



A User's Manual for RoseLight Energy Bodywork

By Amy Skezas

With Athabascar and the Communities of Light

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Parts of this book were originally presented as *The FAC Handbook*

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Dedicated to the peaceful evolution of Earth
into her body of light,
and to the well-being and happiness
of beings in all dimensions.

Statement of Purpose

RoseLight was created to bring the teachings of Athabasca and the Communities of Light to the earthplane in a pure and stable form. We serve people who are just beginning to awaken to the light within, as well as those who have been on the path for some time. We share tools for human evolution. We teach through seminars, consultations, and home study materials, which convey transmissions of light. Our purposes include:

- To empower students to experience more clearly, fully, and deeply the Soul and Greater Consciousness;
- To help students grow, serve, and live on Earth with greater peace, joy, unconditional love, and self-responsibility;
- To offer living examples of human beings who are bridges of light—light-infused and light-integrated personalities and world servers;
- To train leaders and teachers with light to bring through their own original work in service to the One work of which we are all a part;
- To create a gridwork and patterns of energy to support earthly beings and light beings playing and working together to assist in human evolution, planetary evolution, and larger evolution in accordance with the paths of greatest light;
- To train students to act and be in accordance with the Timeless and Eternal while living in a world of time and space;
- To foster cooperation, inclusiveness, integrity, practicality, courage, presence, flow, balance, humor, dance, and play;
- To seed group work based at the Soul level or higher into the structure of earthly life, including functioning communities of light; and
- To leave behind a body of work and energy patterns that will be useful for millennia, or the length of time that Athabasca and the Communities of Light deem appropriate.

About This Book

Amy: Greetings from my heart to yours. This book is written to help you better understand and explore RoseLight energy bodywork. We invite you to explore energy bodywork by

- Reading this book – or –
- Having a session with a qualified practitioner – or –
- Learning energy bodywork at home, for your own self-care and exploration – or –
- Training to be a practitioner, studying energy bodywork in a live class with a qualified teacher, to be empowered to offer it in service to others.

However far you would like to go on the path of experiencing and exploring RoseLight's energy bodywork, we welcome you.

This book is written by me together with Athabascar, a being of light, what you might think of as an angel. Athabascar is my teacher and my partner, with whom I give private consultations, teach classes, write books, and create home study CDs. Athabascar and I work with a group of beings called the Communities of Light. Many beings of light cooperate in the creation of projects such as this book and such as bringing new work into reality on Earth.

Consider this book for the energy and information it contains, and consider whether you feel aligned with its message. Ultimately the test of its usefulness is whether it helps you live a more peaceful and productive life.

Pauses: Places you might want to pause are marked with the symbol ☁. When you see this symbol, stop reading, close your eyes, and breathe. Notice what is happening inside you. When you feel ready, start reading again.

Transmission of light: The book contains a transmission of spiritual light. Athabascar and the Communities of Light are aware of you and tune into you when you pick up the book. They tailor their transmission to helping you where you are at that moment, and through time into your future and your past. You might like to keep the book handy and open it to see what message is there for you on the page you chose “at random,” and you might like to reread the book from time to time to see if you can learn anything new from it. Transmission of light is explained in more detail at various places throughout this book.

You may feel energized, elated, sleepy, dizzy, or other ways when you receive this transmission. If you do, put down the book and go take a walk or do some other “ordinary” activity, and come back to the book when you feel ready.

Notes on Usage and Style

Amy: Wherever possible, plain English rather than technical language is used, but sometimes special terms like “chakras” are used where nothing else will do.

Voice: The typeface of the book varies to help distinguish whose “voice” you are hearing/reading. Most of the book is written by me with Athabascar; our shared voice is depicted with the typeface AGaramond, Regular, 14 point. Those sections in which it is just my voice speaking begin with my name, as this one does, depicted in AGaramond Regular, 12 point. Those sections in which it is just Athabascar’s voice begin with his name and are depicted in AGaramond, Italic, 14 point. Footnotes are in displayed in AGaramond Regular, 12 point.

Gender: Athabascar is without gender in the realms of light, but when he enters the earthplane he takes on a persona that is more male than female, and hence is referred to as “he.”

At the end of many of the chapters there is a Resources section for your further exploration in that subject area, with listings of teachings from RoseLight that may be helpful to you on that subject, along with other references. Please add your own favorite resources to these lists as well.

Part I

Orientation

1. Introduction

Welcome to *A User's Manual for RoseLight Energy Bodywork*. The purpose of this book is to help you understand more about our energy bodywork so that you can utilize it most effectively.

“Energy” refers to the living force of light that fuels and supports all life; it is what helps forests grow, helps the Earth turn, and helps human beings to live, love, and learn. “Bodywork” refers to the practice of focusing awareness on this energy in the context of your human body and individual circumstances. Our energy bodywork can also be successfully utilized for animals, land, families, companies, or anything else that can be considered a living organism with consciousness.

RoseLight energy bodywork is designed to help you in your everyday life, with whatever issues are before you on your path of growth. Energy bodywork will not take away your lessons but it can help you navigate your lessons more smoothly and with greater joy.

RoseLight has developed three different energy bodywork practices:

- Flow Alignment and Connection™ (FAC);
- Physical, Atomic, Cellular Evolution™ (PACE); and
- Building the Golden Body™ (Golden Body).

Which one to choose? The short and easy answer is, whichever you feel most intuitively drawn to choose. All three modalities offer a powerful support to help you in making your growth shifts. In all three, a practitioner helps open your connection to your own inner spiritual light and higher consciousness, to increase the flow of light at an appropriate level through your systems.¹

This connection with spiritual light can **help your life-force flow more easily in your body**. From there, **your system can self-correct to a higher state of functioning**. The light and your own Soul's wisdom and direction are your true healers; the energy bodywork practitioner is a doorway of light, a transmitter skilled with resonating particular frequencies of light to give assistance.

This transmission can help you relax deeply, and may increase your ability to sense subtle energy. It is through this connection with spiritual light that you can gain more consciousness of your situation and perceive better choices, bring healing energy to your cells, or make whatever steps are next for you to make, in the highest and most joyful way.

Even if you are not yet aware of how it happens, you are creating your life from your own unique, particular combinations of consciousness and unconsciousness. RoseLight energy bodywork shines a loving light into that creation and helps you sense the natural flow and peace that is your birthright. In that flow and peace it is easier to open to your next level of understanding, and begin to reach more deeply into what is creating your challenges.

¹ The light itself has a great intelligence and benevolence. It comes from the Source, known in different cultures by different names—God, the Universal Mind, the Great Mystery, the Tao, etc.—and it comes to you in RoseLight energy bodywork through the lens of your Soul and Greater Consciousness. All of this work touches you only with the permission and cooperation of your own Soul. The spiritual light in RoseLight energy bodywork also comes from beings of light who are your friends and coworkers in the Soul realms of light, where you exist, just as you exist on Earth.

FAC and PACE are usually delivered through a hands-on bodywork style, in person or at a distance; usually clients lie down fully clothed to receive the transmission. Some practitioners do combine FAC with counseling rather than hands-on bodywork. Golden Body also is often delivered in a spiritual counseling or reflective practice setting, but, some practitioners do utilize it in their bodywork practices as well. In all cases, the primary determining factor of the energy bodywork is the energy the practitioner offers, and the approach that the energy is delivered to your body or circumstances to assist you. The setting in which it is delivered—whether you are lying down or sitting up, silent or engaged in conversation—is not as important as your willingness to relax and receive the energy. Choose the setting that is most comfortable for you.

Until you have some direct experience of this freedom, you may not realize what it is possible for you to create and experience in your life on Earth. As your body tastes this freedom, it records it. A part of you says, “Ah, I never knew I could feel this way. I want to create this again, I want to learn to create this for myself.” Your systems then begin reorganizing themselves so that you have greater ability to experience the expanded states of peace that you can access by connecting to the light.

You may not be able to get back into the same state that your practitioner shares with you during a session, for no two sessions are exactly alike. What you will be able to do is to begin to access the light in your own way, to bring more flow into your daily life.

It is good for you to get help with your suffering and to learn to grow so that you have access to more compassion and peace. As you do this you ease suffering as it exists in the area of Earth over which you have direct influence—your life. And, as you do this, you open the way for others to do the same. This helps the healing of the Earth.

Having a practitioner to help you in this process is invaluable. Your practitioner is your ally, who respects you and who can stay neutral to your issues and stably hold a space for you to grow.

From the viewpoint of the practitioner in the expanded states of awareness from which RoseLight energy bodywork is given, there is absolutely nothing wrong with you. You are perfect. You have manifested some symptom of lesser flow—a physical disease process, or a relationship difficulty, and so on—but your practitioner sees you as a growing, living, unfolding flower.

A practitioner’s job is to help you reach your next level of flow. When you do this, your symptoms may disappear. Everyone is happy when symptoms disappear and things get more comfortable. But if you seek only to get rid of symptoms without accessing the energy of what created the symptoms, then eventually your symptoms will reappear, in the same or another form, usually with greater strength and intensity.

Growth is a process of discovery. Sometimes this discovery takes place in stages. It can seem as if you are peeling an onion. At each stage or layer, your energy reorganizes, and you go out and experiment in your life with your new level of understanding and flow.

This understanding may be beyond the level of words and thoughts. It is not necessary to always be able to name things in order to make lasting change. You may feel better without “knowing” why.

RoseLight energy bodywork helps you open your heart to make a space in which it is safer for the unhealed parts of you to decide to grow. Your growth process does not have to be dramatic or a struggle. Your growth may not always be comfortable, and it may be intense, but you can make it easier by bringing light to the choices and issues that come before you.

You cannot surgically remove any part of yourself and experience lasting change. True healing, and true change, requires you to be present with the difficult things and to finally embrace them as a part of yourself.

Often people first find their way to RoseLight energy bodywork, or to other forms of accessing the light, during some life crisis. A crisis is a gift. It ripens you to open to a new level of development. It strengthens you. It forces you to access a level of resourcefulness within yourself that you might not otherwise reach.

You do not need to always grow by crisis, but if crisis is upon you, you can accept it and use it to move into a state of greater compassion, peace, and understanding.

It is your decision about how much growth to undertake, and at what speed. Your practitioner will respect your wishes. The guides of light who work with your practitioner are masters of flow. They understand human evolution and will respect your choices.

You don't have to believe in guides in order to benefit from this work, although you may end up believing in guides through your experiences with the work. To benefit from RoseLight energy bodywork, you only have to be willing to relax, to open to your experience, and to grow. You have to truly want to make a change, and you have to be willing to enter into the “not knowing” of how that change will arise.

We hope this book answers some of your questions, raises others, and leaves you wanting to learn more about yourself—about how you function as a human being and as a being of light.

What Is It?

RoseLight energy bodywork
is a form of communion
and sharing.



RoseLight energy bodywork
is a transmission of light
in which the practitioner
is a doorway for
the Soul and Greater Consciousness
of both practitioner and client,
and the Communities of Light.



The physical body
and personality self
of both practitioner and client
resonate in this transmission
and are enriched by it.



In a RoseLight energy bodywork
session the practitioner's goal
is to have no goal
but to explore,
finding resonance and joy
at more and more layers,
following the flows
without expectation
to see where they lead,
out of love,
out of pure inquisitive fascination,
and out of respect
for the process of life.



Resources—Healing & Life Flow

Diane Goldner, *Infinite Grace: Where the Worlds of Science and Spiritual Healing Meet* (Charlottesville, Virginia: Hampton Roads Publishing Company, Inc. 1999) Professional journalist and healer reviews several major healing schools and methods, explores the nature of the reality of healing.

Michael Newton, *Journey of Souls: Case Studies of Life Between Lives* (St. Paul, Minnesota: Llewellyn Publications, 2003) Skeptical psychologist stumbles into regression and overshoots boundaries of present lifetime, discovers that there appear to be universal human experiences across religion, gender, education, etc. of what happens between lifetimes and how that speaks to the nature of reality on Earth.

Sanaya Roman, *Living With Joy: Keys to Personal Power & Spiritual Transformation* (Tiburon, California: H.J. Kramer, Inc., 1986) Classic teachings from the light being Orin on living with joy, a great way to increase your flow and promote healing.

Amy Skezas, *Riding Higher Flows* (Petaluma, California: RoseLight, 1994) Single audio CD; experiential teachings from Athabascar about connecting with and learning to receive transmissions of light that help you find and ride higher flows; a great way to relax and get oriented to RoseLight energy bodywork.

My favorite resources on this topic:

2. About Athabascar & the Guides

Athabascar: Greetings from my heart to yours. I am a being of light, what you might call an angel. I exist in the realms of light that span many different worlds, including the Earth. My name means “Shining Sun.”

I am not a ghost. Ghosts are the astral remnants of human beings who have not been able to let go of the earthplane. I am not what you might call a space being or extraterrestrial, although I do not presently inhabit a body on Earth.

I am a teacher for those who are on a path of spiritual and personal growth. I have lived lives on Earth and I understand the challenges and opportunities that such a life offers.

There are many different worlds, populated by many different kinds of beings. My role as a teacher is to love all beings and to help them to grow to their full potential. My energy as it forms for teaching is like the light of the sun, which shines on all beings and helps them to grow taller, reaching for the light.

My purpose in communicating with you is to help you release suffering and to help you develop your light and multidimensional consciousness. My purpose is also to help the Earth in this time of great upheaval and transition known as the earthchanges, and to help humanity as a whole in its shift into light. This shift is happening for those who are aware of it and those who are not aware of it. The shift is generated by the growth of the larger body of which you and the Earth are a part.

You understand that you are part of a larger system when you consider purely physical constructs—you live in a state, which is part of a country, which is part of a continent, which is part of the Earth. The Earth is a planet in a solar system, which is part of a galaxy, which is one of many galaxies in a universe, and so on.

Physical systems have energy system corollaries. The Earth is a being who has consciousness just as you are a being who has consciousness. The Earth as a being is capable of suffering just as you are capable of suffering, and is capable of joy just as you are capable of joy. Because of the scale and rate of vibration of the Earth, you might not register these energy experiences of the Earth the way you register your

human emotions, but you are capable of sensing the consciousness of the Earth and of sensing how the planet “feels.”

My service to humanity is part of my service to the Earth, and my service to the Earth is part of my service to humanity. You are part of the same body. I love each of you as an expression of the All That Is. I am available to help those who wish to remember that they are part of the All That Is, and to learn to live with that awareness as a part of their everyday lives.

In my service, I work with other beings of light. We call ourselves the Communities of Light. The composition of our group is ever-changing, with old friends leaving to go out and start new projects, and with new friends coming to lend assistance when they are needed, or when they might learn from working with us.

Many of these beings of light are not organized the way human beings are organized. Human beings are individuated. Human incarnation is the process of taking on an individual identity from within which you experience life, and experiment and learn.

The beings in the Communities of Light come from many different realms, most of which are “far away” from Earth. We measure distance not with physical units of space, but with rates of vibration. Because I have had lives on Earth and I understand human physical, emotional, and mental body needs and development, I am able to interface with the Communities of Light and step down this large energy source so that you can use it to improve your life on Earth.

The realms from which these beings come are so different from Earth that it is difficult to describe them in words. As you develop your multidimensional consciousness, you will be able to travel in meditation and visit these realms if you choose, even while holding a body on Earth.

This sort of travel is not required for you to benefit from contact with the Communities of Light. It is optional, like the trips that students make to a foreign country to learn the customs and ways of the beings who live there, and then return home enriched.

You do not have to come to us; we come to you, through our transmission of light and your invitation to us to assist you.

All of the guides in the Communities of Light originate at least in the Soul realms, and usually higher. We know you from the realms where you, too, are a being of light. This is how we perceive you—as moving light and sound with a distinctive energy signature.

Your Soul receives our transmission and steps it down for your little self, for your physical, emotional, and mental bodies. Your Soul is like a mother who feeds light to her child, the incarnated self.

Many of you have become so interested in what you incarnated to learn about that you forgot that you are a being of light and a Soul. Many of you will begin remembering this larger part of yourself as the earthchanges continue and build in intensity.

The earthchanges mark a great transition, in which the realms of light are moving closer to earthly reality. As this occurs, the substance of your physical, emotional, and mental bodies is changing. The dense energies that you have held in these bodies begin to vibrate and move, the way china on a shelf vibrates when a large vehicle passes by on the road outside your house.

This vibration heightens the old patterns of lesser flow and brings them into clearer view. This is not always comfortable for you, but it is often the first step in realizing that you are carrying the patterns, and in being able to let them go.

The heightening of awareness of your patterns may lead you to seek help from a RoseLight energy bodywork practitioner. The practitioners are trained to key their energy in to the larger shifts that are happening, and to open a doorway for the release of old energies with greater joy and ease. The practitioners are our partners in helping the earthchanges to be as joyful and smooth as possible.

Some people will not choose to stay in a physical body during this transition. They will go on and learn about their patterns in other worlds. From the point of view of the Soul there is nothing better or worse about this choice. There is plenty of room in the universe for everyone to learn, in the ways that are best for that individual.

Just as you have development cycles—childhood, adolescence, young adulthood, middle age, and old age—so does the Earth have cycles and phases. The planet is in a transition not unlike adolescence, with its great upheavals and restructurings. When you incarnated from the Soul planes, you chose to be alive on Earth right now to participate in this great transition. There are no accidents. You have something to learn, and something to give, by being a part of it all.

The Earth is drawing these transformative energies of light to the planet, to go to the next level of development. You can be a steward of peace in these times. You can do this by working on what is right in front of you in your own life, and bringing the greatest truth, compassion, and peace to it that you can.

As you grow your skills will increase. You will have more love for yourself and for others, and more of a conscious awareness of the larger body and higher realms of which you are a part. The challenges of your little self's daily life are your doorways into the light, into the release of suffering, and into greater peace and world service.

Peace is not death; it is the beginning of new life, a life lived without drama and without struggle. In a life lived as peace, learning continues. Challenges continue. Growth continues. Your capacity for expression becomes larger. It becomes easier for you to find and track larger systems of energy. It becomes possible for you to help others grow with greater joy.

We invite you to consider living a life of peace.



Exercise: Invocation of Light

To center yourself and to connect with your inner spiritual light more fully, you can use the following invocation. RoseLight energy bodywork practitioners use this invocation at the beginning of every session. It is part of how they set the space for the guides of light who come and help with the work, and part of how they connect with their own Soul and Greater Self so that they can serve you and learn.

You may wish to have someone read you this exercise and lead you through it, or you may wish to record it for yourself onto a tape, CD, or your computer. You can use this exercise for groups that you lead.

Your thoughts and intentions do make a difference, and do have real consequences that reach into the physical world. When you make the intent to open in this way, it happens. Ask for your opening to come in steps that you can manage easily, and in ways that bring you joy.

The Invocation

Begin by sitting or lying, still and comfortable. Take a moment now to get quiet, and go within.

Notice your breathing. Feel your breathing begin to slow down. Let your physical body begin to relax.

☯

Imagine you are breathing in the quality of peace, as if peace were the scent of a beautiful flower, filling the room, filling your lungs, entering your bloodstream along with the oxygen, and circulating through your body. Imagine peace circulating through and filling your body, like little particles of light, or however you imagine it.

☯

On the exhale, when you are ready, think the thought clearly:

I call forth the light.

☯

Imagine you are breathing in the quality of joy, as if joy were effervescent bubbles, filling the room, filling your lungs, entering your bloodstream along with the oxygen, and circulating through your body. Imagine joy circulating through and filling your body, like sparkling bubbles, or however you imagine it.

☯

On the exhale, when you are ready, think the thought clearly:

I open to the light.

☯

Imagine you are breathing in the quality of wisdom, as if wisdom were a golden light, filling the room, filling your lungs, entering your bloodstream along with the oxygen, and circulating through your body. Imagine wisdom descending from above you, coming all around your head and body, like a shaft of light in which the energy becomes clear and focused.

☯

On the exhale, when you are ready, think the thought clearly:

I receive the light.



Imagine you are breathing in the qualities of unconditional love and compassion, as if they are waves of harmony, filling the room, filling your lungs, entering your bloodstream along with the oxygen, and circulating through your body. Imagine the waves moving through a seed of light in your heart, and imagine that this seed is beginning to open, like a rose. Imagine love and compassion emanating from the rose in your heart, adding to the harmony in the room.



On the exhale, when you are ready, think the thought clearly:

I am the light.



Sit or lie in this light as long as you like. It is you, a part of you that is timeless and eternal, a part of you that continues to exist even as you live in the cycles of day and night on Earth. This light is always there, always waiting for you to access it.



When you are ready, bring your awareness back to your physical breath, and imagine that you are shifting your vibration back closer to the vibration of matter, slowing down. You are coming back new and fresh, enlivened by this contact. You do not have to know how this contact will help you. Ask that the light be used in the highest way, for the greatest good, and then let it go.

Simply calling for the light and sitting in the light for a few minutes every day can have a profound effect on the course of your day-to-day life. Light is a force of evolution and change. Light is a doorway to peace.

Resources—Working With Guides of Light

Laeh Maggie Garfield & Jack Grant, *Angels and Companions in Spirit* (Berkeley, California: Celestial Arts Publishing, 1995) Clear, practical teachings about guides and having a working relationship in sane, safe, loving ways.

Sanaya Roman and Duane Packer, *Opening to Channel: How to Connect With Your Guide* (Tiburon, California: H.J. Kramer, Inc., 1987) Classic, practical teachings from two very accomplished channels and their light being guides Orin and DaBen about how to make a clear, stable, safe connection to your own guide of light. Also available as a home study audio course from www.orindaben.com.

Amy Skezas, *Building a Base of Trust* (Petaluma, California: RoseLight, 1995) Single audio CD; experiential teachings from Athabascar about building a stable base of trust in yourself and in the Universe, from which to explore healing, connect with your guides of light, have human relationships, etc.

My favorite resources on this topic:

3. About Your Practitioner

A RoseLight energy bodywork practitioner:

- Is a person who is trained in sensing and following flows of subtle energy, the energy that underlies and creates physical reality.
- Has faced some challenge that led to inquiry about the nature of reality, and about how a person is organized as a human being, and as a being of light.
- Is on a path of growth, and may be well developed in some areas, and less developed in others.
- Has either studied with Amy and Athabascar in person, or has studied with a teacher trained in their lineage

The format for training RoseLight energy bodywork practitioners is always a live class, and is usually a residential retreat intensive. During the intensive, there are guided meditations and physical exercises, as well as lots of hands-on training. Practitioners learn about connecting with and holding the frequencies of light on which RoseLight energy bodywork is based. After class, practitioners typically stay in touch with classmates and practice with one another.

Each practitioner has a special group of light beings who work with him or her in serving you. Different practitioners may touch different points on your body, or may not touch your body at all. RoseLight energy bodywork is defined by the energy the practitioner transmits to you, rather than by the points a practitioner touches, physically or with awareness only.

Your practitioner is not a psychotherapist or a medical professional, and thus is not trained to diagnose or treat disease unless he or she brings that background to RoseLight energy bodywork training. However, together with your practitioner you may be able to effectuate change more quickly and deeply than would otherwise be possible. Your practitioner is trained to open the doorway of light to help your systems reach a state of peace and begin to self-correct to a higher level of functioning. Your practitioner knows how to be caring and kind, how to stay neutral, and how to work with energy flows in and around your physical, emotional, and mental bodies.

Please do not abandon regular medical help or psychotherapy if you need it. RoseLight energy bodywork is energy work that is designed to help you on your

path of spiritual and personal growth. If after a series of RoseLight energy bodywork sessions your condition improves, you and your doctor or therapist can decide together whether medical or psychotherapeutic treatment is still necessary.

Different practitioners charge different rates for their work. Expect to pay anywhere from \$50 to \$150 or more for a session. Insurance usually will not cover these costs unless your practitioner is working in a medical office under the supervision of a physician, and both the physician and your insurance company support this kind of billing.

Do not judge the worth of a practitioner by how much money is charged. A shy practitioner may not yet have the confidence to charge much for sessions, yet may deliver as high a quality service as a practitioner who is accustomed to dealing with money and having a private practice.

You are paying your practitioner for his or her time and willingness to hold a focus of energy for you. Although it is quite enjoyable to help others by giving RoseLight energy bodywork, it does require energy from your practitioner and it is appropriate to pay him or her with money to compensate for this energy.

You are not guaranteed any results when you come for a RoseLight energy bodywork session. Your practitioner does not know what is going to happen but must surrender to the light, in sincere request to assist you in the highest way. Your practitioner opens the doorway of light, enters the flows, and follows the guidance and intelligence of the light to assist you. Out of the spiritual love, light, and flow that are opened, great opportunities for change can arise.

Practitioners can give RoseLight energy bodywork in person or from a distance. This opens the field of possibilities so that you can consider choosing practitioners who do not live in your geographic area.

RoseLight recommends that you work with an **Advanced Practitioner**. Basic Practitioner training includes taking time with self-exploration with the energies as well as completing a seminar with a qualified teacher about transmitting the particular frequencies of light for hands-on and distance energy bodywork. An Advanced Practitioner builds on Basic training with home study, live classes, and ongoing supervised reflective practice to develop clarity and professional training in matters relating to ethics, boundaries, self-care, and renewal, as well as completing a supervised practicum. Advanced

Practitioners can be found at www.gauden.org; click on the link to Community, then Directories.

Questions you might wish to ask a practitioner when you first make contact:

- When did you graduate from the live course in hands-on and distance energy bodywork ?
- With whom did you study? What is that person's lineage leading back to Athabascar and Amy?
- How much do you charge?
- How long does a session with you usually last?
- For long distance sessions, do you include a follow-up conversation as part of the session?
- What is your life experience/background?
- Do you feel it is appropriate for us to work together?

When you review the list of Advanced Practitioners, see if a name jumps out at you, or if you are drawn back to a certain name again and again. Trust your intuition about whom to choose, as well as your discernment based on the answers to the questions above.

You do not have to have reasons for why you like or dislike a practitioner. You will be entering a relationship of healing and growth with this person, a relationship of communion, and it is important that you feel comfortable with him or her at some basic level.

All the practitioners listed agree to subscribe to the Code of Ethics on the following page.

Gauden University – Code of Ethics

Rev: 8/28/2007

Our ethical framework is rooted in the understanding that we are part of one Being, united in consciousness, spiritually bound to each another and that our thoughts and actions toward others create and constitute the quality of the life that we ourselves experience. Collectively and individually we are responsible to live in a manner that encourages growth and harmony for all life.

1. We establish our behavior and demeanor with clients, students and peers in kindness, compassion, and generosity of spirit for them and for ourselves.
2. Our interactions and exchanges with others are based in clarity, honesty, and truth. We clearly, and up-front, define the boundaries of our transactions regarding matters such as roles, compensation, time limits, and expectations.
3. We respect the dignity, ethnicity, race, sexual preferences, and religious beliefs of others.
4. We respect the confidentiality of information shared in our healing and helping relationships and as a general principle we respect others' privacy.
5. We understand that sexual contact with clients, students, or anyone with whom we are in a fiduciary position degrades our ability to bring about clarity and growth, and erodes the qualities of safety and support intrinsically required for this association. We refrain from sexual contact or the intimation of sexual contact with those whom we serve as healers, helpers, teachers, leaders, etc.
6. We recognize that those whom we serve benefit most by being empowered to make their own choices regarding welfare and growth. Our words and actions encourage and support self-responsibility.
7. We believe in the availability of a universal sufficiency to meet all needs and we espouse cooperation, versus competition, with other individuals and organizations that are active in the work of human and spiritual growth.
8. We actively seek our own growth and development using appropriate means and support vehicles so that we may continue to offer our highest and best to those we serve.

Exercise: Qualities in a Practitioner

Examples of qualities are kindness, compassion, joy, and so on. If you could choose the qualities you would like in a practitioner, what would you choose? Take some time to think about what is important to you in the person you trust to transmit light to you. You might want to make some notes about this.

Resources—Addressing Your Needs

People often are interested in RoseLight energy bodywork because of:

- Stress and/or illness, physical and/or emotional/mental
- Relationship issues and especially needing to understand where the power of creation lies in the relationship or
- A need or desire to manifest something

There is no substitute for a caring, kind, helpful practitioner, but to help you with making a shift in the topics listed above, here are some resources that may be of interest.

Mary C. Earle, *Broken Body, Healing Spirit: Lectio Divina and Living With Illness* (Harrisburg, Pennsylvania: Morehouse Publishing, 2003) A creative use of the Benedictine practice of *lectio divina*, or sacred reading, to pray and deepen one's experience of God while suffering from serious, chronic, or terminal illness; a way to manage and perhaps even thrive, when cure is not part of the picture.

Daverick Leggett, *Recipes for Self-Healing* (Totnes, England: Meridian Press, 1999) Excellent practical exposition of nourishment and the theory of meridians and organs from Traditional Chinese Medicine; invaluable as a brief and clear explanation of symptoms relating to conditions and what to do about it with food and lifestyle for natural, self-directed healing.

Swami Rama, *Freedom from the Bondage of Karma* (Honesdale, Pennsylvania: The Himalayan Institute, 1977) Overview by an enlightened master of the ways that illness, stress, and lack of flow are created, and practical suggestions about focusing your awareness.

Sanaya Roman and Duane Packer, *Creating Money: Keys to Abundance* (Tiburon, California: H J Kramer Inc., 1988) Guidance and reliable techniques from light beings Orin and DaBen for manifesting.

Sanaya Roman, *Personal Power Through Awareness* (Tiburon, California: H J Kramer Inc., 1986) Guidance from light being Orin for sensitive people about understanding how to sense and deal with energy in relationships and in living in the world.

C. Norman Shealy, M.D., Ph.D. and Caroline M. Myss, M.A., *The Creation of Health: The Emotional, Psychological, and Spiritual Responses that Promote Health and Healing* (Walpole, New Hampshire: Stillpoint Publishing, 1993) A bridge between standard western views of illness and energy awareness of illness, with the views of a medical intuitive on particular causes of some diseases and conditions.

Amy Skezas, *Choosing Well* (Petaluma, California: RoseLight, 2005) Single audio CD; experiential teachings from Athabascar about the process of choosing well, using spiritual light and flow to help guide you into a state of peace and clarity.

Amy Skezas, *Relationship: Soul Embodiment* (Petaluma, California: RoseLight, 1999) Home study audio CD set; experiential teachings from Athabascar about your relationship with your Soul and bringing that relationship more fully into your awareness in your everyday life; an excellent companion set to sessions with a RoseLight energy bodywork practitioner.

My favorite resources on this topic:

4. About Transmission of Light

Transmission of light is the core of all RoseLight energy bodywork. Two important things to remember about transmission are:

- **Light carries information.** In physical reality, light is used in fiber optic cables to convey data from one place to another. In the spiritual realms, light carries information in its subtle energy structures. When light travels from one being to another, it communicates that information as it passes. This is not necessarily information you process with your rational mind; it reaches your intuitive mind, cellular energy field, and other parts of you that are sentient and operating for your health and well-being but which may be outside your ordinary conscious thinking processes. Sometimes this information comes to you through a dream, or a new idea, or as a person who calls “out of the blue” to help you, etc.
- **Light stimulates growth.** In physical reality, sunlight supports all food chains and hence, all life. In spiritual reality, the same is true: our inner light supports all our life functioning. Although we think of nourishment as food, water, and perhaps even love and physical touch, in fact, our first and primary nourishment is our connection with spiritual light. We receive its constant support through an inner channel of energy that is always present and that keeps us alive in our bodies on Earth.² When that link is cut, physical death follows immediately; it is how the Soul “calls us home.” The link with our inner spiritual being funds all our life experiences, providing the basic life-force energy our bodies uses for all functions; the substance that becomes the goals and dreams and visions that inspire us; and so on.

The spiritual light that is transmitted in RoseLight energy bodywork comes from a spectrum that is not visible to the physical eye. There are not yet any physical devices capable of measuring this light. However, a human being can track this light, can learn to transmit it and receive it, and can change because of that transmission and reception.

² In esoteric literature this channel is known as the Antakharana. All humans have one. In people who meditate or pray often, it is often more developed. Think of a garden hose that carries water from the faucet to the plot of land where vegetables need water; your channel is always feeding your earthly life, but, if you focus upon the channel, you can develop it (help it be clearer, wider, carry more flow) and enrich your little self.

We have learned how to find and transmit the frequencies of light of RoseLight energy bodywork through Athabasca's teachings. The light that is transmitted in RoseLight energy bodywork comes from the realms of the Soul and higher.³

To receive the transmission of light in a RoseLight energy bodywork session, you do not have to be able to see the subtle energy, but most people do notice that something is happening when they receive a transmission. As the light moves through your physical body you may feel heat, coolness, relaxation, buzzing, vibration, waves, or many other sensations. Your body may twitch and jerk, or your muscles may become so relaxed that you feel as if you are melting. You may feel as if you are floating.

When the light moves through your emotional body you may feel joy, you may cry, you may feel old emotions come to the surface and roll away from you like waves on the sea. You may feel agitated or deeply calm. Most people report feeling as if the light is something entirely new, and yet, deeply familiar. Most people experience a deep calmness during and after their sessions.

When the light moves through your mental body you may feel as if all thought disappears. You may have visions, like lucid dreaming. You may experience a rush of creativity and insight. You may find yourself thinking about something over and over, and later discover that in those thoughts was a key to what you chose as the focus of your session.

The light transmitted in RoseLight energy bodywork is gentle and powerful. It permeates every part of you that is open to receive it. You do not have to work to receive the light; you only need to intend to receive it, and to relax. It is very helpful to have a discussion with your practitioner before the transmission, to clearly set your intention for growth. Your intention is like a crystal that helps focus the waves and particles of spiritual light into exactly the right places.

³ Says one practitioner of PACE, FAC, and Golden Body: *"It is my distinct impression that the FAC and PACE energy-consciousness ensembles function in rather different ways. At least in my experience, that is, FAC energies seem to "open out" into macro-cosmic realities while the PACE energies seem to "open into" micro-cosmic realities. These are not different "realities," however, just differentiated light-harmonies of one seamless continuum of divine consciousness."* And: *"For me, the three golden spheres that we are building within our physical bodies are never outside of or separate from their formless or non-local sources of resonance. The latter are not "out there," they are "right here" - and we find and commune with them by "tuning in" to the ocean of frequencies within which we live, move, and have our being; there's neither geography, nor mechanics - just attunement or re-focusing my body-centered attention, here and now."*

Although it is not always obvious to the little self, you are constantly in a state of creation. You are creating what you are experiencing in life, and the creation comes from both the conscious and unconscious parts of your being. This is not a statement of blame; you are not to blame for anything. You are, however, endowed with a magnificent power of creation that is stronger than you might realize. When you experience pain or lack this symptom is a clue; it can guide you and help you to liberate yourself from your suffering. The light has intelligence and will respond lovingly to your request for help; sometimes the greatest achievement of an energy bodywork session is that you illuminate, or bring from unconsciousness into consciousness, the next steps for your healing, growth, or evolution.

This high spiritual light is a force that is beyond the power of the human ego or will to control. This is why a RoseLight energy bodywork practitioner never knows exactly what is going to happen in a session. After you both set your focus, your practitioner surrenders to the higher light, light from the practitioner's Soul and Greater Consciousness, blended with light from your Soul and Greater Consciousness, blended with light from the high light beings who assist in the work.

Despite your inability to control the light, transmission of light is safe. Every session takes place under the guardianship of your Soul, the practitioner's Soul, and the high beings of light. These beings have no agenda other than to support your growth and to help you take the next step that you decide is right for you. They engage with you because they understand that in the Oneness, suffering in one being creates suffering for all beings.⁴ They are here to help

⁴ This notion of interconnectivity and Oneness can be found in all spiritual traditions, whether Jewish, Christian, Hindu, Buddhist, Pagan, etc. For example, 1st Corinthians 12:

If a foot should say, "Because I am not a hand I do not belong to the body," it does not for this reason belong any less to the body. Or if an ear should say, "Because I am not an eye I do not belong to the body," it does not for this reason belong any less to the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God placed the parts, each one of them, in the body as He intended.

The eye cannot say to the hand, "I do not need you," nor again the head to the feet, "I do not need you." Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this.

you ease your suffering, be it physical, emotional, or mental, and to help you reach a place of greater peace. They do this out of love for you and for all the beings everywhere who have consciousness.

The guides never transmit more to you than you can accommodate. They are masters of flow and match your energy systems perfectly.

If you are ever in doubt about whether a guide is a high guide, simply ask your Soul to filter any energy coming from the guide so that only beneficial energy reaches you. You can also ask the guide directly. If you are in any way dissatisfied with the answer, you are within your power and rights to tell the guide to leave. All beings must respect your free will; it is universal law. If you are frightened about any of these things, please explore the Resources on page 15, *Working With Guides of Light*, to address your fears, and speak with your practitioner about your concerns. A truly high guide is a doorway to grace, peace, and blessings; it is worth understanding the proper way to access this doorway, in order to benefit from it. Your practitioner has had training in this.

If (one) part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.

Resources—Transmission of Light

Richard Gerber, M.D., *Vibrational Medicine* (Rochester, Vermont: Bear & Company, 2001) Exploration of the medicinal properties of higher vibration/transmission.

Sanaya Roman, *Spiritual Growth* (Tiburon, California: H J Kramer Inc., 1989) Guidance from the light being Orin about how to become a source of light.

Amy Skezas, *Teaching With Light Basics* (Petaluma, California: RoseLight, 1993) Home study audio CD set; experiential teachings from Athabascar about working with light beings to bring forth light for this world by helping awaken the inner light in those you serve.

My favorite resources on this topic:

5. Patterns, Wellness, Flow

A living being is composed of many different layers, structures, and systems, all operating within a defined sphere of contact that we call a "being"—a human being, a dog, a crystal. To better understand this, consider the sphere of contact we define as the human physical body. Within its bounds, there exist—all approximately within the same space—a lymphatic system, a nervous system, chakras⁵, and so on.

All of these systems and structures are multidimensional, even if you are only aware of “the tip of the iceberg” in a given part, at a given time. Each of these systems and structures could be thought of as operating within its own band of frequencies, with a specialized job, and connected with all of the other systems and structures in the body.

Your physical, emotional, and mental bodies affect one another. Trauma in one is communicated to the others. Wellness in one is communicated to the others. The connection among systems and structures is the consciousness of the being. This consciousness is made of light substance, is real, and responds to light frequencies. The frequencies of RoseLight energy bodywork can affect all your layers, structures, and systems through the energy field of your consciousness, helping you to build upon your base of wellness and flow.

A human being can be perceived as a set of flows and waves of energy. When a person is healthy, these flows and waves have a certain flexibility, softness, firmness, and so on. There is a responsiveness and aliveness in the physical, emotional, and mental bodies. Children are full of this vitality, which, despite aging, does not necessarily have to dwindle. Spiritually realized human beings exude a high level of vibrancy, regardless of age.

What detracts from vitality is excessive rigidity, limitation, constriction, and compression of the flows and waves of energy of your energy field. These patterns of lesser flow manifest in a variety of ways in people young and old.

⁵ Chakras are subtle energy body structures that are part of your aura. They are digestive organs for subtle energy, stepping down the higher light of the guides and your Soul so it is usable in the atmosphere of earthly life. They are also closely connected with your physical, emotional, and mental well-being.

The mechanisms that generate the openness or closure, the flexibility or rigidity, appear at first glance to be energy patterns in the emotional and mental bodies, or cellular structures. Often, on closer inspection, however, it is the templates from which these patterns are created that set the conditions for the experiences we have in our daily lives. We can experience healing by becoming conscious of the patterns, or adjusting them, but to make a lasting shift, we must become aware, or touch in some way, the part of us that created the patterns in the first place.

So, to summarize, we have a cascading chain that leads to deeper and more fundamental levels of causation/healing/growth/evolution:

Physical, emotional, or mental symptom, condition, or manifestation



Energy pattern, discernable in physical tissue, emotional body, mental body, cellular field, atomic field, chakras, aura, and other levels of being



Template for energy pattern, discernable from the Soul levels of creation; may have to do with individual growth, group growth, planetary growth, etc.



Consciousness, that which creates, that which may always be enlightened, that part of you which is most directly linked with God, the Source, All-That-Is, etc..

You can experience shifts and growth by improving your nutrition and exercise habits; by learning to be present with your emotions; by learning to notice and uplift the quality of your thoughts; by working at the level of the chakras; by learning to harmonize your energy field; by entering the cellular level and inquiring about what is happening there; by working with the Soul or Soul group templates of your patterns; and so forth. **It does not really matter at which level you enter the energy dialogue with your challenge; all that really matters is that you show up, are willing to grow, and get appropriate help when you need it—and that if one strategy is not helping, that you be willing to be creative and try something else.**

RoseLight energy bodywork is based on accessing the creation aspects of your consciousness; it is deep work that can affect all the levels of your experience are of denser, more manifest reality—physical, emotional, or mental symptoms, conditions; energy patterns; and templates for energy patterns.

Remember: everyone has patterns of greater and lesser flow. Everyone is learning and growing. The light is wise, intelligent, and understands your challenges from a much wider perspective than the earthly perspective. Your practitioner can offer you kindness, patience, compassion, and an important connection with the transformative power of light.

After your session, you may have insights about how you are creating the situation and where your next steps lie, or how to have a breakthrough, or even simply how to accommodate what you previously had thought you could not handle. The way your shifts manifest will depend a great deal on what you choose for the focus of your session and how much you are ready to change. Healing is change; without change, nothing can heal, and indeed, without change, nothing can live. Trust yourself and work with your practitioner to help clarify your intentions and focus, and to set your goals for growth in a program that is right for you.

Resources—Chakras & Energy Fields

John Friedlander & Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance* (York Beach, Maine: Samuel Weiser, Inc., 1999). Excellent exposition of energy basics, taught with compassion and clarity.

Alex Grey, *Sacred Mirrors: The Visionary Art of Alex Grey* (Rochester, Vermont: Inner Traditions International, 1990) Excellent artwork depicting human chakras and energy fields, by a gifted clairvoyant. Gives new pizzazz to the old adage, "A picture is worth a thousand words."

Amy Skezas, *Chakras of Peace* (Petaluma, California: RoseLight, 2006) Home study single audio CD; transmission from Athabascar to help attune you to the frequencies of peace at the chakral level.

Amy Skezas, *Relationship: Cycles of Birth and Rebirth* (Petaluma, California: RoseLight, 1997) Home study audio CD set; experiential teachings from Athabascar to help you rebirth through your Soul's templates for this lifetime and bring higher flow and joy into your life.

My favorite resources on this topic:

6. Why Help the Little Self Grow?

Question from a student: We talk about the little self⁶ and the larger self and most of us spend our time working on the little self to improve it or bring it along to the point where we're aware of the larger self, the Divine Self of us. What is the purpose or point of putting all this attention into the small self when really that isn't who or what we are?

Athabascar: This question touches into the heart of existence in your reality, and life on a spiritual path. It also touches into the idea of consciousness and what it is you are made of as a human being and as a being of light.

You are your personality self as well as your larger self. Your personality self is real. It exists. It has a life. It has goals and aspirations. It has consciousness. And although it is not operating in the same band of frequencies of consciousness as your Soul is, it is nonetheless an important and valuable player in your existence, in your composite Self.

Your personality is a vehicle for communication. Your personality is not needed for communication in the Soul planes, but for communication on Earth you must have one or you will not be able to meaningfully interact with other human beings.

To separate from your personality self or your physical body with the idea that they are not as important as some other part of you is to miss the point. You are a group body with many parts, and each part has its functions. Each part has its life, its views, its aspirations, its goals, its learning. "Learning" may be the word that will help you here the most.

⁶ Athabascar refers to your earthly presence as your "little self." It is the persona of your ego and your physical body, what you see when you look in the mirror with ordinary vision; it is who other people think you are—wife, mother, brother, friend—your temporal self. Athabascar often refers to the little self as being composed of "the three little vehicles"—the physical, emotional, and mental bodies. He contrasts this temporary self, which you inhabit for the duration of this lifetime, with your Soul and Greater Self, the "you" which exists in the realms of light; the "you" from which you came before birth into your current circumstances, and to which you will return after your death. This Greater "you" is made of light and consciousness, and keeps your little self alive with light until it is time for you to return home to the realms of light.

If you were given charge of a group of children, you would not single out the one with the least intelligence and make that child feel bad or less worthy. You might admire the smart child more, you might enjoy the smart child's company more, you might even praise the smart child more. But none of you, we think, would deliberately isolate or diminish the less intelligent child. Your personality in some ways is a slower child who does not have access to the same level of information and understanding that your Greater Self has.

But your personality is still a part of the classroom, the group work. The part of you that wants to ignore the personality is not balanced; it is afraid that if you focus on the least intelligent child that no one will ever move forward in class. This part fears distraction and delay. This part does not believe there is enough time.

Your calm, wise, and loving self will enfold and include the personality but will not allow the personality to stop the greater work. Your Greater Self is a teacher who is able to find a job for everyone, so that even the slowest child can be a part of the class.

We are not concerned with how long it takes you to reach this stance of inclusive love with the parts of you that you view as less than whole and perfect. It is a good investment to train you to take this stance. For as you are able to approach yourself with inclusive love, you will be able to approach others in that way, and the separation and division that has marked a great deal of pain and suffering in life on Earth will be well on its way to healing.

Part of your question has to do with authority, and who has the authority to make decisions. The reality is that you cannot surgically cut out any of these parts of yourself; they will grow back. They will resurrect themselves until they are heard and loved, until they evolve.

This is the evolution of Earth. This is the evolution of matter, of humanity and its thoughtforms, its emotional states; this is the re-enfoldment into the heart of God of that which has separated itself, in order to gain experience.

It is a great work. It is not a small thing you are doing here in your own life and in the life of your planet, and of your species.

You spend time with the little self because there is need and suffering. You give love to the little self because there is need and suffering. And for the part of you that

fears that the little self is a hole you will be sucked into, that you will not be able to get out of, we say to you, use your tools.

The laws of the universe in which you live are laws of conscious manifesting, laws of the power of creation. The laws are reliable. When you place yourself in an adversarial position with these laws, with your universe or with some part of yourself, you are not in a centered place from which to operate.

Part of helping the little self to grow is getting clear about quality of energy. When you are experiencing conflict, ask yourself—Whose voice is it? Where am I coming from? What is my motivation? You can always know the voice of your Soul, your high guides, and your Community of Light by their tone of inclusive love; by the sense of assuredness and peace they convey; by their lack of fear of being delayed, drawn in, or thrown off course.

As you develop your tools you have the ability to tap into that assuredness and peace at will. Some days it may be more of a challenge than others, but in your tool kit, you have many ways to access that higher energy.

So long as you are on Earth, your growth process will always come back to the life of your little self because your little self is your vehicle for your teaching and your learning here. It will always come back to some issue before your personality and physical self—Should I do this or that? How will I create money? What kind of a relationship shall I create with this person?

As you grow in connection with light and spiritual awareness, your viewpoint as you address these questions changes; you perceive more with the senses, with the eyes of the Soul. As you grow into your larger Self you are less able to pretend that there is separation. You live more and more simply, in tune with the impulses and impressions of your Soul's great love and compassion. And who executes decisions for this Soul love in the world of form? Who is the foot soldier? The personality.

Who is it that other human beings observe, thinking it is the “real” you until they know better? The personality. Whose face will they remember when they are feeling sad; whose touch, whose caring smile? They will remember your personality. And when you have brought light into yourself more and more fully, it will be the Soul-infused personality that they remember.

This vehicle has a purpose. Its purpose is to hold your light, to draw your chariot of light. Understood in this fashion, you might not be in such a hurry to get rid of it.⁷

Your little self lets you hold a focus in this dimension. It is a gateway for expression of the All That Is. To be human is to touch and to share. The Earth has many beauties and pleasures you can enjoy.

If you become attached to earthly experiences, you will find out, and eventually you will decide to let go of your attachments. You can relax. You are allowed to have a personality. Your personality is a partner in the great work. It is a vehicle for service, for experience, and for growth.

In your core of light that you are building with your tools, you will find a great comfort. The stars are out every night; even if there are clouds, the stars are there and you know it. Even if your personality is having what you call a “bad day” it is possible for you to shift gears and enter that starry night; it is waiting for you; it is inviting you.

Sometimes you may feel disheartened and disenchanted with life on Earth as a little self. “Things move so slowly here,” you might say. “I’m tired of the same old things.” When you have completed your work here you will move on to other realms. You will not cease to exist. Your form will change; that is all.

Spend time with your little self, with all its less-developed parts. Care for them and love them, even though they might not be as bright as stars. They exist for a reason: you created them for a reason. For those areas of your life in which you feel most afraid are the areas you have come here to learn about and to teach about. Your personal journey is the greatest teaching you leave behind you.

And so it is not wrong that you find unconsciousness and bring it to light. This process is magnetic and creates a vortex of energy into which others who are

⁷ Here, Athabascar is teaching a style of spiritual growth that encourages presence, and enlightening your little self. (this is in contrast to styles that encourage shattering or obliterating the personality, or trying to ascend bodily or go somewhere else in order to be enlightened). In today’s energy environment, because of the high level of vibrational transmissions pouring into Earth’s energy environment as part of the planetary shifts of consciousness, Athabascar teaches that this method of infusing light into the structures of the little self is a higher path of growth for many people. The work is still to enlighten and uplift the little self; there will still be moments of intensity, of confrontation of that which is not love; but the goal is to be here, rather than to be somewhere else, in order to serve and to live with joy.

struggling with the same issues are drawn. Your being is a shining example to them—your whole being, not just the parts of you that look pretty. Those who follow must be able to see the path you have walked or you won't be real for them. They must be able to see that you have made it or they won't know that they can make it, too.

Ask yourself, from whom would you rather learn: someone who has experienced what you are experiencing, someone who has compassion and love, who has some sense of stability and integrity, some sense of realness about them—or someone with absolutely no personality? All together you are strong, all together you span a broad range of frequencies that allow a great work to be done, great mercy and compassion to be brought where there is suffering.

Does this begin to answer your question?

Resources—Helping the Little Self Grow

Michael Reed Gach, Ph.D. and Beth Ann Henning, Dipl., A.B.T., *Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalance* (New York, New York: Bantam Books, 2004) Self-care exercises using the meridians of Traditional Chinese Medicine to help heal and balance the emotional body, relieve physical stress, and uplift the thoughts.

Marshall Rosenberg, *Nonviolent Communication: A Language of Compassion* (Encinitas, California: Puddledancer Press, 2000) Very helpful, step-by-step exposition of how to experience your emotions and release them, without projecting them on to other people. There are NVC practice groups in many locations, as well as NVC coaches to help you with this method if you want to go more deeply into it, but even reading the book through can open new insights about how to handle difficult situations.

Amy Skezas, *Beliefs Through the Eyes of the Child; Creating Yourself With Light; Healing Generational Karma; and Observing Patterns and the Law of Attraction* (Petaluma, California: RoseLight, 1995) Home study audio single CDs; experiential teachings from Athabascas for your little self, to help it become a Soul-infused personality, to bring greater compassion and caring to the tender parts of you that need love in order to mature and grow strong and clear.

My favorite resources on this topic:

Part II

A Session With a Qualified Practitioner

7. What Happens in a Session

What follows is a general description meant to give you an idea of what may happen when you visit a RoseLight energy bodywork practitioner and have a session in person. Remember that each practitioner may do some things differently, to suit the needs of clients as well as his or her personal circumstances.

When you arrive your practitioner:

- Will greet you and try to help you feel comfortable
- May ask for your mailing address and telephone number, to confirm current contact information
- May ask for payment at the beginning, since you are both going to be entering an expanded state of awareness and it is generally better to get all the earthly details handled beforehand
- May ask you to read and sign a waiver stating that you understand that the work uses expanded states of consciousness, and that you are willing to take responsibility for yourself.

Then your practitioner will ask what you would like the focus of the session to be, and you will talk about it together. This conversation might be detailed or brief, depending on how much time you and the practitioner have set aside for the appointment, and depending on what is going on for you that day.

Some practitioners practice RoseLight energy bodywork during these conversations and never ask their clients to lie down on a bodywork table. More commonly, the conversation about focus lasts from 10 - 30 minutes, and then you lie down upon a bodywork table.

In RoseLight energy bodywork you keep your clothes on, except for your shoes, and maybe your socks. The frequencies of light go right through your clothes. The only items your practitioner might ask you to remove are belts or other constricting accessories, and jewelry. Jewelry often “holds” energy patterns and it is easier sometimes to help you shift if you remove your jewelry. If you need to clean the jewelry (with water, sunlight, etc.) before putting it back on the practitioner will recommend that at the end of the session.

Usually, you lie on the table face up rather than face down. You are free to make any adjusting movements you like, but your practitioner probably will not ask you to roll over onto your stomach. Instead, to work on your back, the practitioner may go underneath the table later in the session.

Your practitioner may ask if you are comfortable, if you want a pillow under your neck, or under your knees to take the pressure off your lower back. Usually you lie between two sheets or blankets, to help you feel cozy and secure. Also, your body temperature may drop as you get more relaxed, and the blankets help you stay comfortable and warm.

Tell your practitioner if:

- You are wearing contact lenses
- There is anywhere you would prefer not to be touched
- You have any recent or old injuries
- There is anywhere on your body that is particularly sensitive.

Your practitioner may demonstrate the kind of touch used in a session, probably on your knee or leg, so that you can feel the firmness and lightness of the touch. In RoseLight energy bodywork it is rare for practitioners to do any kind of intense rubbing or deep physical touching. Most of the work is done with spiritual light, and sometimes the practitioner does not even need to touch your physical body but works anywhere from an inch to several feet above or below you, or even from across the room, at whatever distance is best to open the flows in a particular area.

Next the practitioner will move to the foot of the table and be silent for a while, usually a few minutes. During this time the practitioner is invoking the light and harmonizing the energy to properly receive and transmit the frequencies of light on which the energy bodywork is based. During this time you may feel relaxed, drowsy, warm, or have other sensations. You may feel as if the room gets brighter and as if there are beings of light coming in to the room. Or, you may simply rest, waiting for what comes next.

When the practitioner is ready the next stage of the session begins, in which the practitioner uses touch on the body, or off the body, to transmit to you. As the session progresses you may become more and more relaxed. It is common for clients on the table to enter a state like lucid dreaming or visioning, or to feel as if they are asleep and yet aware somehow of what is happening. Light is sensed with many subtle senses, and for some of these senses you may not yet have language. Just relax and enjoy your session time. Notice whatever you notice

but you do not have to try to keep track of things. You will remember whatever you need to remember when the time is right.

Next the practitioner will move back to the foot of the table and do a formal, silent closure to the session. This may last just a few minutes, or much longer, depending on what is happening with the energy. During that time the practitioner is completing the transmission, blessing you, and coming back fully to the time and space of the present moment in ordinary reality.

Afterward, the practitioner will leave the room to wash up and get some water. You stay on the table for as long as necessary to integrate. You may be so relaxed that you will need your practitioner's assistance to get up. In any event, wait for your practitioner to return before you try to sit up.

Your practitioner will probably bring you a drink of water and talk with you about what happened during the session. He or she may have received information to pass on to you, or may have little to say. Your practitioner will help you get up from the table and remind you to take some time before you re-enter your ordinary life flows and face again the demands of your day.

Afterward, the high guides of light will continue to work with you respectfully to help you with the integration of the session. You may be aware of this work continuing for hours, days, or even weeks.

8. Preparing For a Session

Your RoseLight energy bodywork session begins on the inner planes of light as soon as you make your decision to have the session. Your Soul and Greater Consciousness and your high guides of light begin transmitting to help you prepare for the shifts that are made possible when you interact with your practitioner.⁸

A good way to prepare at the level of your little self is to spend some time thinking about what you want the focus of the session to be. Just taking the time to sit down and write things out can help create an opening.

Here are some examples of the focus of a session, as requested by clients:

- I would like help with moving the energy of sexual abuse from my childhood.
- I would like to gain greater clarity about why I feel so blocked when I try to write my book.
- I would like to open to more of my Soul's light and hear more clearly what It feels my next growth steps are.
- I would like help with the torn rotator cuff in my left shoulder. It is taking forever to get better and I keep re-injuring it.
- I would like help with my gall bladder. I had several attacks in the last few months, I have been working really hard, and I don't want to end up having it taken out.
- I would like help learning that I am safe.
- I would like to learn to open to love more easily.
- I would like to open to my next level of insight about what I should be doing as my life's work.
- I want to relax, just to relax.
- I want to let go of the energy I received from my mother when she told me over and over my whole childhood that I was no good.

⁸ You can ask your Soul and Greater Consciousness and your high guides to give you a session without a human practitioner, but it may be difficult for them to give you as complete and effective a session as you can receive when a human practitioner is involved. If you are sensitive enough to light, you may be able to perceive some of it, but you probably will not be able to download all the energy for yourself. Your Soul and Greater Consciousness and your guides can prepare you for your session, however, and asking for this preparation can help you get more out of your session with your practitioner.

- I would like to be able to see myself as beautiful. Everyone else tells me I am beautiful but I am always so hard on myself, I can't see it.
- I would like to be able to connect more consciously with my guides of light and maybe some day to verbally channel them.

If you were going to have a RoseLight energy bodywork session today, how would you phrase the challenges you are facing in your life? With what issues would you most like help from your Soul, Greater Consciousness, guides, and practitioner? Take a little while to think about what you most want to create.

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If you are having a physical challenge, you might want to read about the relevant organs or systems in a reference book such as *The Anatomy Coloring Book* by Wynn Kapit and Lawrence M. Elson, published by Harper Collins. Or you might want to try breathing into the area of your body that is manifesting disease, and simply being present with it. Does it have anything to tell you?

☺

If your challenge is emotional, you might want to notice—what is the feeling? What seems to trigger the feeling? Is it the way a certain person talks with you? Is it something you heard on the television? When have you had this feeling before?

☺

If your challenge is mental, you might want to notice whether you are having any recurring thoughts. Often a pattern of lesser flow operates in a thought loop, with the power of the emotions driving a series of thoughts over and over again. This is easy to spot when another person is upset and repeats the same phrase over and over, or makes the same point many times in an argument. What is your repeating point or phrase?

☺

Is there anyone or anything you feel may be holding you back from making the shift you want to make? What would you like to say to this person?

☺

Is there any way you are holding yourself back from making the shift you want to make? What part of you is doing the holding? What does it want to accomplish by waiting? Is there anything you need to say or do for this part?

☺

You may wish to make some notes about what you discover in these preparations and tell your practitioner when you go for your session. Perhaps you will not have the time or inclination to make any preparation for your session. That is fine, too. Do what seems right for you.

9. Integrating a Session

After a session it is good for you to plan on taking some time off to integrate, perhaps an hour or more, before you rejoin your daily routine. You may even want to take the rest of the day off. It is not a good idea to schedule an important meeting or to plan on balancing your checkbook right after a session.

When you are integrating, you may feel like you want to be alone, or like you want to be with people. Listen to how you are feeling and honor it. This is not the time to push. You have just received a transmission of light that has touched you deeply. Be gentle and loving with yourself—it will help you get more out of your session.

You may like to take a hot bath, or go for a walk, or take a nap after a session. Your period of integration will last as long as you need in order for you to “digest” what you received from your Soul and Greater Consciousness and the high guides of light.

Some people like to schedule sessions at regular intervals—once a week, or once a month. You and your practitioner can discuss how your integration seems to pace itself before you decide on a regular interval. Realize that your needs may vary over time.

It is your Soul and Greater Consciousness that led you to connect with RoseLight energy bodywork. You can receive guidance from your Soul and Greater Consciousness about whether you are ready for another appointment by going within in a moment of quiet and asking, “Is it time?”

If it is time, you will have some sense of yes—in your body, or in your heart, or in whatever way you sense such things. Make your decision using this kind of process, rather than justifications and arguments. Your practitioner can hold space for you while you tune in if you would like some help. Remember that you are the ultimate authority in your own life.

10. In Person or From a Distance

You have the option of receiving a session in person or long distance. Part of you may have difficulty believing that the energy can work if you are not in the same room with your practitioner. Remember that RoseLight energy bodywork is based on frequencies of light, which move through matter, space, and time, and that your Soul is guarding you and managing all that you receive; your Soul is not limited to a small room, and neither are the Soul of your practitioner and the high guides of light who assist in the energy bodywork practice.

You can have a session with your practitioner while talking on the telephone. Or, you can set up a pre-arranged time when your practitioner goes into meditation and gives you the session on the inner planes of telepathy and Soul communication.

It can be very convenient to receive telephone or inner planes energy bodywork but for you to get the most out of it, you must respect and reserve this as your private time and space. Set your telephone so you cannot receive other calls. Put a “Do Not Disturb” sign on the door. Let everyone in your household know that you prefer to be left alone. Create for yourself the same kind of haven that your practitioner offers in the session room.

Sessions from a distance are just as powerful, and sometimes more powerful, than sessions delivered in person. What you miss from a distance is the warm human touch, the direct eye contact, the chance to hug afterward, and so on. However, when you are traveling, or when you do not live near a practitioner, these costs can be more than compensated for by the quality of help you can receive in a long distance session.

When you set up a long-distance session, set up a time as well for a follow up conversation, just as you would have if you were sitting on the table in the practitioner’s session room. Often with distance sessions it is a good idea to schedule your follow-up call for a day or two after the session, long enough for some integration to have occurred, and short enough for you to still remember what happened.

11. With Other Forms of Help

RoseLight energy bodywork is a transmission of light designed to support you in growing. It works well alone or in combination with other modalities that also support you in growing. The help might be self-help, 12 step programs, or help from a qualified practitioner in another modality—a therapist, masseur, medical doctor, rebirther, etc.

There seem to be two different types of experiences for clients who use RoseLight energy bodywork in combination with other forms of help. If the other form of help is working, RoseLight energy bodywork seems to enhance it. If the other form of help is not working, RoseLight energy bodywork may bring you more awareness of the places or ways it is not working and lead you to take some corrective action to get more appropriate care. In either case, the RoseLight energy bodywork practitioner's role is to stay neutral and to hold space for you, the client, to make your own decisions. It is not for your practitioner to say whether you should continue or stop with other forms of help.

Remember:

- RoseLight energy bodywork is an open-ended system of help based in consciousness and frequencies of light. It can grow with you.
- RoseLight energy bodywork is not better than any other modality. It is one choice among many choices; it is a choice for evolution.
- Explore any avenue of help that interests you and supports you. The world is full of wonderful teachers and teachings. Use discrimination and discernment, and enjoy your learning and growth.

You decide what works best for you.



Part III

Home Study for Self-Care

12. Home Study for Self-Care

Even if you are not yet aware of how it happens, you are creating your life from your own unique, particular combinations of consciousness and unconsciousness. RoseLight energy bodywork shines a loving light into that creation and helps you sense the natural flow and peace that is your birthright. In that flow and peace it is easier to open to your next level of understanding, and begin to reach more deeply into what is creating your challenges.

Until you have some direct experience of this freedom, you may not realize what it is possible for you to create and experience in your life on Earth. As your body tastes this freedom, it records it. A part of you says, “Ah, I never knew I could feel this way. I want to create this again, I want to learn to create this for myself.” Your systems then begin reorganizing themselves so that you have greater ability to experience the expanded states of peace that you can access by connecting to the light.

Having one or more sessions with a qualified practitioner can be a great help to educating your body and energy systems about the possibilities for freedom and creation inherently present in your situation. You can also explore RoseLight energy bodywork at home, for self-care, with our home study audio CDs and transcripts.

The energy bodywork practices are opened through spiritual initiations, delivered by unique aural transmissions from Athabasca, available on our original CDs. Use the audio CDs to receive the essential, aural transmission; use the transcripts in the free online library to help you understand more about what is happening. Note that the transcripts alone are not sufficient to prepare yourself, or to awaken the frequencies you need for the practices.

Steps to successfully receiving and integrating these initiations:

1. **Orientation:** Before you begin, please orient yourself by reading A User's Manual for RoseLight Energy Bodywork completely; it is available in our free library online, www.roselight.com/products_Library.html.
2. **Preparation:** Purchase and use at least several times the audio single CDs The Place of Calm Repose and Perfection of Choice, available at www.roselight.com/products_C_HlgEvln.html.
3. **Clarity of focus:** When you study at home alone, it is quite important for your success that you are clear that you are studying for self-care and exploration of your own systems ONLY, and not to practice with others to give them hands-on or distance energy bodywork. You will not be ready after home study only, and for your and their well-being and success, we request that you refrain from trying to practice until you have attended a live class training with a qualified teacher.

When you are deciding whether to study at home, answer these questions for yourself:

- Do I want to grow?
- Am I willing to believe that I co-create my reality?
- Am I interested in understanding more about spiritual reality, form, structure, process, and energy?
- Am I grounded enough to handle my growth processes at home alone?
- Am I going to respect the guidelines about not working with others until I am appropriately trained? and
- Am I balanced enough to discover and hold the truth of simultaneous realities, earthly and heavenly, in my awareness?

If the answers to all these questions are yes, and you feel ready, then proceed. If you are not clear, wait; you may want to use some other of the RoseLight home study audio CDs to help you get ready. You can also work at a distance with a practitioner or teacher to help you get ready; go to www.gauden.org; click on Community, then Directory, to make a connection with a long distance helper.

4. **Support** You may wish to have long distance energy bodywork sessions with a qualified practitioner when you are learning, so that you can more easily find the energy when you work on your own. And, you may wish to have sponsoring sessions by telephone; a sponsor is someone who has learned the material and can answer questions based on his or her experiences. You can find

a list of potential sponsors in the directory of practitioners and of teachers at www.gauden.org; click on Community, then Directory; or, you may know someone who has studied the material and who is able to sponsor you, following our sponsoring guidelines.

5. Study You can find the home study materials for the three different practices for the audio home study CDs on the RoseLight web site:

Golden Body www.roselight.com/products_C_GoldBody.html

PACE www.roselight.com/products_C_HlgEvlN.html

FAC www.roselight.com/products_C_Flow.html

When you have listened to the CDs, you may find it helpful to read the transcripts. The transcripts do not contain the important aural transmission that is needed to convey the frequencies needed for the practice, but the transcript is quite useful for supporting your learning and helping you integrate the aural transmissions. You can find helpful information and the transcripts at www.roselight.com/products_T_About.html.

Athabascar feels it is not possible for you to get a full understanding of the energy bodywork, even solely for your own personal exploration for self-care, from the transcript alone; you also need the aural transmission in the audio CDs. The transcript is to help you “fill in” at a rational level but the initiatory transmissions are found in the audio CDs, and are not stable if the CDs are copied. You can share CDs with friends but please do not copy them as it disrupts your transmission portal and will result in your giving a diluted version of the material to whomever receives the copy. See www.roselight.com/products_C_HowTo.html. It is the transmission portal that makes the work miraculous and effective; thank you for respecting the request to not copy the CDs.

13. Sponsoring Others for Self-Care

If you love RoseLight energy bodywork and feel you are really “getting it” you might be excited to share it with others. We ask that you respect the following guidelines. They are here for your success and for the success of the people for whom you help open the transmission portal of light.

If you have listened to the home study audio CDs and read the transcripts many times, playing with the energies and practicing self-care and exploration with them, and you have the desire to help others with self-care, you can sponsor them with the home study materials *for self-exploration*. As a sponsor, your “authority” comes from your own base of experience of self-exploration with the material. Please follow the sponsor guidelines on the following pages.

A teacher is someone who has completed Basic and Advanced Practitioner training and the Teacher Training program for the type of energy bodywork involved. A teacher is empowered to teach the live course for hands-on and distance energy bodywork practitioners, who *offer sessions to other people*. In addition, a teacher is empowered to support people in their Practicum learning process for Advanced Practitioner status, and to act as a guide and support for sponsors. Accordingly, the role of teacher requires longer training and more spiritual energy and personality development than the role of a sponsor.

The positions of both sponsor and teacher are positions of trust, responsibility, and impeccability that call for your own development and growth at new levels, even if you are accustomed to helping others; you are an energy doorway through which new students are supported in discovering and exploring RoseLight energy bodywork:

- In partnership with Athabascar and the high guides of light who bring the frequencies to humanity
- In partnership with Amy and RoseLight as the founders of the work
- In partnership with all the other sponsors and teachers, in One work of love, light, and flow and
- In partnership with Gauden University, which provides the structures for support and reflective practice for Advanced Practitioners and Teachers, and those sponsors who are active members of the Renewal Network.

Special requirement: Please be sure that whether you sponsor or teach FAC that your students have awakened the Light Body as taught by LuminEssence, www.orindaben.com, before beginning even the first journey of FAC. The Light Body is not required before beginning PACE or Golden Body.

As a sponsor, you are a caretaker of this lineage and a valued member of this community; we entrust you with the stability and integrity of the work as it emanates from and around you, a hub of light. Thank you for your integrity and respect of the wishes of the high guides who give us these blessings and open so many opportunities for us.

Sponsoring Guidelines



RoseLight Sponsoring Guidelines

What Is Sponsoring?

If you love RoseLight energy bodywork and feel you are really “getting it” you might be excited to share the CDs with others. We invite you to share/sponsor if you would like and if you do, to respect the following guidelines. They are here for your success and for the success of the people for whom you help open the transmission portal of light.

A sponsor is someone who has listened to all the CDs in that set, and read all the transcripts of the journeys, for self-exploration. You may want to go through the material more than once, even many times, before you consider being a sponsor. As a sponsor, your “authority” comes from your own base of experience of self-exploration with the material.

A teacher is someone who has completed Basic and Advanced Practitioner training and the Teacher Training program of the energy bodywork studies. A teacher is empowered to teach the live course hands-on and distance energy bodywork practitioners, who offer sessions to other people. In addition, a teacher gives tutorials in a variety of settings and is a key support in the energy bodywork community of light. Accordingly, the role of teacher requires longer training and more spiritual energy and personality development than the role of a sponsor.

The positions of both sponsor and teacher are positions of trust, responsibility, and impeccability that call for your own development and growth at new levels, even if you are accustomed to helping others. You are an energy doorway through which students are supported in discovering and exploring:

- In partnership with the high guides of light who bring RoseLight energy bodywork to humanity;
- In partnership with Amy and RoseLight as the founders of the work;
- and
- In partnership with all the other sponsors and teachers, in One work of spiritual love, light, and flow.

Sponsoring Guidelines

If you decide to be a sponsor, to support the integrity of the energy bodywork, the success of the people you sponsor, and your success and well-being as a sponsor, please:

- Remember that the purpose of sponsoring is to empower people to have success with self-exploration only (not practice with other people; for that, please wait for live class instruction with a qualified teacher).
- Wait to share CDs and transcripts until you are prepared to take on the role and responsibilities of sponsoring;
- Consider carefully whether someone is ready to receive the initiation from the light beings, including:
 - Do they want to grow;
 - Are they willing to believe that they co-create their reality;
 - Are they interested in understanding more about spiritual reality, form, structure, process, and energy;
 - Are they grounded enough to handle their growth processes at home alone, with your guidance;
 - Are they going to respect the guidelines about not working with others until they are appropriately trained; and
 - Are they balanced enough to discover and hold the truth of simultaneous realities, earthly and heavenly, in their awareness;
- Consider carefully whether you are the appropriate sponsor, including:
 - Are you attached for some reason to them “getting it;”
 - Are you trying to impress them, or are your motives in any way for anything other than their spiritual growth and evolution and their highest good;
 - Are you able to handle it if their growth process is uncomfortable for them or for you;
 - Are you able to communicate with loving kindness and a nonjudgmental attitude;
 - Do you feel compassion for them;
 - Are you able to discuss your own experiences in terms of your own experiences and not as “the truth;” and

Do you have a clear and stable connection with your high guides of light that suits you for this kind of service with other people;

- Be sure the person you are sponsoring has both the audio and written materials—the audio CDs and an electronic or paper copy of the transcripts of the journeys in the CDs;
- If you taken the live class do not lend, share, or copy the class materials;
- Do NOT COPY the audio CDs because this can distort the transmission portal; lend the CDs only in their original format and be clear and explicit in your instructions to the person you are sponsoring not to copy the CDs and why; this helps keep the lineage clear and the transmissions stable;
- Be available to answer questions for the person you are sponsoring, based on your own experiences with self-exploration; do not attempt to answer questions on topics with which you have no personal experience; be explicit that your answers are based on your experience and are not general statements about the energy bodywork;
- Set appropriate time, space, and energy exchange boundaries with the person you are sponsoring so that he or she is empowered to self-explore and does not come to see you as a guru;
- Sponsor only one person at a time if you are lending your CDs;
- Realize that if you lend your CDs you are without them, so think carefully about whether you want the person you are sponsoring to purchase a CD set of their own, especially since the transmissions are meant to be repeated over and over, which means that the person should have access to the CDs over a long period of time;
- Understand the difference between sponsoring and teaching;
- Wait to teach until you are properly qualified; and
- Ask qualified teachers for assistance if you need it, or if you are not sure what is happening. They are available for paid private consultations by phone.

Part IV

Further Study

14. Practitioner Training Programs

RoseLight has carefully developed Practitioner Training Programs over many years, to help people learn to awaken and stably hold and transmit the frequencies of light of FAC, PACE, and Golden Body, to be able to serve other people and the planetary welfare.⁹

The basic setup is:

1. A period of self-care and exploration of the energies using the home study audio CDs and transcripts available at www.roselight.com.
2. A live class in hands-on and distance energy bodywork light transmission techniques to serve others, taught by a qualified teacher in good standing.
3. Clarity and professional development through both home study and live class work covering ethics, self-care, renewal, appropriate contracting, and other issues involved with having a practice.
4. A supervised practicum to build your evolutionary body, increasing your power and skills with the frequencies of light that form the heart of the practice and developing your abilities to work effectively and appropriately with other people.

You can choose to pause at any step of the training. For more details about the FAC, PACE, and Golden Body programs, visit www.roselight.com and click on Energy Bodywork, then Practitioner Training.

⁹ Amy: I began practicing FAC in 1989, training FAC practitioners in 1990 and FAC teachers in 1995. I began practicing PACE in 1992, training PACE practitioners in 1994 and PACE teachers in 1999. I began practicing Golden Body in 1998 and training Golden Body practitioners in 2003, and will begin training Golden Body teachers in 2008. Each kind of bodywork builds on what came before it, but can stand independently as a practice in its own right. Before beginning practice with others Athabascar always taught me about the energies first in my own system, encouraging me to explore my self-care and well-being using those frequencies of light. It was this self-care experience that allowed me to better understand how the energies work and what other people experience when receiving transmissions; it is the foundation for good practice.

15. Teacher Training Programs

RoseLight has carefully developed Teacher Training Programs over many years, to help people learn to awaken and stably hold and transmit the frequencies of light of FAC, PACE, and Golden Body, to be able to serve other people and the planetary welfare.

The basic setup is:

1. A period of self-care and exploration of the teaching initiation energies using the home study audio CDs for teacher training available at www.roselight.com for those who have completed Advanced Practitioner training.
2. Apprenticeship with a qualified teacher who is on the Gauden University faculty, www.gauden.org.
3. Personal accountability and the growth of conscious and intentional community, through ongoing supervised, spiritually-based reflective practice in the Renewal Network of the Institute for Professional Development, www.gauden.org.
4. Telephone tutorials with qualified teachers and with Amy and Athabascar.

For more details about the FAC, PACE, and Golden Body programs, visit www.roselight.com and click on Energy Bodywork, then Teacher Training.

16. Ordination Programs & University Degrees

Gauden University offers training programs leading to ordination as an interfaith spiritual Healer Counselor or Minister. Many energy bodyworkers seek this additional training because it suits their personal spiritual calling, and because they desire the social and legal credential of ordination. Unlike ordination diploma mills, in these programs you are asked to study (eTexts and home study audio CDs) and to engage in spiritual counseling and spiritually-based reflective practice with peers and Gauden faculty. For more information on ordination programs, please visit www.gauden.org and click on Divinity Programs, then Ordination Programs.

For those interested in graduate degree level training, Gauden offers a full-time, primarily distance learning program for Master of Divinity studies and degree. FAC, PACE, and Golden Body are an integral part of the degree program. For more information, please visit www.gauden.org and click on Divinity Programs, then Masters Degrees.

Part V

The Spiral

17. How It All Began

Amy: I began studying metaphysics in 1981 when a neighbor got me interested in Native American medicine teachers. When I first heard of channeling, my immediate reaction was, “Nonsense!” But as it happened, not long after that I sought out a channel for advice. I had reached a point of desperation with some issues in my life, and I felt I had nothing left to lose.

I walked out of that one-hour session a changed person. I had never experienced the kind of love, compassion, and neutrality that filled the room—and filled me—during the session. I walked out saying, “This is good. I am going to learn how to do this for people.”

Soon after, I made my own connection with guides of light and I started verbal channeling. I worked for years in relative isolation, with the support of a few close friends. Channeling and metaphysics grew to be my greatest interests.

I connected with Athabascar in September 1987. It was clear from the start that he was a different kind of guide from the ones I had connected with before. His energy was much stronger. He was much clearer. He told me that the work I had done up until that point was preparation for my relationship with him. I questioned my sense of reality but could not ignore the results that came when I chose to take his advice. Although he refused to tell me what to do, he was always willing to help me understand my process, to teach me ways to work with things as energy or essence, and then to offer suggestions about possible paths to pursue.

Athabascar always stretched me in my growth, but gently, lovingly, and with seemingly unlimited patience. I grew to trust him by observing the fruits of his teachings. By early 1989 we had a strong working relationship. I had a small channeling practice and had taught others how to connect more fully with their Souls and guides of light.

I had been reading and working with Barbara Brennan's book *Hands of Light* with a group of friends.¹⁰ In April 1989 I began the *Awakening Your Light Body* course with Sanaya Roman and Duane Packer and their guides, Orin and DaBen.¹¹ When I returned home from the first weekend of the four weekend Light Body course, Athabascar told me that he was going to give me a new form of bodywork called Flow Alignment and Connection™ (FAC).

I was sure there was some mistake. I had no formal bodywork training and only distant memories of high school anatomy. I was frightened of people's questions, aware of how little I knew, and embarrassed about my lack of accreditation. I was troubled by the

¹⁰ See www.barbarabrennan.com.

¹¹ See www.orindaben.com.

difference between my experiences and “normal” clairvoyance. However, I was confident of my abilities as a channel, and I did trust Athabascar.

Athabascar said that because I was awakening my Light Body, I could more easily hold the doorway open for the beings of light who would cooperate with me and with clients in FAC. He said that if I wanted to, I could learn anatomy as I went; that I would be shown what I needed to know; and that I had a lot of support.

When I asked him how I would find clients, he said that they would find me. Soon I began working with a few people who just “turned up,” through friends who knew about and respected Athabascar’s verbal channeling.

One woman had arthritis-like symptoms and was weak and tired. I had no idea what I was going to do before the session began, except to be gentle and loving with her, but once I started, I could definitely feel the energy moving, and “just knew” where to put my hands. She felt better after our work. Her reports of her experiences matched my impressions of the energy.

Another client was physically fit, but wanted support with the emotional growth and change he was going through. He could feel shifts occurring within his system as we worked, but couldn’t articulate how it was happening—just that he felt better, supported, for long periods of time afterward.

During sessions, I was consistently drawn to making certain motions and patterns, which were different from anything I’d seen before. I noticed distinctions in how far away from the physical body I worked, and in the frequencies of energy I was channeling. I was always aware that there were guides around me and around the client, even though I didn’t “see” them in the way that most people think about clairvoyance. I could sense that I was holding open a doorway for them, and that they were doing most of the “work.” One consistent effect of the sessions was that both my clients and I felt fantastic afterward. The FAC energies are deeply nourishing and comforting, and remarkably deep.

Over time my energy bodywork practice grew. People heard about the bodywork from those who had experienced its beauty and power. I became more confident and comfortable talking about it. Energy bodywork came to be about half of the private session work I was doing. My clients consistently reported significant shifts in the areas they chose for the focus of our sessions.

I saw people who were facing many different kinds of challenges. Each person was treated with kindness, gentleness, and respect. I gained more and more understanding of what I was doing, although it worked just as well when I didn’t “understand” anything with my rational mind and just followed the flows as the guides showed them to me.

In late 1990 Athabascar wanted to begin teaching others how to practice FAC. I didn’t believe it could be done. He replied, “We taught you, didn’t we?” He was right. He knew exactly what to say and how to teach it, and I helped my students understand FAC by explaining my experiences with the work. I had the satisfaction of watching people flower in this intuitive, beautiful work, with Great Mystery at its heart. Every person who came to our

classes learned to do the practice and I came to understand that the guides are master teachers, who meet each person with respect and reverence, and help each person to take his or her next steps.

I thought FAC was “it” and could not imagine that there was “any more to learn.” Each session was an exploration. I felt I had enough to keep me interested and busy for the rest of my life . . . when, in 1992, Athabascar announced to me that because of the stable energies of FAC, I was now ready to be taught “how things come together and how things come apart.” He wanted to teach me about Physical, Atomic, Cellular Evolution™ (PACE).

I resisted the teachings at first. The few experiments in which he had shown me the PACE energy were startling; the energy was very penetrating and brilliant and I could see into my own and others’ bodies in new ways that were disorienting. One day while standing in line in the post office the PACE energies turned on for some reason of higher good unknown to me, and I was seeing into the brain of the person in front of me; I was glued to the spot, in a deep trance, and just as suddenly, I was out of trance when it was my turn to move up to the window.

Athabascar reassured me that I was loosening the bonds of conventional reality that held my ordinary perception together, and that this was part of the purpose and higher design of PACE. PACE taught me, directly and experientially, that there is nothing about me that is solid or lasting or that cannot be dissolved with light. Everywhere we think we are solid is only an illusion, and when you penetrate the illusion, and go to the depths, all you find is love, and the force known as God or Great Mystery that holds us together. The layers and structures of our personality and body are only temporary vehicles to express this love in our earthly lives.

When I had enough stability with the PACE energies in my own body and systems, I began giving PACE sessions to others, with Athabascar’s guidance and help. In 1994 we began training PACE practitioners. People experienced all kinds of conditions dissolving and then their lives reforming around new energy conditions. Sometimes PACE brought on an intensification of symptoms, or an episode of seeming destruction in which all was lost; and then, on the other side of the episode, there was some kind of new birth and new life which answered the heart’s dream of the client, and which was so far beyond the original vision/intention of the person as to have been unimaginable before the dissolving of the old structures took place.

In 1998, Athabascar again announced that it was time to teach me a new form of energy bodywork, the Golden Body. As usual, his introduction of a new technique/practice was a decision taken after he considered what I needed; what the RoseLight community needed; and what the Earth was calling for as part of the spiritual evolutionary process occurring on a planetary level.

Again, I could not imagine what was left to discover after FAC and PACE. He informed me that the golden energies are much closer in vibration to earthly reality than are FAC and PACE frequencies. Athabascar explained that the Nature devas or intelligences use the golden energies as part of the templates for the structure of all living things on Earth, from a pea plant to a human being. However, most human beings are unaware of the golden layer

of energies, or, if aware, do not yet know how to consciously generate or strengthen a Golden Body.

We began formally teaching the Golden Body in 2003 in combination with acupressure self-help points to help create specific shifts in consciousness and help people with physical and etheric body level flow. Now, we are teaching the Golden Body as a base for meditation in to support self-care in the course *Renewal*, and in a spiritually-based form of reflective practice known as Radiant Reflection, taught through Gauden University's Institute of Professional Development. This kind of energy bodywork works quite directly on the personality structures, to help you integrate more compassion and to bring the unconscious, shadow aspects of your life safely and lovingly into the light. It is especially appropriate for healers, helpers, teachers, and leaders who are in active service with other people and who can benefit from developing more self-awareness in these ways. It is quite different from a psychologically-based model of supervision, although it builds on sound psychological practices and principles; the difference is the radiance brought by the Golden Body, i.e., that it is in fact a talking form of energy bodywork.

Along with practitioners, Athabascar has instructed me to train teachers in each of the lineages of FAC, PACE, and Golden Body. We began training FAC teachers in 1995, PACE teachers in 1999, and will begin training Golden Body teachers in 2008. Our goal, which is so far succeeding, is to establish these lineages of light as purely and stably as possible, creating communities of conscious and intentional practitioners, teachers, and leaders of light who can utilize these tools for the greater good of all sentient beings.

When I channel Athabascar, I am aware of my own, "little self"—of Amy, and Amy's point of view. However, it is as if my little self is sitting off to the side, listening and learning along with my students. I surrender into the flow of Athabascar's energy and let him speak through me. Even after all these years I am still moved by the depth of his love, the practicality of his advice, the gentleness and clarity of his wisdom, and above all, his unending patience. Working with him has helped me become more patient and compassionate. His example teaches me about what is possible.

Athabascar is a being of light. He refuses to discuss rank, saying that what is important is whether or not his teachings can be of use to you in your everyday life. He says he chose me as a channel because I have a good heart, I like to work, I have good language skills, and because we've worked together before in other realms to bring light and peace there. I now work full time bringing through his teachings, sharing them with others, and applying them to the issues that I face in my own life. He says he will not channel his work through anyone else while I am alive, in this body, to keep the lines of communication clear and to help the work come through in the most stable and pure form possible.

RoseLight energy bodywork has helped me a great deal with my own issues and growth. In every session I have a direct experience of the love of the guides. It is clear to me that RoseLight energy bodywork is bringing peace, in a very tangible form, to Earth and to human experience. RoseLight energy bodywork is part of the group light to which I belong at the levels of my Greater Consciousness. I helped it arrive and develop here. I offer you the gift that was given to me and welcome you as a fellow traveler upon the path.

18. Your Part of the Plan

Now that you have finished reading this book, take a moment to be still and quiet and focus on your breathing.



You have just finished a “tour” of a virtual city of light that has been almost 20 years of earthly time in the making as of the time of the writing of this book, and beyond earthly time, that has been planned for and supported as part of the planetary evolution that affects us all.

Ask yourself what part, if any, you have in the evolutionary plan for humanity and for Earth. We believe that you have a part to play, one that may be beyond your ego’s understanding, and that your part is of great value, to be honored and respected.



If you are unsure at the personality level what the answer to that question is, get still and quiet, focus on your breathing, and do the Invocation of Light on page 12. Then ask the question again.



If working with FAC, PACE, or Golden Body can support you in any way, we invite you to explore this city of light in whatever ways are right for you. We thank you for all you are doing to promote your well-being and the well-being of others. We salute the growing light within you, and see you as a human being of light, alive at this time and in this place by no accident, but with a contribution to make to the fulfillment of light on Earth.

May many blessings be upon you.



Resources—Beginning & Continuing on the Spiritual Path

Jack Kornfeld, *A Path With Heart* (New York: Bantam Books, 1993) A nice exposition about the spiritual path, balanced, grounded, and expansive; good companion book for the kind of self-awareness discovery process that energy bodywork supports.

Twylah Nitsch, *Entering Into the Silence the Seneca Way* (Irving, New York: The Seneca Indian Historical Society, 1976) Teachings from a revered Native elder about spiritual development and opening, suitable companion reading/support for the process opened by energy bodywork.

Amy Skezas, *Relationship: Living as a Radiant Being* (Petaluma, California: RoseLight, 2003) Home study audio CD set; Athabascas' experiential teachings about maintaining your center as a little self while being aware of the energy that connects you with others at a more intimate spiritual level.

Brian Walker, *Hua Hu Ching: The Unknown Teachings of Lao Tzu* (San Francisco, California: HarperSanFrancisco, 1992) Sensitive translation of lesser-known teachings of the great Daoist master; many of the poems speak eloquently and directly about walking on Earth while being aware of and in the consciousness of Heaven.

My favorite resources on this topic: