

3.9 Healing expertise

So far you have preformed treatments using the technique of cleaning and giving energies. With this next exercise you will learn how to prepare a treatment in yourself and give this “cooked meal”, to a single organ. This means that you will “cook” your treatment inside you and when it is prepared you will give it to the organ in question. Perhaps a more suitable example is that of a pharmacist that prepares the medicine before administrating it on the patient. Remember those exercises with the glass when you were entering the water and then feeling the water and the atmosphere in the glass. If you entered cold water, you would feel cold. You could heat it up to feel more comfortable and surely enough you would feel the warm water beneath you slowly raising the temperature inside the glass and changing the atmosphere around you. We are talking about micro-dimensions for sure but the changes are still there, they are real.

Today you will again work on someone’s liver again. The goal is to examine and bring this liver to a healthy state. For you to do so, firstly you need to shrink and enter your own liver and feel what is like to be a liver. It is the same process as when you were feeling the glass or water in the glass. This fantasy should now get a certain meaning.

Exercise 1: neutralize yourself first, and then imagine you shrunk. Feel the state of your own liver. Imagine absolutely perfect, healthy state of liver. There is no need to use your hands; you can do all of this with your fantasy. When you are finished, pay attention to this person liver and imagine you are giving this state to it. One of the ways for you to give a finished treatment to an organ is to shrink, get inside it and when you feel that the state of that organ has changed (the atmosphere in the organ reflects your treatment) finalize the process and go back to your natural size. After this, check the state of the liver and the entire organism. There is no need to use your hands, just follow your feelings and thoughts.

With this next exercise you will practice sight sharpening. The complete process of energy transmitting is not required, because sharp sight is actually the state of the entire sight sense.

Exercise 2: neutralize yourself and pay attention to your eyes and eyesight. Feel the place you are in now and in what kind of state is the entire environment. You could even shrink and go inside your eyes, so you could feel them better. Then, you cook your medicine inside you and follow how the surrounding changes. Feel the healthy state of your eyes and perfectly sharpen sight. When you

finish, give this healthy state and perfect sight to a person you are practicing with. After this, check the state of sight and the entire organism of this person.

You could preform treatments like this to any organ of the body, except to the heart. Practice all of these techniques, in person or at distance, with the people you know or do not know. Do not doubt yourself and appreciate your work!

You will come to the point where you will have clients. Here is what is important in working with them and what is your client satisfaction depending on: it always depends on your personality being formed in the right way and how you present yourself to them. The key is inside you – you need to adjust to them.

In your work with patients, your “I” should never dominate – it should always change depending on the nature of your client. Do not be the main actor in this scene who recklessly pushes his “I” to the front. A human being has to be a mechanism for you, this is highly important. You should not look at the person before you as an individual, because that opens a can of unnecessary emotions that would only bother you and create problems in your decision making process. A human is a mechanism that works as it works, and you are the one who needs to change something about it. Do not get emotionally involved. Yes, individuality exists in these mechanisms but you must look through them to detect the problem that lies in the core of their being. This may seem hard because you are used to doing so, but just keep trying to stay neutral. Do not sing the song of the person before you, but listen, adjust, adapt and write a new song. Forget about your previous experiences with people, do not rely on them as templates and you will always be a unique artist.

When you preform treatments, it would be better if you do not think of it as helping someone. This way of thinking has an interesting side effect – after a while you start thinking that the meaning of your art, your treatments, is to help someone. The meaning, if anything, is for your wonders to be unique, void of all standards and without repetition. Should you approach someone with the concept of helping in your mind, then you will start applying the same concept everywhere, regardless of the problem at hand: when someone has an inflammation, when love is not returned, when spine is stiff, someone has insomnia etc. In fact, the strongest reflection of charlatans is obtained when people have the attitude that they want to help. It is very important for you to know that you are doing this to empower your art. You are an artist. Knowing this, you should not limit yourself with the individuality of the person standing in front of you. Always be different and always make it interesting! People you meet down the road are the prospectors of your miracles and you get to learn from them and their experience. And that is how you will always progress.