunement Chi ball you will need to :**

- Relax yourself in a quiet place with your feet on the floor – you may play relaxing music if you wish, light candles or incense and prepare in the way you would to send an attunement or healing.
- Surround yourself with a beautiful and pure white light.
- Call in your guides, healing guides, angels to be with you.
- Gently touch your solar plexus to indicate that you are ready to activate a Chi ball.
- Place your hands palms facing each other in front of you.
- Mould a Chi ball between your hands to the size that you feel guided.
- You can give the Chi ball any colour that you choose or simply intend that it is white.
- Take a deep breath in through your nose and breathe out through your mouth directing the breath into the Chi ball between your hands.
- Open the Chi ball with your dominant hand – you can visualise this or use your hands if you wish.
- You will now fill the ball with energy – state silently or outloud the name of the person that the Chi ball is to be sent to and ask that they will receive it for their highest good and benefit.
- You can now carry out the attunement and intend that it will be placed into the Chi ball for the recipient. You can visualise the attunement being given or give the attunement in the way you normally do when sending a distance attunement. Intend that the person will receive the Chi ball with the attunement in it when they call it in or if you have set a time for them to receive it that they will receive it at that time.
- Take another deep breath and blow the energy into the ball and then close it with your dominant hand.

- Take another deep breath and as you exhale confirm that the Chi ball will be received by the person and visualise it leaving you and setting off to reach the person.
- After the Chi ball has been sent take another deep breath and visualise cleansing energy flowing through you and then give thanks to your guides and angels for being present.

More than one attunement can be placed into the Chi ball as long as the attunements are all for the same person – they can call each level or attunement in as they wish but the recommended time between levels should be followed.

If you are sending healing to someone rather than an attunement simply intend that the ball be filled with pure healing energy rather than the attunement and send the Chi ball to the person for their highest good and ask that the energy be available to them for as long as they need to receive it.

## How to receive a Chi ball attunement/healing energy

The recipient can receive the energy or attunement in the Chi ball in the same way that they would receive any distance attunement or healing.

- Ask the person to relax in a quiet place where they will be undisturbed for up to 45 minutes and to switch off telephones and mobile phones.
- The room can be prepared in the way that they would prepare for a distance attunement – play relaxing music, light candles or burn incense and then sit in a comfortable position or lie down.
- Ask them to close their eyes and say either silently or outloud ~ **“I am now ready to receive the Chi ball containing the *healing energy*\*\* / *name of attunement*\*\* from *teacher’s name*”** (\*\* delete as necessary unless you are receiving both healing energy and an attunement)
- Then relax and allow the energy to flow – it can help the person receiving the attunement if they visualise a pure white energy flowing into them through their crown chakra and down through each chakra of the body.
- After the attunement has finished advise the person to take their time getting up and to drink plenty of water and self treat if they have received an attunement.