Proxy vs Surrogate  
By Kat Miller

A few years ago I was working with a friend, using her surrogate to work on members of her family and friends. Being low on energy as she was, using her Surrogate for a few people would wind up draining her for the rest of the day. When she told me that, I realized there was a different but similar way to do the work we had been doing. A few days later in an e-mail she sent me something stood out, the word PROXY. I became aware that day that PROXY was what I was looking for.

SURROGATE - This is the body's default. Whenever you work on yourself (or someone else) with the intent of sending the energy to another person, if you do not set intent, Surrogate work is what you are doing. The best way I can describe Surrogate is that in doing the work on the intended yours and the intended's energies contact each other, and are somewhat mixed. You utilize some of your own energy in the work done on the remote person.

PROXY - This is done by INTENT. You MUST set your intention to PROXY in order to work on someone (or something) Proxy. Proxy is different from Surrogate in that your energy and the intended's energy do not mix. It does not draw on your own energy at all. So, you can do proxy work on many more people without affecting your own energy. I find Proxy and Surrogate to be virtually identical in their ability to affect the remote person in almost all cases. The one exception I have seen is when the intended's energy is extremely low and therefore difficult to establish a connection with. This seems to occur mostly when the person is in a deep state of unconsciousness and/or has a waning life force. In this case, Surrogate may need to be used rather than Proxy, most likely because they NEED to draw some on your energy in order to be able to process the work which you are doing on them. If you wish to set your default for remote work to Proxy rather than Surrogate, you can do that simply by telling your Inner Being (thinking to yourself), "I wish for my default when I work on myself with the intent to have the work I do received by another as PROXY rather than SURROGATE." The wording does not need to be exact. You just need to set the initial intent that from now on, unless otherwise specified, you wish ALWAYS to have the work done by Proxy.