

2.9 Mind healing

Energies are very precisely organized. This is where the secret lies; the one you should learn more about. When you are working with energies of any range you have to know the recipe – why, from where, when, how much etc. Everything you need is inside you – you are the entire universe.

Let's go over important postulates once again:

1. The amount of energy does not determine the quality of it
2. The best results in the shortest amount of time
3. No concentration
4. What person feels does not reflect the result

You do not need strength for your results. Strength doesn't provide quality. Knowing the process is important, not the strength. You need to know how to work with something, to know when processes start.

Now you will learn how to preform a treatment by modeling your hand and energies. You already stepped into the world of subtle signals, already entered the world of secrets where everything begins. It will be your decision down the line when you will use your hands physically and when you will model anything you need.

Exercise 1: preform this exercise with a person of your choice. Put your hands under your thighs. Use the technique from the previous class to bring this person at 20 cm away from you. Then, imagine your hand at about 5 cm from this person's body and examine it. Now, do a treatment, for start, on a thigh of this person – with three inhales take the energy, and then with three exhales fill the thigh with the foggy green energy. This exercise lasts 5 minutes.

Exercise 2: put your hands under your thighs. Use the same technique to bring this person closer to you. Then, imagine your hand and examine it. Now do the treatment for whatever you think is needed. This exercise lasts 5 minutes.

Practice as much as you can with different people. From now on you will decide when you should use your hand physically. And know that your assignment is always to change a certain state quickly and with top quality. The faster you preform the entire treatment and with less energy – the better. It is a sign of greater mastery. When you get to the point that a person receiving your treatment does not have any emotions or feelings about your treatment, you have become a true master. The emotional state of a person you are working with does not reflect your result. The indicator of your result is your own confidence in what you are

doing. Of course, at the beginning you will have all kinds of questions and doubts. But slowly and surely you will come to self-confidence that will make your mastery whole.

Appreciate yourself and your work, the way you perform, and do not doubt that you will reach the goal!