

## 1.5 The change of energy states

In the previous exercise you detected the energy state of the objects. Now you will try to change that energy state. It can be done with breathing (which is also a form of vibration) and with your fantasy. Let's explain this. Although human kind is not completely familiar with the term fantasy, this brain process is constant; not even one second of our life passes without it – fantasy is always present. This function is very important because we are using it to form our future. It is one of the fundamentals of our existence. If there were no fantasy – we would not exist. Whatever you imagine inside your head you basically create and therefore it exists, even if it is initially in a microscopic size of your thoughts. But if the environment is capable of supporting that fantasy then it will exist for all to see. Neither imagination nor correct projection of your imagination has boundaries.

Exercise 1: imagine you are inhaling through your hand and exhaling through your nose. Pay attention to the feeling in your hand. For this, of course, you use your fantasy, which in this case gives a great result. Repeat inhaling and exhaling 5 times.

Exercise 2: do the opposite from the first exercise – imagine you are inhaling through your nose and exhaling through your hand. Pay attention to the feeling in your hand. Repeat inhaling and exhaling 5 times.

Now you will imagine you are inhaling the energy of the object in front of you, taking it inside you, and after that giving it back to the object.

Exercise 3: firstly you need to bring yourself to the neutral state (there is no need to do energy breathing exercise anymore, your system already knows what it is and how to do it; just remember it). Then, feel the object in front of you with your palm. Inhale the energy that you feel, the energy of this object, and then exhale it through your nose into space. Your attention is on your hand. Repeat this rhythm of inhaling and exhaling 10 times. After this, check the energy of this object with your palm; see if it is any different then when you started the exercise.

When we say that we are taking the energy of this object inside us we are actually speaking in “energy language”. Of course, there is no such thing. It is a deception for our system. But, for our system everything is real and this will give us positive results.

You are just beginners at this point and human urge that “something needs to happen” should not exist. You just started learning how to truly feel something. That is why your feelings will sometimes get lost and then come back, maybe completely disappear and then come back again, but only until you are trained enough. For now, it is of most importance for you to have some feeling, any feeling, and for it not to be analyzed or explained.

*Homework: do these exercises for the next five days. Also, read about the human respiratory system.*