

1.10 In-person and self treatments

Now you will try to change the energy state inside you. We will try to work on the liver – it is a vital organ that works very precisely.

Exercise 1: neutralize yourself, put your palm above your body where your liver is (the same as in exercises with objects) and feel what is going on there. Then, imagine you are taking the energy out of your liver with your inhale, cleaning it along the way. Feel the energy state of the liver after doing this. Then, fill it with the pink color during exhaling.

If you had a headache after this exercise or you felt a little bit uncomfortable do not worry, these are all expected effects. The fact that something none-standard is happening after treatments is a good sign that you got involved in certain processes. Likewise, it could happen that you feel a reaction in the organ next to it, for example spleen. Liver and spleen are connected organs because they both work on detoxification. So, it is possible that if you preform treatments on one of them you will feel the other reacting, which is just a further proof that they are connected.

Exercise 2: neutralize yourself, put your palm above your left or right knee and feel it. Then imagine you are cleaning that knee. Now, feel its energy state. After this, fill it with white color during exhaling.

Now you will preform energy therapy treatment on a person of your choice.

Exercise 3: choose a person with whom you will be doing this exercise. For starters, you will be working on this person's back. Neutralize, close your eyes and put your right palm 5 cm away from this person's back. Feel the energy state. Then, with a couple of inhales and exhales clean its back, just like you trained. Again, feel what is going on there. Now imagine the white color and then imagine you are inhaling this color into your lungs and exhaling through your right hand, filling the back with it. Repeat inhaling and exhaling a couple of times. Feel what has changed. Allow this person to explain its experience to you. This would be of great help for your further training and treatments.

Exercise 4: choose a person with whom you will be doing this exercise. You will perform the treatment on the stomach. Neutralize, close your eyes and put your right palm 5 cm away from this person's stomach. Feel the energy state. Then, with a couple of inhales and exhales clean its stomach. Again, feel what is going on there. Now imagine the purple color and then imagine you are inhaling this color into your lungs and exhaling through your right hand, filling the stomach with it. Repeat inhaling and exhaling a couple of times. Feel what has changed. Allow this person to explain its experience to you. This would be of great help for your further training and treatments.

Homework: you can practice exercises 3 and 4 on any other part of the body, except for the heart. For starters, use only the white and purple color. Do all these exercises for the next seven days. Also, read about the human sense organs.