

1.11 Energy specifications

Today we are moving onto details. Everything you have been working on so far, taking and giving energy, imagining colors, feeling, it was all a base for our next step. Suppose you have to water flowers. You have your tulips on the far left, roses next to them, lilacs on the far right and so on. When it comes to watering all those plants, surely you would not water them with the same water pressure. Strength of the water stream that would be appropriate for lilacs could potentially break roses or bend tulips. Some small flowers would be completely ruined. This means that intensity of energy we use depends on organs and body parts we are using it on. You need to know their size, delicate details, endurance, strength etc. Because of that, we divide energy by: type, strength, emitting time and sound frequency. Let's start with the mastery!

Energy	Energy strength	Distance of palm from the body	Emitting time	Sound frequency
Regular	6	10 cm	7 sec	4 - deeper
Acicular	7	10 cm	9 sec	6 - higher
Flattened	8	20 cm	3 sec	7 - high
Rain	5	12 cm	8 sec	5 - medium
Fog	4	10 cm	8 sec	3 - deep
Pillar	8	10 cm	5 sec	5 - medium
Needle	3	5 cm	9 sec	6 - higher
Round	7	20 cm	3 sec	4 - deeper

Explanation of types of energy:

Regular – emitted with the entire palm

Acicular – emitted with the entire palm, like a shower

Flattened – for separating organs; emitted with the outer lateral side of the hand

Rain – looks like the summer rain; emitted with the whole, straightened palm. Fingers are not bended and it doesn't drop from the tips of fingers

Fog – looks like the fog between the palm and the surface being treated; emitted with the entire palm

Pillar – looks like a pillar and is emitted from the center of the palm

Needle – looks like a thin, precise beam that goes out of the middle of the index finger; could be emitted with the help of a thin stick (e.g. a chopstick)

Round – looks like a casing that is being put around the organ, and is being emitted with the outer lateral side of the hands when fingers connect with its tips (it is used for protecting organs that shouldn't be treated with energy)

Energy strength is shown in the table as “a notch” on the imaginary scale from 1 to 10.

Exercise 1: practice emitting the energy with varying strength with your palm above the table.

Exercise 2: practice the distance of the palm from the body and emitting time with your palm above the table.

Exercise 3: practice the sound frequency with your palm above the table.

Exercise 4: practice all seven types of energy (except for the round) with the description from the table, firstly with your palm above the table, and after that on your thighs. You should always neutralize yourself first and then repeat three inhales and exhales for each type of energy. After every treatment check the energy state (with your palm, the top of the palm, the other hand).

Homework: try all types of energies, with all the components from the table, on a healthy person of your choice. It would be best that, for starters, you preform treatments on the thigh of that person. You can practice on your pets, as well. Do these exercises for the next seven days. Also, read about the human skin.