

Energy Healing – *Zapping That Which Is Zapping You!*



The Legal Stuff

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He who strives for the pot of gold at the base of the rainbow finds himself alone in the gathering dusk after the rainbow disappears, miles from home, feeling foolish, having to walk home in the dark. ~ Glenn Carson

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Table Of Contents

Contents

The Book's Cover.....	1
Title Page And Book Graphic.....	2
The Legal Stuff.....	3
Table Of Contents.....	4
Chapter 1: Opening Your Mind To Energy Healing.....	9
There Is A Place For Natural Care.....	9
Are You New To Energy Healing And Wondering Exactly What It Is All About?.....	10
Identify The Underlying Problems.....	11
A Therapy That Fuses Eastern And Western Techniques.....	11
Are You Suffering Feelings Like These?.....	12
How I Beat It.....	12
Chapter 2: Stay Healthy – Purify Your Energy.....	15
Eastern Healers Believe The Body Is Energetic.....	15
Energy To Matter Manifestation.....	15
The Purity Of The Aura.....	16
Easterners, On The Other Hand, Call The Energy Surrounding The Body, “Chi”.....	16
So, How Then To Cleanse Your Chi? Here Are Three Of My Favorite, Simple Ways.....	17
1. Meditation.....	17
2. Healing Touch: Reiki Energy Medicine.....	18
3. Qigong.....	20
Balance And Peace.....	21
Chapter 3: Begin To Dance – A Gift of Energy.....	23
“When Attack Becomes Dance, Everything Is Seen As A Gift Of Energy.”.....	23
The Martial Art Aikido (The Way Of Harmony).....	24
We Begin To Dance, Flow And Move With The Energy Of Conflict Instead Of Blocking It.....	24
Most Of Our Conflicts, Internal Or External, Would Resolve Themselves If We Would Only Take This First Step – Acknowledge Them!.....	25
“Where’s The Gift?”.....	25
Chapter 4: Nature’s Energy Booster.....	27
Short-Lived Energy Boosts.....	27
... Here Is A Breathing Exercise You Can Use As A Natural Energy Booster.....	27
Giving The Body And Muscles The Oxygen They Have Needed.....	28
Chapter 5: Why I Recommend Energy Healing.....	29
Energy Healing Literally Changed My Life.....	29
So, How Does Energy Healing Actually Do This?.....	30
We ARE Energetic Beings And Everything IS Energy.....	30
In This Energy Body, Are Layers.....	30
It Is Important To Open The Chakras And Increase Our Energy Flow.....	31
So, What Causes An Imbalance Or Block In The Flow Of Energy?.....	31
Blocking Our Feeling And Emotions.....	31
Blocking The Flow Of Universal Life Force Energy.....	32

All Of These Situations Contribute To Blockage.....	33
Difficulties Abound In Life, For Each One Of Us, And We Develop A Coping Strategy.....	33
Energy Healing Is Excellent For Healing Any Physical, Mental, Emotional And Spiritual Issues.....	34
Some Of The Health Benefits From Receiving Energy Healing.....	34
Energy Healing Works.....	35
Therefore, It Is Truly A System Of Attaining And Promoting Wholeness.....	35
Chapter 6: The Body's Energy Centers.....	37
All Vital Functions Of The Human Body Are Determined By Energy That Spins In The Chakras.....	37
The Human Body Becomes Susceptible To Various Disorders.....	38
Circulation Stagnates.....	38
Chi Gun, An Ancient Chinese Method For Self-Healing.....	38
There Are 49 Chakras Mentioned In The Vedic Canons.....	38
Multiple Energy Channels Leading To Different Locations From The Chakras.....	38
The Seven Basic Chakras.....	39
The First Basic Chakra, " <i>Muladhara</i> ".....	39
The Second Chakra, " <i>Swadhisthana</i> ".....	40
The Third Chakra, " <i>Manipura</i> ".....	41
The Fourth Chakra, " <i>Anahata</i> ".....	42
The Fifth Chakra, " <i>Vishuddha</i> ".....	43
The Sixth Chakra, " <i>Ajna</i> ".....	44
The Seventh Chakra, " <i>Sahasrara</i> ".....	45
With This Basic Knowledge Of The First Seven Chakras, We Can Address This Question.....	46
From The Perspective Of Eastern Medicine, Our Health Depends On The Distribution Of Our Energy-Consciousness Informational Field.....	46
The Easiest Way To Keep The Chakras Balanced Is Through A Set Of Physical Exercises.....	47
Learning These Rituals.....	47
Meditation Methods.....	48
Universal To The Human Experience.....	48
Our Great Latent Powers.....	48
Meditation Is To The Mind What Exercise Is To The Body.....	49
The Best Time For Meditation Is Early Morning, Preferably At Dawn.....	49
Paths Of Mental Development.....	50
Meditation Can Be Structured Or Unstructured.....	50
Chapter 7: Unleash Your Subconscious Mind Power.....	51
The True Art Of Mind Power.....	51
You Only Possess One Mind, But It Has Two Totally Different Functions.....	51
To Help Us Better Understand The Conscious And Subconscious Mind, They May Be Compared To A Tree And Its Roots.....	52
1. Your Conscious Mind Being The Tree.....	52
2. Your Subconscious Mind Being The Roots.....	53
The Above Are Only Two Instances Of How The Subconscious Mind Stores Up Relations Of Learned Behavior.....	54
The Storehouse Of All Your Experience And Decisions.....	55
Chapter 8: Mind Power – Tap The Magnificent Power Of Your Subconscious Mind!.....	57
Encountering This Mysterious Phrase Called "The Subconscious Mind".....	57
So, What In The World Is Subconscious Mind?.....	57
Make Full Use Of Your Subconscious Mind.....	58
1. Creative Visualization.....	58

2. Positive Self-Affirmations.....	58
3. Subliminal Programming.....	59
4. Creating A Positive Environment.....	59
Chapter 9: The Key To Your Successful Life... Your Subconscious Mind.....	61
The Subconscious Mind Is The Most Powerful “Worldly” Tool A Man Or A Woman Could Use.....	61
The Saying Is Old But Also True: “If You Think You Can’t Do It, Or You Think You Can, You Are Right”	62
You Have To Reprogram Your Subconscious Mind.....	62
1. The First Step To Reprogram Your Subconscious Mind Is To Focus For 30 Minutes On Positive Thoughts.....	63
2. Avoid Retaining The Range Of Previous Days For Unimportant Things.....	63
3. People In “High Places” Use Meditation And The Subconscious Mind.....	64
You CANNOT Fool Your Subconscious Mind.....	64
Finally, Do Not Expect To Change Your Programming In A Day Or Two.....	64
Chapter 10: Are Harmful Electromagnetic Frequencies Zapping Your Energy?.....	65
Many Of Us Wake Up In The Morning Being Attacked By Electromagnetic Frequencies.....	65
All These EMFs! What Are They Doing To Your Energy?.....	66
Advanced Technology Is Wonderful, And I’m Certainly Not Willing To Give Up Modern Day Conveniences.....	66
There Are Many Things That Can Be Done To Minimize Exposure.....	67
Products On The Market That Help Reduce The Harmful Effects Of Emfs.....	68
Chapter 11: Forgive To Live – Free Yourself Of Emotional Baggage, So You Can Revive, Thrive, And Reenergize!.....	69
To Condone, To Say, “Oh, That’s Ok”	69
It’s Just Simply NOT Ok.....	69
For A Very Long Time, I Was Unwilling To Forgive Certain People In My Life.....	70
Ultimately, Who Did This Hurt? ME.....	70
Today I Look At Forgiveness As A Way To Set Down The Emotional Baggage Of Past Hurts And Walk Away Stronger Than Before.....	71
The Person I’m Forgiving May Or May Not Even Know Of My Forgiveness – That Is Not The Point	71
I Am The One Miserable With My Negative Feelings And Emotions – Not Them.....	71
“I Cease To Feel Resentment Against You For What You Did,” Might Be A More Empowering Statement For You.....	72
The Word “Forgive” In The Dictionary.....	72
Forgiving, Ceasing To Feel Resentment Against, That’s All About <i>You</i> , Not <i>Them</i>	72
The Physical And Mental Benefits Are Also Yours... As Well As Increased Energy And Joy In Life...	73
Your Spirit, Free Of All This Baggage.....	73
Imagination.....	75



Bhutanese Drukpa applique Buddhist lineage thanka with Shakyamuni Buddha in center, 19th century, Rubin Museum of Art - Author: Anonymous

A stylized aura surrounds the figure of Shakyamuni Buddha in this Bhutanese illustration.

Glenn Morris, grandmaster head of the [Hoshin Roshi Ryu](#) lineage, included perception of the aura in his training of advanced martial artists. His experience was that it consisted of multiple layers.

He described the most easily visible of these as being "light and denser than the air in which the body is immersed", typically half to quarter of an inch thick and correlating with the [etheric body](#) of an individual. Around this he described a yard thick egg-shaped layer reflecting hormonal state that he linked to the [emotional body](#), and outside this, other barely perceptible layers corresponding to the [mental body](#) and beyond.

[Source.](#)



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Energy Healing – *Zapping That Which Is Zapping You!*

Chapter 1: Opening Your Mind To Energy Healing



There Is A Place For Natural Care

Energy healing is something that many people could benefit from, yet so many people dismiss it and think that it is nonsense. They believe that they are better off seeking traditional care.

While traditional medical attention has its place, there is also a place for natural care.

Many people find more relief from natural treatments than they ever find in traditional medicine.

So, if you are suffering from an ailment and you find that traditional methods of care simply are not working, why not try something a bit different?

Sometimes allowing yourself to open up and try something new is just what you need, to change your life.

Are You New To Energy Healing And Wondering Exactly What It Is All About?

It is actually quite simple. Seeking this sort of treatment can be very effective and an obvious choice when you learn what it is all about. Simply put, this type of treatment is based on the belief that there is energy running through the body.



- ◆ Many people are better able to picture this when they compare the human body to an electrical circuit.

- ◆ Just as electricity runs through an electrical circuit, energetic currents run through the body.
- ◆ If there is a blockage, this causes problems in the body as well as in the electrical circuit.
- ◆ When these blockages or “crossed wires” occur, a whole host of problems can happen.
- ◆ If you just put a band-aid on them, they will continue to get worse over time.

Identify The Underlying Problems

Energy healing works well because many of the techniques can identify the underlying problems in the body, instead of just treating the symptoms as traditional medication often does. When you are able to identify the underlying problems, you are able to create a treatment plan and vigorously attack the problems in a straightforward manner.

The result is achieving health and happiness through personalized treatment. What is wonderful about this type of treatment is that most people can learn it quite easily and apply it to their lives in very little time, meaning a more balanced life in the short term as well as long term.

A Therapy That Fuses Eastern And Western Techniques

If you would like to learn a lot about energy healing from one of the foremost experts in the business, Richard Link has created a therapy that fuses Eastern and Western techniques. The therapy is offered through the company *Mindeze*, at <http://www.mindeze.com>. The title of the site is: “*Healing Depression and Anxiety*,” which are so common in our society.

Richard shares his own path through depression.

ARE YOU SUFFERING FEELINGS LIKE THESE?...



- ◆ You feel helpless.
- ◆ You have fears that you don't know where they come from.
- ◆ You panic at the slightest uncomfortable situation.
- ◆ You find it difficult to sleep.
- ◆ You find it hard to relax.
- ◆ You lack an appetite for food or you overeat.
- ◆ You have constant negative thoughts going through your mind.
- ◆ You feel like screaming for no apparent reason.
- ◆ You fear and don't want to go out.

HOW I BEAT IT

... Nothing worked as well as I wanted... I was still miserable.

Until finally one day the light bulb went on and my prayers were answered.

And I realized that if I combined [qigong](#), [kinesiology](#), [applied physiology](#), [EFT](#), breathing techniques, nutritional supplementation, spiritual healing and unique techniques that I have discovered over the past twenty years, I might feel better.

So I tried it – and it was such a miracle! Over nine days, I went from the pit to the pinnacle of joy in about twenty minutes a day.

The Web site will provide you with a wealth of information – including through Ebooks – to help you in deciding whether this is a technique that will work well for you, or not.

Mindeze's therapy is a combination of [kinesiology](#), [qigong](#), and other methods, and works to restore the flow of energetic current through the body, so that health and happiness can be achieved.



On the Web site, you will also find a listing of workshop dates so that you can sign up to attend a two-day workshop to learn these techniques that can help you change your life. The workshops are also available on DVD and direct download.



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Chapter 2: Stay Healthy – Purify Your Energy

Eastern Healers Believe The Body Is Energetic



According to them, the flesh and blood that is “us” is innervated by an invisible membrane; a fiber network which is also an energetic blueprint of the physical body.

At the helm of this creative vehicle are our thoughts.

Thoughts create the energy that will eventually manifest into matter, and will determine the fate of our bodies.

Energy To Matter Manifestation

As you may have guessed, I believe in this idea of energy to matter manifestation. I also believe this energetic support surrounds the body.

The Purity Of The Aura



¹

You’ve undoubtedly heard of or have seen the “aura.” I imagine everyone has. It’s is my theory that the body responds to this aura and the purity of it; thus responding to the purity of our thoughts.

Easterners, On The Other Hand, Call The Energy Surrounding The Body, “Chi”

In the same way, energetic healing to Easterners happens when chi is cleansed and purified. It is in this state that the body is more inclined to be disease-free. I agree wholeheartedly.

In traditional [Chinese culture](#), *qi* (氣 / 气; [Pinyin](#) *qì*, [Wade-Giles](#) *ch’i*, pronounced [tɕʰi]) in [Standard Mandarin](#); [Jyutping](#) *hei*; [Korean](#) *gi*; [Japanese](#) *ki*; [Vietnamese](#) *khí*, pronounced [xǐ]) is an active principle forming part of any living thing.

It is frequently translated as “energy flow,” and is often compared to Western notions of [energeia](#) or [élan vital](#) ([vitalism](#)) as well as the [yogic notion](#) of [prana](#).

The literal translation is “air,” “breath,” or “gas” (compare the original meaning of Latin [spiritus](#) “breathing”; or the Common Greek πνεῦμα, meaning “air,” “breath,” or “spirit”; and the [Sanskrit](#) term *prana*, “breath”).

¹ [“The human atmosphere,”](#) 2009, by Wikipedia user, Redheylin - after diagram by [Walter John Kilner](#).

So, How Then To Cleanse Your Chi? Here Are Three Of My Favorite, Simple Ways

1. MEDITATION



◆ What does meditation do?

Meditation asks you to move to a deeper spiritual level, challenging you to be open to your subconscious mind.

In this state you can remove the mental “debris,” creating an image of peace, health, and wellness.

Meditation has allowed many ill people to become well again.

It has also helped heal cancer and many other seemingly terminal illnesses.

◆ How do you meditate?

There are as many ways to meditate as you can imagine. And to get to the root of subconscious, there is no *one* right way.

What matters is that you embrace meditation and learn to practice daily for just a few minutes.

It is as easy as sitting quietly, then following the breath. This removes focus from your thoughts, and places the focus into the vastness of yourself and your healing energy.



2. HEALING TOUCH: REIKI ENERGY MEDICINE

◆ What is Reiki?

Reiki is more than a modality, it is an experience. Although the result of Reiki is unique for everyone, most report the feeling of deep physical and mental relaxation during and after treatment. Reiki is administered through a light touch of the hands, on various body parts. During treatment, the recipient rests in a reclined position, fully clothed.

◆ What does Reiki do?

Reiki, through its powerful universal energy, accelerates healing of injury, discomfort, and disease.

It also promotes the healing of emotional and spiritual issues, as well.

After a session, many people report a heightened awareness of new thoughts and understanding.

◆ Becoming a Reiki practitioner

A Reiki practitioner must first be trained by a Reiki Master to both learn how to channel the healing energy of the universe, and to unlock his or her individual power.

Once this is done, a practitioner can perform Reiki on oneself.

It also provides the practitioner a gift and a tool that lasts throughout the lifetime.



3. QIGONG

◆ What is Qigong?

Qigong (pronounced “chee gung”) is an ancient exercise and healing system.

Originally an ancient Chinese system of healthcare, it focuses on the Qi, or “chi,” meaning “breath” and “energy,” and “gong,” meaning “exercise.”

The history of Qigong dates back to 500 B.C.

It is the foundation of Tai Chi and martial arts, combining the two disciplines to create what Garri Garripoli, Qigong master, calls in his book, [“Qigong: Essence of the Healing Dance,”](#) a “moving meditation.”

◆ What are the benefits of Qigong?

- Many benefits of Qigong are associated with the balancing of the body with the mind and spirit.
- It has been proven to increase immune function and decrease blood pressure.
- Moreover, Qigong has helped eliminate chronic pain and can reduce stress.
- It does this by breaking up blockages of energy that surround the body.

◆ How to do it?

Qigong uses slow, controlled, stretching-type movements which allow a person to connect to their source. It does this through deep breathing and guided breath work.

Each person is unique and each must trust their own body with this process. When performing Qigong, seek your own unique “balance.”

◆ **Qigong has also become a low-cost healthcare strategy in China.**

Its foundation is rooted in the regulation of breath; therefore, attention is placed on posture and relaxation of the mind.

◆ For **Qigong videos**, check out www.livingarts.com.

◆ Or enjoy **the Qigong exercise program** in the book by Laura Turner, **“Spiritual Fitness: The 7-Steps to Living Well.”**

Balance And Peace

Regardless of what you choose to believe about chi, this much is true:

**Deep breathing and relaxation
will bring you balance and peace.**



Therefore, by using meditation, Reiki, Qigong... or a combination of all three... you can stimulate the body to naturally connect to your inner nature, and purify your state of mind.



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Chapter 3: Begin To Dance – A Gift of Energy

“When Attack Becomes Dance, Everything Is Seen As A Gift Of Energy.”



That sounds great, doesn't it? 😊

Couldn't we all use a little more energy from time to time? I know I could.

Right now, for instance, as I sit with a blanket over my shoulders, sipping lemon tea and hoping that the next coughing spasm is not as ferocious as the last two, I could use a gift of energy.

The tickle that started in my nose and chest a few days ago has blossomed into a full-blown, body-wracking cold, complete with chills and fever.

The Martial Art Aikido (The Way Of Harmony)



²

The martial art [Aikido](#) (The Way of Harmony) teaches us to see everything that comes our way as energy to be danced with. By centering and extending our ki (life energy), we connect and blend with the energy of attack, making it a part of us. We redirect it from center, keeping ourselves and our attacker safe from harm.

How this elegant metaphor applies to situations in our personal and professional lives is a continuing source of study and fascination for me. One of the ways I work at integrating [Aiki principles](#) into my life is by sharing the philosophy with others.

Workshops I attend use physical exercises which help our bodies remember how to do things like center, extend, acknowledge, and blend.

We Begin To Dance, Flow And Move With The Energy Of Conflict Instead Of Blocking It

So, I sit, wondering how I can dance with this attack. Even centering doesn't stop the incessant coughing. I have no [ki](#) to extend (it seems to have retreated to the innermost recesses of my system). The only thing I can think to do is to acknowledge and embrace.

But that, at least, is a beginning. In years past, I would not acknowledge being sick. When I was sick, I'd often go to work anyway. I plowed through what needed doing with half a spirit and wore myself out. I probably infected half a dozen others in the process.

I was sometimes ill-tempered, depressed and depressing to be around. If I can't acknowledge what's going on, whether it's a cold or a problem at home, I surely can't embrace it. **By this I mean, make it a part of me, connect with it, so that I can begin to look for solutions.**

² The Japanese characters for the word "Aikido," 2007 – Provided by Wikipedia user [Nzhamstar](#). [Source](#).

Most Of Our Conflicts, Internal Or External, Would Resolve Themselves If We Would Only Take This First Step – Acknowledge Them!

But because we see them as negative, we immediately resist by fighting or fleeing. If I can see what comes my way as energy, with no positive or negative charge other than what I give it, I can be more curious about it.

As unwanted as it may be, there's definitely more power in dancing with it, than in resisting it.

“Where's The Gift?”

As for my cold, I'm still trying to learn if there's a gift here somewhere. Let's see – I've already read a book I've been putting aside for months, started another, and gotten some much needed rest (in between coughs!).

I may not always know what the energy offers, but when I can ask the question “Where's the gift?” I've taken a step in a new direction.





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Chapter 4: Nature's Energy Booster

Short-Lived Energy Boosts



Before you reach for that cup of coffee or that bar of chocolate, which will probably only give you an energy boost for a couple of minutes and you will probably feel worse after it, as your body crashes again... and you end up at square one again...

... Here Is A Breathing Exercise You Can Use As A Natural Energy Booster

Find a place where you can relax, either on a bed or upright in a chair, because this exercise can bring on a feeling of dizziness to the beginner trying it out. Please don't try to do it in a standing position or while in your car!

- ◆ First, get yourself in a comfortable position, whether sitting in a chair or lying on your bed.

- ◆ Keep your back in a straight position, so nothing is affecting the air flow.

- ◆ Close your mouth and start to breathe in and out through your nose in a rapid fashion.
- ◆ Try to breath about 2-3 inhalations per second, for about 10 seconds.
- ◆ I know that at the start, it will probably feel awkward and you will feel your muscles are having to work harder (this is good for strengthening your diaphragm), but the more you practice it, you'll find it easier to do.

Giving The Body And Muscles The Oxygen They Have Needed

When you feel comfortable and have gotten over the dizzy sensations, you can then increase the length of time you do this for.



Add up to 5 seconds more onto this, but don't get carried away... it's better to do small amounts over the day, than trying to do it over too long of a period.

This exercise works because it helps to increase the amount of oxygen coming into your body, thus giving the body and muscles the oxygen they have needed.

While this exercise is great in the short term, you really need to work on your breathing technique overall, to improve your energy levels straight through the day.

Chapter 5: Why I Recommend Energy Healing

Energy Healing Literally Changed My Life



Energy Healing raised my **vibration** and raised my **consciousness**.

It gave me the power to leave **victim consciousness**.



It gave me the strength for finding my own **self-worth**, **self-confidence**, **self-esteem**, and **self-respect**.

It empowered me – because it taught me to empower *myself!*

I AM free.

So, How Does Energy Healing Actually Do This?

WE ARE ENERGETIC BEINGS AND EVERYTHING IS ENERGY

Scientists have proven this to be truth and this chapter is not about proving this fact. To keep things as simplistic as possible, we have an invisible energy body surrounding our physical body.

IN THIS ENERGY BODY, ARE LAYERS

3



Each layer has different functions and each layer is associated with a different [chakra](#) and each chakra and layer both have an effect on areas of the physical body. The chakras and [acupuncture](#) points are openings for energy to flow into and out of the [aura](#) (energy body).

This energy is associated with a form of consciousness, thus we experience the exchange of energy in the forms of seeing, hearing, feeling, sensing, intuiting, or direct knowing.

³ “Basic Acupuncture,” 2007 – from Wikipedia user, [Kyle Hunter](#). [Source](#).

IT IS IMPORTANT TO OPEN THE CHAKRAS AND INCREASE OUR ENERGY FLOW

The more energy we let flow, the healthier we are. Illness in the system is caused by an imbalance of energy or a blocking of the flow of energy. In other words, a lack of flow in the human energy system eventually leads to disease. It also distorts our perceptions and dampens our feelings, and therefore interferes with a happy experience of living a joyful life.



So, What Causes An Imbalance Or Block In The Flow Of Energy?

BLOCKING OUR FEELING AND EMOTIONS

The majority of people today have been conditioned to react to unpleasant experiences by blocking our feeling and emotions which stops a great deal of our natural energy flow.

4



An example of this is a person who is rejected many times when she tries to show her love to another, and she eventually stops showing her love by trying to stop the inner feelings of love.

In order to do this, she will have to stop the energy flow through the *heart chakra*. When the energy flow is stopped or slowed down, the development of the heart chakra is affected, which, eventually, a physical problem will very likely result, if the energy does not start to flow smoothly again.

BLOCKING THE FLOW OF UNIVERSAL LIFE FORCE ENERGY

This same process works for all the chakras. Whenever a person blocks whatever experiences he is having, he in turn blocks his chakras, which blocks the flow of universal life force energy. Disrupted, weakened, blocked – or imbalances in the chakras – can all be caused from many situations occurring in our lives.



⁴ Hua Shou. Expression of the fourteen meridians. (Tokyo, 1716). [Wikipedia Source](http://www.nlm.nih.gov/exhibition/historicalanatomies/Images/1200_pixels/hua_t08.jpg). Provided by: http://www.nlm.nih.gov/exhibition/historicalanatomies/Images/1200_pixels/hua_t08.jpg

ALL OF THESE SITUATIONS CONTRIBUTE TO BLOCKAGE

- ◆ Emotional or physical trauma.
- ◆ Injury.
- ◆ Negative self-talk.
- ◆ Toxicity.
- ◆ Nutritional depletion.
- ◆ Destructive lifestyle.
- ◆ Destructive relationships.
- ◆ Neglect of self.
- ◆ Lack of love for oneself or others.
- ◆ Emotions that are not expressed in healthy ways.
- ◆ Childhood traumas.
- ◆ Cultural conditioning.
- ◆ Limited belief system.
- ◆ Bad habits.
- ◆ Even just a lack of attention.

Difficulties Abound In Life, For Each One Of Us, And We Develop A Coping Strategy

If these difficulties persist, these coping strategies become chronic patterns, anchored in the body and psyche as defense structures. It is important to recognize the blocks we carry, find and understand their source, and then heal them.



Energy Healing Is Excellent For Healing Any Physical, Mental, Emotional And Spiritual Issues

I suggest regular energy healing therapy like [Reiki](#) Energies. Long term practice of whole-body energy healing will restore the general condition of the body.

It will open the energy channels and this will allow the body to deal properly and naturally with stress and the build-up of toxins, along with coping with anxiety and depression.

SOME OF THE HEALTH BENEFITS FROM RECEIVING ENERGY HEALING

- ◆ Creates deep relaxation and aids the body to release stress and tension.
- ◆ It accelerates the body's self-healing abilities.
- ◆ Aids better sleep.
- ◆ Reduces blood pressure.
- ◆ Can help with acute injuries and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions.
- ◆ Helps relieve pain.
- ◆ Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony.
- ◆ Assists the body in cleaning itself from toxins.

- ◆ Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy.
- ◆ Supports the immune system.
- ◆ Increases vitality and postpones the aging process.
- ◆ Raises the vibrational frequency of the body.
- ◆ Helps spiritual growth and emotional clearing.
- ◆ And more!

ENERGY HEALING WORKS.

It changes you from the inside out. The main thing to remember is that body, mind, and soul, together with the energy body, are one invisible whole. This simple, non-invasive healing system works with the [Higher Self](#) of the receiver (person), to promote health and well-being of the entire physical, emotional, mental, and spiritual body.

THEREFORE, IT IS TRULY A SYSTEM OF ATTAINING AND PROMOTING WHOLENESS

It is an extremely powerful, yet a gentle energy that can be easily channeled to yourself and others, just by intention. When it is combined with the sincere desire of the “healee,” who is willing to effect a cleansing within their consciousness, a total healing can occur.

A total NEW you will, in time, emerge!



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Begin the journey now. Take notes. Print this book out, today.

Chapter 6: The Body's Energy Centers

All Vital Functions Of The Human Body Are Determined By Energy That Spins In The Chakras

Eastern philosophy and medicine, originating in ancient India and China, have traditionally regarded body structures and the life processes occurring within as inseparable. Their terminology resides halfway between structure and function, and identifies certain entities in the human body, representing the flow of life energy and, in some sense, conduits for that flow that do not correspond to anatomical structures recognized by Western science and medicine.

The chakras are the energy centers in a person's biological field and are responsible for his or her physiological and psychological condition, as well as certain groups of organs.



All vital functions of the human body are determined by energy that spins in the chakras. These can be defined as “whirlpools referred,” and in Indian, they are considered “energy bursts” or “wheels.”

The Human Body Becomes Susceptible To Various Disorders

CIRCULATION STAGNATES

The process of energy transformation happens exactly in these centers. Vital energy, along with blood, circulates around the meridians in the chakras and fuels all organs and systems in the human body. **When the circulation in these meridians stagnates, the human body becomes susceptible to various disorders.**

CHI GUN, AN ANCIENT CHINESE METHOD FOR SELF-HEALING

An excellent preventative method, designed explicitly to battle such stagnation is Chi Gun, an ancient Chinese method for self-healing, which activates the energy centers. Chi Gun teaches people to release the energy themselves by massaging specific areas corresponding to the different chakras.

There Are 49 Chakras Mentioned In The Vedic Canons

There are 49 chakras mentioned in the [Vedic](#) Canons, seven of which are basic; 21 are in the second circle, and 21 in the third circle.

MULTIPLE ENERGY CHANNELS LEADING TO DIFFERENT LOCATIONS FROM THE CHAKRAS

According to the [Vedas](#), there are multiple energy channels leading to different locations from the chakras. Three of these channels are basic. The first one, called “[Shushumna](#),” is hollow and is concentrated in the spine. The other two energy pathways, “[Ida](#)” and “[Pingala](#),” are located on either side of the spine. These two channels are the most active in most people, while “Shushumna” remains stagnant.

THE SEVEN BASIC CHAKRAS

The seven basic chakras spin at high speeds in the body of healthy individuals, but slow down in times of sickness or with advancing age. When the body is in a harmonious balance, the chakras remain partially open. Closed chakras are unable to receive energy, leading to various disorders.

THE FIRST BASIC CHAKRA, “*MULADHARA*”

The first basic chakra, “[*Muladhara*](#),” is located at the base of the spine in the tailbone area.



- ◆ Life energy, which is at the core of a strong and healthy immune system, is stored in this chakra.
- ◆ It is impossible for a person to become sick, old or even to die, before exhausting his or her reserves of this vital energy.

⁵ Illustration of *Muladhara Chakra*. This diagram shows the seed sound of the chakra, *lam*, and the four Sanskrit letters on the petals, *va*, *sa*, *sha*, *sa*. The *tattwa* for the element of Earth is shown in outline as a yellow square. The color scheme was chosen to reflect this chakra's association with the colors red and black. 2005 – by Wikipedia user, [AndyKali](#). [Source](#).

- ◆ The very will for life is controlled by *Muladhara*.
- ◆ It is also in charge of the bones and joints, the teeth, the nails, the urinogenital system, and the large intestine.
- ◆ The first symptoms of a malfunctioning *Muladhara* are unreasonable fear, faintness, lack of security or faith in the future, leg and foot problems, and intestinal disorders.
- ◆ The interrupted activity of the *Muladhara* chakra causes lack of energy, digestive problems, diseases of the bones and spine, and nervous tension, among others.

THE SECOND CHAKRA, “SWADHISTHANA”

The second chakra, “Swadhisthana,” is located at the level of the sacrum, three or four fingers below the belly button.

6



⁶ Illustration of *Swadhisthana Chakra*. This diagram shows the seed sound of the chakra, *vam*, and the six Sanskrit letters on the petals, *ba*, *bha*, *ma*, *ya*, *ra*, and *la*. The *tattwa* for the element of Water is shown as a silver crescent. The color scheme was chosen to reflect this chakra's association with the colors orange and silver. 2005, by Wikipedia user, [AndyKali](#). [Source](#).

- ◆ This chakra regulates the pelvis, the kidneys and sexual functions.
- ◆ We also feel other peoples' emotions through this chakra.
- ◆ Symptoms of a malfunctioning “*Swadhisthana*” are kidney problems, cystitis, and arthritis.

THE THIRD CHAKRA, “*MANIPURA*”

The third chakra, “*Manipura*,” is found in the solar plexus area.



- ◆ This chakra is the center for storing and distributing energy produced by digestion and breathing.

⁷ Illustration of *Manipura Chakra*. This diagram shows the seed sound of the chakra, *ram*, and the ten Sanskrit letters on the petals, *dda, ddha, nna, ta, tha, da, dha, na, pa, pha, and ka*. The *tattwa* for the element of Fire is shown in outline as a red triangle. The color scheme was chosen to reflect this chakra's association with the colors yellow and red. 2005 – by Wikipedia user, [AndyKali](#). [Source](#).

- ◆ It is responsible for vision, the gastrointestinal system, the liver, the gall bladder, the pancreas, and nervous system.
- ◆ Symptoms of a stagnant “*Manipura*” are as follows: increased and constant worrying, as well as stomach, liver, and nervous disorders.

THE FOURTH CHAKRA, “*ANAHATA*”

The fourth chakra, “*Anahata*,” also called the heart chakra, is located in the chest area.

8



- ◆ We generate and receive love through this chakra.
- ◆ It is in charge of the heart, the lungs, the bronchi, the hands, and the arms.
- ◆ Symptoms of stagnation include depression and cardiovascular imbalances.

⁸ Illustration of *Anahata Chakra*. In Sanskrit the word *anahata* – means unhurt, un-struck and unbeaten. *Anahata Nad* refers to the *Vedic* concept of unstruck sound, the sound of the celestial realm. The *Anahata* chakra is physically positioned at the heart region. Traditionally, this chakra is represented as a green flower with twelve petals which match the *vriddhis* of lust, fraud, indecision, repentance, hope, anxiety, longing, impartiality, arrogance, incompetence, discrimination and defiance. *Anahata* is associated with the ability to make decisions outside of the realm of [karma](#). 2006 – by Wikipedia user, SockMonkey. [Source](#). For more info, see [Sacred Centers](#).

THE FIFTH CHAKRA, “*VISHUDDHA*”

The fifth chakra, “[*Vishuddha*](#),” is located at the throat level.

9



- ◆ It is the center of analytical skills and logic.
- ◆ This chakra sustains the skin, organs of hearing, along with the trachea and lungs.
- ◆ Symptoms include a lack of emotional stability, discomfort in the cervical spine, sore throats, difficulties in communicating, and esophagus ailments.
- ◆ Vishuddha is often associated with the [thyroid](#) gland in the human [endocrine](#) system. This gland is in the neck, and produces hormones essential for growth and maturation.

⁹ Illustration of *Vishuddha Chakra*. *Vishuddha* is positioned at the neck region and it has sixteen petals corresponding to the Sanskrit vowels. *Vishuddha* is associated with the faculty of higher discrimination, between choosing what is right and wrong, and it is associated with creativity and self-expression. It is known as the “poison and nectar” center, and the secret of immortality is said to reside there. When *Vishuddha* is closed, we undergo decay and death. When it is open, negative experience is transformed into wisdom and learning. 2006 – by Wikipedia user, [Sundar2000](#). [Source](#).

THE SIXTH CHAKRA, “AJNA”

The sixth chakra, “Ajna,” is located between the eyebrows and is called the “third eye.”

10



- ◆ Here is the throne for the human brain.
- ◆ “Ajna” circulates energy to the head and pituitary gland and is also responsible for determining our harmonious development.
- ◆ If a person’s “third eye” ceases to function properly, one might notice a decrease in intellectual ability, headaches and migraines, earaches, olfactory illnesses, and psychological disorders.
- ◆ Ajna is considered the chakra of the mind. When something is seen in the mind's eye, or in a dream, it is being “seen” by Ajna.

¹⁰ Illustration of *Ajna Chakra*. The *Ajna* chakra is positioned at the eyebrow region and has two white petals, said to represent the psychic channels, *Ida* and *Pingala*, which meet here with the central *Sushumna nadi* (channel) before rising to the crown chakra, *Sahasrara*. These petals also represent the manifest and unmanifest mind, as well as the pineal and pituitary glands. “*Ham*” is the letter of the left petal, and “*ksham*” is the letter of the right petal, representing *Shiva* and *Shakti*, respectively. “*Pranava Om*,” the supreme sound, is the *bij*, or seed mantra of this chakra. *Ajna* chakra also bears the names *The Third Eye* or *Shiva’s Eye* and it represents the superior mental consciousness that favors the direct perception over the invisible worlds, and the direct perception of the subtle aspects of manifestation. 2006 – by Wikipedia user, [Sundar2000](#). [Source](#).

THE SEVENTH CHAKRA, “SAHASRARA”

The seventh chakra, “[*Sahasrara*](#),” is found at the very top of the head. *Sahasrara* is placed above the head crown, with 1000 petals. In oriental literature, it is known as “the supreme center of contact with God.”

11



It

represents the apex where an individual’s energy vibrates with the highest frequency.

- ◆ It is considered a spiritual center and the entrance to the body for cosmic energy.
- ◆ A stagnant “*Sahasrara*” can result in a decrease in, or lack of, inner wisdom, as well as a lack of basic intuition.

¹¹ Illustration of *Sahasrara Chakra*. *Sahasrara* chakra symbolizes detachment from illusion; an essential element in obtaining supramental higher consciousness of the truth that one is all and all is one. Often referred as thousand-petaled lotus, it is said to be the most subtle chakra in the system, relating to pure consciousness, and it is from this chakra that all the other chakras emanate. When a yogi is able to raise his or her *kundalini*, energy of consciousness, up to this point, the state of *Samādhi*, or union with God, is experienced. It is often related to the pineal gland and the violet color. 2006 – by Wikipedia user, [Sundar2000](#). [Source](#).

WITH THIS BASIC KNOWLEDGE OF THE FIRST SEVEN CHAKRAS, WE CAN ADDRESS THIS QUESTION

“How do we use this information to locate the causes of our troubles and problems, and with the help of Eastern Medicine, learn to control the functions of the chakras ourselves?”



From The Perspective Of Eastern Medicine, Our Health Depends On The Distribution Of Our Energy-Consciousness Informational Field

A shortage of energy inevitably causes ailments. According to Tibetan Medicine, the only difference between youth and old age, and between a sick and healthy individual, is the difference in the rotating speed of the whirlpool energy centers of the chakras. If these different speeds are balanced, old people will rejuvenate and sick people will heal.

Therefore, the best way to preserve and keep our health, youth, and vitality is to restore and maintain a balanced movement of the energy centers.

The Easiest Way To Keep The Chakras Balanced Is Through A Set Of Physical Exercises

These are not simply exercises, but rituals. These rituals allow the human body to mold its energy centers to an ideal level of function. The seven rituals, one for each chakra, must be performed together every morning and, when not possible, in the evening.

- ◆ Skipping rituals unbalances energy distribution, and so for the best results, no more than one day per week should be missed.
- ◆ The daily chakra rituals are necessary not only for revitalizing the body, but also for achieving success in every facet of life.
- ◆ Once you learn how to transform your energy, you will also become happier.



Learning These Rituals

For learning these rituals (which have transformed many peoples' lives throughout the world), seeing them in action is much more effective than trying to follow written descriptions or diagrams.

A DVD, available from Helix 7, Inc. (www.FeelingOfHappiness.com), includes actual demonstrations of these rituals.

Meditation Methods

UNIVERSAL TO THE HUMAN EXPERIENCE



Another method of keeping the chakras balanced and in their optimal half-open state, is meditation.

Meditative methods are universal to the human experience; they have accumulated over the ages through many different cultures, and have proven their value in attaining peace, clarity, equanimity and in transcending despair.

People who meditate on a regular basis are usually calmer, more secure, more joyful, and more productive human beings. They are more effective in their everyday lives, because they use their mental and physical potential, abilities and skills to their fullest extent.

OUR GREAT LATENT POWERS

All too often, we humans fail to realize the great latent powers which are, as yet, unawakened in our bodies. We must learn how to revive and utilize them.

This can only be achieved through meditation.

Eastern men of wisdom, who believed meditation to be a vital necessity, stumbled on this discovery more than 1000 years ago. They learned to influence their inner organs and control their metabolism with the power of their minds.

MEDITATION IS TO THE MIND WHAT EXERCISE IS TO THE BODY



Meditation is to the mind what exercise is to the body; mental strength can be built up just like physical strength.

Just as in athletics, where it is important for an individual to train his or her body, it is important for an individual to train his or her mind through meditation.

THE BEST TIME FOR MEDITATION IS EARLY MORNING, PREFERABLY AT DAWN

Do not meditate when you are sad, aggravated, desperate, or sick, because these intense emotional and physiological distractions make an enlightened state of mind impossible.

For an effective meditation session, it is preferable to arrange for the undistracted silence of a quiet, clean room with flowers, or the soothing sounds of Mother Nature – near a lake, river, waterfall, woods or fields.

PATHS OF MENTAL DEVELOPMENT

Many different mental practices, having their origin in historical traditions, fall under the general heading of “meditation.” These paths of mental development can involve emotional and intellectual facets, and may also be coordinated with specific movements.



MEDITATION CAN BE STRUCTURED OR UNSTRUCTURED

Dr. Wayne W. Dyer writes in his book [*Real Magic: Creating Miracles in Everyday Life*](#), “The process of meditation is nothing more than quietly going within and discovering that higher component of yourself ... Learning to meditate is learning how to live rather than *talking* about it...”

Chapter 7: Unleash Your Subconscious Mind Power

The True Art Of Mind Power

If you want to learn the true art of mind power, then it is of the greatest importance you understand two functions of your mind, and also how they interact with each other...

Once you begin to see how powerful your mind is, then one of the next benefits will be your ability to control stress in your life, and thus, gain energy.

You Only Possess One Mind, But It Has Two Totally Different Functions

The names generally used to distinguish these two different functions are as follows.

1. The Conscious Mind
2. The Subconscious Mind

There are many other terms used.



But the two listed above are the ones used most, to represent the two main functions of your mind.

To Help Us Better Understand The Conscious And Subconscious Mind, They May Be Compared To A Tree And Its Roots

1. YOUR CONSCIOUS MIND BEING THE TREE



Your conscious mind being the tree, which helps you with daily situations like:

- ◆ Decision-making.
- ◆ Rational thinking.
- ◆ Or just simply figuring out what to do and how best to do it.

When we think of “me,” we think of our conscious mind, the mind of which we are fully aware.

This part of the mind:

- ◆ Makes decisions for us.
- ◆ Directs our activities.

It also:

- ◆ Analyzes.
- ◆ Criticizes.
- ◆ It even commands us.

2. YOUR SUBCONSCIOUS MIND BEING THE ROOTS

Your subconscious mind being the roots; it deals mostly with the repetitions of learned behavior.

- ◆ This can be very helpful for you, as it enables you to deal with situations much more easily the next time they arise.
- ◆ Whatever we see, hear, smell, taste, touch, or feel passes through the conscious mind and reaches the subconscious mind, where it is stored.



- ◆ Once you have learned how best to deal with the situation, you find it much easier the next time around... this is because you are using information which is already stored.
- ◆ For instance, once you have learned to ride a bike you don't have to consciously think about it anymore. This is because the stored information will come to you automatically the next time you get on your bike to ride it.
- ◆ Just as if you were to learn where each letter on your keyboard is – you can now type without looking, because you have formed a mental picture in your subconscious mind, of what the keyboard actually looks like.

The Above Are Only Two Instances Of How The Subconscious Mind Stores Up Relations Of Learned Behavior



We are sure you would be able to find many more examples of this in your everyday life!

Information from the conscious mind gets passed into the subconscious mind, and there is a very strong link between the two.

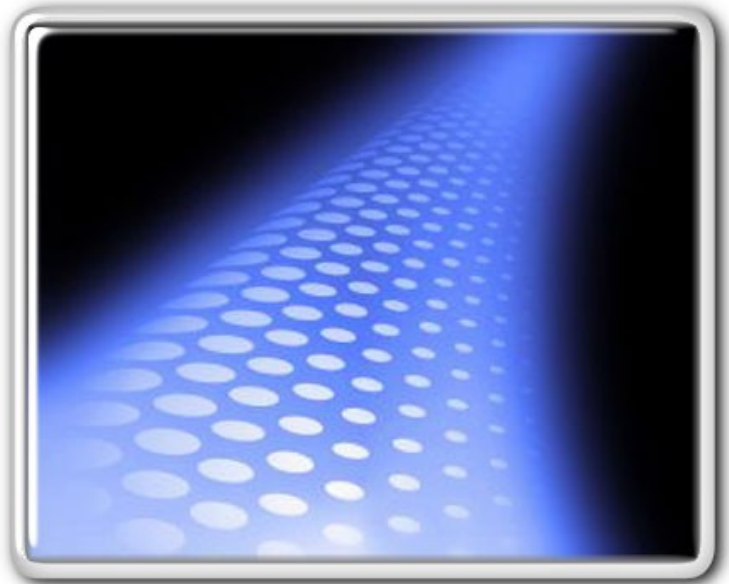
- ◆ It is said that everything you have ever seen, heard, and experienced is perceived by your conscious mind, and then stored away into your subconscious mind, as a memory.

- ◆ Not only is this memory stored as the incident itself, but also any feelings which went with it at the time, are also stored.
- ◆ Your subconscious mind does not only store your memories and feelings. It is the maker of all the great ideas you have ever had, and is also the seat of your intuition and creativeness.
- ◆ Your subconscious also “keeps you going,” without you even being aware of it. It takes care of your bodily functions – your heart beat, and automatically runs such activities as, movement, language, visual perception, and a whole host of other processes of your mind and body – for you.
- ◆ It also scans your mind for conflict and distress.
- ◆ It assesses your environment for danger and threats.
- ◆ It relays and interprets perceptions, sensations, and feeling.

The Storehouse Of All Your Experience And Decisions

Last, but not least, it is also the storehouse of all your experience and decisions – everything which makes you the person you are. Here you have a massive treasure chest, just waiting for you to tap in.

Find more peace, more control in your life... less stress, and a better way of handling your life.



Your increased measure of energy is on its way!



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Begin the journey now. Take notes. Print this book out, today.

Chapter 8: Mind Power – Tap The Magnificent Power Of Your Subconscious Mind!

Encountering This Mysterious Phrase Called “The Subconscious Mind”

I am sure that for those of you who have read self-help books and hypnosis books, the probability of you encountering this mysterious phrase called “the subconscious mind” are pretty high. So, you hope that maybe some book that you are currently reading will provide you with a satisfactory explanation to what the subconscious mind is.

Unfortunately, your book does not seem to touch on the topic on the subconscious mind, at all. Do not go sleepless over this question, as this amazing chapter will tell you what you really need to know about subconscious mind.

So, What In The World Is Subconscious Mind?

Another name for subconscious mind is *sleeping mind* or the *unconscious mind*.

- ◆ Both names arise due to the fact that you have completely no awareness that your subconscious mind exists.
- ◆ Your subconscious mind is a very hard working mind, as it stores almost every single experience in your life.
- ◆ The information that it stores can either be helpful or destructive, as the data in your subconscious mind ultimately forms the foundation of your belief system.
- ◆ The beliefs that you have will determine how you lead your life.

Make Full Use Of Your Subconscious Mind

Now that you have a brief understanding of what subconscious mind is, and the power of it, I shall tell you how to make full use of your subconscious mind.

1. CREATIVE VISUALIZATION

Before you head off to your dreamland every night, spend 5 minutes every day visualizing your goals and ambitions.

- ◆ Imagine yourself already achieving your goals and ambitions, and feel the emotions that you will feel when you have achieved them.
- ◆ This simple and easy exercise is super effective in eliminating any negative emotions that hindered your path to obtaining your goals.
- ◆ The time before you head off to sleep is the perfect time to do this exercise, as this is the time where your mind is most willing to accept new information.
- ◆ The next step to unlocking the potential of your subconscious mind is doing positive self-affirmations.

2. POSITIVE SELF-AFFIRMATIONS

Every single morning, repeat your life aims to yourself with an enthusiastic tone.

- ◆ You need to say this passionately, as only in this way will your brain register what you say.
- ◆ The longer you practice doing positive affirmations, the more you believe in your goals.
- ◆ You now have reprogrammed your subconscious mind that you can achieve your goals.

3. SUBLIMINAL PROGRAMMING

Spend about 10 to 20 minutes every day, listening and watching subliminal videos or audio tapes.

- ◆ Subliminal CDs are readily available in your local CD stores.
- ◆ These CDs can improve your life, but you need to listen to them on a regular basis.
- ◆ The downside is that the effect is temporary, so you need to listen to them daily.
- ◆ They are also very convenient to listen as they are portable.
 - You can place them in your MP3s, and listen to them while working out.
 - While driving your car, you can also listen to them.

4. CREATING A POSITIVE ENVIRONMENT

Choose a place where you regularly work. This could be your study room or your workplace. Then, put up positive and motivational posters.

- ◆ The more posters you put up, the less the negative thoughts you will think of, and the faster your subconscious mind will internalize those positive beliefs.
- ◆ Your mind is an unbelievable thing; it will go on a autopilot to pick up those positive phrases in your posters.
- ◆ Soon, you will feel yourself easily energized in your workplace, and you will get things done quickly.

Do the above faithfully and I can assured you that you will see results very soon.



ling healing healing heal

Begin the journey now. Take notes. Print this book out, today.

Chapter 9: The Key To Your Successful Life... Your Subconscious Mind

The Subconscious Mind Is The Most Powerful “Worldly” Tool A Man Or A Woman Could Use



It is THAT important, dear Reader... behind any successful plan that you may dream of, or implement... are the changes you make in your subconscious mind. Where else can you go, within yourself, to discover the parts and pieces you need, for successful living? Revive and explode your daily energy. Maximize your personal power. And the basic elements are already there, inside of you!

Your subconscious mind functions like a huge secret memory bank, and does not formulate any arguments. It is completely objective and it can't express any point of view. The neutrality of subconscious mind is the core of every action and reaction our thoughts activate.

The Saying Is Old But Also True: “If You Think You Can’t Do It, Or You Think You Can, You Are Right”

Unfortunately all of us have been programmed in our early youth by our parents and even our schools – with negative thoughts and, more importantly, with conventional stereotypes – which led us to many unjustified limitations. We live in a world full of negativity, and it has become daily routine.

- ◆ All we have to do is to read a newspaper or watch the TV and absorb into our subconscious mind, the tragedies we see.
- ◆ Strange as it may seem, the world is not only filled with destruction and misery, but it also consists of individuals who achieved extraordinary things and started with *nothing*. The Media doesn’t consider these cases “salable,” but that’s another story.



You Have To Reprogram Your Subconscious Mind

You have to reprogram your subconscious mind in order to achieve better results and improve your life in every aspect... Business, Personal, Health, etc.

1. THE FIRST STEP TO REPROGRAM YOUR SUBCONSCIOUS MIND IS TO FOCUS FOR 30 MINUTES ON POSITIVE THOUGHTS



- ◆ The first 15 minutes when you get up in the morning and the last 15 minutes before you go to sleep.
- ◆ It's very critical that the first and the last daily thoughts will be positive... and *especially* before you go to sleep.
- ◆ That time is the best time of the day to meditate and focus on your positive messages.
- ◆ The mind in that condition is more receptive to messages because of the mode of relaxation.

2. AVOID RETAINING THE RANGE OF PREVIOUS DAYS FOR UNIMPORTANT THINGS

- ◆ That condition will increase your negativity, offering you nothing but stress, anger, and worse health, including a very high level of NO energy.

- ◆ When you have a serious problem to solve, and you are troubled, try to relax and leave it to your subconscious before you go to sleep.
- ◆ Sometimes answers come along because they already exist in the subconscious mind.

3. PEOPLE IN “HIGH PLACES” USE MEDITATION AND THE SUBCONSCIOUS MIND

- ◆ Many scientists have used their subconscious mind to resolve scientific problems.
- ◆ The same goes for successful writers... like Marc Twain.
- ◆ Olympic Athletes imagine they win the race many times, and do continuous meditation before they start racing.

You CANNOT Fool Your Subconscious Mind

There is an important note here. You CANNOT fool your subconscious mind. Whatever messages you want to develop have to be *real*. If you don't *feel* the message you want to send to your subconscious mind, it *will* be rejected.

Finally, Do Not Expect To Change Your Programming In A Day Or Two

It requires patience and time. Negative programming of a lifetime cannot be transformed into positive mindset in just few days.

If you don't take this into account, and *seriously*, you will be disappointed quickly and you will drop all your efforts. This will, most likely, cause you to add disappointment to the top of your heap of issues, making things worse. Make a sincere commitment today, and watch this powerful system energize your life!

Chapter 10: Are Harmful Electromagnetic Frequencies Zapping Your Energy?

Many Of Us Wake Up In The Morning Being Attacked By Electromagnetic Frequencies



Yes! Attacked by Electromagnetic Frequencies (EMFs) from our clock radio, which is usually a short distance from our head!

- ◆ If it's a real cold night, some may even curl up with their electric blanket for another dose of EMFs.
- ◆ Before leaving the house in the morning we are exposed to more EMFs from blow dryers, electric shavers, electric tooth brushes, coffee makers, and microwaves.
- ◆ On our way to work, we might make a few calls on our cell phone.
- ◆ Once we arrive at the office, we flip on the overhead florescent lights, power up the copier, fax machine, computer and talk on the phone throughout the day.
- ◆ When we go back home, we turn on the TV or stereo, and stand in the kitchen to cook dinner... while surrounded by all electrical appliances.
- ◆ ... And repeat the same thing, all over again the next day.

All These EMFs! What Are They Doing To Your Energy?

We are constantly being bombarded with electromagnetic frequencies.

All electrical devices emit these frequencies.

Some experts believe that EMFs are a real threat and can cause or contribute to cancer, brain tumors, leukemia, birth defects, miscarriages, chronic fatigue, poor immunity, heart problems, and stress, as well as zap one's overall energy.

- ◆ Dr. David Carpenter, Dean at the School of Public Health, State University of New York believes it is likely that up to 30% of childhood cancers come from exposure to EMFs.
- ◆ Some scientists believe that over-exposure to EMFs is responsible for a high rate of suicide amongst electric utility workers.
- ◆ Researchers at the University of North Carolina believe that EMFs contribute to the decrease in melatonin levels, which in turn, can cause sleeplessness, depression, and suicide.

Advanced Technology Is Wonderful, And I'm Certainly Not Willing To Give Up Modern Day Conveniences

But there are things that can be done to reduce EMF exposure. There is a device called a [gauss meter](#) and also an [EMF meter](#).

These are helpful; for they measure the amount of EMFs being emitted from appliances, electronics, power outlets, etc. They are simple to use. When measuring something high in EMFs, the gauge will register in the red zone and beep.

I took a gauss meter through my whole house and office and did a lot of rearranging to minimize exposure.

- ◆ The most amazing thing I found was that my alarm clock emitted EMFs for 5 feet in every direction. I moved the clock across the room, and then I noticed one of my cats was sleeping next to it, so I got rid of it altogether, and purchased a little battery operated one. It's the digital display LED type that is high in EMFs.
- ◆ The TV, which I thought would be the worst, only emitted harmful EMFs 3 feet out from the front and 5 feet out from the sides. TV manufacturers have really improved on this.
- ◆ The refrigerator was another shocker. It was in the (high) red zone 3 feet out from the front and sides.
- ◆ The oven also measured high.
- ◆ I don't have a microwave, so I went to a friend's house, and my meter measured EMFs 5 to 6 feet in every direction when running, and 3-4 feet when it was not. All I could think of was all the children standing in front of the microwave oven waiting for their food; day after day. That's scary. I also wonder what it does to the food.
- ◆ Please keep this in mind when storing nutritional supplements. Keep them away from EMFs, for it will reduce their potency.
- ◆ My computer also measured very high for a good 3 feet.

And we wonder why our energy levels are so low?!

There Are Many Things That Can Be Done To Minimize Exposure

- ◆ Try not to stay in the kitchen when appliances are in use, especially the microwave.
- ◆ Keep phones and alarm clocks away from your body while sleeping.
- ◆ Avoid sleeping with an electric blanket. Turn it on to warm the bed and then unplug it.

- ◆ Waterbeds that heat the water with electricity are bad news.
- ◆ Position your computer as far away as possible from where you sit. A flat screen monitor reduces EMF exposure.
- ◆ Change all fluorescent lights to incandescent ones. This is somewhat of a “green” nightmare, since so many of us are using the new, small fluorescent bulbs! You might consider just placing your lights away from where you “live life.”
- ◆ If using a cell phone, try to keep it as far away from your body as possible. Consider an ear piece to use with your cell phone; otherwise the transmitter is only a few inches from your brain.

Products On The Market That Help Reduce The Harmful Effects Of Emfs

There are also a variety of products on the market to help reduce the harmful effects of EMFs:

- ◆ [Diodes](#).
- ◆ [Special crystals](#).
- ◆ [Magnets](#).
- ◆ [Pendants](#).
- ◆ Some are placed directly on the electrical device, and others are worn on the body.
- ◆ Of these devices, the [Q link pendant](#) is my personal favorite, and has undergone many studies, and has numerous testimonials on its effectiveness in counteracting the ill effects of harmful EMFs.

Chapter 11: Forgive To Live – Free Yourself Of Emotional Baggage, So You Can Revive, Thrive, And Reenergize!

To Condone, To Say, “Oh, That’s Ok”



Forgiveness is difficult for many people because, too often, we think to forgive is also to condone, to say, “Oh, that’s ok.” We put up barriers to forgiving others because of this notion.

It’s Just Simply NOT Ok

Many times, in fact, most times what needs to be forgiven is NOT ok. It was not ok to have happened, it is not ok to do again – it’s just simply NOT ok. So, unless the offender asks for forgiveness with sincerity and remorse (and sometimes even when they do,) we often find it difficult to forgive.

For A Very Long Time, I Was Unwilling To Forgive Certain People In My Life



I held close the feelings of anger and resentment over how they had betrayed me.

And wore them like a protective shield.

I vowed no one would EVER hurt me like that again.

Over time, my protective shield began to prevent me from connecting with new people, new friendships, and extending my friendship to others.

Ultimately, Who Did This Hurt? ME.

I had unknowingly allowed my unwillingness to forgive, to control and shape my life – and not in a positive way, I might add.

Today I Look At Forgiveness As A Way To Set Down The Emotional Baggage Of Past Hurts And Walk Away Stronger Than Before

If you think about it – how can you receive the blessings of today if your hands are holding tightly to resentments of yesterday? You can't go back and change what happened, or force the offender to make amends, but you CAN decide to live a happy life. Think about how this form and level of negativity affects your daily life, your thoughts... and how it zaps the energy out of you.



The Person I'm Forgiving May Or May Not Even Know Of My Forgiveness – That Is Not The Point

I AM THE ONE MISERABLE WITH MY NEGATIVE FEELINGS AND EMOTIONS – NOT THEM

They may or may not even know I'm harboring resentments. Meanwhile, I'm seething and miserable. By forgiving, I set myself free.

“I CEASE TO FEEL RESENTMENT AGAINST YOU FOR WHAT YOU DID,” MIGHT BE A MORE EMPOWERING STATEMENT FOR YOU

If the whole idea of forgiving feels beyond you at the moment, either because you are still too angry and upset (and likely wanting your pound of flesh), or because forgiving still feels to you like you’re saying, “Oh, it’s ok...” then try replacing the word “forgive” with the words “cease to feel resentment against.”

And see if that makes a difference for you.

“I cease to feel resentment against you for what you did,” might be a more empowering way for you to say, “I forgive you for what you did.”

THE WORD “FORGIVE” IN THE DICTIONARY

If you look up the word “forgive” in the dictionary, one of the definitions you’ll find is: to cease to feel resentment against.

Forgiving, ceasing to feel resentment against, someone or something... benefits who?

You. Forgiving benefits YOU.

FORGIVING, CEASING TO FEEL RESENTMENT AGAINST, THAT’S ALL ABOUT YOU, NOT THEM.

Granted, they might also benefit if you no longer feel resentment toward them, but the change occurs within YOU when you forgive another, not the reverse.

The decision to forgive is yours.

The Physical And Mental Benefits Are Also Yours... As Well As Increased Energy And Joy In Life

The act of forgiving is an act YOU undertake, and the feelings changing as a result are yours, as well.

**Need to Revive, Thrive, And Reenergize?
This is the place to start.**

Your Spirit, Free Of All This Baggage

Imagine being free of the “gray dreams.” The solitude of strange and weary places. You can stop living inside the gray walls... looking out on a green and gorgeous world. Forgiveness will set your imprisoned heart... FREE.



Your spirit, free of all this *baggage*, can then begin the journey with everything else presented in this book.



ling healing healing heal

Begin the journey now. Take notes. Print this book out, today.

Imagination



*“We came into this world of boundaries
from a formless energy field of Spirit.
We arrived here with nothing/no things,
we’ll make our exit with nothing/no
things, and our purpose (God-realization)
requires nothing/no things.”*

*From Inspiration – Your Ultimate Calling
by Wayne W. Dyer*

*“This little light of mine ...
I’m gonna let it shine ...
Let it shine, let it shine, let it shine!”
~Harry Dixon Loes, ca. 1920
A Gospel children’s song*

*“Love the moment and
the energy of that moment
will spread beyond all boundaries.”
~Corita Kent*

*“Time is the most precious element of human existence.
The successful person knows how to put energy into time
and how to draw success from time.”
~Denis Waitley*

*“It takes as much energy to wish as it does to plan.”
~Eleanor Roosevelt*
