1.12 Diagnosis

On today's class we will get more into diagnostics. There are ways to diagnose yourself and others. When you start diagnosing others, you will mostly feel temperature changes as you move from one part of the body to the other. Parts with slow blood circulation will seem colder and the warmest parts will be the ones with the most blood in them and with the fastest blood circulation. The warmest organs, when the person is sitting, standing or lying still are: brain, heart, liver and lungs. After physical activity, warmness can be felt above some muscles. Also, organs and places where inflammation or rheumatoid process is ongoing would seem warmer then their surrounding. Places with tissues disorder, due to poor blood circulation, atypical cells that look like benign tumors (adipose tissue, myomas, weird skin growth), body parts with ossification problems and slow circulation, or where toxins are accumulated, will be colder then their surrounding.

Now you will learn to prepare your hands for an energy treatment.

Exercise 1: neutralize yourself and put your hands together like you are holding a small ball; face your palms towards each other and bring the tips of your finger together. Imagine the white color. Using energy breathing, imagine you are filling the space between your palms on your exhale with that white color. Inhale and exhale five times. You will notice how your palms became very sensitive. Now you are ready to work on diagnostics.

Exercise 2: choose a person whom you will examine. After the previous exercise of preparing your hands, slowly move your hand, your palm, above the surface of the body. Try to feel as many changes as you can, because every part, every organ, has its own vibration. Try to feel which parts, so too speak, work fine and which have some sort of problems.

Sometimes you will examine people that will tell you exactly what the problem is, what is bothering them. Many people come to energy therapists with blood tests and all kinds of ultra-sounds. This is all very useful for your work and is even recommended for you to take full anamneses before treatments. But, the advice is to do energy examination yourself no matter the tests, because what often happens is that someone has a headache because of their stomach or their feet are sore because of bad spine position etc. You are the one who should make a right decision about which part of the body you need to work on so that the entire organism would come into balance.

When you are about to examine a person that doesn't know what his or her problem is but feels that something is not right (and this is the best kind of person for exercising), you can do the following to make it easier for you to decide on a diagnose - ask general questions that can provide you with meaningful information. Ask where this person works for example to determine if the person is active or is spending a lot of time sitting which could tell you which parts of their body are suffering the most. You can ask about marriage, family relations etc. All questions are aimed at helping you to create the most accurate conclusion about the cause of pain.

As for self-examination, now you will learn an interesting exercise with which you can check yourself whenever you have doubts about something. Imagine that fingers of your hand, because of the nerves, have connections to your entire body. Bringing your thumb and the tip of your index finger together, you will connect the energy flows of your head. This means that, by slowly moving you thumb over the tip of index finger you could find e.g. your eyes. The same would be true for ears or any other part of your head. You will feel slight pressure in that body part or organ when you succeed in finding it. This is all possible because of our nerves. Similarly, on the tip of the middle finger is a connection to your chest, on the ring finger to your stomach and pelvis, and on the small finger is a connection to your extremities. A thumb is always being put together with the tip of another finger and the thumb is always the one you use to move (slide) over the tips of other fingers.

> Exercise 3: close your eyes and gently and slowly move your thumb over the tip of every finger. Make sure to feel the exact body part depending on the finger you are connecting: index finger-head, middle finger-chest, ring finger-stomach and pelvis, small finger-extremities. If during this exercise you feel discomfort or pain in some part of your body or organ, it might indicate that there is some kind of imbalance there. When you finish self-diagnosis you should do a treatment on this organ or a body part where you felt discomfort.

Homework: practice diagnosing as much as you can, on people you know or do not know. When you come to a certain conclusion you can do a treatment. You can practice the exercise for self-diagnosis any time you feel you need to check on yourself. Also, read about the human immune system.