Energy Behaviour

I, Quaw, the Ultra Energy of the Universal All That Is, am with Lynn Joy Payne to assist you in learning more about your energy behaviour. Lynn has shared some information about how she has been introduced to **energy healing**, which had not been part of her broad spectrum of learning along the way in life. So she learned about the energy healing, which was named Reiki, and that's a universal life energy spoken in Japanese.

So that's an introduction to the actual healing. It comes in through the top of your head, and it comes out of your hands, so all you have to do is put your hands on yourself or someone else, and you are able to have healing. Is it magical? Definitely. And is it worthwhile utilizing? Yes, it is. Everyone has it. It's just a matter of the fact that sometimes it doesn't get into your system quite as easily or readily as it is for the people who have actually taken the course and learnt how to open themselves up to the energy coming forth for them. Now, that sounds rather serious, but let's face it. Everybody has energy coming in through the top of their head, which is the universal, coming in through their feet, which is earth, and within themselves in all of their seven bodies.

So one step is to **recognize that you are nothing but energy**, and three types of energy to boot. And then the second thing that you could possibly remember is the fact that **you have the power to heal yourself** if you have the right attitude and behaviour of what is necessary thereafter. So, here's a little hint. I am Quaw. I am from the Universal All That Is, and I've never been on Earth, but I know what is necessary for you to be on Earth at this timing, and it's **an open idea of how to enlarge yourself**, I will call it. Enlarge. That sounds like a funny thing. I'm not talking about physical. It doesn't matter how old you are. It doesn't matter how big or small you are, or how tall you are, or how short you are. It simply means that you have the behaviour in which to make certain that you want to enlarge the energy that's within you to be more observant of yourself, more balanced in your thought process, more engaging in your emotional concepts that can be rid of, more fluent in everything that you're thinking so you can hear the thoughts that are within you.

That's what enlarging is -- opening up the behaviour of the energy that's already flowing within you. You just need to say, "I am ready," and then **allow yourself to feel the energy coming into your head and out of your hands,** and you're feeling it when you put it anywhere on your body. But especially if you put it on your head, it seems to be more pronounced at that time, and that's because it raises itself into the broad spectrum of your brain, which is attaching itself to your heart.

You can't have better behaviour than putting your brain and your heart together. Thank you indeed. Good day.