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Lesson 5: Sensing Layers of Energy

In this video section, you will experience how sensing layers of the body acutely attunes you to energy expressing itself. You are learning to de-code and reveal how bodies, human and animal, talk. Start with practicing on your own body. Go through preparation of:

1. Grounding and centering yourself
2. Breathing
3. Turning on your intuitive energy
4. Opening your heart
5. Feeling a loving shield of protection around you

Follow along in the video as you intend your energy through your hand and into your thigh. Feel, see or sense the different sensations, textures and temperatures of muscles, ligaments and bone. When finished, pull back your energy into your hand and then remove from your leg.

If you feel any excessive energy, ask that it re-balance in your body and/or be sent into the earth to be recycled.

Note your experience in your journal.

After practicing on your own leg, exchange energy with another person to receive feedback and insights. Then practice with your animal companions. **Bonus:** This exercise is perfect for any animals with sore joints or body parts. When connecting with that body area, invite Universal healing energy to flow from your hand into their sore.

****Healing energy through the hands from a universal source of energy should not be used as a substitute for veterinary care and attention. If you have any concerns about an animal's health or well-being, please call your veterinarian first. Only a veterinarian can make a diagnosis or prescribe medicine.**