

## 1.7 Energy of biological matter

We are now using terms as: to give energy, to fill with energy, to take energy etc. but, it is very important for you to learn that you are not giving anything and you are not taking anything. It is substantial for you to understand that things do not work that way. You are getting involved in the processes, you are moving through them, you are changing certain states – this much is true. It is like going for a swim. You did not create this water you are going into, but it is a fact that water is changing its state because of you. The water has changed. You will slowly come to understanding and acceptance of all this. There is nothing bad in using these terms, for example, for people you are working with to understand you better (to give energy, to fill with energy, to clean, to drain, to take out). But make sure that these terms, in your head, do not create a limitation or boundary of any kind and instead provide the right base for your knowledge. Everything you are doing is a change of some sort, change of a state, and that is it.

Today's exercising will be an introduction to working with biological matter. Firstly, with yourself. Working with energy requires a specific protocol, a rule: when you take something you need to give something, there cannot be a one sided exchange. When you connect to another energy, change it or manipulate it, certain holes appear. Within the biological matter strong waves are prone to manifest in order to fill these holes. And they are out of your control. This is why it is better that you create these waves and fill those holes yourself. It is like you spilled or drank a half of glass of water and now you need to add another half for it to be full again. But what kind of water will you add is your decision. In this case, a person is a glass. When you are performing treatments, stick to this rule – when you take energy, you have to give energy. Now you will try to feel your energy.

Exercise 1: firstly, neutralize yourself, turn your palms to face one another at 10 cm distance and feel what is going on. You do not need to breathe with energy breathing for now, just feel. Move your palms away from each other a little more, and then move them back, slowly. Move them in circles, up and down, and feel. It is possible for you to feel a slight tingling, but surely you will feel something more than when you tried to feel an object. Lower your hands down.

Your palms will become very sensitive now. A biological matter produces incomparably more energy than a non-biological one. The object has electrons that rotate, and we have cells, systems of cells that are constantly moving, trillions of them.

Let's continue practicing our fantasy.

Exercise 2: turn your palms to face each other and imagine you are exhaling with you right hand. Feel what is going on there, between your palms. You can bring them closer to one another, move them away from each other, try it, experiment. Do you feel a sphere, tension or density between them? Open your eyes, but do not put your hands down. Move your palms in circles, bring them closer, then move them away from each other, feel the space you created between your palms. You can even add a bit more energy into that space; you can add energy from both of your hands. After this, feel what is happening with that space between your palms. Then, put your hands down, you can shake them off a little or rub them, and that is it. It might happen for you to still feel some change in that space in front of you where you were exhaling energy. It is unusual for you, but energy takes some time to dissipate.

Exercise 3: place a glass of water in front of you. Neutralize yourself, put your palm above the glass and feel it, simply register the water, what it is like. Then, imagine you are taking the energy out of the water with your inhale, and you exhale with no special attention, just exhale. This exercise should last about 30 seconds (3 to 4 inhales and exhales). Then, open your eyes and check the state of water, with both your palm and the top of it.

Exercise 4: close your eyes again. Now imagine you are inhaling energy and while exhaling you are filling this water with it. This exercise should also last around 30 seconds. Then, open your eyes and check the state of the water, with both your palm and the top of it. Surely you will feel some difference.

*Homework: do these exercises of taking and giving energy with different objects and biological matter (water, plants) for the next seven days. Also, read about the human urinary system.*