

Sanacion Book

## Sanacion - The Art of Healing

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### CHAPTER EIGHT

# Channels of Light

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You are the hands of the Creator. You are the voice through which love speaks. This is not poetry or aspiration—it is a description of what becomes possible when a human being learns to open, to empty, to become a clear Channel<sup>1</sup> through which infinite energy can flow.

The path of the healer is the path of becoming such a channel. Not generating the energy yourself—that would quickly deplete you. Not forcing anything to happen—that would only create resistance. But opening, receiving, allowing, and directing the flow of a power far greater than anything you could produce on your own.

There is a sacred image that captures this truth: the Holy Grail. What is the Grail? It is a cup—hollow, empty, waiting to be filled with that which is holy. The seeker who searches for the Grail outside themselves misses the point. You are the Grail. Your very being is the vessel waiting to be filled. But the vessel must first be emptied of all that is not essential. The cup too full of self has no room for the divine.

This is the great paradox of becoming a healer: you must empty yourself to be filled. You must become nothing to channel everything. You must release your grip on your own importance, your own abilities, your own agenda, and become simply available—a hollow pipe through which living water can flow.

Paul understood this when he wrote: *"We have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us."* The clay jar does not produce the treasure. It only holds it. The jar's job is to be intact, to be clean, to be available. The treasure comes from elsewhere.

How does healing energy actually move through a human channel? Understanding the mechanism helps demystify the process without diminishing its sacredness. The energy that heals is not generated by the healer—it is drawn from the infinite field of Prana<sup>2</sup>, the living light that permeates all creation. This energy enters the healer's field, circulates through the Energy Centers<sup>3</sup> of the body, and is then directed toward the one in need.

The pathway follows a specific pattern. The energy moves first through the lower centers—the root, the belly, the solar plexus—gathering and building as it rises. It reaches the heart center, which is the crucial gateway. Here the energy is transformed by love, colored by compassion, made ready to heal. From the heart, it continues upward through throat and brow, then flows outward through the hands to the one receiving.

This is why the condition of your energy centers matters so much. If there are blockages in the lower centers—unresolved survival fears, emotional wounds, issues of power and control—the energy cannot flow freely upward. If the heart center is closed or depleted, the energy cannot be properly transformed. The channel becomes like a pipe with kinks and clogs—some water may get through, but not the full flow that is available.

The preparation of the healer, then, is primarily the clearing and balancing of these centers. This is ongoing work, not a one-time achievement. Before each session of healing work, it serves well to consciously move through the centers, inviting each to brighten, to spin freely, to release any accumulated tension or distortion.

Begin at the base of the spine. Visualize red light there—the color of life force, of survival, of connection to the earth. See it brighten and spin. Move to the lower abdomen, where orange light governs emotion and relationship. Invite it to clear. Rise to the solar plexus with its yellow fire of will and personal power. Let it find balance. Then come to the heart—the green center of love and compassion. Take particular care here. Let it open without forcing, glow without straining.

Continue through the throat's blue light of communication, the indigo light between the brows where deeper perception dwells, and finally observe the violet light at the crown—this one you cannot manipulate, only witness. It reflects the balance you have created below. Some practitioners complete this preparation by visualizing white light surrounding the entire being, sealing and protecting the work.

With the channel prepared, the actual practice of healing becomes remarkably simple. You become quiet. You release all barriers, all defenses, all armor. You make yourself vulnerable, empty, asking. In humility, you receive the gift you have been given and pass it on. You are no more responsible for the healing than the water faucet is responsible for the water that flows through it.

This image—the faucet and the water—is worth contemplating deeply. The faucet does not create the water. It does not decide where the water comes from or judge whether the person drinking deserves to receive it. The faucet simply opens or closes. When open, water flows. When closed, it does not. Your role as healer is to open. That is all. The water—the healing energy—comes from an infinite source that never runs dry.

In the moment of healing, something remarkable happens: the separation between healer and patient dissolves. There is no longer one who gives and one who receives. There is only the field of love in which both participate. The healer drops all sense of being separate, special, or superior. The one receiving releases resistance and opens to possibility. In that shared space of vulnerability and trust, healing becomes possible.

This is why the healer's inner state matters so much. If you approach the work with ego—with a need to be seen as powerful, to get credit for results, to prove your abilities—you create separation rather than dissolving it. The energy may still flow to some degree, but it flows through a constricted channel. The more you can release the sense of personal doership, the more freely the energy moves.

Jesus expressed this perfectly: *"Freely you have received; freely give."* The energy is not yours to hoard or to sell. It flows through you as a gift, and as a gift it must be offered. This does not mean healers cannot receive support for their work—everyone must live. But the energy itself is never transactional. It is grace, pure and simple, flowing from infinite source through willing channel to open recipient.

The practice of hands-on healing—whether called Reiki, laying on of hands, therapeutic touch, or any other name—works on these principles. The hands become the focal point through which the prepared energy flows. Some feel heat in their hands during this work, others feel tingling or pulsing, still others feel nothing physical at all. The sensation matters less than the intention and the openness.

What makes these practices effective across all cultures and languages is that they work at a level deeper than words or concepts. The energy of love requires no translation. A healer in Japan and a healer in Brazil, though they may share no common language, share access to the same infinite source. The techniques may vary, the cultural expressions may differ, but the underlying reality is one.

Faith plays a crucial role in this work—though perhaps not in the way commonly understood. The healer needs faith not in their own abilities but in the process itself, in the availability of infinite energy, in the capacity of the recipient to heal. The recipient benefits from openness, from willingness to receive, though healing can sometimes occur even through skepticism if the deeper levels of being are ready.

For those learning healing arts, the relationship with a teacher often serves to anchor this faith. The student may not yet trust the process fully, but they trust the teacher who embodies it. Through that trust, they persist in practice until their own experience confirms what the teacher demonstrated. Eventually, the training wheels come off. The student discovers they have direct access to the same source the teacher showed them.

Jesus spoke of this direct access: *"Whoever believes in me, rivers of living water will flow from within them."* The living water is not somewhere outside, requiring special intermediaries to access. It is within you, waiting to flow. The work of becoming a healer is largely the work of removing the obstacles to that flow—the fears, the doubts, the blockages, the sense of unworthiness that keeps the channel constricted.

This is why self-healing must precede healing others. Not that you must be perfect—perfection is not possible in this life. But you must be engaged in your own process of clearing and balancing. You must know your own shadows and be working with them. You must have faced your own pain and be learning to transform it. A healer who has not done this inner work is like a dirty pipe trying to deliver clean water. Something may get through, but it will be contaminated by what the pipe itself contains.

The daily practice, then, is essential. Not only the preparation before healing sessions, but the ongoing work of meditation, self-examination, and self-forgiveness. Each day, clear the channel. Each day, release what has accumulated. Each day, open again to the infinite source. This is not burden but privilege—the privilege of being a conscious participant in the flow of love through creation.

The path of the healer is not about acquiring special powers. It is about removing the obstacles to what is already available. It is about becoming transparent, so that light can pass through unobstructed. It is about becoming hollow, so that the sacred can fill you. It is about becoming nothing special, so that something infinitely special can work through you.

You are the hands of the Creator. Not because you are extraordinary, but because you are willing. Not because you have achieved something, but because you have surrendered something. The same energy that healed through Jesus waits to heal through you. The same love that flowed through every genuine healer throughout history is available now, in this moment, seeking channels through which to reach a world in desperate need of healing.

Open. Empty. Receive. Give. This is the practice. This is the path. This is what it means to become a channel of light.

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#### Notes

<sup>1</sup> **Channel:** A person who allows divine energy, wisdom, or healing power to flow through them without obstruction. One who serves as a conduit for spiritual forces.

<sup>2</sup> **Prana:** The universal life force energy that sustains all living beings. Also known as chi, ki, or vital energy. The breath of the Divine that animates creation.

<sup>3</sup> **Energy Centers:** Points in the energy body (chakras) where spiritual, emotional, and physical energies converge. These centers process and distribute life force throughout the being.