



"BeauTy" by Silvia Hartmann

An Energy-Healing Exercise for People and Animals¹.

by Silvia Hartman

1. The Ambassador From The Creative Order

In order to make it work and get yourself in the right state for this, you CANNOT BE your normal self. You have to step into a different state of being and we practised this by saying up front, "Good morning, my name is Silvia and I stand before you today as A REPRESENTATIVE OF THE CREATIVE ORDER."

You need to try this a few times until you can really mean it and get a feel of this, if necessary tap on reservations or bad feelings in the body until it all flows smoothly.

2. The Truth About The Matter

Now, look at the person oder the animal, not as you but as the said representative of the creative order, and simply become aware that we are confronted with a SYSTEM THAT WAS MADE BY THE CREATIVE ORDER, directly, the same as the stars in the skies and mountains, clouds, ants and sunsets.

As such it is BEYOND ALL REPROACH, BEYOND ALL JUDGEMENT and AWESOMELY INCREDIBLE.

Completely regardless of what has happened to this creature, it is an example of the functional design, a work of art made by the Creator itself, doing the very best it can and doing this most fantastically.

That is THE TRUTH in all ways, about any creature, any manifestation; and even though you might like to try and hurt a creature, or poison an ocean, fell a tree, you could never ever CORRUPT it - no system from the creative order can be corrupted BY MEN. Damaged, yes. Destroyed and defaced, yes. But never CORRUPTED. It always retains its original perfection, its innocence - and its BEAUTY.

3. Delivering The Energy

Now, and no sooner than we have seen that BEAUTY that exists in every system the Creative Order designed, we tell the creature, reflect that beauty back at them, because it is THIS which heals so many people inflicted ravages of judgement, pain, insecurity.

With an animal, we do this simply by going from snout to tail, touching if possible, and saying, "You have a perfect nose, perfect teeth, perfect head and perfect ears. You are beautiful, and you ARE BELOVED."

Work your way all the way across the creature - perfect feet, made by the creative order so that you can walk, perfect, beloved - until the entire animal has been covered.

¹ Aus der Mailingliste von "starfields.org" - www.yahoogroups.com/group/starfield vom August 2004
Verwendet mit Erlaubnis der Autorin

That can be moving, but it can also be funny - "Perfect beak, perfect feathers" can make you laugh and smile and that's a GOOD THING.

4. A Blessing To Complete

The last thing we do, after "your perfect tail" :-), is to straighten up, draw back the focus so you can encompass the entire creature, hold out your hands to it and say/send an overall blessing along the lines of, "One body, one perfect body, one perfect creature."

I'd like to finish up by saying that you can also do it just as a bye the bye, so rather than the full ritual, to just pat the creature on the head and think, "Perfect head, perfect intelligence, designed by the creative order ..." in passing, or at any time at all.

But to really the hang of WHAT THAT IS, and HOW THAT FEELS when you even try it for the first time, I recommend trying a whole treatment with an animal that needs it. They probably all do, they've all been judged and mistreated as we all have been, just as a side effect of living in these strange conditions as we and the creatures now do, so ...

BeauTy is a very powerful thing for change, for those who do it and those who receive it just the same. It's not that difficult either and I think that by doing with animals first, it is a lot easier all around; we have far less barriers to really getting our heads around the truth of these very basic things that then allow for really amazing and powerful energy healing experiences.

Silvia Hartmann,
Mailingliste (starfield@yahoogroups.com), August 2004

Die **Autorin** Silvia Hartmann ist EFT-Lehrerin, Autorin und Begründerin eines revolutionären Ansatzes in der Energie-Therapie: EmoTrance. Sie gibt die ausdrückliche Erlaubnis, Ihren Text zu drucken, zu kopieren, übersetzen und ihn weiter zu verbreiten, solange die Links und die Hinweise zum Copyright erhalten bleiben.

Mehr Informationen über Silvia Hartmann, EFT und Emotrance unter <http://starfields.org> und unter www.emotrance.com.

Die Texte aus der Serie "EFT und mehr" unterliegen dem Urheberrecht der jeweiligen Autoren. Die Veröffentlichung erfolgt mit Erlaubnis. Die Texte und Dateien dürfen für den persönlichen Gebrauch frei verwendet werden, Nachdruck in jeder Form oder Verwendung auf anderen Internetseiten nur nach Rücksprache.