

## Creative Ideas with Energy Circles

By Kat Miller and Bina Bakshi

Energy Circles are one way to send remote healing energy, Switchwords, etc., to a person, place or thing, or even to yourself.

It is preferred to put no more than two or three Switchphrases in an Energy Circle and it is preferred to have no more than three Energy Circles actively sending energy to a person, place or thing at one time. A Switchphrase may be one or two Switchwords, or even possibly as many as nine or ten Switchwords.

You can also put things you do not want in your experience outside the Energy Circle.

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### Energy Circle Creation:

1. Write the focus for the Energy Circle on a blank piece of paper.  
The focus may be a person, place or thing. The focus is whatever is to be affected by the Switchwords, energy vial or other techniques you are putting into the Energy Circle.
2. Write the Switchwords (Emotional Freedom files, Healing Energy Vibrations techniques, Flower Energies, etc.) you wish to send to the focus underneath the focus.
3. Draw a single circle around the focus and Switchwords (Emotional Freedom files, Healing Energy Vibrations techniques, Flower Energies, etc.).  
Make sure the focus and the Switchwords are completely within the circle, not touching or crossing the line of the circle. If the line of the circle is touched or crossed, it may not be effective.
4. Be sure the circle is closed.  
A closed circle means the beginning and end of the line meet or cross over each other. The circle should be one solid line, with no breaks in it. It does not need to be a perfect circle. It can be any shape you want, such as a heart, oblong, rectangle or square, so long as it is closed.
5. If the paper is to be folded, then do not fold it through any part of the circle, breaking the plane of the circle.  
If the plane of the energy circle is broken, the technique may not work.
6. Do not crumple the paper.  
If the circle is not on a flat plane, the energy circle is broken and the technique may not work.
7. Energy Circles can be used as a "set it and forget it" technique.  
Once created, Energy Circles can be placed on a desk or any flat surface, hung on a wall, or put in a folder or notebook. Energy Circles can be stacked together (though there have been reports that only the top Energy Circle in the stack has been active for some).

## 8. Energy Circle Deactivation:

An Energy Circle is temporarily deactivated when it is face-down.

An Energy Circle is permanently deactivated when it is put in the trash.

An Energy Circle is opened, and therefore permanently deactivated when you fold the paper it is on and the fold includes any part of the Energy Circle.

An Energy Circle is compromised, and therefore permanently deactivated when it is crumpled.

An Energy Circle is permanently deactivated when an "X" is drawn through it, if one or more of the lines of the "X" crosses over part of the perimeter of the circle.

## 9. Use color to enhance the energy vibration of the Switchwords or techniques within it.

Draw the Energy Circle in color or cut the Energy Circle out of colored paper.

## 10. Useful colors for Energy Circles include:

### **Violet:**

**Violet is a great color for any Energy Circle.**

**Violet is a cleansing, clearing color.**

**Violet helps to separate energies.**

### **Pink:**

**Pink is a soothing color on all levels – physical, mental and emotional.**

**Pink is the color of love**

### **Yellow:**

**Yellow is good for despondent and melancholy conditions.**

**Yellow is for mental activity and intellectual power.**

**Yellow is for ability and awakening.**

### **Blue:**

Blue is the color for truth, devotion, calmness, and sincerity.

Blue is the color for meditation and spiritual expansion.

Blue is for peace, faith, aspiration, creative expression.

Blue relaxes the mind.

### **Green:**

Green is the color of energy, youth, growth, inexperience, fertility, hope, and new life.

Green is for balance, growth, calming.

Green is also for money.

**Brown:**

Brown represents Elemental Earth, calms, grounds emotions & extreme mental conditions.  
Brown helps stability, grounding, conservation, practicality, common sense and discrimination.  
Brown is for healing, balancing all systems, hyperactivity, finding lost objects, material increase.  
Brown helps to make relationships solid, increase decisiveness and concentration.  
Brown helps with protection of household, family and pets.  
Brown is for attracting help in financial crises.

**Too much Brown can be depressing.**

**Orange:**

Orange is warm, cheering, non-constricting, freeing upon the body & mind, relieves repressions.  
Orange shows new possibilities & other options, stimulates creative thinking & enthusiasm, helps assimilate new ideas & is helpful in dealing with excess sexual expression.  
Orange links very strongly with the sacral chakra, stimulates lungs, respiration & digestion, increases activity of the thyroid, relieves muscle cramps and spasms & increases mother's milk.

**Black:**

Black repels/banishes evil and negativity.  
Black is for protection, banishing, binding.  
Black is for breaking free from bad habits and addictions.  
Black is for deep meditation, opening up deep unconscious levels.

**Red:**

Red represents health, fire, anger, temper, danger and destruction.  
Red stimulates, excites, and acts as an irritant.  
Red gives a person a sense of power.  
Red is the color of passion.

**Be cautious not to overuse Red.**

**If there is anger or a negative emotional state, it may be wise to use a different color.**

PDFs with Colored Energy Circles and Energy Circles with Rays, as well as additional articles about Energy Circles are available for free download at:

<http://www.aboutec.ehdef.com>

**Additional Energy Circle Information:**

Energy Circles can be used to send remote healing with an energy vial.

Place the vial (Emotional Freedom, Healing Energy Vibrations, Flower Energies, Rescue Remedy, etc.) inside the Energy Circle with the focus and list of files, techniques, flowers, etc.

It may be better to use a "set" of files rather than the entire list in an Energy Circle.

The maximum number of files for the Emotional Freedom vial that should be put in an Energy Circle is 40.

When the Emotional Freedom file Switch is in Energy Circles, one can put as many Switchwords and/or Switchphrases as desired in the Energy Circle:

Switch counts as a single file, regardless of how many Switchphrases are used.

Separate and demarcate each individual Switchphrase with "Switch."

See Switch file description at <http://www.effiles.ehdef.com> for examples.

Use a semicolon (;) between Switchphrases and Emotional Freedom file names to demarcate them if you put more than one Switchphrase or file name on a single line.

Keywords can be used instead of the full Emotional Freedom file name in Energy Circles.

Be sure the words are unique to the file you want.

Too many Energy Circles with multiple Switchphrases in them can be confusing to the body. That is why limiting the number of active Energy Circles at one time is recommended. However, the EF (Emotional Freedom) vial deals with the "overload" if any Switchphrases are prefaced with "Switch." Therefore, when using the EF vial you can do innumerable Switchwords and Switchphrases in an Energy Circle, so long as each Switchphrase is prefaced with Switch.

As many Chants, Mantras and/or Prayers can be put into an Energy Circle with the EF vial as desired, but each must be prefaced by calling the Chants, Mantras and Prayers file:

Chants: White Tara Mantra; Chants: Soham Mantra; Chants: Ho'oponopono

A full Chant, Mantra or Prayer can also be written inside an Energy Circle.

With Energy Circles the EF file Chants, Mantras and Prayers counts as one file (rather than 4 like when it is run physically). This is because when physically using the vial it does not run energetic EFT. Instead it puts the vibration of the Chant, Mantra or Prayer either 108 times (default), or the number of times stated when invoked. See Chants, Mantras and Prayers file description at <http://www.cmp.ehdef.com> for more information.

**Additional Energy Circle Uses:**

Healing symbols such as Reiki symbols, Runes, Huna symbols, etc., can be put into Energy Circles to send remote healing.

Simply draw the symbol to send inside the Energy Circle with the name of the recipient.

Energy Circles are one way to remotely send techniques from energy vials, such as the Emotional Freedom vial, Healing Energy Vibrations vial, Flower Energies vial, etc.

Simply place the vial inside the Energy Circle with the name of the recipient and any files, flowers, techniques, etc., from the energy vials that to be sent.

Energy Circles can be used to send positive affirmations.

Simply write the name of the recipient along with the positive affirmation inside the Energy Circle.

Energy Circles can be used to send Chants and Mantras.

Simply write the full Chant or Mantra you wish to send along with the name of the recipient inside the Energy Circle.

Energy Circles can be charged with Sanjeevinis and/or Vibrational Balancing Images for broadcasting remote healing energy.

Any energy technique can be put into an Energy Circle for continuously sending the technique to someone.

**Concentric Energy Circles:**

There may be times when an Energy Circle can be enhanced by adding a second Energy Circle either outside or inside the original Energy Circle. Generally speaking, Black, Orange or Violet may be utilized in conjunction with other Colored Energy Circles.

When a situation involves one's will, for a positive outcome like protection from, letting go of, releasing control of or control from etc., place a Black Energy Circle around (outside) the primary Colored Energy Circle.

When negative energy may be impinging, anger is involved or for some other reason cleansing/separation is required, place a Violet Energy Circle around (outside) the primary Colored Energy Circle.

When intensity is needed, such as deep healing, fast action, or immediate attention, place an Orange Energy Circle inside the primary Colored Energy Circle.

Green and Orange Concentric Energy Circles may be useful in working with money.

Yellow and Orange Concentric Energy Circles may be useful when working with healing.

**Energy Circles With Rays:**

There may be times when an Energy Circle can be enhanced by adding Black Rays around it. The Black Rays may help multiply the intensity of the Energy Circle, as well as increase speed of manifestation. Two types of Rays that used to enhance Energy Circles include:

1. Amoeba Rays (irregular rounded Rays, not necessarily evenly spaced):



Situations for which Amoeba-type Rays may be useful include:

Chronic illness or problems

Love and family relationships

Anything needing quick focused energy

2. Evenly spaced Pointed Rays:



Situations for which Pointed Rays may be useful include:

Acute illnesses

Sudden problems

Anything needing focused energy

Can be used to concentrate energy for releasing at a specific time (cut or tear the Energy Circle to release the energy)

In most acute and/or sudden illnesses/problems, the Pointed Rays work very quickly. However, if you find it does not seem to be sending the energy cut or tear the Energy Circle to release it.

For focused energy create the Energy Circle with Pointed Rays and allow it to sit for a period (preferably a day or two) then tear or cut it to release the energy.

**If you wish to utilize Energy Circles with Rays and are unsure which type of Rays to use, choose the Amoeba Rays.**

See PDF with samples of Colored Energy Circles with Pointed and Amoeba Rays at:

<http://www.aboutec.ehdef.com>