

ENERGY READING QUESTIONS AND ANSWERS WITH YAIR

1. What are the differences between the MIND, PSYCHE, SPIRIT, SOUL and I?

Answer:

MIND: The part that thinks. It is always connected with the ego. Its default is the identity; I am me... the personal ego. From there it sees life and itself. That's why we can say I think, I like or dislike myself, I want.... this "I" is very different from the infinite I. This is a confused identity when the mind is identifying with the I as me.

PSYCH: Is the psychological aspect of the mind that has to do with the way we feel about our illusory senses of self. I am good, bad, I like myself... all those inner talks we have in the mind. It is the sense of self we have adopted based on life experiences that have contributed to who we take ourselves to be now.

SPIRIT: The higher part of the personalized ego. What gets elevated when we hear amazing music, see a stunning sunset, or just feeling happy. It is still conditional to external stimulations and experiences.

SOUL: Is the part that never dies and through which we connect to all there is. We still have our senses of 'I' but it feels expanded with no limitation.

I: I would say that I and the Soul are similar... in this altitude it is difficult to differentiate.

All of the above must dissolve in the NO THING even the I and the Soul. Then what's left is OM... pure light vibration... the journey is over... we are back home!!!

2. With reference to whether we project ourselves (our stuff) onto the other person in an energy reading... psychologically (from the ego) we can do it... so is it possible that we are also doing it in Energy Reading?

Also, you mentioned about being the light (creating space) from 'our darkness or shadow' during energy reading but we also work from the ego too... therefore it seems extremely hard work to have to be aware of the 'self' as well as the other person (if that makes sense?). Can you expand on this more?

Answer:

You are the white screen that any movie is screened on. It could be "your movie" or someone else's movie. The screen doesn't care it is always white, pure... impeccable. The awareness that is aware of your knee can be aware of the other knee... it is the same awareness. Once you are clear and established in awareness, you can identify any trick. In that state you are not you... you are 'pure being' allowing information to be reflected and experienced through your senses.

3. Should we always prepare **our state of being** before a session? (i.e. be infinity) What if you have a session booked and you're not in the right state of being and you know you (yourself) is also out of balance? ... I suppose it's about taking time, along with preparing your client to work on just 'being'?

Answer:

In my experience, once I get in to a treatment mode I forget everything... actually it is so healing for me as well. So, I think just jump in and force the mind to focus and allow pure reflection... don't let it fool around. We shouldn't take it too seriously and respect our mind so much. It likes to talk all the time. Sometimes if I feel really out of it or I feel anxious, I will even say to the client that I need one moment... then I focus on the imbalanced vibration and once it is settled... I am back with the client.

4. What's the difference between being AWARE of one's body and being IN one's body? Like someone can be very aware of all kinds of bodily sensations, and seemingly in-tune with their body, but their energy is actually concentrated in their head. How does one drop into the body with that type of situation?

Answer:

The difference is between mindfulness and pure presence.

In the first only the mind is aware... meaning that all the reading is reported to the mind and stays there.

In the second the mind drops and unites with the heart centre and the reading comes from there, hence the reading is not going through the mind, it is a 'being reading' meaning that the information travels through the orifices of senses straight to the heart.

What is called direct experience. In that state the awareness has nothing to do with a person... it is infinite and the object it is focused on is part of infinity.

The Ego person is not existing between the object and the experience... there is NO EXPERIENCER!

5. What is your take on the difference between 'energy' and 'emotion'? They say emotion is 'energy-in-motion' so does that mean our aura (all of us) is emotion (not just our cellular memory of emotion) ... I hope that makes sense?

Answer:

Energy is a term I use to describe the "life force" or Prana or Qi... whatever we call it. Emotions are an expression of one aspect of the Life force and we shouldn't give them too much importance. It is true that they are very powerful and they definitely create big motion in body-mind-spirit but it is still a phenomenon observed in the field of awareness. When we get trapped by the strong emotion and we lose the point of observing and start to identify with what we feel... then we are in trouble. On the other hand, I think we should not repress emotions, so if they rise, let them come BUT let them go as well.

6. Is it best to read the client just before the session, to get the initial first impression or when you start working together in the session? Is this something that comes with experience - to know when?

If a lot of information comes through in the initial reading it can feel too much... because we are learning it feels so consciously incompetent - like when learning to drive (too much to focus on).

Answer:

There is no need to do an initial reading prior to session. Just trust yourself and let your system get exposed to the client's energy.

Yes, in time you'll get more efficient. I think it will get clearer with more practice in the course.

7. What if you feel there is something that needs dealing with but the client is not willing to go there? They're very closed to it - resisting it - can you call it out or do you leave it be?

Can we push or is it best not to and encourage more sessions?

Answer:

You should be super sensitive to the client reactions. I never push because the client can close up and bring in anger and resentment. Therefore, if I feel they resist to enter in to an issue or they cannot touch it, I will let go and actually may try to approach the same thing but from another door.

8. What if there is a lot of information so it's difficult to know where to begin? More sessions?

Answer:

I always ask the client what brought them to the session. We have to remember what the client's main complaint is and try to assist them... even if we see that the root lies in another place. Another point is to try and recognise what imbalance comes up for you as most prominent. There are endless things we can see and work on but we need to recognise the most relevant that maybe it is the centre or heart of the imbalance.

9. Can we bring in other tools (like the journey process work to deal with the emotional stuck stuff? I think the journey process work of drilling down beneath emotions can help to loosen them, to shift and unblock stuck emotions...)

Answer:

Yes... I think it is great to incorporate other modalities that you feel can support the treatment. Energy Reading should assist you in whatever therapy you practice.

10. At present I feel like I'm running blind with the process (with clients) because I don't know what the imbalances actually mean? Is it important to know their meaning? Does it come with experience or does it not really matter?

Answer:

All imbalances usually have some theoretical possibilities that could lead you to explore those directions. In my experience I found those theoretical possibilities to be super accurate (see Table of Imbalances: meaning & treatment)

11. I only know the technique of being with the imbalance (along with client) giving it space and attention etc ... is that all we need to do... put the attention there? It doesn't feel enough somehow but I know there is always a shift!

Answer:

There are few other techniques which I am planning to go over but generally we need to differentiate between the infinite being and the ego being. A powerful technique is to help guide the client to realise that they are million times bigger than they think, so they can get perspective from infinity on their ego being (the mind) which is the source of their suffering. Then they can be empowered to have more control and decide who is the boss... I'll go over it more in class.

12. In a treatment, what if the client can't feel their imbalances or the positive shift afterwards... they may think it's a waste of time... particularly if they don't understand what's going on etc... does it matter? I suppose they will feel some relief, right?

Answer:

Ideally, we try to guide the client to connect to their imbalance, so they can get empowered to do the work on their own. If they cannot connect at all, I will use other modalities like body work... energy healing or if you are trained in others you can do that.

13. You said about being hesitant to go to the future (seeing the energy of the future) because there are so many variables between now & that future year, so in a sense you cannot trust that breath sensation (if I understood it accurately). But if there is no time - past, present, are all one - apart from our imprint of time. Then how can we trust the past breath sensation any more than the future? I hope that makes sense.

I ask this because when I went to the future, I had the most blissful feeling and it felt as if I truly perceived as the unsettling feeling I had as the 10-year-old me.

Why is one different if we are out of time/space?

Answer:

Yes, I agree with that as well. The future can be projected towards as well as a reality and then you will feel its energy. But if you agree that the future is no-thing yet... when you project to it you will get no-thing. If you know all ready that the rest of your life would be in a certain way than you are actually creating a reality that can come true. I think the best is to feel the presence of being 'here and now' and then we are safe in a place/space of well-being. in the space of present moment and pure being, even the past cannot disturb us... it is clean pure vibrations.

14.When doing a healing session and the focus is on one or two things, you can be drawn to that that needs healing and to help those areas. You were saying not to get too consumed with the physical body as that is ego.

How do you work on other levels then and move away from the physical body to work on other levels?

Answer

When we work with ourselves, or others, it is important to realise that we are not only the physical - nor the emotional - and to bring awareness to the infinite which we are as well. This way our consciousness can expand... as result there is so much more space for life to flow; both in and around us. Otherwise, we are constantly shrinking our life experience to the limited body or psyche form. So... you can work on the Ego level but with the awareness that we are so much more than that.

15.Is reiki the same energy as we use with the awareness and healing?

Answer

The energy we "USE" is life itself; we are only "bridging" with awareness between pure consciousness and an object. I'm not sure what kind of energy is Reiki.

16.Can a chakra be 'too open'... so it is "leaking"?

Answer

An open and balanced chakra has clear presence and form with powerful radiation. Yes, a chakra can "leak" but not because it is too open. It is one form of imbalance that a chakra can take. I see it often on the base chakra when the life force is not kept in the body and it is leaking out. Normally it is related to a psychological conditioning involving fear and lack of stability in standing safe 'where I am'.

17. If we're going to do a practice treatment on a friend they may not be familiar with the chakra system. How do we approach that?

Answer

No need to mention chakras... just direct them to the area and ask how they feel there.. what is their experience when placing awareness there. Than you can tell them that that area is called as well the chakra, but the name is really not important, most is the experience. What you know about the chakra ideally they will experience as the life force start to move and they allow them selves to be who they are.