

1.6 Basis of energy treatments

You will now learn how to inhale energy and use your exhale to give that energy to the object in front of you. Let's start by repeating the previous exercise where you were taking the object's energy.

Exercise 1: bring yourself to the neutral state. 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 to your hand. Repeat this rhythm of inhaling and exhaling 5 times. After this, check the energy of this object with your palm; see if it is any different then when you started the exercise.

Exercise 2: your next step is – using your fantasy, imagine you are inhaling the energy from the space around you, and then with your exhale this energy goes through your hand and fills the object in front of you. Feel this process of giving energy to the object; your attention is still on your hand. Repeat this rhythm of inhaling and exhaling 5 times. After this, place the top of your hand above the object and feel it. Does it feel the same? Then, flip your hand and feel with your palm. Now flip your hand again and feel this object. Move your hand a little bit to the left, then to the right, so you can feel it better. Surely, your feeling of this object has changed.

Today you preformed your very first energy therapy treatment! Simply put, you took the energy from the space and gave it to the object. We can say that you have changed a certain energy state of matter. While you were exercising on an object and not a living being, it was still noticeable how the energy states of matter before you changed depending on your influence and work. This is called an energy therapy treatment or working with energies. In many countries they call it Bioenergy treatment, where “bio” stands for human energy – the energy we as humans produce. Along with this, you consciously controlled the entire process, which is very important. That's the key!

With these exercises we are deeply training our instrument – our palm and our hand that is supposed to impart us about the energy state of the object we are working with. If you feel a slight headache after this exercise, it means you focused too much on what you are doing. While exercising, your concentration is not necessary, quite the opposite. Your head and your fantasy are not used to these kinds of things and now a certain part of your brain got some new information it needs to process. That is why you might feel it as pain but you need not worry. Later on, when you train yourself enough, it will become a standard process for your head, which you would not even pay attention to.

Exercise 3: do both previous exercises as one. So, bring yourself to the neutral state (let's remind ourselves that in that state we feel low signals much better) and then feel the object with your palm. Remember this state of the object. Then, take this energy from the object by inhaling it and exhale into the space. Repeat this 3 times. Then, check what happened to this object, did something change. Now, with three inhales and exhales give energy to this object, i.e. through your exhale you are sending energy into this object. Again, check the object, feel its state. Your attention is on your hand. You can check with both your palm and the top of your hand, as you already learned. It is very natural and normal for you to feel better/stronger with the top of your hand after taking or giving energy. We use our palm all the time, so there are many signals, which may interfere.

This exercise is done within six inhales and exhales, which is quite enough and you should not prolong it. Time, or rather, the number of inhales and exhales is not the measure of the quality of your work. It is actually the other way around – more time means lack of quality. You will slowly come to optimal or minimal time it takes to do a treatment, when your maximum result depends only on you, not the object or person you are working with.

You can exercise this energy therapy treatment with any object of your choosing. Change objects you are exercising with so you could feel the difference in energy states more clearly. This is just the beginning. You are only getting to know the world you thought you knew. Yes, you are living in it but you have never seen it from this position.

Homework: do these exercises for the next seven days. Also, read about the human digestive system.