



Melchizedek Labyrinth Healing™

Practitioner Level 2
(T)

Tony Ærcyus Christie



*"All the tribes of the earth will
Learn truth from you, Melchizedek,
Great High Priest, teacher of Abraham,
the prophet, about his promise
for a perfect, fulfilled life."*

(Jacobs, 2005)

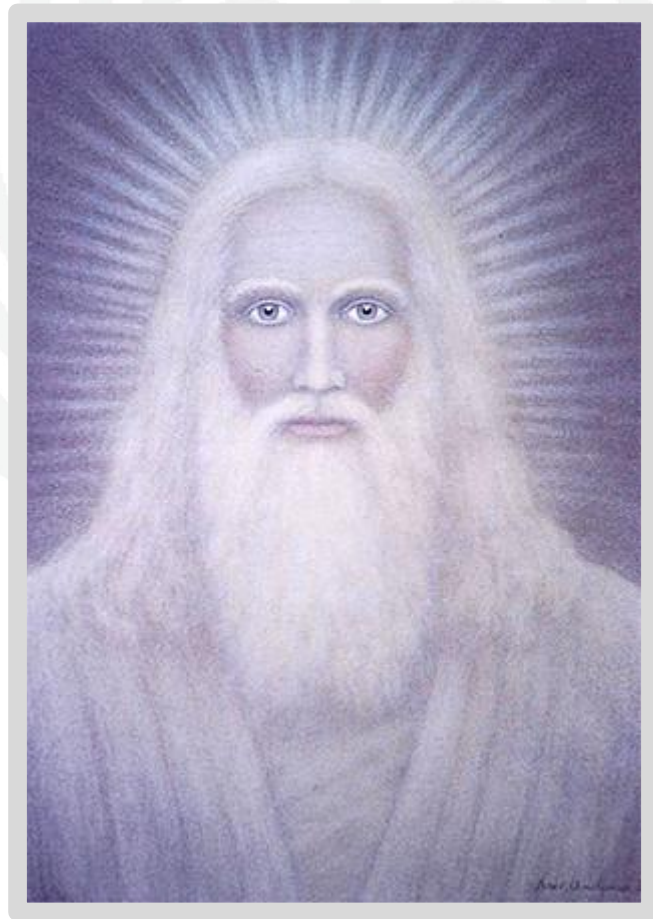


Image: 1: Melchizedek by Peter Fich Christiansen

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Introduction to Level 2 – Practitioner

Level 2 (Practitioner) prepares you for giving a Melchizedek Labyrinth Healing to clients professionally. In Level one, you learned the basics of divining as the recipient traced the finger labyrinth. This was then followed by you transferring the Melchizedek Labyrinth Healing energy into the recipient's chakras.

Level two involves a more detailed understanding and interpretation of the finger labyrinth part of the treatment. It also includes interpreting the movements of the divining rod. It introduces more advanced techniques in the channeling of the Melchizedek Energies as well as connecting the client with their Spirit Star and placing the Stone of Consciousness in their Melchizedek Energy Centre.

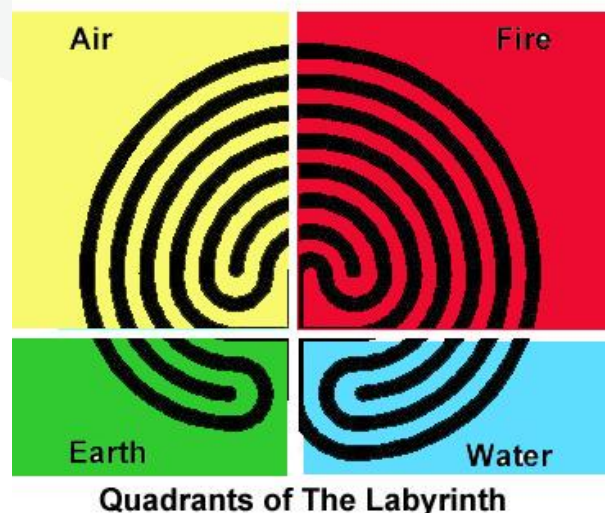
The Layers & Dimensions of Melchizedek's Labyrinth

Melchizedek's labyrinth contains associations with many aspects of life and the world around us. There are layers and dimensions to the Melchizedek Labyrinth that give insights into what is happening with the client during a session.

The layers of the labyrinth that are included in this level are the four quadrants, the turning points, the central channel, and additional associations of the seven circuits.

The Four Quadrants of Melchizedek's Labyrinth

The four elements are found in Melchizedek's Labyrinth. These are earth, air, fire, and water. I have placed them in the labyrinth intuitively beginning in the bottom left quadrant with 'Earth', then moving clockwise through Air, Fire and Water. If you feel that you are aligned with a different configuration, then use the one that is most comfortable for you. In the system that I am using, the recipient starts the labyrinth in the 'Earth' quadrant and the centre is in the 'Fire'



quadrant. This is symbolic of beginning your journey here on earth and finishing in the 'fire' of an enlightened being. When moving through the labyrinth, these quadrants and elements also represent aspects of the person's life as follows:

Earth – Relates to physical issues on the chakra

Air – Spiritual aspects related to the chakra the recipient is currently moving through

Fire – Energising that chakra that recipient is currently moving through

Water – Emotions attached to issues surrounding the qualities of the chakra currently in.

As you trace the path of the labyrinth you pass through the four elements several times bringing you into contact with the fifth element / ether / The Quintessence / Spirit /

The Central Channel in Melchizedek's Labyrinth

The central channel of the energy body is also found in Melchizedek's Labyrinth. The central channel is sometimes known as the Sushumna. It travels the full length of the centre of the energy body and physical body from the root chakra to the crown chakra, and beyond. It is also sometimes called the Prana Tube. It is the channel through which pranic energy flows and through which we experience Kundalini Awakening.

When in balance your spiritual energy moves freely up and down this central channel enhancing your connection to both Heaven and Earth.

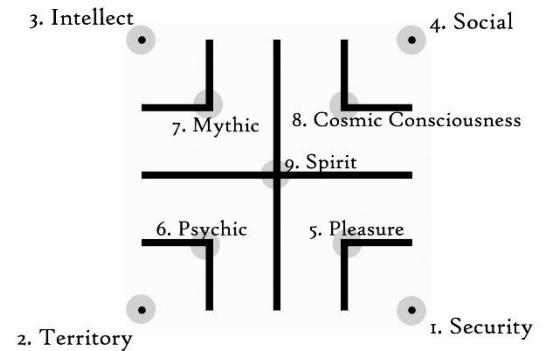
On the labyrinth, it is a band running down the middle of the top half of the labyrinth. A recipient may stop in this part of the labyrinth. This usually reflects a widening of the central channel associated with whatever chakra (circuit of the labyrinth) they are currently moving through.



Central Channel (Sushumna) in the Labyrinth

The Nine turning Points in Melchizedek's Labyrinth

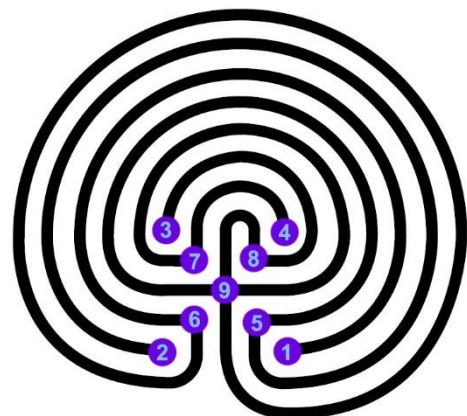
The nine turning points in Melchizedek's Labyrinth add another layer of information as to what may be happening for the client. Each of these points are associated with key stages in the client's growth and development. When taken in specific order they illustrate a scheme of progression on the client's life's journey. The significance of these points is often felt and experienced when the client passes these points and is also indicated by a movement of the divining rod.



Nine Turning Points in Classical Labyrinth

These nine points are described by Vincent Bridges as DNA triggers, some of which trigger automatically (security, territory, intellect, social), some which we consciously trigger (pleasure, mythic, psychic, cosmic consciousness) and one (Spirit) that triggers randomly. The first four are related mainly to your physical development, and trigger automatically at certain ages up to adolescence.

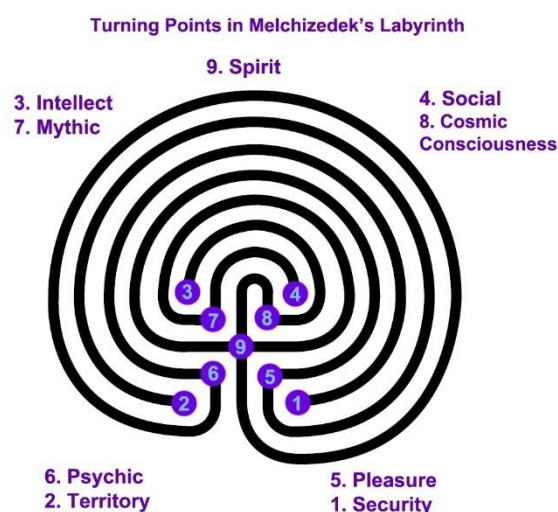
1. **Security** is about feeling safe and triggers at birth. It relates to the early life relationship with their mother, and the level of safety and security one received, or did not receive, from their mother, including the deep and strong process of being fed and loved must take place. It forms as an imprint pattern, for good or ill, around 18 months.
2. **Territory** is your relationship with other individuals, your ego territory - a sense of self versus others. It is along process that is usually is in place by the time the child is about three to five years old, resulting in a belief system about self. It is also about the exchange of energy, either knowingly or unknowingly.



3. **Intellect** is related to your environment and the world around you. It begins when the person starts to draw conclusions from their environment forming around the age of nine or ten years old.
4. **Social** is about the groups that you are part of and engage with. The trigger forms between the ages of thirteen and fifteen firing the desire to seek out others and partners that ensure the continuation of the human species. It may indicate an excess of socialising, or a need to go out and meet new people.

These first four triggers are inbuilt developments that establish, often unconsciously, how a person operates in the world. The second set of four turning points are ones that you consciously choose, and are related to your spiritual development and your own evolution. When you are walking your path of personal and spiritual growth you are seeking and developing these aspects. These inner trigger points are directly related to the lower outer ones. For example, the Pleasure trigger is related to Security, Psychic related to Territory, Mythic to Intellect, and Social to Cosmic Consciousness.

5. **Pleasure** is the first main area of choice on the path of your spiritual life is how you get your pleasure. This is a self-determined trigger and is a tricky one. If not watched carefully can lead to excesses or pleasures that do not serve your path of growth. It is related to security in that insecurities may lead to the pursuit of 'unhealthy' pleasures.
6. **Psychic** appears to be more prominent in some people. If you are not yet fully aware of your psychic abilities, it is possible to fire this trigger by focusing on this aspect of you, or even by contact with someone else who has it. The psychic connection to territory suggests that your ability in this area is related to how well your inner and outer boundaries are defined.
7. **Mythic** which is about the truth that you find in myths and stories. Just as intellect describes



your reality, mythic helps analyse and describe your spiritual reality. Many gurus and teachers tell stories to their students to help them better learn life truths. For example, Jesus told parables so that his followers would better understand his message. Similarly, mythology holds many truths for you when you become aware enough to see them.

8. **Cosmic Consciousness** is an awareness of the vastness of the cosmos and your place in it. Just as the social trigger prompts us to engage in social relationships, cosmic consciousness inspires and drives us into a relationship with sentience on a cosmic scale. On a deeper level it is an awareness of the cosmos within you.
9. **Spirit** is the final turning point and is at the centre of the cross of the labyrinth. Spirit is related to all other points and triggers in you at moments of gnostic grace. It is something that fires in you when you are ready and have travelled your path. It is not something that you can control, although you can ready yourself by working on all the previous points, so that you are more ready when it happens.

Melchizedek Energy Centre (Christ Consciousness Chakra)

The Melchizedek Energy Centre is located between the throat chakra and the heart chakra. It is found in the labyrinth just before one enters the centre of the labyrinth.

Christ Consciousness is an enlightened state of awareness of oneself as part of the Universal consciousness.



Rebalancing – Level 2:

You learned in level one how to assist the recipient to rebalance their energy centres by using a divining rod while they trace a labyrinth with their finger. The additional layers and dimensions to Melchizedek's Labyrinth that you can now layer on top of the circuits / chakra associations add greater details and insights into the rebalancing for the client, and for you.

When a client stops on the labyrinth, the interpretation of that point can be related to any of the associations with the layers and points on the labyrinth. In general, the order in which an association applies is as follows, with the most significant first:

1. Chakras
2. Quadrants /Elements (Earth, Air, Fire, Water)
3. Turning Points

Advanced Divining Rod Movements

The rod moves in many different ways during a rebalancing session. Each movement of the rod has a significance and meaning that can be interpreted and conveyed to the client, if appropriate. Some of the most common movements of the rod are:

1. Rapid spinning movements, either left or right: This rotating movement indicates either a strong clearing of heavy energies, or a powerful energising of the area related to where the client has stopped on the labyrinth.
2. Slow and easy rotating movements: Some rod movements are quite gently. You may notice and pick up this 'softly, softly' approach. Such gentle movements are an indication that this area is a sensitive one for the client and the energies are being shifted quite slowly and gently in accordance with what is appropriate for the client at the time.
3. Moving back and forth across central starting point. This indicates a smoothing out of the energies in that area.
4. Pausing at angle 30 – 45 Degrees. This usually happens after one of the spinning actions of the rod. After the clearing, or energising, work is done, this pausing action

of the rod indicates that there is a settling period being allowed to give the client time before moving on to the next part of their rebalancing.

5. Rod appears to return to starting position, then starts moving again: This happens when the energies are indicating a more subtle level of what is being cleared or energised, or healed, is taking place. It can also indicate that there is a further small clearing that the client is now ready for after the initial clearing has happened.

Recording the Rebalancing

Keeping a record of the client's rebalancing is useful and beneficial both for feedback to the client after the session, and for your own records, especially when the client returns for a follow up session. The record of the rebalancing session involves noting the location, duration, intensity and type of rod movement, and any information you receive.

You can give feedback to the client on an ongoing basis during the session, or you may choose to do the session in silence and give feedback at the end. Which one you choose is dependent on your preference and what you consider would work best for the client. Some people may be distracted by you telling you what is happening at each stop, while others may gain insights and understanding about aspects of their lives when you explain what that point of the labyrinth represents.

When the session is done in silence, it allows the client to proceed through the labyrinth and experience the rebalancing without any distractions. It is essential to keep an accurate record in this case, as there may be several significant moments that you will need to relate to the client at the end.

If there are quite a lot of stops during the rebalancing, you may wish to record the first three or four, and after that to record just the most significant stop as you see them.

The record sheet in Appendix 7 features a labyrinth and table where you can record the rebalancing. It includes a labyrinth in the same orientation as you see it when sitting opposite the client. This makes it easier for you to see exactly where the person stops.

The recording involves writing a number on the labyrinth where the client stops and recording the rod movements by circling symbols for direction and intensity. There is also a notes section for other information related to that stop.

rod direction	rod intensity
↗ ↘	◆ ∴ ◆

Some comments that you might include in the notes section might be related to the intensity of that stop for the client, or if the stop is particularly long, or what the client might say they are feeling in their finger, or elsewhere in their body, or what emotions they are feeling at specific points.

As you do more rebalancing sessions, you may begin to receive intuitive information about what the stop means to the client. You can use the notes section of the record sheet to record the information you are receiving.

NOTE: It is important to maintain a neutral state of mind when doing the energy rebalancing as it is possible to influence the divining rod. Maintaining a neutral state of mind enables the Melchizedek Energy to flow indicating the most beneficial places for the client to stop on the labyrinth.

Second Attunement to the Melchizedek Healing Energy

This involves strengthening your connection with the Melchizedek Healing Energies through the transference of the Melchizedek energies. It includes placing the core of the Melchizedek Labyrinth in your energy bodies and the activation of the Melchizedek Energy Centre (Chakra).

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Melchizedek Healing Energy transmission – Practitioner Level 2:

In Level one, you covered the practice of transferring the Melchizedek Healing Energy into the recipient's chakras. In this level, you will learn how to enhance the transmission of the energies, how to connect the client with their Spirit Star, and how to place the Cup and Stone of Consciousness in their Melchizedek Energy Centre.

Again, the recipient lies on a therapy bed face up, while you (the practitioner) direct the Melchizedek healing energy into their energy fields. At each chakra, after you have accumulated the Melchizedek Healing energy, allow the energy to flow into that chakra. As the energy is flowing there are several additional hand movements that you can choose to guide the healing energy into the energy centres of the client. These are:

1. A repeated downwards movements of the hands helping to bring in more healing energy when required.
2. Reaching upwards to bring in stronger healing energy
3. Form a funnel type shape with your hands to direct the energy into the chakra
4. Make an upward spiralling helix type movement with your hand, that widens the column of energy and then draw down the healing energy rapidly into the client
5. Opening your hands wider to create a wider and stronger column of healing energy
6. A combination of the column and spiral where you widen the energetic column by making an upward spiralling movement with your right hand, ending with your right hand pointing directly upwards. Finish by consciously bringing your hand down creating a stronger line of energy linked to the recipient's chakra.
7. Holding the hands over the chakra area on the body to help settle the energy in the client's chakra.

Advanced Energy Healing Processes

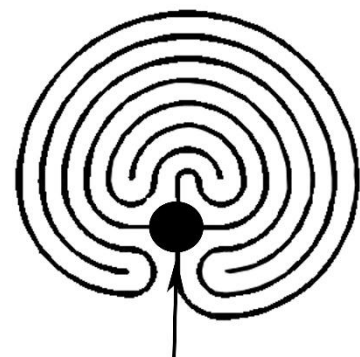
Your Spirit Star

In November 2015 during Tony Ærcyus Christie's morning meditation, he received information that each of us has our own personal star in the heavens. Your own personal star is called your Spirit Star. You can connect with your Spirit Star when you walk Melchizedek's Labyrinth.

In Level 2, you connect the client to their Spirit Star. This connection serves several purposes on the client's soul's journey, and in their life on earth. It is a source of information and wisdom that they can tap into. It is a stopping off point on some of our lifetimes as we go between the spirit world and Earth. It is a place of comfort and peace for us. The Spirit Star is our home base, our place of rest and refuge. Our Spirit Star is an energy that holds us and nurtures us when we are in physical form, and when we are not.

Connecting with the Cosmic Power Source/Spirit Star

The labyrinth contains a point where you can connect with your own personal Spirit Star. The point in the labyrinth where you connect with your star energy is called the 'Spirit' point. This is also the ninth and final point in the nine DNA triggers/turning points in the labyrinth. When you connect with your Spirit Star through the spirit point of the labyrinth, you are connecting to yourself on a higher dimension.



Spirit Star Point in Classical Labyrinth

This connection is also made and/or strengthened during the Melchizedek Labyrinth Healing session. The point of connection in the physical body is the solar plexus. After you have taken your hands off the solar plexus area at the start of the Melchizedek energy transmission and have created and widened the column up through the energy field, you are ready to connect the recipient with their Spirit Star.

When you have brought down the healing energy, then raise your right hand with first finger pointing upwards with the intention of connecting with the clients Spirit Star. When

you feel the connection with their Spirit Star, with your intention make the connection to the client's solar plexus by drawing an imaginary line three times between the solar plexus of the recipient and their Spirit Star directly above the solar plexus area.

Note: Even if you do not feel the connection at the time, know that it has been made and continue with as if you felt it.

"We are stars wrapped in skin

The light you are seeking has always been within

- Rumi

The Cup of Consciousness

Melchizedek holds the Cup of Consciousness of humanity. You are a model of this cup. Your energy body holds the Cup of Consciousness – the Holy Grail. The Cup of Consciousness holds the Stone of Consciousness.

During the session when you are finished at the throat chakra, move to form a cup with your hands over the Melchizedek Energy Centre. As you form the cup of your hands ask that it be filled with the Stone of Consciousness of humanity. When you feel the heaviness of the stone in your hands, with a firm intention energetically place it into the Melchizedek Energy Centre of the recipient. It may take several moments for the Stone to be fully absorbed into the Melchizedek Energy Centre. When you feel that it is fully a part of the person, move on to the heart centre for a second time. This time it is the Higher Heart – the Heart of Oneness. Form a cup with your hands and allow it to fill with the Melchizedek Healing Energy. When filled, allow the energy to flow into the higher heart of the client.

Finish the energy transmission part of the session by making a wide sweeping movement with your hands encircling the whole energy body of the client. This seals in the healing energy and disconnects you energetically from the client. Finally bow to acknowledge the spiritual essence of the person.

The Healing Session:

Introducing the Session to the Client

When a person comes to you for a healing session, they may not be familiar with the labyrinth or with the Melchizedek Labyrinth Healing therapy. It is important to explain to the client what the session involves and what you will be doing during the session.

A general introduction is:

“Melchizedek Labyrinth Healing involves you firstly tracing the path of the Melchizedek Labyrinth with your finger while I hold the divining rod. When the rod moves, I will tell you to stop at that point. When the rod comes back to the central / start / facing straight ahead position I will tell you to start moving your finger again.

This may take up to 30 minutes and you may stop many times as you trace the path with your finger. Each point at which you stop has a significance that I will share with you either as you stop or at the end.

The second part of the session involves you lying down on the therapy bed while I transmit the Melchizedek Healing Energies to your energy centres. It also involves connecting you with your Spirit Star and placing the Cup of Consciousness of Humanity in your Melchizedek energy Centre.

Further Guidance for the Practitioner during a Session

Some people may take a long time and have long stops in tracing the finger labyrinth path. A typical session lasts one hour, and you should allocate the first thirty minutes to the finger labyrinth rebalancing.

5 minutes Introduction & completion of Client Consultation Form

30 minutes Finger Labyrinth Rebalancing

15 minutes Melchizedek Energy transmission

10 minutes Discussion, aftercare advice, etc.

Preparing for a Healing Session:

1. Practical Considerations

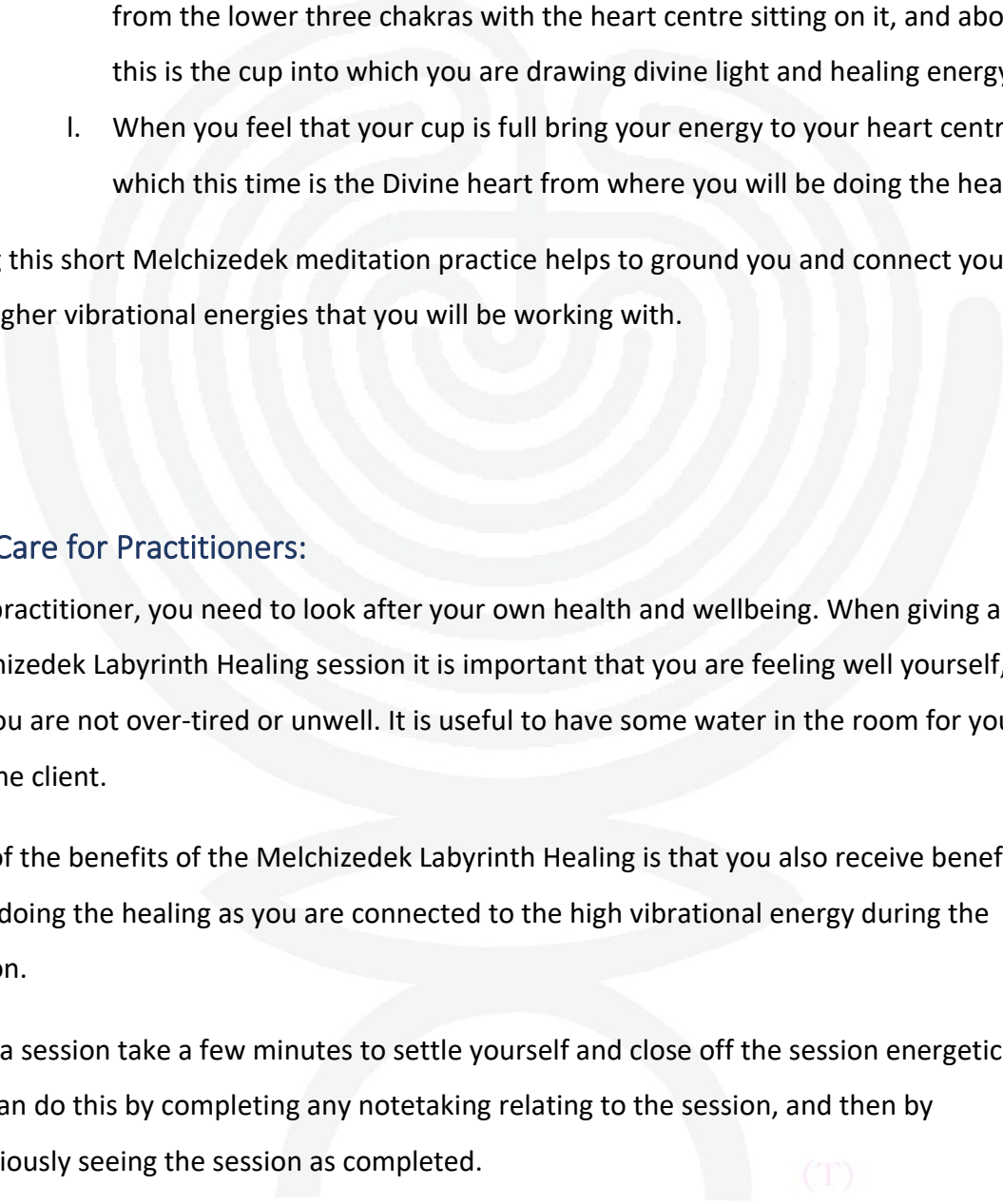
- a. Have everything you need for the healing session ready:
 - i. Table and two chairs
 - ii. Melchizedek finger labyrinth
 - iii. Divining rod
 - iv. Pen & paper
 - v. Therapy bed with pillows and blanket
 - vi. Music
 - vii. Water and glasses
 - viii. Tissues
 - ix. Client Consultation Form
 - x. Aftercare sheet for client

2. Be Ready

- a. Be in the room at least five minutes before your client arrives to tune into the energies and ensure that you are balanced and centred.

3. Aligning Yourself with the Melchizedek Energy

- a. This alignment practice is based on the sequence in which you walk the circuits of the labyrinth as representative of your chakras.
- b. First, bring your attention to your solar plexus chakra.
- c. Focus on this area for a few moments until you feel your presence there.
- d. Then move your attention and your energy downwards so that it reaches your second/sacral chakra and continue this downwards movement of energy to the root/base chakra.
- e. Bring your energy from your three lower chakras down into the earth: deep into the earth
- f. When you have yourself grounded, then move your attention to your heart chakra in the centre of your chest. Pause here until you feel your energy accumulating in your heart centre.
- g. Then, move your attention to the top of your head (your crown chakra)

- 
- h. Draw down the spiritual energy from above into your crown chakra
 - i. As you continue to draw down the energy from above, bring it and your attention down to your third eye/brow chakra.
 - j. Continue with this downward movement of energy to the throat chakra.
 - k. You have now created an energy shaped cup of yourself, grounding yourself from the lower three chakras with the heart centre sitting on it, and above this is the cup into which you are drawing divine light and healing energy.
 - l. When you feel that your cup is full bring your energy to your heart centre, which this time is the Divine heart from where you will be doing the healing.

Doing this short Melchizedek meditation practice helps to ground you and connect you to the higher vibrational energies that you will be working with.

Self-Care for Practitioners:

As a practitioner, you need to look after your own health and wellbeing. When giving a Melchizedek Labyrinth Healing session it is important that you are feeling well yourself, and that you are not over-tired or unwell. It is useful to have some water in the room for yourself and the client.

One of the benefits of the Melchizedek Labyrinth Healing is that you also receive benefits from doing the healing as you are connected to the high vibrational energy during the session.

After a session take a few minutes to settle yourself and close off the session energetically. You can do this by completing any notetaking relating to the session, and then by consciously seeing the session as completed.

Allow sufficient time between sessions for you to take a break, get some fresh air if possible, and to have something to eat or drink.

Tony Ærcyus Christie

Tony Ærcyus Christie has been working with the labyrinth for over eighteen years. He is a labyrinth author, designer, artist, consultant, and workshop facilitator. Tony teaches about the labyrinth as a symbol of Oneness, as a symbol of the interconnectedness of all of existence, and as a symbol of you. He also uses the labyrinth as a safe space to explore your journey in life.

In 2005 Tony founded 'Labyrinth Ireland' to raise awareness and use of the labyrinth as a tool for personal and spiritual growth. In 2012 Tony published his Labyrinth Wisdom Cards. His book 'Labyrinth – Your Path to Self-Discovery' was published in 2018. Tony is an inspirational speaker and international presenter of labyrinth workshops. He is also an Advanced Veriditas certified labyrinth facilitator, a qualified reflexologist, and a Reiki Master. For further information please contact Tony Ærcyus Christie at tonymchristie@gmail.com

Acknowledgements

I (Tony Ærcyus Christie) would like to thank my wife Fionnuala for all her help and support in helping me bring this Melchizedek Labyrinth Healing to fruition. I would also like to thank my dear friend, Carin Wennink for all her help, suggestions and assistance.

Appendices

Appendix 1: Contents of Melchizedek Labyrinth Healing Levels

Level 1 – Foundation Level (2 days)

- Divining
- Melchizedek
- Melchizedek's Labyrinth
- The Chakras
- Rebalancing
- Energy Healing (the chakras)
- Receipt of the Melchizedek Blessing
- Centring technique

Level 2 – Practitioner Level (2 days, plus case studies)

- Interpreting the Diving Rod
- The Layers & Dimensions of Melchizedek's Labyrinth
- Second Initiation into the Melchizedek Healing Energy
- Advanced Energy Healing Processes (the chakras & layers of the energy body)
- Advanced Rebalancing
- The Cup of Consciousness
- Connecting to Spirit Star

Level 3 – Master and Teacher Level (2 days, plus case studies)

- Teaching the Melchizedek Labyrinth Healing
- Group Energy Healings
- Leading the Melchizedek Labyrinth Meditation
- Energy transmissions

Appendix 2: Code of Ethics & Conduct - Melchizedek Labyrinth Healing Practitioners

1. Confidentiality: All information in the context of Melchizedek Labyrinth Healing remains with the client and the practitioner.
2. Provide a clean and safe environment for your clients
3. Treat your clients with dignity, respect, and honesty.
4. Explain what is going to happen during a session
5. The client remains fully clothed at all times. Do not touch the breast or genital areas. You can keep your hands approximately 15cm/6inches above these areas
6. Explain that Melchizedek Labyrinth Healing does not guarantee a cure.
7. Do not diagnose. Explain that Melchizedek Labyrinth Healing is a holistic complementary therapy, healing the energy field, and spirit; and it does not guarantee a cure
8. You can recommend that your client consult their doctor if you consider it is in the best interests of your client.
9. Never advise a client to stop their medication that has been prescribed by a doctor
10. Melchizedek Labyrinth Healing is non-denominational, and respects all religions
11. Establish and maintain a presence of love, truth, compassion within yourself and to others at all times during a session.

Appendix 3: Client Consultation Form

The following information is required for your safety & to benefit your health. All information will be treated in the strictest of confidence & will not be discussed or passed onto a third party, except your doctor in the case of an emergency.

Name: _____

Address: _____

Tel: _____ Mobile: _____

Email: _____

Today's Date: ____/____/____ Date of birth: ____/____/____

Doctor: _____ Doctor's Tel: _____

Occupation: _____

Reason for visit: _____

Please tick if you have, or have had any of the following:

☐

Diabetes

☐

Epilepsy

☐

Depression

☐

Infection

☐

Children; how many: _____

☐

Menstrual Problems

☐

Pregnant; If yes, how many weeks: _____

☐

Any complications?

☐

Back Problems

☐

On medication; Details _____

☐

Other? Details _____

Signature: _____

Appendix 4: Good Practice & Contraindications with Melchizedek Labyrinth Healing

Melchizedek Labyrinth Healing is an energy rebalancing and empowering approach to support people in their daily lives. When a person's energy field and energy centres are rebalanced, their system is less stressed and more resilient, promoting self-healing.

Melchizedek Labyrinth Healing assists the receiver's system to regain balance, supporting rather than overriding, the body's natural processes of self-healing.

If Melchizedek Labyrinth Healing is being used as part of a comprehensive plan for a person with a medical diagnosis, it does not address the disease or any symptoms directly, but rather assists in bringing the person's system into balance so that the person is better able to address the disease.

Melchizedek Labyrinth Healing sessions support the person undergoing medical treatment, and do not interfere with the processes involved in the medical treatment.

There are no known contraindications or side effects of Melchizedek Labyrinth Healing. It is a complementary therapy, not an alternative one. The delivery of Melchizedek Labyrinth Healing involves no substances. The recipient is not required to swallow any substance, nor apply any substance to the skin. There is nothing material involved in Melchizedek Labyrinth Healing practice that could interfere with medical care or negatively impact the recipient's health. Because there is nothing about a Melchizedek Labyrinth Healing session that can interfere with conventional medical care, Melchizedek Labyrinth Healing can be used concurrently with any medical intervention.

Melchizedek Labyrinth Healing will not override the action of medical interventions, but rather support the patient while he or she goes through them, restoring balance in body, mind, and spirit to the degree possible. Patients who feel well even when fighting chronic illness are more likely to complete their medical treatment and be active partners in their health care.

Good Practice:

The following guidelines are good practice for general use and in particular circumstances:

- Never tell a client to stop taking their medication
- Never say you can cure, and don't diagnose
- Melchizedek Labyrinth Healing is not a replacement for needed conventional medical care, but used sensibly, Melchizedek Labyrinth Healing treatment can be a valuable resource that can help improve health care outcomes.
- In Melchizedek Labyrinth Healing, the touch is very light on the body, and is mostly off the body. Melchizedek Labyrinth Healing can support the patient while they are receiving medical interventions as it rebalances the energy field and spirit of the receiver.
- Where physically touching the recipient is not possible for whatever reason, the therapist can conduct the energy treatment by hovering their hands over the relevant parts of the person's body.

Melchizedek Labyrinth Healing is a healing modality that works primarily on the energy field and energy centres of the recipient. It balances and centres the energy fields and energy centres, and raises the vibration of the recipient expanding the aura/energy field.

Benefits of Melchizedek Labyrinth can include:

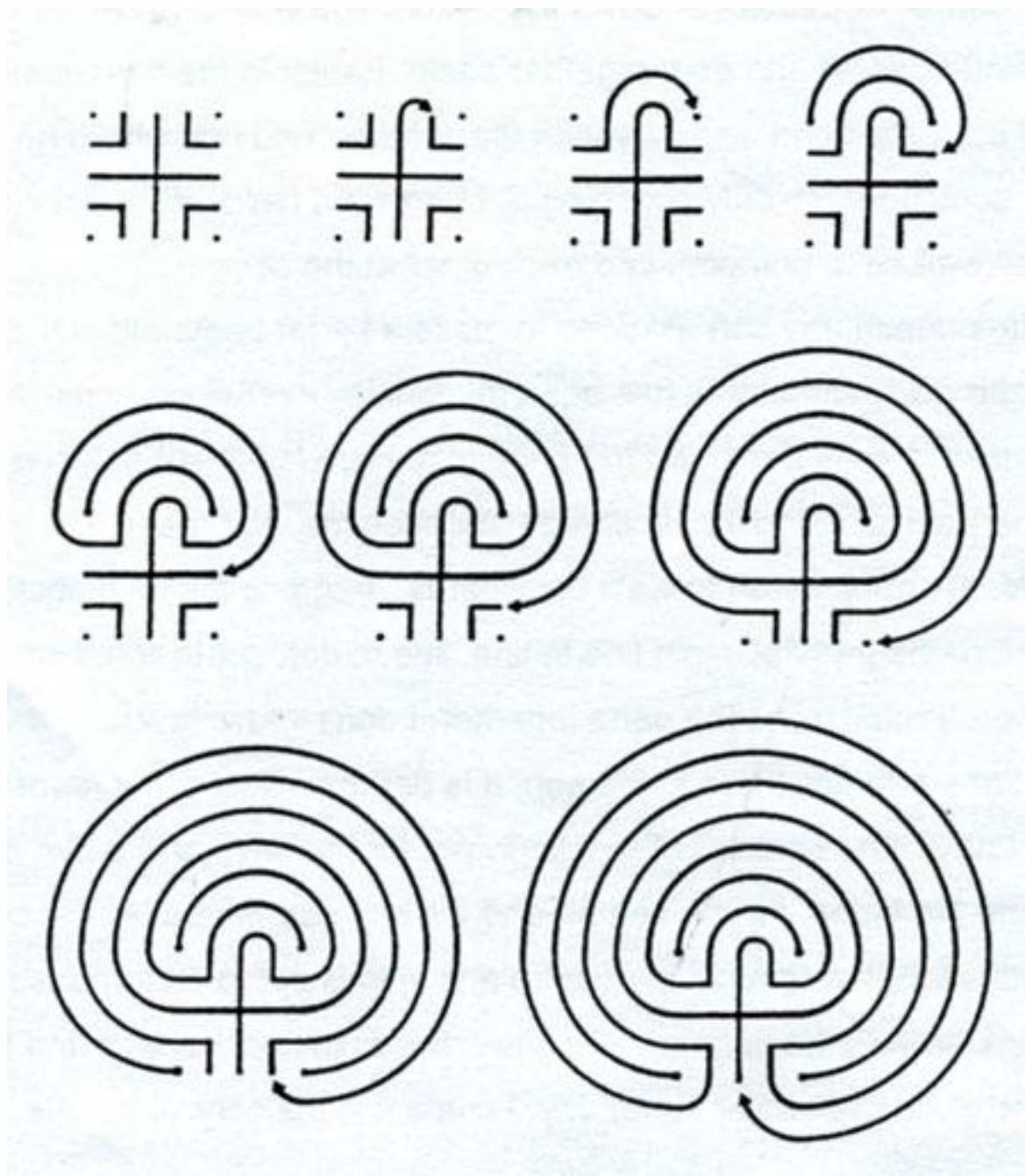
- Feeling calmer and more relaxed
- Quietening of the mind
- Less stressed
- More positive thoughts and feelings
- Improved attitude to life
- Better quality of life
- Increased compassion of all living things
- A shift in consciousness
- More balanced masculine and feminine aspects

Appendix 5: Melchizedek Labyrinth Healing – Aftercare Sheet (practitioner Level)

Melchizedek Labyrinth Healing is a non-invasive energy therapy. To aid the healing and to get maximum benefit from your session, it helps to follow this advice:

- Drink lots of water to help remove any toxins
- Rest, if you can, to help with the healing; and avoid strenuous exercise
- Avoid toxins and stimulants such as smoking, alcohol, drugs, tea & coffee, if possible
- After the session, different emotions may emerge, particularly if you felt some emotional shift during the session. These effects rarely last long
- Practice labyrinth walking, yoga, tai chi, or some other forms of meditation
- Listen to your body
- Be Kind to Yourself
- If you have any questions, please contact me, if I am personally unavailable, I will respond as soon as I can after receiving your message.

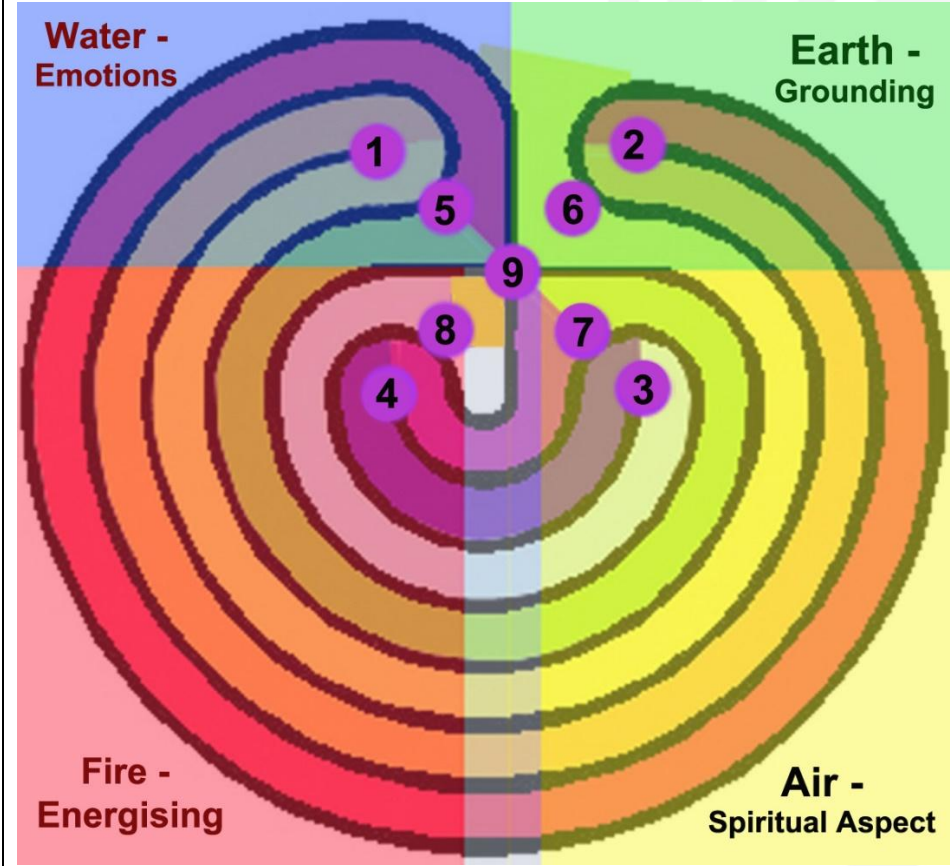
Appendix 6: How to Draw the Melchizedek Labyrinth



Appendix 7: Melchizedek Labyrinth Healing – Record of rebalancing

Name: _____

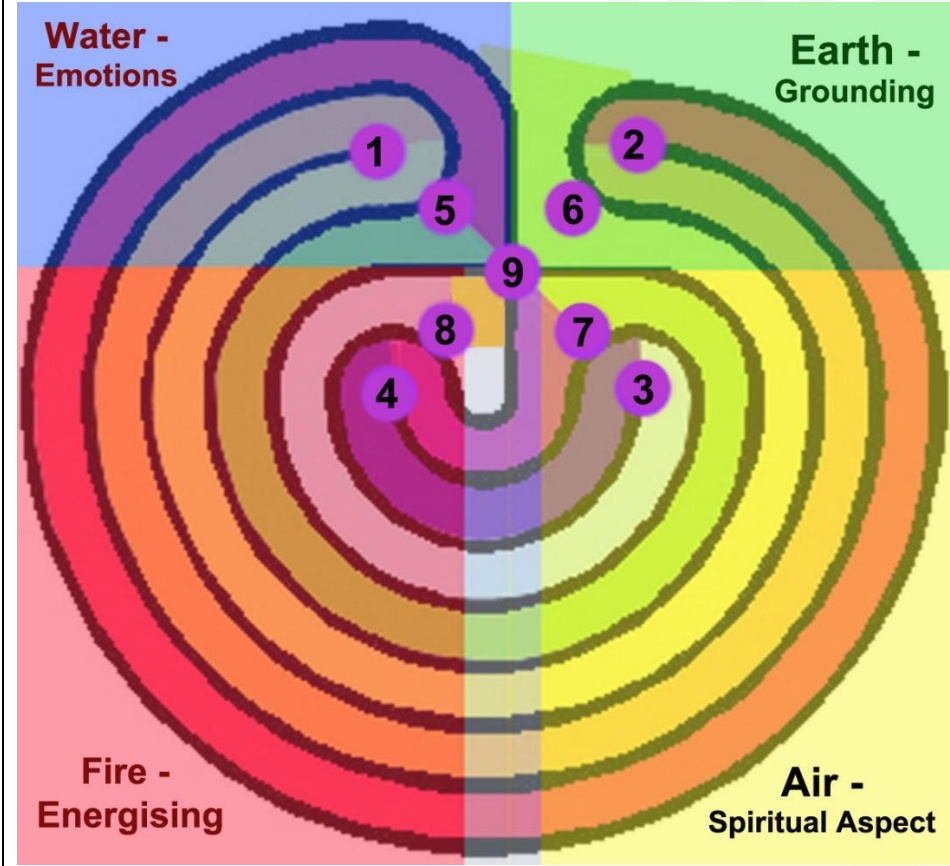
Date: _____

Melchizedek Labyrinth	stop nr	rod direction	rod intensity	(general) notes & insights
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
Less significant stop nos:		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	

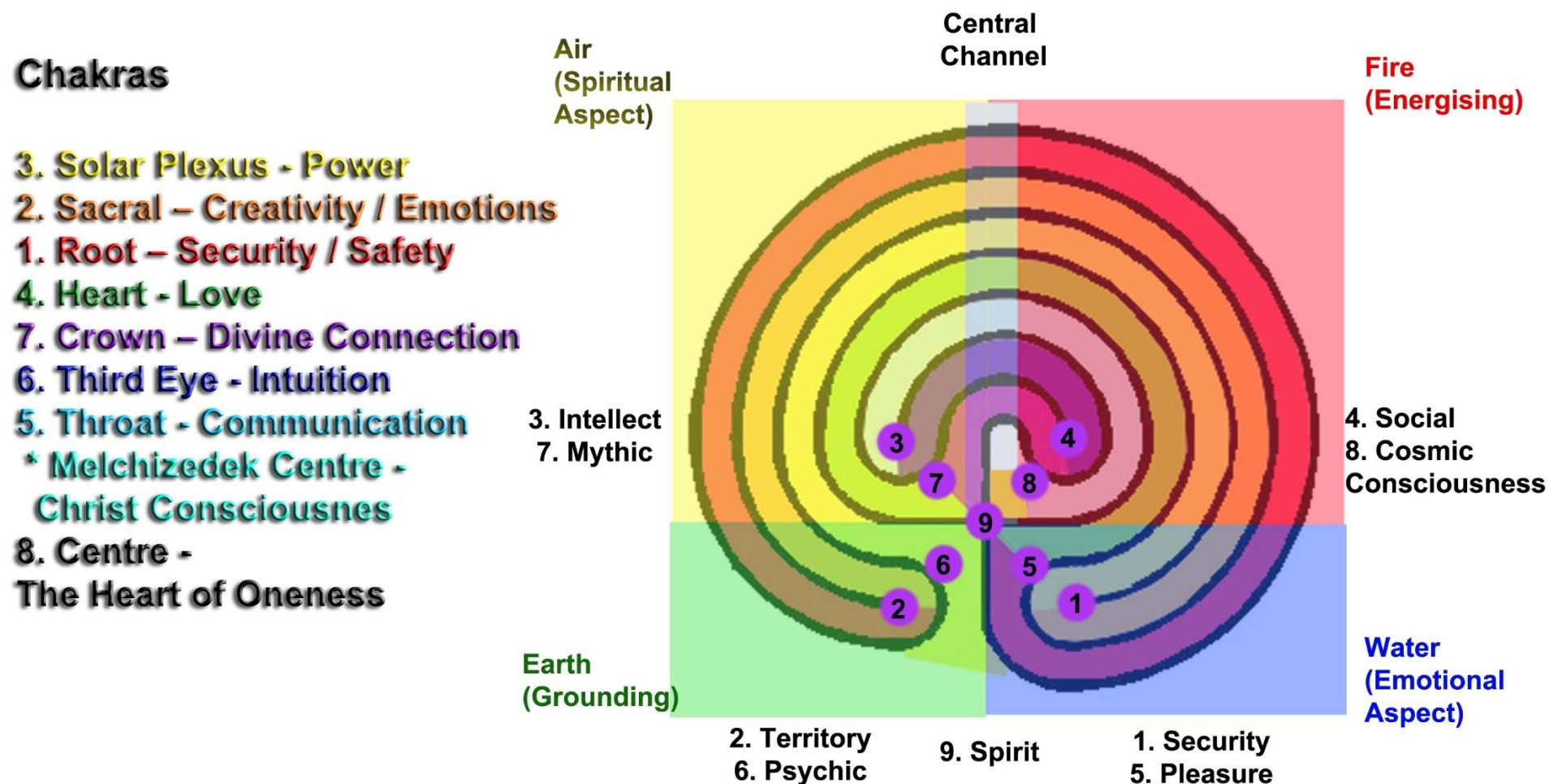
Appendix 7: Melchizedek Labyrinth Healing – Record of rebalancing

Name: _____

Date: _____

Melchizedek Labyrinth	stop nr	rod direction	rod intensity	(general) notes & insights
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
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		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	
Less significant stop nos:		↗ ↘	◆ : ◆	
		↗ ↘	◆ : ◆	

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Case Study – Practitioner Level

Introduction:

You are required to complete three case studies as part of the certification process for the Practitioner Level of the Melchizedek Labyrinth Healing. The purpose of these case studies is for you to gain experience in giving a healing, and also to demonstrate a competency in the healing practice.

What is Involved:

A case study involves carrying out a full Melchizedek Labyrinth Healing on three different people. These can be family members, friends, or others. One session per person is sufficient.

Record Keeping:

You must keep a record of the healing session including:

1. Client Consultation Form
2. Record of the rebalancing
3. Observations on Energy transmission

The record of the rebalancing must show the stops that the person made while tracing the finger labyrinth. You are also required to identify the three most significant stops for the client and record the reasons that these were significant.

You are also required to record comments on the energy transmission identifying where you were aware of differences in the energies at various chakras, and any other comments that you consider significant.

Time Frame for Submission and Assessment of Case Studies:

You have three months from the date of the training to submit these case studies.

These case studies will be assessed within two weeks of submission after which you will be notified if you have, or have not, demonstrated sufficient knowledge of the Melchizedek Labyrinth Healing to attain certification. Upon successfully attaining certification, a digital Practitioner Certificate will be emailed to you.

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