

# Earth Energy Boost

instructions

Please share.  
you may distribute this PDF  
freely as you see fit.

## About Earth Energy Boost

The Earth Energy Boost is a simple energy that works as an immediate and gentle “pick-me-up.” If you are familiar with the “Rescue Remedy” flower essence, then you'll understand that the Earth Energy Boost can work in a similar fashion. It's something to use for fatigue, illness, or times of extreme stress. It can also be used during strenuous activity, to provide an extra “boost.” It is not meant as an instant cure, but an additional energetic support.

## Usage

There is no symbol to learn or memorize. Once attuned, you can receive or send the Earth Energy Boost via intention. Get quiet, and visualize the Earth Energy Boost coming up through the bottoms of the feet. The gentle, earth-based healing energy will slowly creep up the system for a balancing effect.

## Environmental Support

If you have a tree, plant or flower that is sickly and needs extra energy, then give the plant an Earth Energy Boost. You can use this energy to help heal and support nature.

## Attunement Process

Use any Reiki attunement ritual of your choice. Ask for the assistance of Gaia or Mother Earth. Imagine the Earth Energy being sent to the student. Doing an attunement outside in nature is even better.

## New Tools and Symbols

This manual has been purposefully left simple, because it's really about the energy. If you find new symbols, practices, or ways of using the Earth Energy Boost, please feel free to add to the system and share with others.

**More Reiki attunements and courses are available at  
Element Energy Center ([www.elementenergy.com](http://www.elementenergy.com)).**

**Please share.**

**You may distribute this PDF (intact) freely as you see fit.**

## Copyright Notice

This manual is protected by copyright. You can share this manual freely provided it is left *entirely* intact. You may not independently reprint, republish, or reuse the words in this manual for any reason.

You can give this manual to students that have paid you for an attunement,  
but you cannot resell this manually separately.

You are welcome to create your own manual, written entirely in your own words,  
to teach people how to use this energy. Please provide proper credit.

You are also welcome to use this energy to create a new energy system.  
For permission to translate, contact [light@elementenergy.com](mailto:light@elementenergy.com). Thank you.