

THE MANUAL ON PRANIC ENERGY HEALING LEVEL I

**COMPILED BY
CHARLOTTE ANDERSON**

Charlotte Anderson
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**THE BLACK COLORED INK USED IN THIS MANUAL
DENOTE QUOTATIONS FROM VARIOUS AUTHORS.
OTHER TEXT IS NOTED IN REDDISH COLOR.**

**IN ORDER TO MAINTAIN COMPLETE CLARITY.
THIS MANUAL SHOULD ALWAYS BE PRINTED
IN TWO COLORS OF INK.**

*Text from Annotated Sources - to this material -
are Excluded in the Statement of Registration Record.*

DISCLAIMER

- This Manual contains general information about some medical conditions and Energy Treatments. It is not exhaustive or complete. For information regarding Medical Conditions and/or Treatments please refer to appropriate texts and other resources.
- The information provided is not intended to be used as Medical Advice nor should it be used to replace Medical Treatments.
- Most Practitioners and Instructors are not Medically Licensed Professionals - nor are they Physicians or Surgeons. A duly Licensed Medical Profession Practicing Medicine or another Healthcare Specialization – will hold a License **issued by a government agency.**
- Energy Healing Treatments are not legally recognized or licensed in any of the State in the United States of America nor in their territories nor in any other global areas. The use of this Modality as Supportive to Increased Well Being ... may be considered a personal lifestyle choice. Some Clients and Practitioners may also consider it to be an expression of their personal Spiritual Practice.
- In the Practice of their Work, Practitioners should NEVER refer to themselves as “Doctor” should NEVER Diagnose a Client or Prescribe Medications, Herbs or other Treatments unless they are legally licensed to do so.
- The Energy Healing system – trained in this Workshop – is a simple System of Techniques that use Energy - to Rebalance or Harmonize the Body's Energy System - including its bio-electromagnetic field and its Energy Information Field.
- A Very Important Reminder for Practitioners is: to NEVER touch a client's physical body – unless they have a License to do so. Likewise they should *Never Interfere* with Medically Prescribed Treatments or Medically Prescribed drugs.
- No claims or guarantees can be made regarding the outcome of Treatments or Sessions. It should be recognized that various factors affect the potential outcome of Treatments, including the Practitioners Experience, the Client's openness to Treatment & their Karma.

COMPILER'S NOTE

According to Wikipedia:

“Historians & sociologists have remarked on the occurrence, in science, of the phenomena of ‘multiple independent discovery’.

Robert K. Merton defined such "multiples" as ‘Instances in which similar discoveries are made by scientists working *independently of each other*’.

"Sometimes the discoveries are simultaneous or almost so; sometimes a scientist will make a new discovery which, unknown to him, somebody else has made - years before.”

It is this compiler's viewpoint that same phenomena exists within the field of the Esoteric Sciences & applies to many other topics ...

Therefore, the Brilliance of Her Spiritual Partner, Teacher & Mentor Maha Atma Choa Kok Sui– is comparable in this sense.

While He is now sometimes described as the “Inventor” of Modern Pranic Healing – in this Manuscript, it has been noted that multiple techniques & most aspects of this Energy Healing Modality – **PRE-EXISTED THE PUBLICATION OF THE BELOVED'S FIRST BOOK WHICH WAS FIRST PUBLISHED IN DECEMBER OF 1987.**

INTRODUCTION TO THE MANUAL ON LEVEL I

Pranic Healing, Prana Therapy, Prana Yoga Vidya, Yoga Prana Vidya, Prana Chikitsa (Treatment), Prana Therapy ... and *Pranic Energy Healing* are all forms of Prana Treatment ... originating from Vedic Literature of India as well as from multiple other ancient traditions and schools of Yoga and Esoteric Sciences.

Readers from different traditions may read and substitute various terms for Pranic Energy Healing, Yoga Prana Vidya or Prana Yoga Vidya or others ... so as to to enhance their understanding of the text.

In regions where these terms are more comfortable ... the Reader may substitute any of these terms for Energy Healing where they are considered to be more appropriate.

This may be done because they are generally synonymous with each other within the context of this manuscript.

This collection of Ancient Knowledge ... is also a part of Chinese Traditional Medicine, is also related to the “Laying on of hands” in the Christian Tradition and “Do In” in the Japanese Tradition (*while All use Energy - the major difference is in Not Touching a client*).

One of the most salient features of *Energy Treatment* modalities is the application of the Treatment ... WITHOUT ANY PHYSICAL CONTACT.

Therefore, Practitioners should NEVER physically touch a client. Treatments are should only be preformed on the Energy Level!

In short *Energy Treatments* – including are extremely Ancient Modalities which have been used for Centuries to bring about Balance and Harmony in the Energy Systems of the Human Body - including the Physical Body, Mental & Emotional Bodies.

The applications of the Energy given here may be employed to create a pervasive Stabilization and Greater Balance of the Mind, the Body and the “Spirit” or the Soul (Atma) of a person.

Energy Treatment is strictly a supportive modality to allopathic medicine and Practitioners encourage clients to see Medical Doctors regularly for Medical Treatments and strongly recommends that clients follow their MD’s advice with

regard to Medical matters.

In certain global areas “Healing” as such – is strictly reserved for trained Medical Professionals. In the in many countries – Energy Practitioners – who are not legally “licensed or registered” within the country or city – may not Practice “Healing” of any kind – however while Energy Treatments are considered to be Harmonizing and Balancing in nature – Practitioners are cautioned NOT to use the terminology “Healing”.

Nor is there any reason for a client to remove their clothing in order to receive an Energy Treatment.

It is the perception of the compiler of this material, that this information should be shared. It is her perception that it should be Spread in an Unrestricted Way that clarifies the historic nature of this Work and its great benefits. Such Priceless Teachings comprise Universal Truth.

Let us Meditate on the idea that TRUTH IS UNIVERSAL ...

No one person, or body or persons, ever has (*Truth*);

has now ... or ever will have; a monopoly on Truth.

That there is Truth in All Teachings – but ... none have ALL the Truth ...

in so Meditating, let us carry in our minds the words of the thousand-of-years-old Rig Veda, which says:

“THE TRUTH IS ONE - MEN CALL IT BY MANY NAMES.”

- Extracted from *The Inner Teachings of the Philosophies and Religions of India*, by Yogi Ramacharaka, ©1908,

May this manuscript assist in bringing Comfort, Balance, Harmony & Transformation to All People.

With Sincerest Wishes for All of Humanity to rapidly Find and Practice the Spreading of – Peace, Love & Healing.

Charlotte Anderson

Pranic Energy Healing is a term that has been “Registered” as a Trademark in the USA by Charlotte Anderson.

ACKNOWLEDGEMENTS

To the Supreme Being, to All of our Spiritual Teachers, to the Entire Spiritual Hierarchy, we offer our Infinite Gratitude to you for your Divine Guidance, Divine Help and Divine Protection ...
and surrender to your Divine Will – without which this small part of the Divine Plan could not have been Manifested.

Clearly Deepest Appreciation and Acknowledgement must be given to the *Massive Contributions* given from multiple continents and global regions toward the materialization of this Work.

Deepest Gratitude is hereby extended to All of those contributing to this Manual including but not limited to:

our valiant Editor,
to the multiple Proofreaders,
to the Webmaster and
to ALL of those ...
who have donated their Time, their Expertise,
Ideas, Suggestions and Great Great Effort
toward the Materialization of this Work.

Without the Team Approach - the compilation of this material
would have been nearly impossible.

To the multiple various Authors quoted here ... who have written down their experiences, perceptions, and who have provided so many suggestions and techniques for Improved Well Being and Better Health – Heartfelt Gratitude.

May Loving Blessings, and Peace, Love & Healing be with All People!

MANUAL ON LEVEL I

INCLUDE THESE FREQUENTLY USED BOOKS.

NOT ALL BOOKS ARE LISTED HERE ...

HOWEVER THEY ARE NOTED AT THE BEGINNING OF EACH LESSON.

The Sciences of Psychic Healing, by Yogi Ramacharaka, ©1909

The Hindu Sciences of Breath, by Yogi Ramacharaka, ©1909

Lessons in Yogi Philosophy and Eastern Mysticism, by Yogi Ramacharaka, ©1903

The Chakras, by Charles W. Leadbeater, ©1927

The Etheric Double, by Arthur E Powell ©1925

The Ancient Secret of the Fountain of Youth, by Peter Kelder, ©1939

Rosicrucian Digest 1936

Rosicrucian Digest 1940

True and Invisible Rosicrucian Order, by Paul Foster Case, ©1985

The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978

Hands of Light, by Barbara Ann Brennan, ©1987

Kahuna Healing, by Serge Kahili King, ©1983

Reincarnation & Karma, by Edgar Cayce ©2006

Story of Karma, by Edgar Cayce ©1994

For Additional Book References please turn to Appendix B at the end of this Manual.

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	INTRODUCTION
Organization	Approximately 10 min
Power Point	
Book Reference	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, ©1978
Internet	www.pranichealing.org

*These book references apply only to the Sequence you are now reading

WORKSHOP ORIENTATION

WELCOME TO LEVEL I

(Instructor's notes)

1. *Thank the Organizer who has organized the workshop*
2. *Ask the students where they have come from in order to attend the workshop.*
3. *Ask how many students have taken this workshop before.*
4. *Ask, "Why do you want to take this course?"*

This workshop will not make you an expert in the area of Energy Treatments. In this workshop you will learn essential Technology that will allow you to begin to develop Fundamental Energy Treatment Skills.

Please do not immediately begin to judge or assess what you hear. Take your time, experiment, evaluate, and then reach your own conclusion. Do you agree with this approach?

(Wait for the student's response.)

REMAIN OPEN-MINDED

This course will give you an Energy based understanding of our world. Please maintain an open mind and a flexible attitude.

Through these Teachings students may begin to understand simple Techniques that permit a Practitioner to Direct Energy to various parts of life – including:

- Treatments
- Ethics
- the Environment

- the Energies of Materialization
- Spirituality

Readers will begin to understand that *everything* in life is a form of Energy. By using simple Techniques, Energy can be modified, enhanced, reduced or transformed from one state into another state.

Every student's ability to understand the world itself will be enhanced. This occurs through learning to apply Techniques of Energy, to what we understand the best - the human body.

From this starting point we may begin to utilize Energy in order to effect positive changes in our lives and in the world itself.

ENABLE RAPID LEARNING

Please reduce your resistance by sitting comfortably in your chair with your feet flat on the floor and with your arms relaxed and open.

Stay neutral, and don't resist anything. Notice now, we didn't say that you have to believe everything you're told (or, in fact, anything you're told), or that you shouldn't have feelings, thoughts, or bodily responses to stimuli. On the contrary, to do so would be to resist having your own impulses, and that is certainly not a neutral position.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Page 84, ©1978

We request that you not cross your legs or your arms during the next two days. Your open relaxed sitting position will increase your ability to understand and enhance your grasp of the techniques being presented. If you cooperate in receiving the information you hear during this course, the learning process will occur more rapidly. Please assess then validate these teachings after you have completed the course.

- *Extracted from the Notes of Charlotte Anderson*

L2 – Lesson 2	INTRODUCTION TO ENERGY TREATMENTS
Organisational:	Approximately 10 min
Power Point	
Book Reference	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, © 1978 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>Lessons in Yogi Philosophy and Eastern Mysticism</i> , by Yogi Ramacharaka, ©1903 <i>Rosicrucian Digest</i> , ©1940
Internet	www.pranichealing.org
Other	Appendix B –Message to Practitioners

*These book references apply only to the Sequence you are now reading

INVOKE FOR DIVINE BLESSING

Let us begin with a short Prayer.
Please close your eyes.

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.”*

The name of this workshop is Level I.

The Science of Energy Healing has existed for thousands of years. Previously it was practiced by an extremely limited number of people, because different schools teaching Energy Treatment Technology had never before created a Treatment System in such a clear and simple form.

By simplifying and clarifying the ancient Healing Arts, results can be regularly and systematically “duplicated”.

Almost anyone who is interested and willing to learn can assist in facilitating rapid recovery and increased wellbeing, through applying this simple Technology. Sometimes this improvement is called “Healing”. Positive changes have been noted to occur physically, emotionally or mentally.

Energy Healing is not intended to replace conventional medicine.

It is intended to be compatible and supportive of standard medical treatments. Energy Treatments may be used as a parallel approach to provide comfort, and to enhance increased wellness in a person on multiple levels.

It is recommended that Practitioners reduce situations that could cause them to run into difficulties – legally, morally or ethically. It would be wise for all Energy Practitioners to stick to Energy Treatments – and to refrain from requesting Clients to Disrobe, refrain from Physically Touching Clients and Practitioners should not Prescribe Medications for them.

- Extracted *from the Notes of Charlotte Anderson*

Practitioners should avoid situations that will create conflict with local or national medical communities.

The emphasis of Practitioners should be that Energy Medicine is a complementary field to allopathic treatment - as recommended by different Authors on Energy Treatments.

Do not ever, as a healer, imagine that you are a doctor, unless you come to this knowledge with complete medical training and you are, in fact, a physician.

A healer can fail, a healer can be wrong and sometimes a healer can be sued for practicing medicine without a license...

-Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 38.

As a Practitioner your area of expertise is with the Energy Body.
Never interfere with Treatments prescribed by medical doctors.

- Extracted *from the Notes of Charlotte Anderson*

THE ORIGINS OF ENERGY HEALING ARE VERY ANCIENT

Originally Energy Healing was shrouded in mystery and was practiced secretly. This is due to the fear - of the misuse of various applications of Energy, for the purpose of enhancing personal interests or for attacking other people.

Indian Rishis, Chinese Taoists and Tibetan monks have practiced various forms of Energy Healing for thousands of years. It was widely practiced in the early civilizations of China, Egypt, and India, and in many other parts of the world.

The system of Energy Healing that you will study during the next two days has its roots within the traditions of many different Treatment Arts.

Energy Healing may be said to represent a “Union of Science and Spirituality”.

“YOGI RAMACHARAKA”, is a highly regarded author who wrote more than 20 books, founded the Vedanta Society in New York in 1894 and lectured widely on the applications of Subtle Energy. A freemason and theosophist, he is known to have been an associate of Swami Vivekananda.

He wrote about the ancient roots of “Pranic Healing” in his book, *The Science of Psychic Healing*. More than 80 years ago he stated that, “The general Principles of Pranic Healing rest on the fact that Prana may be transferred or transmitted from one person to another, in many ways.

The usual method, and the most effective way, is to use the hands and make passes over the sick person, and at the same time directing a current of Prana to **THE AFFECTED PART.**”

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 37

The Yogis divided the forms of “Healing” into three general classes:

1. “Pranic Healing”, including what is known to the Western world as “Magnetic Healing”
2. “Mental Healing”, including several forms of Mental and Psychic Healing, including Absent Treatments.

- Extracted from *Lessons in Yogi Philosophy and Eastern Mysticism*, by Yogi Ramacharaka, ©1903, Page 142

A few years before he passed from the body Maha Atma Choa Kok Sui and Charlotte Anderson visited the Rosicrucian Headquarters in San José California. At this time his interest in the Science of Cycles was reactivated.

The Life Partner’s interest in the electrical nature of the body should not have been considered unusual because by degree he was trained as a chemical engineer.

As a Master of Energy, his interest in the various theories regarding the applications and “origins” of Energy were inborn. One could say that all of his teachings include a “higher” perception regarding the uses and application of Energy.

These great mystics, philosophers and scientists demonstrated on many occasions in the secret and sacred temples, as well as in the privacy of their laboratories, that this same electrical Energy could be used in certain ways and under certain proper conditions for the purpose of Magnetic Healing.

- Extracted from *Rosicrucian Digest*, ©1940, Page 191

L3 – Lesson 3	FUNDAMENTALS OF ENERGY HEALING
Organisational:	Approximately 45 min
Power Point	
Book Reference	<i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>The Hindu Yogi Science Of Breath</i> , by Yogi Ramacharaka, ©1909 <i>The Ancient Science and Art of Pranic Healing</i> , by Master Choa Kok Sui, ©1998-2009 <i>Hands of Light</i> by Barbara Ann Brennan, © 1987 <i>The Holy Bible, New International Version, Book of Mathew 9:20-22</i> , ©1984 <i>The Color of Light: Meditations for All of Us Living with Aids</i> , by Perry Tillerias, ©1988 <i>Chakra Therapy: For Personal Growth & Healing</i> , by Keith Sherwood, ©1988 <i>The Tao of Health, Sex and Longevity: A modern Practical Guide to the ancient way</i> , by Daniel P. Reid ©1989 <i>Vegetarian Times</i> , a Magazine Feb 1982
Internet	www.pranichealing.org
Other	Appendix C - More on the Kechari Mudra

*These book references apply only to the Sequence you are now reading

LET’S TALK ABOUT THE FUNDAMENTALS OF ENERGY HEALING

SOURCES OF ENERGY

The world in which we exist - is a World of Energy.

ENERGY IS NEUTRAL and

Energy is in everything ...

We can actually say that, “We ARE Energy”.

This is because all people on Earth - are a part of the Earth’s Energy Grid.

The Energy Body is a part of the Energy Body of the Earth.

The Energy Body of the Client is connected to the Energy Body of the Earth.

Energy Flows where the Attention is directed.

Energy is called by different names in different cultures.

For example:

Greek “Pneuma”

Polynesian “Mana”

Hebrew	“Ruah”
Sanskrit	“Prana”
Chinese	“Chi”
Japanese	“Ki”
Ancient Egypt	“Ka”
German	“Lebenskraft”
Tibetan	“Lung”
Persian	“Rooh”

Energy equals Subtle Particles combined with Life Energy.

These Subtle Particles are expelled when the Life Energy is used up - like a discharged battery.

- Extracted from the Notes of Charlotte Anderson

The word “Prana” is a Sanskrit term that means Subtle Energy or “Vital Life Force”. This is the invisible “Bio-Energy” or Subtle Energy that is fundamental to sustaining life.

Yogi Ramacharaka wrote, “Yogis realize that Prana is the direct force used in all cures. Prana is called into operation in several different ways ...”

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 37

We may obtain Vital Life Energy from the air, the sun, the ground and trees, as well as “Divine Energy” which is received as a result of Prayer, Meditation and through other practices.

THERE ARE MANY WAYS TO ABSORB ENERGY

For example – for many years a few different groups of people have placed tea, drinking water and other liquids in the sun to allow them to absorb Energy.

ENERGY HEALING IS BASED ON FUNDAMENTAL CONCEPTS:

THE CONCEPT OF RAPID RECOVERY

1. Energy Healing is based on the concept that the body has an innate ability to Rapidly Recover from Injuries and Illnesses without Treatment.

Your body is a self-protecting, self-healing, self-repairing mechanism. It has an inherent capacity and ability to protect itself from all threats to its health and integrity. It can heal itself from every condition of derangement or illness, and restore health.

- Extracted from *Vegetarian Times*, Feb 1982

2. Self Treatment employs the use of Dynamic Vital Life Force, to create biochemical changes within an individual's Energy System. This can facilitate physical, mental, emotional and spiritual changes within the person. In some cases this is called "Healing".

Most people recognize that in the case of a mild burn, wound or infection, that even without the application of antibiotics or prescription drugs, the physical body has the ability to Repair itself. Even in the case of a severe viral infections where no medicine is available, without treatment, the body recovers in most cases.

We honor and respect our body's miraculous ability to heal itself.

- Extracted from *The Color of Light: Meditations for All of Us Living with Aids*, by Perry Tillerias, ©1988

"Frequently people do not remember what is obvious... they do not see what is obvious."

- Extracted from *the Notes of Charlotte Anderson*

THE CONCEPT OF VITAL LIFE FORCE

Energy Healing harnesses Vital Life Force as fuel.

This can cause biochemical changes to occur. These may take place within the body and/or the environment.

In areas where medical treatment is unavailable, the utilization of Vital Life Force can produce rapid recovery results in many cases.

Practitioners learn to absorb and transmit Energy to diseased, wounded or burned Areas as well as to the entire body, usually producing a rapid positive outcome.

The Prana so transferred acts as a bracing tonic to the patient, and invigorates and strengthens him wonderfully, besides tending to produce the local improvement, just noted.

-Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 38

THE ACCELERATION OF CHEMICAL REACTIONS IN THE BODY EXPLAINS WHY THE RATE OF RECOVERY IS SUBSTANTIALLY INCREASED

These reactions occur when Vital Life Energy is directed to the body or to a specific part of the body.

The fact that science is currently unable to measure the precise amount of Energy within the physical body does not mean these subtle Energies do not exist. In ancient times, people were unaware of electricity, its properties and utilization of electrical Energy. This did not mean that electricity did not exist.

Our ignorance does not change reality. It simply alters our perception of reality. Mistaken perceptions or misconceptions regarding what we think we can or cannot do in our life needs to be reassessed.

WHAT IS ENERGY HEALING?

These Treatments are based on the Concept that it is possible to Transfer Energy from one person to another person, from one place to another place, from one state to another state.

This involves the Practitioner becoming a channel or a receiver for Vital Life Energy. Then they Project Energy into the body or into an area of an individual's life that requires an increase in Energy.

This Energy Transference usually balances, stabilizes or harmonizes the Energy Factors, which rapidly normalize the physical body, the environment or the condition of that person's life in general.

Vital Life Energy usually transfers from a Higher Energy source - to the lower Energy level.

At different times in different countries – Charlotte Anderson noted that her Life Partner, frequently used the following story to illustrate the “Transference of Energy” to students. This story was extracted from the Holy Bible.

Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. ²¹ She said to herself, “If I only touch his cloak, I will be healed.”

Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed from that moment.

- Extracted from *The Holy Bible*, Matthew,
9:20-22 New International Version ©1984, ©1984

He would then explain that sometimes a person might enter a room or area or interact with people - who immediately make us feel upbeat and happy. On the

other hand, we might likewise visit a location or interact with people who seem to cause us to feel very Energetically drained after a very short time.

So, for example, if you want to absorb more youthful Energy spend time with younger people, because, young people have more Vital Life Energy.

One of the Foundations of Treatmnts is the “Concept of Enhancing Vital Life Energy” in the body or in a part of the body, thereby rapidly assisting the body to Improve by itself.

The bodies of young people improve faster and have significantly more Energy than older people who have already “run out” of “Dynamic Vital Life Force or Energy”.

WE MAY EASILY FEEL & SEE ENERGY

Let’s talk about Air Energy or the Life Energy that comes from the air.

Air Energy can actually been seen by the naked eye.
When you squint your eyes you can see small bubble-like structures in the air.
Those subtle bubble like forms that you are seeing are actually Air Energy.

A second source of Life Energy comes from the ground.

This is Visible Ground Energy or Ground Energy.

This form of Energy should only be absorbed from clean places, through the soles of the feet. For example, when a person is walking barefooted on clean earth or clean grass it is possible to absorb substantial amounts of Earth Energy.

- Extracted *from the Notes of Charlotte Anderson*

Dirty environmental locations *should be avoided*, if one wishes to absorb Energy from the earth or from the air.

Shift your gaze to the edge of treetops against the blue sky. You may see a green haze around the trees ... If you look closely at a house plant, you will see a similar phenomenon.

- Extracted from *The Hands of Light*, by
Barbara Ann Brennan, ©1987, Page 37

We may also absorb Energy from trees.

A person may simply rest beside a tree and lean their back against a tree.

Another way to absorb the Energy from a tree is to embrace a tree - in order to absorb its Energy.

Please choose only healthy trees not trees that are weak or diseased.

Feel the quality of the Energy of the tree, and then take some of the *excess* Energy from the tree.

Remember to Practice ahimsa or nonviolence towards nature.

- Extracted from the Notes of Charlotte Anderson

Do not constantly absorb Energy *from only one* tree.

If you make it a habit to absorb Energy from trees please remember to change trees regularly.

Practitioners know that “Divine Energy” may be absorbed and utilized in order to facilitate rapid improvement, both in their own lives and in the lives of their Clients.

COMPLETING THE ENERGY CIRCUIT

In order to increase your sensitivity – or to make it easier for you develop the ability to “Feel Energy”, it is necessary to Complete the Energy Circuit.

Your body may be compared to a piece of highly sophisticated electronic equipment.

The Energy Body has a Network of wiring, not physical wiring, but energy wiring.

In Acupuncture these are called Meridians.

In Sanskrit these “Energy Channels or Meridians” are called “Nadis”.

The body has meridians or Energy Channels both in the front and in the back.

A Meridian is a channel, or a tube that is made of Subtle Energy.

- Extracted from the Notes of Charlotte Anderson

In Acupuncture, the front Energy Channel is called the “Conception Channel” and the back Energy Channel is called the “Governor Channel”.

Human beings exist in a human body - right?

Because the body has to eat, the front Energy Channel is “broken” at the mouth.

If there is an obstruction in front of the mouth,

(Instructor puts their finger in front of their mouth to demonstrate.)

A person will not be able to eat.

So, in order for a person to eat, the Energy Channel must be broken at the mouth.

The Moment you bring the tip of your tongue to the Roof or your Mouth - the connection between the front and back meridian becomes complete.

The **TONGUE AGAINST THE PALATE ALSO FORMS A BRIDGE CONNECTING THE TWO CHANNELS** (*which are called The Conception Channel and The Governor Channel in the Acupuncture*) of the Microcosmic Orbit, which meet at the roof of the mouth.

- Extracted from *The Tao of Health, Sex and Longevity: A modern Practical Guide to the ancient way*, by Daniel P. Reid ©1989, Page 382

What happens when you Complete the Energy Circuit?
The flow of Energy is enhanced and if the Energy Circuit is not connected – there is a corresponding decrease in the Flow of the Energy.

- Extracted from *the Notes of Charlotte Anderson*

In order to close the Energy Channel – **YOU MUST COMPLETE THE ENERGY CIRCUIT BY TOUCHING YOUR TONGUE TO THE ROOF OF YOUR MOUTH.**

In the Hindu tradition, some yogis practice the Khechari Mudra which really means to connect the Tongue to the Roof of the Mouth. In some cases extreme measures are taken and the practice of cutting the tongue is done so as to enable the Practitioner to fold the Tongue as far back as possible – and they even cover the nasal opening at the back of throat. Very simply when the Tongue is touching the Palate, it completes the Energy Circuitry of the Subtle Body.

Next **BRING YOUR TONGUE TO THE TOP OF YOUR MOUTH** while continuing to breath yogically.

- Extracted from *Chakra Therapy: For Personal Growth & Healing*, by Keith Sherwood, ©1988, Page 185

Completing the Energy Circuit - may be compared to turning on the lights. You know when you turn the lights “on” – because the darkness ceases to exist due to the artificial light. This is true whether the light is electrical or it is the light of a candle!

Recent scientific observations into Subtle Energy have detected that these Energy Channels are capable of both - expanding and contracting.

To increase of your degree of sensitivity and to increase the Energy level of the body – or to “switch on” the Energy Body ... The Energy Circuit must be Connected.

- More about the Kechari Mudra, See Appendix E

WOULD YOU LIKE TO SEE ENERGY IN THE AIR?

(Wait for the student's response.)

Before you “look” at Vital Life Energy ...
First you must complete the Energy Circuit within your body.

LOOKING AT VISIBLE AIR ENERGY OR AIR ENERGY

Would you like to see Energy in the air? *(Wait for the student's response.)*

(Please do this exercise outside of a building or open the windows and instruct the student's to look outside.)

In 1987 Barbara Ann Brennan gave clear Information about how to see the Energy in the Air. She said:

...simply relax on your back in the grass on a nice sunny day and gaze at the blue sky. After some time you will be able to see the tiny globules of orgone making squiggly patterns against the blue sky...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 37

Okay, let's do a simple exercise Looking at visible Air Energy.

1. Please complete the Energy Circuit
2. Invoke for Divine Blessing

*” To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for the Ability to see Air Energy.
With Thanks and in Full Faith.”*

3. Squint your eyes slightly
4. Look at the sky
5. Look slightly upward and Focus your eyes approximately 2 meters or 6 feet away
6. Do not blink
7. Do not imagine anything ... Just LOOK!
8. Do not expect anything ... Just Look!
9. Simply ... Be neutral
10. Do not try too hard ... Just Relax!
11. Just continue to look at the sky ...
12. Inhale slowly and comfortably ...
13. Exhale slowly and comfortably ...

14. Repeat this for 7 breathing cycles
15. Thank you
16. Did anyone see something?
17. Please raise your hand
18. What did you see?
(*Wait for the student's response.*)
19. The others may continue Practicing - looking at the Energy of the Air
(*Wait one to two minutes.*)
20. Thank you
21. Shall we continue?

LOOKING AT VISIBLE GROUND ENERGY

(This is an optional exercise.)

Would you like to see Energy from the ground?

1. Please complete the Energy Circuit.
2. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for the ability to see Ground Energy.
With Thanks and in Full Faith.”*

3. Squint your eyes slightly
4. Focus your eyes about 2 to 5 inches or 5 – 12 cm above the ground
5. Do not blink your eyes
6. Do not imagine anything
7. Do not expect anything
8. Simply be neutral
9. Do not try too hard ... just relax
10. Just continue to look at the ground
11. Inhale slowly and comfortably ...
12. Exhale slowly and comfortably ...
13. Repeat this for seven breathing cycles
14. Thank you
15. Did anyone see something?
16. If you saw something please raise your hand
(*Wait for the student's response.*)
17. Wow! Fantastic!
18. What did you see?
19. (*To the rest of the class*) Please continue looking ...
(*Wait. Get feedback from the students.*)

20. Thank you
21. Shall we continue?

LOOKING AT THE ENERGY FIELD SURROUNDING A TREE

It is possible to easily and rapidly develop awareness of Energies within the environment.

By looking at the plants, trees and other living organisms that surround us ... Seeing Energies can be easily developed.

... now, shift your gaze to the edge of treetops against the blue sky...you may see a green haze ... if you look closer you may see the globules at the edge of the green haze ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 38

(Optional exercise if there are trees in the surrounding area)

Would you like to see the Energy Field surrounding a Tree?

(Wait for the student's response)

1. Please complete the Energy Circuit.
2. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection*

*and for the ability to see the Energy Field of a Tree.
With Thanks and in Full Faith.”*

3. Squint your eyes slightly.
4. Focus your eyes approximately 1 – 2 feet or 30 - 60 cm away from the tree.
5. Do not blink
6. Do not imagine anything
7. Do not expect anything
8. Simply be neutral
9. Do not try too hard ... just relax
10. Just continue to look at the tree ...

11. Inhale slowly and comfortably ...
12. Exhale slowly and comfortably ...
13. Repeat this 7 Breathing cycles
14. Thank you
15. Did anyone see something?
16. Please tell us, what did you see?

(Wait for the student's response ... To the rest of the class)

17. Please continue Practicing looking at the Energy Field of the tree.

(Wait for a few minutes)

18. Very good! Thank you.

19. Shall we continue?

SCIENCE HAS REDISCOVERED AND VALIDATED THE PRESENCE OF AN ENERGY FIELD SURROUNDING THE HUMAN BODY.

Would anyone like to see the Energy Field surrounding the human body?

Multiple authors and experts in Energy recommend a simple exercise to further develop your skill to see Energy.

Pick a friend. A white wall is not necessary but seems to make the exercise easier. Stand about 20 feet from your friend and focus on a point in space about 4 inches above his or her head. Do not focus on the wall or on your friend's face, but rather on the point in space which you have chosen.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 104

(Take a volunteer)

(Request the subject to sit against a light colored background preferably white or creamy white)

(To the subject and to the class)

1. Please complete the Energy Circuit.
2. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for the ability to see the Energy Field of _____
With Thanks and in Full Faith.”*

(To the class)

3. Squint your eyes slightly. Focus your eyes approximately 6 inches or 15 cm above the head of _____ and 1 foot or 30 cm behind the head of _____
4. Do not blink.
5. Do not imagine anything.
6. Do not expect anything.
7. Simply be neutral.
8. Do not try too hard ... Just relax.
9. Just continue looking at the Energy field.
10. Inhale slowly and comfortably ...
11. Exhale slowly and comfortably ...
12. Repeat this seven Breathing cycles.
13. Thank you

14. Did anyone see something?
15. If you see something please raise your hand.
16. Please tell us, what did you see?
(*To the rest of the class*)
17. Please continue looking at the Energy field of the human body.
18. (*Get feedback.*) Say, Thank you
19. Shall we continue?

WOULD YOU LIKE TO SEE THE ENERGY COMING OUT OF YOUR FINGERS?

(*Wait for the student's response*)

We have Hand and Finger Energy Centers. The human body has both Hand and Finger Energy Centers. If you wish to feel the Energy coming out of your hands and fingers - it is necessary first to Project Energy to these small Energy Centers in your hands and fingers.

Make sure there is a plain white wall for a background. Relax your eyes and softly gaze at the space between your fingertips, which should be about one and a half inches apart. Do not look into bright light. Let your eyes relay. What do you see? Move your fingertips closer and then further apart.

- Extracted from *The Hands of Light*, by
Barbara Ann Brennan, ©1987, Page 42

1. Please complete the Energy Circuit.
2. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection*

*and for the Ability to “See and Feel” Vital Life Energy.
With Thanks and in Full Faith.”*

3. Press the center of your left hand with the thumb of the right hand and turn it clockwise. Now press the center of your right hand with the thumb of your left hand and turn it clockwise. This will Increase the Responsiveness of the Energy Centers in the Palms of your Hands.
4. To further Increase the ability to feel Energy press the tip of each finger
against the tip of the thumb. Be certain that each of the fingers and the thumb are touched tip to tip (*Instructor demonstrates*)
5. Now, place the three fingers of your two hands about 1 inch or 2 - 3 cm apart.
6. Please raise your hands above your eye level approx 6 - 8 inches or 15 - 20 cm. Continue looking above your eye level toward the ceiling and you continue to focus your eyes and your intention on your fingers

7. Now focus your attention on the tips of your fingers
8. Inhale and concentrate on the tips of your fingers
9. Relax, maintain your concentration on the tips of your fingers
10. Inhale slowly and comfortably ...
11. Exhale slowly and comfortably ...
12. Do this for 7 breathing cycles ... Then, Take a deep breath
13. Now, very, very slowly move your fingers apart 4–5 inches or 10–12 cm. Now move your fingers slowly back together and apart again. Do this another time please. Now focus your attention on the small space between your fingers
14. Do not imagine anything
15. Do not expect anything
16. Try to be neutral
17. Continue to move your hands apart and together again very slowly. Focus with squinted eyes on the space between the fingers
(Instructor, please wait. Then ask)
18. Do you see something or can you feel something between your fingers?
19. Those who have seen or felt something may put their arms down, the others please continue Feeling the Energy between your hands
(Wait a few seconds)
20. Did anyone else see something?
(Please exchange feedback with the class)

- Extracted from the Notes of Charlotte Anderson

L4 – Lesson 4	ENERGY ANATOMY, FEELING THE ENERGY, INCREASING THE RESPONSIVENESS OF THE HAND ENERGY CENTERS
Organisational:	Approximately 25 min
Power Point	
Book Reference*	<i>The Chakras: A Monograph</i> , by Charles W. Leadbeater © 1927 <i>The Psychic Healing Book</i> by Amy Wallace & Bill Henkin © 1978 <i>The Ancient Secret of the Fountain of Youth</i> , by Peter Kelder, ©1939 <i>The Etheric Double</i> , by Arthur E. Powell, ©1925 <i>Inner Bridges: A Guide to Energy Movement and Body Structure</i> , by Fritz Frederick Smith M.D., ©1986 <i>The Art and Practice of Astral Projection</i> , by Ophiel, ©1974 <i>The Art of Spiritual Healing</i> , by Keith Sherwood, ©1985 <i>Chakra Therapy: For Personal Growth & Healing</i> , by Keith Sherwood, ©1988 <i>The Hands of Light</i> , by Barbara Ann Brennan, ©1987
Internet	www.pranichealing.org
Other	Appendix D – More Info on the Bio-Plasmic Body

*these book references apply only to the Sequence you are now reading

INFORMATION ABOUT THE ENERGY CENTERS

Our physical bodies are filled with *Energy Vortexes*, which we call *Energy Centers*.

(With) these vortices of energy ... it seemed possible to make certain deductions about the relationship between the physical anatomy of the human body and the energetic nature of the chakras.

- Extracted from *Inner Bridges: A Guide to Energy Movement and Body Structure*, by Fritz Frederick Smith M.D., ©1986, Page 50

In the Hindu tradition in the “Yoga Kundalini Upanishad” text there is early documentation recording the existence of Energy Centers.

The first important thing I was taught after entering the monastery, was this: The body has seven Energy Centers, which in English could be called vortexes ... They are powerful electrical fields, (nearly) invisible to the eye ...

- Extracted from *The Ancient Secret of the Fountain of Youth*, by Peter Kelder, 1939, (Revised edition) ©1985, Page 9

The word “Chakra” is derived from a Sanskrit term, which means “wheel” or “turning”, and refers to a “wheel like form” or an Energy vortex.

These Energy Centers are actually whirling, pulsating Energy Centers that exist in the Etheric Field of the human body.

In Sanskrit, chakras literally means wheel, and they are described in ancient yogic texts as centers of energy in the body.

- Extracted from *Inner Bridges: A Guide to Energy Movement and Body Structure*, by Fritz Frederick Smith M.D., ©1986, Page 49

If the form of a “Wheel” is depicted around the parameter of a circle, the “spokes” of the wheel divide the circle into segments. In the Hindu tradition these are called the “Petals” of the Energy Center.

Why did the Hindus use the terminology, “Petal”?

Because when the “wheel” or Energy Center is turning very fast ... it forms a shape that looks like a flower. Due to this ancient inner perception of the Energy Center looking like a flower, these segments were called “Petals”.

The Chakras mentioned in these Sanskrit books ... differ slightly among themselves as to the number of petals ... the crown center (or Sahasrara Padma) – **THE LOTUS OF A THOUSAND PETALS**. The discrepancies as to the number of petals are not important.

- Extracted from *The Chakras: A Monograph*, by Charles W. Leadbeater, ©1927, Page 68

MORE BASIC INFORMATION ABOUT THE ENERGY CENTERS

A thorough knowledge and understanding of the Major Energy Centers and their Functions, is extremely important for a Practitioner.

I call it “subtle energy system” which is composed of: *the chakras* – the major energy centers ...

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 21

The Energy Body actually *controls* the Energy Centers - to a large degree.

The Practitioner must understand and recognize that the endocrine glands in the human body are physical manifestations of the Energy Centers.

The Etheric Chakras have two distinct functions. The first is to absorb and distribute Prana, or Vitality, to the etheric and then to the physical body, thus keeping these alive.

- Extracted from *The Etheric Double: The Health Aura of Man*, by Arthur E. Powell, ©1925, Page 22

Energy Centers have several functions, including absorbing, digesting and distributing Energy to different Areas of the body.

These Energy Centers are like power stations that provide Vital Life Force throughout of the body.

When Energy from the lower centers moves to the higher centers they are transformed into Energies of a higher frequency.

When Higher Energy moves down to the lower centers - likewise they are transformed into a form of Energy - with a lower frequency.

The terminology “Energy Center” can really be better understood if we think of them actually being “Energy Transformers”.

The chakras act as transformers ... they are energy centers, gates and transformers ...

- Extracted from *Chakra Therapy: For Personal Growth & Healing*, by Keith Sherwood, ©1988, Page 131

The word “transformer” can also be used in the sense of “stepping up” electrical voltages and in “stepping down” electrical voltages.

For example, transforming one Form of Energy into another Form of Energy. In another example, Light can be transformed into Electrical Energy. Then Electrical Energy can be transformed into Mechanical Energy or into heat.

This is why Energy Centers can be compared to Energy Transformers. The Hand Energy Centers are among the easiest centers to Increase.

It is by Increasing the Responsiveness of the Hand Energy Centers – that a Practitioner more rapidly develops the Ability to “Feel” Subtle Energy

The Hand Chakras are the seats of Creative Energy...

LET'S PRACTICE FEELING CHI ENERGY

(Wait for the student's response)

First let us do a short set of Physical Exercises.

(Please stand up)

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and turn it to the left 12 times.
4. Now, please exercise your shoulders by rotating your arms 12 times back, then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out?
6. Now, let us exercise the wrists 12 times to the left and 12 times to the right
7. Now, stretch your left hand up, with the palm reaching to the sky - while your simultaneously stretch your left hand down to the ground. Then reach and stretch the right hand up, with the left hand facing downward. Please do this seven times.

- Extracted from the Notes of Charlotte Anderson

CAN YOU FEEL VITAL LIFE ENERGY?

... hold your palms about two to five inches apart; slowly move your hands back and forth decreasing and increasing the space between them. Build something up between your hands. Can you feel it?

- Extracted from *The Hands of Light*, by Barbara Ann Brennan, ©1987, Page 41

1. Complete the Energy Circuit.
2. Invoke for Divine Blessing,

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for the Ability to feel Vital Life Energy.
With Thanks and in Full Faith.”*

3. Press the Center of the left palm with the thumb of the right hand.

Press the center of the palm and simultaneously turn the thumb in a clockwise motion.

This is done in order to Increase the Responsiveness of the Hand Energy Center.

4. Now, repeat this Procedure with the right palm and the left thumb.
Remember to turn the thumb clockwise while pressing the palm.
This will Increase your ability to “Feel” the Energy.
5. To further Increase the ability to feel Energy press the tip of each finger against the tip of the thumb. Be certain that each of the fingers and the thumb are touched tip to tip
6. Now, place your two hands about 2-3 inches or 5-7 cm apart.
7. Do not image anything.
8. Do not expect anything.
9. Simply be neutral.
10. Now, very slowly move your hands away from each other – then bring them closer together again.
11. Continue to move your hands slowly together and apart.
12. Concentrate on the center of the palms
13. Just try to “Feel” the Energy.
14. Do not try too hard ... just relax.
15. Inhale slowly and comfortably ...
16. Exhale slowly and comfortably ...
17. Repeat this for seven breathing cycles.
(Instructor waits a few minutes.)
18. Remember to maintain your concentration on the center of your palms.
19. Thank you
(Questions to the students)
20. Did anyone feel something?
21. Raise your hand.
22. Did anyone feel warmth between your hands? Raise your Hand.
23. Who felt some sort of pressure between your hands? Raise your Hand.
24. What about pulsation or a sense of Energy or movement of some sort between your palms? Raise your Hand.
25. Are some of you relatively sensitive or do some of you have a relatively high Energy level? This may cause some of you to have a tingling sensation like mild electricity between your hands.
26. Very Good.
27. Now for one more question. This will require someone who is quite sensitive.
28. Very likely only a few people will have this experience.
29. Did anyone here feel a whirling sensation between their palms?

(Wait for the student’s response)

(Instructor, make an appropriate response such as: “That is fantastic! Or “This may take some time...”)

30. Please share your experiences with the people on either side of you.
31. Thank you.
32. Shall we continue?

- *Extracted from the Notes of Charlotte Anderson*

PRIMARY CONCEPTS

In order to understand PEH it is necessary to understand the Energy Anatomy - not just the physical Anatomy of a human being.

That is when you created this Body of Light you endowed it with your own life force and life power, and thus it is truly an extension of yourself.

- *Extracted from *The Art and Practice of Astral Projection*, by Ophiel, ©1974, Page 65*

The way this compiler's Guruji stated this is:
"You have an Energy Body or a Body of Light.
Children who are sensitive can see it.
This was called the "Bio-Plasmic Body" by the Russians.
The Inner Energy Information Field or Aura is the "Light around the body."

- *Extracted from the Notes of Charlotte Anderson*

Human beings have a visible physical body - which we can easily see and touch. They also have subtle bodies - which are not normally seen by the physical eyes. Sometimes these subtle Bodies may be seen by clairvoyants or by very sensitive people.
It can be described as a luminous body that surrounds and interpenetrates the physical body, emits its own characteristic radiation and is usually called the "aura".

- *Extracted from *The Hands of Light*,
by Barbara Ann Brennan, ©1987, Page 53*

Historically the "Subtle Body" has been observed - in paintings of the images of Deities or Saints in almost every Race and Religion. Sometimes these images are shown with Light surrounding the head, and sometimes with light radiating from their bodies or with light emanating from the palms of their hands of the figures being depicted.

When understood from a broader viewpoint, the Practitioner may realize that these are illustrations or representations of the way Subtle Energy looked to the artist.

This nearly invisible subtle Energy Body is called the Etheric Body, the Bio-Plasmic Body, the Energy Information Field or the Energy Body.

In the Theosophical Tradition, it is reported that the Bio-Plasmic, the Etheric Double (*or Energy Body*) was described as a "Body of Consciousness" that has the ability to "receive & distribute" Vital Life Force emanating from the "Light" of the Sun. They say that this Energy is connected with Physical Health :

Briefly, we shall find that the Etheric Double, while necessary to the life of the physical body, is not, properly speaking, a separate vehicle of consciousness: that is (*it*) RECEIVES and DISTRIBUTES the vital force which emanates from the sun and is thus intimately connected with the physical health.

- Modified and Extracted from *The Etheric Double*, by Arthur E. Powell, ©1925, Page 2

Russian scientists named Dr Semyon Davidovich Kirlian & his wife Valentina Khrisanovna Kirlian scientifically rediscovered the existence of the Bio-Plasmic Body in 1939.

They developed a special type of early Energy photography called "Kirlian Photography".

The term Bio-Plasmic Body means a "Living Energy Body" made up of invisible subtle matter.

To simplify the terminology, the term Energy Body or Energy Information Field will be used to replace the term Bio-Plasmic Body.

This photography used high frequency electrical fields to take pictures of small portions of the Energy Information Field.

Through this new technology it became possible to understand that subtle Energy cannot only be seen – but that it is real!

Now we have even newer Energy Technology called "GDV Imaging" which is significantly more developed, more advanced.

This technology is used for recording the human bioelectric field using the Gas Discharge Visualization (GDV) photography, which can assess the human bio-energy field and provide useful information regarding the state of the person.

Using this modern technology it is now possible to know and verify what Yogis and others have said for hundreds of years – that "a Body of Light" which in esoteric terminology is called the "Aura" surrounds the "Physical Body".

The word "*Bio-Plasmic*" comes from the word "*Bio*" which means life and "*Plasma*" which means the fourth state of matter and is different from the component of the blood – known as blood plasma.

The Energy Information Field or Energy Body both interpenetrates and extends - beyond the physical body - by approximately 5 inches or 12 cm.

This diffuse field extends beyond the limit of the body structure. How far this vibration extends varies from person to person and changes in response to the health and state of excitation.

- Extracted from *Inner Bridges: A Guide to Energy Movement and Body Structure*, by Fritz Frederick Smith M.D., ©1986, Page 27

Clairvoyantly this is seen as a luminous Energy Field Projecting from around the periphery of the physical body.

We will call this the Inner Energy Information Field.

A strong healthy Person or a young person normally has an Energy Field of approximately 8 inches or 20 cm or more.

The etheric aura extends about eight inches from the physical body ... People with greater vitality will have a stronger aura and consequently it will extend further from the physical body.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 104, 110

In a normal person, this Inner Field extends approximately 5 inches or 12 cm from the body.

When an individual is weak or very sick this Inner Field may be reduced to only 2 inches or 5 cm or even less.

A good Practitioner has an Inner Field of at least 36 inches to 1 meter.

In the same way that blood circulates throughout the physical body, through blood vessels, Energy circulates throughout the Energy Body, through the “Energy Channels.”

These Energy Channels can be compared to “Energy Tubes” and they are known in other traditions as “meridians” or “nadis”.

L5 – Lesson 5	FUNCTIONS OF THE ENERGY INFORMATION FIELD
Organisational:	Approximately 10 min
Power Point	
Book Reference	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, © 1978 <i>Fourteen Lessons in Yogi Philosophy</i> , by Yogi Ramacharaka © 1903, 2007 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Hands on Spiritual Healing</i> , by Michael Bradford, ©1993 <i>The Etheric Double</i> , by Arthur E. Powell, ©1925 <i>Ritual Healing in Suburban America</i> , by Meredith B. McGuire, ©1988
Internet	www.pranichealing.org

*These book references apply only to the Sequence you are now reading

UN-WELLNESS OR DISEASE REVEALS ITSELF FIRST IN THE ENERGY BODY - BEFORE IT BECOMES PERCEPTIBLE IN THE PHYSICAL BODY

- *Extracted from the Notes of Charlotte Anderson*

This is true historically and has been validated through clairvoyant observation.

This all-pervasive force field has no form of its own, but represents a vibrating field of potential in and about the body.

It responds from moment to moment to the internal and external environment of the body ... This field tends to mirror the physical body.

- *Extracted from Inner Bridges: A Guide to Energy Movement and Body Structure*, by Fritz Frederick Smith M.D., ©1986, Page 27

The implication is that to a certain degree, we may prevent some Conditions from manifesting - if Energy Treatment is applied prior to the appearance of symptoms.

Pain or disease result from disruption or imbalances in your Life Energy

Because disease shows up in the psychic, or astral body before it shows up in the physical body, a psychic reader can often diagnose an illness before it occurs, or at least can equally to work with you or work with others.

- *Extracted from The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 64

Therefore we may say that Energy Healing does not just Treat the physical body, but through Energy “harmonizes” of the Energy System. There have also been **PREVENTATIVE EFFECTS** noted as an outcome of the Treatments.

The etheric double has three principal functions.

First, it forms the mold or pattern into which the dense physical matter will grow during prenatal life and in recovering from wounds.

Second, the etheric double assimilates and stores vitality from the sun and atmosphere and distributes it through the body ...

- Extracted from *Life: Your Great Adventure*, by Eunice Layton, Felix Layton, ©1987, Page 87

THE FUNCTIONS OF THE ENERGY INFORMATION FIELD

1. To Absorb Energy
2. To Distribute Energy
3. To Vitalize the whole physical body with Chi Energy
4. To act as a Mold or Pattern for the physical body

The radiations in the vital field absorbs and carry vitality (*prana*) from the outer atmosphere and dispose of subtle waste matter ... The etheric counterpart is an accumulator of potential vital energy for the whole system.

- Extracted from *The Etheric Body of Man: The Bridge of Consciousness*, by Laurence John Bendidt, Phoebe Daphne Payne Bendit, ©1977, Page 26

Many illnesses are either caused or partially caused due to - the malfunctioning of one or more of the Energy Centers.

According to our Guruji “both the Energy body and the visible physical body are so closely related that what affects one affects the other and vice-versa.”

- *Extracted from the Notes of Charlotte Anderson*

IN THE ENERGY INFORMATION FIELD, THERE ARE ALSO SMALL RAYS OF ETHERIC LIGHT OR BIOPASMIC RAYS, SOMETIMES SEEN AS LOOKING LIKE A PART OF OR AN EXTENSION OF THE ENERGY FIELD.

... the “Health Aura,” as it is a sure indication of the state of the physical health of the person from whose body it radiates. Like all other forms of the Aura, it extends from the body to a distance of two to three feet, depending upon certain

circumstances which need not be mentioned at this place.

Like all other forms of the Aura, it is oval or egg-shaped ... to the psychic vision it appears to be “streaked” by numerous fine lines extending like stiff bristles from the body outward.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 58

Perpendicular Rays of Etheric Light interpenetrate the Inner Energy Information Field and Project outward from the physical body.

These rays are approximately 2 feet or 60 cm or more in length. They form what we will describe as the “Health Energy Information Field”. Esoteric authors call this Energy Field the “Aura”.

The health aura surrounding the physical body; it is, in fact, the etheric mould upon the pattern of which the body has been built.

- Extracted from *Esoteric Astrology*, by Alan Leo, ©1983, Page 93

These Etheric Rays and Energy Field serve as a protective shield against germs and Unwanted or Abnormal Energy.

Through the Etheric Rays “used up” Energy, Unwanted Energies and toxins are expelled from the physical body.

One time Maha Atma Choa Kok Sui stated that:

“When a person is healthy the “Body of Light” is luminous.

When a person is sick there are grey areas of dirty Energy in this “Body of Light”.

This dirty Energy is expelled through the Health Rays, when a certain Area of the body is sick. Sicknesses can cause the Health Rays to become entangled.

- *Extracted from the Notes of Charlotte Anderson*

This compiler’s Spiritual Teacher, gave her an analogy that explained more about the Health Rays when he said that: *“Just as the skin of the physical body has pores, our Energy bodies have a Health Energy Information Field.”*

- *Extracted from the Notes of Charlotte Anderson*

When a person is sick these perpendicular Rays of Light droop and tend to become partially tangled or clumped together.

... the Energy is blocked. Since there is no longer a free flow...more dark blobs of stagnated or very weak Energy will appear, this disruption will be precipitated

down into the etheric body in the form of tangled or torn lines of light force ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 142

When a Client is sick the Health Energy Information Field frequently decreases in size. The Health Energy Information Field of a healthy person may be as large as 1 meter or more.

Usually this Field is shaped like a tapering cylinder - bigger on the top and smaller at the bottom.

The purpose of Health Energy Information Field is to expel used up Energy. When Dirty Energy is expelled through the Health Rays, even a room may become dirty – through the releasing of those Energies into a space.”

When a certain Area of the body is sick, dirty Energy is expelled through the Health Rays. Sicknesses may also cause the Health Rays to become entangled.

- *Extracted from the Notes of Charlotte Anderson*

The well-known author, Arthur E. Powell discussed the Health Aura in 1925. He said: “The Health Aura, consisting of these particles ejected from the body, serves the useful purpose of protecting the person from the invasion of disease germs. In health the particles are thrown out through the pores in straight lines, at right angles to the surface of the body, giving to the Health Aura a striated effect.

As long as the lines remain firm and straight the body seems to be almost entirely protected from the attack of evil physical influences, such as disease germs, the germs being actually repelled and carried away by the outrush of Pranic Force. But when, on account of weakness, over – fatigue, a wound, depression of spirits, or through the excesses of an irregular life, an unusually large amount of Prana is required to repair waste or damage within the body, and there is consequently a serious diminution in the quantity radiated, the lines of the Health Aura droop, become erratic and confused, the system of defense is weakened, and it is then comparatively easy for deadly germs to effect an entrance.”

- Extracted from *The Etheric Double*, by Arthur E. Powell,,©1925, Page 34

Beyond this Health Information Field is the Outer Energy Field.

The Outer Energy Field of an average person is approximately 36 inches to 1 meter in size.

It has been observed that sick people usually have holes or cracks or breaks in their Outer Energy Information Field. Through these openings Vital Life Energy leaks

out thereby weakening the physical body of the Client.

“THE BASIC PROBLEMS THAT YOU WILL ENCOUNTER WHEN TREATING ARE ENERGY CONGESTION OR DEPLETION.”

- *Modified & Extracted from the Notes of Charlotte Anderson*

Most people do not realize that the auric field – the energy field around the body – experiences cuts, bruises, breaks, punctures, tears, shocks and trauma just as the physical body does.

-Extracted from *Hands – on Spiritual Healing*,
by Michael Bradford, ©1993, Page 29

When the Energy Information Field is not normal, there are two primary conditions that may be observed in the Energy Body:

Energy Depletion – is a condition that occurs when the Practitioner feels an area in the Inner Energy Information Field is “concave” or “curves” inward toward the body - when compared to “normal” adjacent areas.

This condition is caused by an insufficient amount of or a reduction in the Energy in that Area.

Energy Depletion ... is simply a decrease of energy flowing down the limb in the direction of the distal end. The person cuts off the limb by simply not allowing the energy to flow there. This results in weakness of the limb and, in some cases, even physical underdevelopment in that area.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 103

Conversely a Practitioner may observe the opposite condition (Congestion) when assessing Energy in a Client’s body. This occurs when there is:

- a. an obstruction or
- b. a blockage in the Energy system or
- c. if the Area being examined is excessively filled with too much Energy

This condition may also occur if *the Projected Energy is excessive* for the body of the Client. In another instance if it combines together with Unwanted Old, Pent-up or used-up Energies – this also may cause the Energy Profile of the Client to become distorted.

Energy Congestion – is a state that may be identified by a Practitioner when they identify an area containing a convex or an outward protrusion of Energy – in the profile of the area being assessed or when it is compared to other, “normal” Areas of the Energy body.

- *Extracted from the Notes of Charlotte Anderson*

Many also used Therapeutic Touch for diagnosis. Sharing the psychics' general notion of the illness-producing effects of energy "congestion".

- Extracted from *Ritual Healing in Suburban America*, by Meredith B. McGuire, ©1988, Page 111

L6- Lesson 6	ENERGY HEALING – HOW IT WORKS, HOW TO DO IT
Organisational:	Approximately 60 min
Power Point	
Book Reference*	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, ©1978 <i>The Art of Spiritual Healing</i> , by Keith Sherwood, ©1985 <i>Kundalini Yoga</i> , by Swami Sivananda, ©1978 <i>Kahuna Healin,g</i> by Serge Kahili, ©1983 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>True and Invisible Rosicrucian Order</i> , by Paul Foster Case, ©1985 <i>Miracles through Pranic Healing, 4th Edition</i> , ©2004 <i>You the Healer</i> , by José Silva, Silva & Stone, Robert B. © 1989
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

PRACTITIONERS - USE LAWS OF NATURE OF WHICH MOST PEOPLE ARE UNAWARE.

- Extracted from *Summo Bona* by St. Augustine,
Paraphrased by Charlotte Anderson

A STORY ABOUT HOW SIMPLE TREATMENTS WORKS

There is a story about a man in Canada.
He was far out in the wildness with a group of hunters.

He had a serious accident.
On the first night of his trip...
Accidentally he fell into the camp fire - badly burning his arm.
None of his buddies - who were partying - could drive him back to civilization in order to help him to reach a hospital.

And no one in the group of hunters knew anything about Energy Treatments.
But this man had watched his wife doing Energy Treatments using Energy, so he started Cleansing the badly burned area – by Sweeping with his other Hand – He repeatedly swept and Threw the Energy from the severely burned parts - into the fire.

He repeated this for hours and hours, and finally “tied” his arm slightly upward to a tree ...so that the Treating could be done thoroughly and completely.
He was not able to leave the mountain for two to three more days.

When he finally came down ... immediately his wife took him to the hospital. They informed him that he had sustained a severe 3rd degree burn. But they also told him, that the burn had already begun to regenerate itself properly.

It was only by using a very rudimentary form of Energy Healing – by performing Repeated Cleansing of the burned area - that he was able to reduce the seriousness of his condition – allowing the body to begin normalizing the hand and the arm.

It is reported that ultimately the burned areas - recovered without any of the serious scarring – which might have been expected to occur with this kind of an injury.

- *Extracted from the Notes of Charlotte Anderson*

USE A FEW SIMPLE STEPS TO BEGIN A TREATMENT **ALWAYS BEGIN BY ASKING FOR DIVINE BLESSINGS**

The simple act of Invocation to the Supreme Being increases the Ability and the Energy of a Practitioner to perform Treatments. The Divine Energy received also assists in enhancing the Intuition of the Practitioner during a session.

It is extremely important for both the Practitioner and the Client to always pray or “Invoke” for Divine Blessings before using Energy Treatments.

The moment you Pray or Invoke, the Recovery has already begun. Always remember to Practice proper Invocation.

- *Extracted from the Notes of Charlotte Anderson*

Simply say,

*“To the Supreme God
Thank You for Blessing me with your Divine Healing Energy.
I completely accept this Healing Energy.
Thank You for these Blessings.”*

IT IS IMPORTANT TO ESTABLISH RAPPORT WITH YOUR CLIENT IMMEDIATELY!

Always remember to speak with your Client.
Repeat the NAME OF YOUR CLIENT several times during the Treatment Session.

Ask your Client:
How old is the pain?
Can you walk?

Can you raise your arm?
How long have you had this problem?
Or ask another pertinent question regarding their condition
Gather information and make them feel Comfortable

- *Extracted from the Notes of Charlotte Anderson*

Imagine your Chakra opening up like an Iris in a camera lens, or like a flower opening its petals.

-Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 72

FOLLOW THESE SIMPLE STEPS TO START A TREATMENT

1. Invoke for Divine Blessing
2. Look at your Client, while you are performing a **TREATMENT**
3. Relax do not be tense
4. SMILE
5. In front of the Client maintain an relaxed position with your arms open.
6. Interview the Client. "What is the medical diagnosis? What are the physical problems? Is there pain?"
7. Use a pain chart to determine the level of pain.
8. Explain to the Client that Pranic Energy Healing is a no-touch procedure They will be requested to breathe slowly and comfortably, to keep their legs uncrossed, and to allow their hands to lie comfortably in their lap, with palms facing upward.
9. Ask the Client to simply release their worries and concerns and to relax.
10. Then talk to the Client and determine the nature of their problem.
11. Instruct the Client to visualize brilliant luminous Energy penetrating the Area of their body or their life that requires balancing or improvement. In Energy Treatments it is essential for Clients to open their minds in order to accelerate the Clearing of old used up or Unwanted Energies and to deeply absorb Energies that are Projected. This will rapidly assist in balancing or help to create a stabilization of their condition on all levels.
12. According to this compiler's Spiritual Teacher told her that, "When a Client is skeptical, instruct them to slightly bend their head forward, looking downward." This position tends to psychologically improve the receptivity of the Client.
13. Complete the Energy Circuit during the Treatment..
14. You may "Imagine" a pink rose in front of the heart of the Client opening up. No matter how powerful the Practitioner is, if the Client does not absorb the Energy, this will interfere with their Recovery.

15. Now the Practitioner is ready to begin the treatment.

- *Extracted from the Notes of Charlotte Anderson*

CONFIDENCE AND BELIEF OR “FAITH AND RECEPTIVITY” ARE EXTREMELY IMPORTANT TO THE OUTCOME OF THE TREATMENT

Both the Practitioner and Client must *reduce their Internal Resistance* in order to assist in the Client’s Rapid Recovery.

The attitude of the sick person might be a reason why spiritual healing could not take place. It could fail if there were no will to live, no purpose to life, which would give the impetus, or if the purpose had not been grasped, or if the person believed that he or she was too great a sinner to deserve to be healed.

- Extracted from *Kundalini Yoga*, by Swami Sivananda, ©1978, Page 192

One important part of the job of a Practitioner is to assist a Client to increase the degree of their Positive Thinking. *Both* the Practitioner and Client need to have Faith in a Positive Outcome. This attitude enables the Client to more rapidly absorb Projected Energy.

“Belief turns on the mental computer by entering the message that “programming is on the way.” Belief also enables us to picture an end result with enthusiasm, and enthusiasm heightens the flow of energy that runs the computer.”

- Extracted from *You the Healer*, by José Silva, Silva & Stone, Robert B. © 1989, Page 22

If there is strong resistance on the part of the Client, request him to assume the receptive pose during the treatment.

Request the Client to turn his palms upward and to bend his head slightly downward. Ask him to close his eyes. This is to reduce his resistance and, which will makes the Treatment a lot easier.

- *Extracted from the Notes of Charlotte Anderson*

Surrender is a process which always happens in the “now” but must be repeated many times for it to be impressed deeply within a person. It can be accelerated through meditation, yogic breathing, visualization and particularly through affirmation. The more you affirm that you want to be a channel, that you want to

surrender to the energy which strives to come through you, the faster will be your

progress, and the sooner you will come into relationship with the All.

- Extracted from *The Art of Spiritual Healing*, by
Keith Sherwood, © 1985, Page 79

Sometimes, by simply looking at the Practitioner, a Client may increase their conductivity due to the degree of Positive Energy surrounding the Practitioner. Strong Conductivity alone, significantly assists Recovery in many cases.

The best results are obtained when the patient is induced to manifest a **RECEPTIVE ATTITUDE OF CONDITION OF MIND**...The patient should be induced to give the healer his entire attention, as the measure of the effect of treatment depends largely upon the degree of attention given and obtained.

- Extracted from *The Science of Psychic Healing*, by
Yogi Ramacharaka, ©1909, Page 125

THE PRACTITIONER SHOULD SMILE TO INCREASE THE RECEPTIVITY OF THE CLIENT AND INCREASE THEIR ENERGY. ALWAYS SMILE.

It is very important for Practitioners to always remember to say a short Prayer or to Invoke for Divine Blessings before every Treatment.

1. Choose a subject.
2. Class, please feel the Energy of the subject.
3. Subject, SMILE very big or Laugh.
4. Class, feel the Energy.
5. Does the Energy stay the same?
6. Subject, look very sad.
7. Class, feel again.
(*Get Feedback.*)

Say to the Client,

“For Treatment to Successfully take place I need your full cooperation.
Do you want to get well?
Will you absorb the Energy being Projected?
This is a very simple ... BUT ... very important part of your Recovery.
Please open your hands and lay them upward in your lap.”

Receptivity of the Patient. The best result is in giving Suggestive treatments, are obtained when the patient is Induced to manifest a receptive attitude of condition of mind.

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 125

Number 1

Tell your Client to:

“Bend your head forward and close your eyes”

The patient should be placed in an easy, comfortable position.

The patient should be taught to relax his muscles, sit in an relaxed condition. Use the suggestion, “Now, make yourself perfectly comfortable.

- Extract from *The Science of Psychic Healing*, by
Yogi Ramacharaka, ©1909, Page 128

Number 2

Ask your Client to “Recall a Happy Event”.

Say, “Take a deep Breath and Just Relax”.

This will place the Client in a Positive Emotional State.

Number 3

Payment is another way to make your Client receptive.

When the Clients pay they are entitled to receive more Energy, so you have to ask the Client to pay in advance.

Would you go to a doctor who charges you only 5 cents?

Usually or probably people equate payment with skill.

When you charge you have greater credibility.

If Clients ask for free treatment, then consider the value of relieving the ailment or the pain of the Client. How much is their relief worth?

On the other hand, if a Client cannot afford Treatment – it is the Compassionate thing to do to perform Treatments according to the need of the Client or their condition.

If a person does not want to be Treated ... Don't waste your time.

When doing treatments, do not allow the Client to become irritated or stressed.

- *Extracted from the Notes of Charlotte Anderson*

THE THREE ESSENTIAL TECHNIQUES IN ENERGY HEALING ARE:

1. Cleansing or Removing the Unwanted or Abnormal Energy
2. Transfer Vital Life Energy or Projecting Energy
3. Secure the Projected Energy - to enhance a more consistent outcome

BEGIN TREATMENTS BY PREPARING A BASIN OF WATER AND SALT

Practitioners should see that when Unwanted Energies are removed – that they are disposed of properly.

Both, Bio-Energetic-Healers and Practitioners frequently use a bowl of water and salt.

Why should you use a basin with water and salt?

Water has the ability to absorb old Energy while salt removes it.

Using a basin of water and salt is extremely important.

By carefully “Throwing” the unwanted Energies into the basin, it is possible to substantially avoid spreading the unwanted Energies into the environment or to oneself.

Attention should be paid to seeing that all Energy removed is properly Thrown into the basin of water and salt.

Some Healers perform little rituals such as “Flicking their fingers” to wash away or discharge the patient’s Energy...for the healer to be safe...

- Extracted from *Kabuna Healing*, by Serge Kahili King, ©1983, Page 124

When cleansing is done, you simply *shake your hand or “Flick” your hand* - as though you are Throwing the Unwanted Energy into the basin of Water and Salt.

Some healers wash their hands after a healing, to cleanse themselves of any unsavory vibrations they may have collected (*or*) **SIMPLY SHAKE THE ENERGY OFF THEIR HANDS PERIODICALLY** while they work. We shake our hand every so often while healing, and **“FLICK” THE ENERGY AWAY** with our fingers.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 48, Emphasis by this compiler

In multiple traditions it is recommended that Practitioners “Flick their fingers”...
(*Instructor demonstrates.*)

...in order to release contaminating Energies from the hands, the fingers and even from the fine meridians - going up into the hands - it is important to use a strong “Flicking” motion and then to clean the hands thoroughly with water or Hand Spray.

Making the basin of water and salt is simple. Use approximately 33 ounces or 1 liter of water in a basin and add 1 or more handfuls of salt.

After giving an Energy treatment, please Throw the water and salt into the toilet. It is recommended that the toilet be used for disposal of used water ... rather than Throwing away this dirty water in other ways.

Once used, only use the basin for Energy treatments.
Never use it for other purposes.

When you are at home you may place the basins in the sun to further clean them. Some Practitioners report experiencing, that when the basin has been used for a long period of time it is extremely difficult to clean.

Therefore, it is recommended to periodically replace old basins with new ones.

The size of the basin should be at least 12 inches or 30 cm in diameter. Smaller basins are ineffective in holding large amounts of unwanted Energies.

A second method can be used when water and salt is not available. This method has been widely recommended within various schools of Esoteric Sciences as well as by several schools of Energy Treatments.

Visualize green or orange fire beside you and throw the dirty energy into it. Make sure that you put off the fire to avoid unnecessary risk.

-Extracted from *Miracles through Pranic Healing*, by
Master Choa Kok Sui, ©2004, Page 67

Occult fire, on the other hand, is that aspect of the One Cosmic Energy that has qualities similar to fire, of which the chief is its power of disintegrating and consuming physical forms ...

- Extracted from *True and Invisible Rosicrucian Order*, by Paul Foster Case, ©1985, Page 263

L7- Lesson 7	REMOVING AND PROJECTING ENERGY
Organisational:	Approximately 60 min
Power Point	
Book Reference*	<i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>The Chakras: A Monograph</i> , by Charles W. Leadbeater, ©1927 <i>Mastering your Hidden Self: A Guide to the Huna Way</i> , by Serge Kahili King ©1985 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, ©1978 <i>The Art of Spiritual Healing</i> , by Keith Sherwood, ©1985 <i>Esoteric Healing</i> , by Alice A. Bailey, ©1953 <i>Kahuna Healing</i> , by Serge Kahili King, ©1983
Internet	www.pranichealing.org
Other	Appendix K – Positions used to Absorb Energy

*these book references apply only to the Sequence you are now reading

HOW TO REMOVE OR CLEAN UNWANTED ENERGY

BEGIN BY INTENSIFYING THE SENSATION OF YOUR HANDS

The 21 Minor Chakras ... they are in the following locations ... **ONE IN THE PALM OF EACH HAND ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 44

At the Center of the palm of each Hand is an Energy Center. These Hand Energy Centers are able to both absorb and Project Vital Life Energy. This compiler's Beloved Spiritual Teacher stated to her that He had noticed that when He would simply *direct His attention* to the palms of His Hands ...
(The Instructor points to the palm of their hand)
... and to His fingers *(Instructor touches the tips of the fingers ...)*
then He would began to feel something in his hand.

He noticed that when His attention was directed to the palm of the hand and the fingers or to these Energy Centers all of these areas were filled with an increased degree of Energy. He noticed that when attention was directed to these areas, they became more active and looked brighter.

PREPARE TO FEEL ENERGY THROUGH EXERCISE

Practitioners should regularly Work to improve their Ability to Feel Subtle Energy and should Exercise the Arms and the Hands thoroughly before “Feeling” the Energy.

Exercise increases the Sensitivity in the Hands of a Practitioner.

This is due to the release of old Energies that unknowingly may be stuck in the Arms and in the Hands.

Exercise has the positive effect of increasing Sensitivity on various levels that permit a Practitioner to become Aware of both more Levels and Degrees in the Subtle Energies they are Feeling.

- *Extracted from the Notes of Charlotte Anderson*

It might be of interest where the twenty-one minor centers are located.

There are two, **ONE EACH IN THE PALMS OF THE HANDS ...**

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 73

Simply by directing their attention to their palms and their fingers, a Practitioner may rapidly increase the Responsiveness of the Hand Energy Centers.

There are many ways of Increasing the Responsiveness of your Hand Energy Centers.

Preparing the Hands. Rub the hands together briskly for a few minutes, and then **SWING THEM TO-AND-FRO** a little while, until they have that indefinable feeling of “**ALIVENESS**” and **BEING FULL OF ENERGY**.

CLENCHING THE HANDS TOGETHER, AND THEN OPENING THEM RAPIDLY – REPEATING SEVERAL TIMES – WILL STIMULATE them wonderfully.

- Modified and Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 80, Emphasis by this compiler

DISCUSSION ON REMOVING UNWANTED OR ABNORMAL ENERGIES

The Practice of this Technique removes Unwanted, Dirty, Diseased or Used-up Energy.

This Increases the flow of Energy throughout the body including the Area or Areas needing Balancing or Harmonizing – or Treatment.

The objective of Energy Treatment is not only to assist the Client’s Well-Being - but also to assist in Activating and Accelerating the Natural Improvement within a Client’s body.

When the hands are in the right position, **SWEEP ... OUT, (THEN) SIDEWAYS ... (IN FRONT OF) THE BODY OR PART ...**

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 56

WHAT DOES IT MEAN TO “REMOVE” UNWANTED ENERGY?

If you see a piece of paper or some loose dirt on the floor what do you do?

Pick it up, right.

If you cannot pick it up you get a broom and Remove it or simply “Sweep” it away. In the same way when an unwanted Energy is present in the Energy Field of a Client, simply remove it by Sweeping it away.

CLEANSING THE CHAKRAS CAN GIVE SOME OF THE MOST DRAMATIC RESULTS of all the psychic techniques, both in healing others and in healing yourself.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 122

In different cultures “Cleansing” is done to remove unwanted Energies. For example, American Indians use feathers and red meat to remove dirty Energy.

Eastern Indians use salt, and tree branches or brooms. When you Clean or remove the unwanted Energy.

How can you remove the Unwanted Energy from a person’s Etheric or Energy body? This is done through Cleansing the Particular Area.

Some healers **USE CHAKRA CLEANSING AS AN INTEGRAL PART OF EACH HEALING SESSION.**

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 163

REMOVING UNWANTED ENERGY IS EASY

Please remove and secure your wristwatch in a safe place.

Do not leave it on a chair or table ... put it safely away.

Cleansing is very easy to perform. Begin with “Sweeping” which is a Technique taught by different authors.

1. Simply raise your hand in the air and Clean ...
Remove the Unwanted Energy 5-7 Times.

(Instructor Demonstrates the Correct Position of the Hands for this Exercise)

Please CLEANSE SLOWLY!

Feel and Sweep, then Throw the Energy Removed into the Water and Salt.

Feel and Sweep! Then Throw the Unwanted Energy into the Water and Salt.

Feel the Quality of the Energy.

You have to FEEL it!

TIPS TO ENHANCE THE REMOVAL OF UNWANTED ENERGY

1. Simply raise your hand in the air and Clean ... Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...

(Instructor together with the students Practices the Hand Position)

1. Remember NEVER Direct Unwanted or Dirty Energy toward your own body
2. *Feel the Energy* that you wish to Remove from the body of your Client.
3. *Pull it or Clean it out!*
4. Remember to Clean GENTLY – but thoroughly - so as not to cause discomfort to your Client.
5. Feel and Clean - and Feel and Clean.
Form an intention to remove the unwanted Energy from the body of your Client.
6. Always Cleanse **THOROUGHLY**.
Always remove or extract ALL of the dirty Energy from the Energy Field of your Client.
7. Your hands should be flexible and relaxed.
8. Your hands should not be stiff.
9. Your fingers should also be relaxed.
10. Perform the motion with the fingers in a naturally extended position – something like stroking a dog or a cat ... not constantly at a rigid 90° angle.

If the Client's pain moves during treatment from one Area of the body to another Area - it means that *a part of the dirty Energy has moved* (to another location in the body or in the area you are treating).

- Extracted from the Notes of Charlotte Anderson

When the hands are in the right position, **SWEEP THEM OUT**, sideways, before the body or part, and in bringing them back...

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Page 56

HOW LONG DOES IT TAKE TO SWEEP AWAY UNWANTED ENERGY

1. Simple ailments and conditions may require 20 – 30 repetitions of removing the Energy in order to Assist thorough Cleansing.
2. For semi-difficult cases 50 – 100 Cleansing Motions or more may be required.
3. In severe cases as many as 300 – 500 Cleansing Motions may be needed on a certain part.

DISCONNECTING FROM THE REMOVED ENERGIES

It has been noticed (in many Traditions) when a Practitioner regularly Throws dirty Energy onto the floor they have a tendency to have problems with their legs or to even develop arthritis in their legs. To avoid this it is necessary to dispose of dirty Energy properly.

- *Extracted from the Notes of Charlotte Anderson*

Please release the Energy that you are removing from your hand regularly and properly into the basin of water and salt.

How do you do this?

By Shaking or Disconnecting from the dirty Energy, through throwing it into a Basin of Salt and Water.

(Show how to Throw the Energy into the water and salt.)

PLEASE REMEMBER TO CLEAN YOUR HANDS REGULARLY!

If your hands feel slightly sticky, itchy or heavy this means your hands have become slightly contaminated. Always remember to decontaminate your hands!

- *Extracted from the Notes of Charlotte Anderson*

...*(the Practitioner)* would probably drawing out the deleterious magnetism....

..it is necessary for his comfort and well-being that he should dispose of diseased matter before it obtains a permanent lodgment in his body. He should therefore adopt some definite plan to get rid of it and the simplest is just to throw it away, to shake it from the hands...he should not neglect these precautions, and he should

not forget to wash his hands carefully after curing...

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927,Page 70

Contamination may result in the Practitioner becoming physically ill, weak or depleted, or they may even experience symptoms similar to those of their Client. What is Energy Contamination?

Energy Contamination may occur for a variety of reasons. It may be the result of a person becoming affected by the dirty Energies removed during the Treatment.

Or it may also occur due to the presence of Stress or other Energies present within a Treatment area, or in any environment or location.

This Contamination may manifest as simple discomfort in a Practitioner's hand or arm. It may also manifest as a burning sensation, as heat, as a prickling sensation or stiffness in the hand or in the fingers.

This compiler strongly recommends the hand position of a Practitioner be correct – so as to avoid this consequence of an improper Technique causing this problem.

In order to avoid Contamination, a Practitioner must remember to shake off or “Flick” the hand regularly into the basin of water and salt.

Remember the terminology “Flicking” the fingers or hands - mentioned by Yogi Ramacharaka. He said that: Every once in a while raise the hands and “Flick” the fingers as if you were **THROWING OFF THE DISEASED CONDITION**. It is well to do this occasionally and also to Clean the hands after treatment, as **OTHERWISE YOU MAY TAKE ON A TRACE OF THE DISEASED CONDITION OF THE PATIENT**.

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 78

Thoroughly clean the hands during and after a treatment. After removing Dirty or Unwanted Energies it is advisable to clean your hands with alcohol, inexpensive vodka or water and soft salt. These have sufficient cleansing effect.

This Practice also safeguards the Practitioner from transferring dirty or Unwanted Energy back to the Client and prevents it from remaining in the environment of the treatment room.

Also a Practitioner should remember to shake or Flick their hands during the Projection of Energy.

This will allow the Practitioner to minimize being affected by the Dirty or Unwanted Energies.

Some Healers perform little rituals such as “Flicking their fingers” to wash away or discharge the patient's Energy...for the healer to be safe...

- Extracted from *Kabuna Healing*, by Serge
Kahili King, ©1983, Page 124

After a Treatment the Practitioner should thoroughly Clean the hands and arms with water and salt.

INSTRUCTOR DEMO

(Show, how simple Energy Healing is done on a Client ...

Ask for a student to assist. See if anyone in the group has a non-karmic simple condition.)

I need someone who is able to verbalize what they feel.

(Instructor chooses a student)

LET US INVOKE FOR DIVINE BLESSINGS

*“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.”*

When you do Cleansing, please remove your watch.

Now, raise your hand above the area to be Treated and Sweep downward.

Do this rhythmically ... 1, 2, 3, 4, 5 Throw.

Do this up to 30 times.

6, 7, 8, 9, 10 Throw

11, 12, 13, 14, 15, Throw

(Instructor ... continues up to 30 times)

NOW CLEAN YOUR HANDS

Please always remember to decontaminate your hands.

IT'S EASY TO LEARN TO PROJECT VITAL LIFE ENERGY

ENERGY TREATMENTS INVOLVES THE TRANSFERENCE OF ENERGY

There are two Procedures:

Absorbing and Projecting Energy. Do this gently.

- Extracted from the Notes of Charlotte Anderson

... Then, **AFTER HE HAS REMOVED THE CAUSE** of the evil, he **PROCEEDS TO POUR IN GOOD STRONG HEALTHY** magnetism to take its place ...

*- Extracted from *The Chakras*, by Charles W. Leadbeater,*

Subtle Energies should be Loving and Soft when it is Projected to the Client.
One way to create and maintain a more Loving Quality of Energy – is for the Practitioner to Touch their Heart when Projecting the Energy.

It is important to both Absorb and Project Energy - in the correct amounts.
Likewise when doing Energy Healing it is important to do both Projecting of the Energy, as well as thorough Cleansing.

When you transfer the Vital Life Energy to the body of a Client, what is happening?

The Energy Transfers from one person to the other person!
It is necessary for the Practitioner to direct their attention to the hand, which is absorbing the Energy, ... rather than the hand, which is Directing or “Projecting” the Energy!

WHEN YOU INHALE FOCUS YOUR ATTENTION ON THE RECEIVING HAND ...
WHEN YOU EXHALE FOCUS YOUR ATTENTION ON THE PROJECTING HAND...

- *Extracted from the Notes of Charlotte Anderson*

There is a Huna aphorism which says, **“ENERGY FLOWS WHERE ATTENTION GOES.”** Wherever you put your attention – on a thought, an object, an experience – a current of energy is generated between you and it.

- Extracted from *Mastering your Hidden Self: A Guide to the Huna Way*, by Serge Kahili King ©1985, Page 159

Remember!

Energy goes where your attention is focused.

When you Project Energy ...

Hold your arms in such a way that your armpits remain constantly open or away from the body - this Increases the smooth, constant flow of the Energy.

(Show in the slides Images of Deities in a Giving and Receiving Pose)

- *Extracted from the Notes of Charlotte Anderson*

... present the palm of the hand to **THE AFFECTED PART**, at a distance of about six inches, or even a little nearer, and holding it there for several minutes.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 56

Either hand may be used for Absorbing or Projecting.
Absorbing is usually done through the dominant hand.

PROJECT VITAL LIFE ENERGY TO THE PALMS OF A PARTNER

Let's Practice. Please take a partner. (*Wait for the students to prepare for the exercise*)

(*Instructor: Please take a partner*).

1. Practitioner, stand up, Client take a seat.
2. Both, please complete the Energy Circuit.
3. Practitioner, simply raise one palm upward.
Please be aware of the Palm of your hand.
4. Take your time.
5. Can you feel the Energy moving in the palm of your upraised hand?
(*Wait for the student's response.*)
6. When you Project Energy do not stand directly in front of the Client ...
stand to the side. Why? When standing to the side, the Practitioner will not
receive Energy from the Client.
7. Now, through the other hand direct or Project the Vital Life Energy to the
palm of your Client.
8. Inhale slowly and comfortably ...
9. Exhale slowly and comfortably ...
10. Do this three – seven breathing cycles.
11. When you Inhale - focus on the *receiving hand*.
12. When you Exhale - focus on the *giving hand*.
13. Your internal state affects your ability to perform Treatments.
14. When you feel there has been sufficient Energy transferred to the palm of
your Client stop transferring the Energy.
15. Thank you.
16. Please relax.
17. Shake your shoulders and your arms.
18. Now, let's Project Vital Life Energy to the second palm of your Client.
19. Practitioner, simply raise one hand upward and be aware in the Palm of the
hand.
20. Take your time.
21. Can you feel the Energy moving in the palm of your upraised Hand?
(*Wait for the student's response.*)
22. Now, through your other hand direct or Project the Vital Life Energy to the
palm of your Client.
23. Inhale slowly and comfortably ...
24. Exhale slowly and comfortably ...
25. Do this 3 - 7 breathing cycles.
26. When you Inhale - focus on the *receiving hand*.
27. When you Exhale - focus on the *giving hand*.

28. Your internal state affects your ability to perform a Treatment.
29. When you feel there has been sufficient Energy transferred to the palm of your Client, please stop transferring the Energy.
30. Please relax.
31. Shake your shoulders
32. Please give feedback.
33. Who was able to feel the movement of the Energy
(*Wait for the student's response*).
34. Change roles.
35. Thank you! Take your seat.

- Extracted from the Notes of Charlotte Anderson

THE PROJECTION OF VITAL LIFE ENERGY MAY ALSO BE DONE WITH THE FINGERS

Projection of Energy can also be done, by simply using one or two Fingers. On the tip of every Finger there is an acupuncture point, called a “Mini” Energy Center by our Spiritual Teacher. In other Traditions the very small Energy Centers are called “Lesser Centers”, “Minor Centers” and even “Smaller Centers” by Alice Bailey. They are called “Minor Chakras” by Barbara Ann Brennan.

By directing one or two Fingers to the spot where the Energy should go Transference takes place.

You may use only your fingers to specifically Project Energy to a point - either on the surface - or deep within the body.

- Extracted from the Notes of Charlotte Anderson

Has anyone here noticed when watching TV that when a person points at something or someone – this tends to strengthen the verbal point or thought in the mind of the person pointing?

This is because the Energy coming from your Finger Energy Centers is dense and may even through the intention of the person pointing become stronger.

When Finger Energy Centers are used during Treatments, the Projection of the Energy should be done very gently. Practitioners should Extend their Long Energy Fingers into the Area being Cleansed.

The fastest way of Treatment is through the Projection of Loving Energy to the Client.

CERTAIN POSITIONS MAY BE USED TO ABSORB MORE ENERGY

Different Arm positions, may be used to Absorb greater amounts of Vital Life Energy – which may be then Projected to the Client

In the tradition of certain Schools of Energy Treatments - a Practitioner simply Projects Energy to the Client - allowing the Energy to freely flow from the hands. When the flow of the Energy “Stops” – Then sufficient Energy is considered to have been “Projected” to the Area desired.

Certain postures Increase the *flow* of Energy through the hand.

Using the correct posture assures the Practitioner that the Energy will not become obstructed.

Keep your hand horizontal when you are Projecting Energy.

Inhale ... Focus on the Receiving Hand ...

Exhale ... Focus on the Projecting or Giving Hand.

- Extracted from the Notes of Charlotte Anderson

After transferring Vital Life Energy to a Client’s physical body, please ask “How do you feel?”

Feedback from the Client should be obtained - in order to avoid “Energy Congestion” on the treated Area.

REACTION IN THE ENERGY INFORMATION FIELD OF THE CLIENT

The Client can feel discomfort if the Practitioner Projects too much Vital Life Energy into the Energy Body or Energy Information Field of the Client.

What type of reactions could the Client experience?

The Client can feel dizziness, heaviness in the upper area of the body, experience a faster Heartbeat or somewhat heavy breathing – due to the shift in level of their Energy.

On VERY rare occasions, it has been noticed that a Client might even faint.

How can discomfort be avoided?

By simply looking regularly at the Client and asking about their well-being. When they are reassured -then discomfort may be easily avoided.

Immediately stop Projecting Energy - if the Energy flow from the Projecting Hand stops.

Some Practitioners tend to Project Energy too intensely.

This may cause discomfort in the Client.

When Projecting Energy – always SMILE, and Project gently in order to decrease the Clients resistance to the Projected Energy.

If discomfort occurs, simply remove the excess Energy from the area where too much Energy was Projected.

WHEN DO YOU KNOW THAT THERE IS ENOUGH ENERGY?

When repulsion is felt the flow of Energy has stopped and that part is full.

After several minutes of work (*in our tradition this would be Projecting Energy*) the intensity of the (*Energy*) flow will diminish ...
this means that the overall field is generally balanced (*or we would say - the area is sufficiently Treated*) ...

- Modified and Extracted from *Hands of Light*,
by Barbara Ann Brennan, ©1987, Page 206

Project Energy for as long as it is required.
When there is sufficient Energy the Practitioner may feel a stop of the Energy flow. Stop Projecting Energy.
Sometimes already in the beginning the Projecting hand is pushed back.
That means the Client is not receptive.
It means that the Client is saying, "I don't believe in this ... no, no, no!"

- *Extracted from the Notes of Charlotte Anderson*

INSTRUCTOR DEMO

Now, let's Project Vital Life Energy.
When you feel the Energy bouncing off of your hand, the Client is filled up.
This feels like a slight "pressure" pushing your hand back. This indicates that the Practitioner should stop Projecting Energy.
When pressure is felt, it is an indication that the flow of Energy has stopped or that the part is full. Please Project the Energy for as long as it is required.

Now, let us Secure the Energy.
Which is more Subtle Energy or Perfume?
(Wait for the student's response) Subtle Energy.
What happens if you leave the top off of the perfume bottle?
(Wait for the student's response) It evaporates!

If you do not Secure the Energy, it leaks out.

It is time for the field to reestablish healthy flow patterns that, if allowed **TO STABILIZE** over 48 hours will, become part of the normal flow of the system, **THUS MAKING THE HEALING PERMANENT.**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 245

How do you Secure the Energy?
You Project Pale Blue three times. Say, "Blue", "Blue", "Blue".

... has been **SECURED BY THE USE OF SOME BLUE** ...

-Extracted from *Filters for the reproduction of Sunlight and Daylight and the Determination*, by Raymond Davis, Kasson Stanford Gibson, ©1931, Page 14

Then Disconnect. Then Cut, Cut, Cut.

(Ask the Client, "How do you feel, give feedback to the group and take a seat.")

- *Extracted from the Notes of Charlotte Anderson*

L8 – Lesson 8	THINGS TO AVOID IN LEVEL I
Organisational:	Approx. 15 min
Power Point	
Book Reference	<i>The Science of Psychic Healing</i> , by Yogi Ramacharaka ©1909 <i>The Origin of Modern Pranic Healing, 1st Edition</i> , by Master Choa Kok Sui, ©2006 <i>A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals</i> , by Scott Marmorstein, ©2006
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

PLEASE AVOID THE FOLLOWING POSSIBLE PROBLEMS LEVEL I

1. When Projecting Energy to infants ... Project it to them only for a short time. Infants are like small cups. They are filled quickly. So you Project Energy for a shorter period of time. Please, Project the Energy to infants very, very gently.

- Extracted from the Notes of Charlotte Anderson

In the case of infants and children, the transference of Vital Life Force may also cause the blood pressure to increase or may cause too much Energy from the base of the spine to go up to the brain.

These conditions seriously affect the brain and in extreme cases may even cause death.

2. If Energy is Projected to the infant's Solar Plexus Energy Center, located at the hollow area between your ribs, this Center may become congested and may even affect the diaphragm.

In some cases this can cause difficulty in breathing.

In this case it is recommended that you Project Vital Life Energy directly into the Navel Energy Center located on the Navel.

3. For older people Project Energy very gently ... but for a longer period of time. When you feel bouncing Energy ... the Client is refilled. This is repulsion.

- Extracted from the Notes of Charlotte Anderson

4. Do not directly Project Energy to the Front Heart Energy Center.

Instead, when Energy is required, Project Energy to the Back Heart Energy Center.

Remember the only chakra that should not be energized (*from the front*) is the front heart chakra. This means **YOU CAN ENERGIZE THE BACK HEART CHAKRA ...**

- Extracted from *A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals*, by Scott Marmorstein, ©2006, Page 119, Emphasis by the Compiler

The Practitioner must remember - to Project Energy only to the Back Heart Energy Center.

- *Extracted from the Notes of Charlotte Anderson*

5. Avoid the Transference of Vital Life Energy to the eyes directly.

They contain minute Energy Channels or Meridians.

If you Project Energy to them directly - they may immediately get better but then they might get worse after a day or two.

So you project Energy to the Ajna, the back head and the temples – just a little.

- *Extracted from the Notes of Charlotte Anderson*

6. Do not Project Energy to the Meng Mein Energy Center.

Where is the Meng Mein Energy Center located?

Touch your Navel,

then go straight through to the back - to directly behind the navel – at the back.

- *Extracted from the Notes of Charlotte Anderson*

In the case of pregnant women, an excess of Vital Life Energy may adversely affect the unborn child and may also cause the mother's blood pressure to go up. This should be avoided.

7. Do not Project Energy to the Spleen Energy Center, except in case of severe infection. If too much Energy is Projected to the Spleen Energy Center - the person may collapse.

- *Extracted from the Notes of Charlotte Anderson*

To make Treatments safer, the Guidelines must be followed.

HISTORICALLY IT HAS BEEN NOTED THAT IN VARIOUS TRADITIONS ENERGY TREATMENT TRADITIONS HAVE USED THEIR EYES TO TRANSFER ENERGY TO THEIR CLIENTS ..

“Gazing, or transmitting Prana by the eye...and as the eye is a well-known channel of conveying Mental Force, it follows that the eyes may be advantageously used in conveying or transmitting Vital Force in healing.”

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 52,

WE DO NOT RECOMMEND PRACTITIONERS TO TRANSFER ENERGY WITH THE MORE SENSITIVE AREAS OF OUR BODY INCLUDING - THE EYES.

This is to avoid contaminating the Practitioner – who, in their compassionate desire to increase the Well Being of the other person – may inadvertently absorb some of the diseased Energy from the Client.

“Because the eyes absorb the diseased Energy ... *(it)* is not advisable *(or)* too healthy for the Practitioner *(to direct Energy with the Eyes)*.
... it is *(also)* not advisable to transfer Vital Life Energy directly *(to the client)* from *(any of)* your Major Energy Centers to the diseased part of the client for the same reason.”

- Modified and Extracted from *The Origin of Modern Pranic Healing and Arhatic Yoga*. By Master Choa Kok Sui, ©2006, Transcribed and Edited by Charlotte Anderson, Page 111

RE-CHECK TO AVOID TOO MUCH ENERGY IN GENERAL

If a Client feels any discomfort, please remove some of the Projected Energy.
Re-check.

“Feel” the Energy of the Area being treated – then re-check to determine how the Client feels.

The Practitioner then needs to Secure the Energy so that it will remain where it has been Projected.

L9 – Lesson 9	SECURING, CUTTING, DISCONNECTING FROM THE ENERGY
Organisational:	Approximately 5 min
Power Point	
Book Reference	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin ©1978 <i>Learn the Art of Psychic Defense, Remote Viewing, Telekinesis and more</i> , by Nicholas R. Taylor ©2003 <i>Mastering Your Hidden Self: A Guide to the Huna Way</i> , by Serge Kahili, ©1985 <i>Hands of Light</i> by Barbara Ann Brennan ©1987 <i>Possible Miracles - The Golden Lotus Sutra on Pranic Healing</i> , by Master Choa Kok Sui, ©2004
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

SECURING THE ENERGY

It is necessary to “Secure” the Energy at the Area of the body the Practitioner has just treated.

If a Practitioner does not Secure the Energy, within 30 minutes to 1 hour - the pain or discomfort of the Client may come back.

“...coaxing an old trauma to leave, filling the hole left by the trauma with the rose light of unconditional love and **SEALING IT OFF...**”

- Extracted from *Hands of Light* by Barbara Ann Brennan, ©1987, Page 231

How do you “Secure the Energy”?

You Project Pale Blue three times. Visualize Pale Blue ...

Or say: “Blue, Blue, Blue” to the Area that has been treated.

... has been **SECURED BY THE USE OF SOME BLUE** ...

- Extracted from *Filters for the reproduction of Sunlight and Daylight and the Determination*, by Raymond Davis, Kasson Stanford Gibson, ©1931, Page 14

(Demonstrate how the Energy is Secured on the treated part of the body)

If a Practitioner is not good at visualization then by simply forming the thought of

“Pale Blue” and saying “Pale Blue, Pale Blue, Pale Blue”, the Energy is Sealed. Once this has been done, the Energy will not “leave” or “leak out” from the locations where the Energy has been Projected. This we call Securing the Energy.

THE CONCEPT OF DISCONNECTING FROM THE PROJECTED ENERGY

After Securing the Energy the Energy, the treatment should always end with Disconnecting from the Energy Connection between the Practitioner and the Client. Disconnecting the Energy Link between the Practitioner & the Client is very important.

The clairvoyant eye can perceive lines of Energy, resembling cords, entering into the Chakras and connecting you with another person...**CORDS ARE PASSED BACK AND FORTH BETWEEN PEOPLE’S CHAKRAS CONSTANTLY, WITHOUT THE PEOPLE BEING AWARE OF IT ...**

Obviously a cord in the third Chakra can only sap of your own Energy, and it would serve you to remove it.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 79, Emphasis by this compiler

You must know that Energy flows from a higher source to a lower source. The Practitioner is like a Mini-Power House. The “power” has to be cut or Disconnecting from the front and back Solar Plexus Energy Center of the Practitioner otherwise a Client may continue to suck (or draw on) their Energy.

- *Modified & Extracted from the Notes of Charlotte Anderson*

USE THE TECHNIQUE OF CUTTING AND DISCONNECTING

It is widely recognized in multiple traditions, that Energy Connections (sometimes called “Cords”) exist between people. It is for this reason that people may sometimes become “addicted” to each other – due to these Energy Connections, that “bind” them together.

As we go through life meeting and greeting people, setting up relationships, we **CONNECT LITTLE ENERGY CORDS TO PEOPLE TO SUBCONSCIOUSLY** and intuitively read their personal data ... The more of a personal relationship we build with someone, the stronger the etheric cord gets ... This can also drain our energy as well.”

- Extracted from *Learn The Art of Psychic Defense, Remote Viewing, Telkinesis and more*, by Nicholaus R. Taylor, © 2003, Page 15, Emphasis by this compiler

Practitioners should be aware of Energy Connections with their Clients – both when Treating and interacting with them.

Developing personal relationships with Clients is not recommended. A Practitioner will rapidly lose credibility if they establish personal liasons with their Clients.

The first, popularized by Max Long uses the analogy of *aka* thread, **CORDS**, and fingers ... According to this analogy, we remain in contact with everything we sense by means of “sticky” *aka* **THREADS, LIKE DRAWN OUT STRANDS OF BUBBLE GUM, THAT NEVER BREAK** and never get tangled. Every time we renew contact, another thread is formed, so that **WE ARE CONNECTED TO CERTAIN PEOPLE AND PLACES BY CORDS** rather than threads. In addition, by the power of thought we have the ability to send out an “*aka* finger” to places or people we have never been in contact with, and thereby seek out information or have an influence.

- Extracted from *Mastering Your Hidden Self: A Guide to the Huna Way*, by Serge Kahili King, © 1985, Page 69

When a Practitioner gives a treatment, an Energy Cord or Connection between the Client and the Practitioner occurs. It is always necessary to Disconnect this Energy Link.

... **GENTLY BREAK THE CONNECTION** ... and move away from the client ...

- Extracted from *Hand of Light*, by Barbara Ann Brennan, ©1987, Page 235

If the Energy Connection is not Disconnected, a portion of the transmitted Energy may return to the Practitioner, thereby causing the treatment to be less effective.

ALWAYS DISCONNECT THE ENERGY CONNECTION BETWEEN THE PRACTITIONER AND THE CLIENT

Disconnecting the Energy Cord or Link between the Practitioner and the Client is fast and easy. This must be done after every Treatment.

Raise your hand – like a knife - and forcefully make a downward gesture
(*Instructor demonstrates*)

Form the intention to Disconnect the cord from the Client.

Mentally say, “Cut, Cut Cut!”

FROM WHERE DOES A PRACTITIONER DISCONNECT?

FROM THE FRONT AND BACK SOLAR PLEXUS.

- *Extracted from the Notes of Charlotte Anderson*

(Instructor touches their Solar Plexus Energy Center and instructs the class to touch each area from which they must remember to “Cut” the Energy Link.)

The Spleen (Instructor touches their Spleen Energy Center and Says, Class touches the Spleen) From the Sex Energy Center - including all conscious and subconscious “Illegal” Connections. (Instructor touches the Sex Energy Center and class touches the Sex Center)

- *Extracted from the Notes of Charlotte Anderson*

GIVING YOUR CLIENT INSTRUCTIONS AFTER TREATMENT

In the same way that water and salt is used to Absorb and Remove Unwanted, Dirty Energies in the environment – water has been noted to interfere with Energy Treatments when used immediately after a session.

It is recommended for the Client to take a bath - with water and salt BEFORE Treatment.

Additionally it is recommended for Clients not to immerse their body in water for a minimum of 24 hours AFTER an Energy Treatment. If the condition is severe, they may even wish to refrain from bathing for a few days.

This Practice will make the Energy Treatment more effective because the Projected Energy applied to their system will not be washed away – which allows the Energy sufficient time to be assimilated.

L10 – Lesson 10	SIMPLE TREATMENTS USING ENERGY HEALING
Organisational:	Approximately 45 min
Power Point	
Book Reference	<i>Kundalini Yoga</i> by Swami Sivananda, ©1978
Internet	www.pranichealing.org

*These book references apply only to the Sequence you are now reading

STEPS REQUIRED FOR SUCCESSFUL TREATMENT

1. **CONFIDENCE AND BELIEF – PRAYER OR INVOCATION**
2. **INCREASING THE RESPONSIVENESS OF THE HAND ENERGY CENTERS**
3. **REMOVE OR CLEAN THE UNWANTED OR ABNORMAL ENERGY** – from the Area being Treated.
Flick the removed Energy from your hand regularly during Cleansing.
Use a Basin of Water and Salt.
Always remember to *Clean your Hands*.
4. **PROJECT OR TRANSFER VITAL LIFE ENERGY** to the Body or to the area being Treated. Repeat the Cleansing of the Particular Area and the Transference of Vital Life Energy if necessary more often. Ask the Client if they feel okay.
5. **SECURE THE ENERGY**
6. **DISCONNECT FROM THE ENERGY** - Cut the Connection to the Client
7. **GIVE THANKS**

ALWAYS “GIVE THANKS” AFTER A TREATMENT SESSION

It is also advised to always “Give Thanks” for the Divine Guidance, Help and Protection received, after every session.

Success in Treatments is Increased through the Divine Grace of the Supreme God. Feeling a deep sense of Gratitude for the Mercy and Compassion received is an integral part of the Recovery of the Client.

There have to be cultivated emotions, **FEELINGS OF DEEP GRATITUDE ON THE PART OF THE PERSON BEING HEALED FOR REGAINED HEALTH** and on the part of the healer for the privilege of being a channel. Gratitude ... plays an important part in the practice and the results.

- Extracted from *Kundalini Yoga*, by Swami Sivananda, ©1978, Page 192

At the end of each session give a short Prayer of Thanksgiving
Please close your eyes. Mentally say:

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith.
Thank You.*

PRACTICE IN USING THE SIMPLE STEPS

If during the course of this workshop any subjects or volunteers feel discomfort, simply clean the Excess Energy off of the Particular Area.

1. PRACTICE ON TREATING TOOTHACHE

Okay, Let's Practice Treating Toothache.

1. Get a partner
2. Decide who will be the Practitioner, and who will be the Client.
3. Take a Basin with Water and Salt and Hand Spray
4. Practitioners stand up - Clients sit down

- Extracted from the Notes of Charlotte Anderson

NOW, LET US INVOKE FOR DIVINE BLESSINGS

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith. Thank You.*

5. When you treat, remove your watch,
Exercise your hands to increase Responsiveness
Practitioner SMILE.
Tell the Client to, "Close your eyes. Be conductive and sit with your feet flat

- on the floor. Please complete the Energy Circuit.”
6. Practitioner, complete the Energy Circuit.
 7. Now, raise your hand in the air and Cleanse the tooth.
1, 2, 3, 4, 5 Throw.
Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw ...
(Instructor, count up to 30. Give the students time.)
 8. NOW CLEAN THE HANDS
Remember to decontaminate your hands. Spray your hands.
 9. Now, let's Project Vital Life Energy to the Affected Area of the tooth.
One hand is receiving and the other hand is giving the Energy.
Inhale slowly and comfortably ...
Exhale slowly and comfortably ...
When you feel the Energy bouncing off of your hand,
the Client is filled up.
This is *repulsion*.
When repulsion is felt, the flow of Energy has stopped.
The Area being Treated is full.
Project the Energy for as long as it is required.
 10. Now, let us Secure the Energy.
How do you Secure the Energy?
You Project Pale Blue three times to the treated tooth.
Mentally say, "Blue, Blue, Blue".
 11. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

12. Then Cut - Disconnect the Energy link. Say, "Cut, Cut, Cut"

- Extracted from the Notes of Charlotte Anderson

2. PRACTICE ON TREATING HEADACHE

Okay, let's Practice treating the condition of a Headache.

1. Do not change roles

LET US INVOKE FOR DIVINE BLESSINGS

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith. Thank You.*

2. Practitioner SMILE
Say to the Client,
*“Please close your eyes.
Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit”*
3. Practitioner, Complete the Energy Circuit.
4. Now, raise your hand in the air above the head of the Client and Cleanse the Head.
1, 2, 3, 4, 5 Throw.
Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw ...
(Instructor, count up to 30. Give the students time.)
5. NOW CLEAN YOUR HANDS
6. Now, let’s Project Vital Life Energy to the Individual Area of the head.
One hand is receiving and the other hand is giving the Energy.
Inhale slowly and comfortably ...
Exhale slowly and comfortably ...
Project the Energy for as long as it is required.
7. Now, raise your hand in the air and Clean the Ajna - the between your Eye brows. This Energy Center can be affected in case of Headache.
1, 2, 3, 4, 5 Throw.
Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw ...
(Instructor, count up to 30. Wait for the students.)
8. NOW CLEAN THE HANDS
9. Now, let’s Project Vital Life Energy to the Ajna Energy Center.
Use two Fingers to Project Energy to this small spot between the eyes.
Do not Project Energy directly to the Eyes.
Please position the hand and fingers carefully!
One hand is receiving and two fingers are giving the Energy.
Inhale slowly and comfortably...
Exhale slowly and comfortably...
When you feel the Energy bouncing off of your fingers, the Client has received enough Energy.
Project the Energy for as long as it is required.
10. Now, Let us Secure the Energy.
Project Pale Blue three times. Mentally say, “Blue, Blue, Blue”.
Do this in the Head area and at the Ajna Energy Center.
11. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*
12. Then Disconnect the Energy link. Cut, Cut, Cut.

- Extracted from the Notes of Charlotte Anderson

3. PRACTICE ON TREATING AILMENTS OF THE SHOULDER OR ARM

Okay, let's Practice on ailments of the shoulder or arm.

1. Practitioners do not change roles!

LET US INVOKE FOR DIVINE BLESSINGS

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith. Thank you.*

2. Practitioner SMILE.

Say to your Client

*Please close your eyes.
Be conductive and sit with your feet flat on the floor.
Please complete the Energy Circuit.*

3. Practitioner, complete the Energy Circuit.
4. Practitioner, raise your hand – above the shoulder and Sweep the Affected Area in the Shoulder or the Arm.
1, 2, 3, 4, 5 Throw.
Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw ...
(Instructor count up to 30. Wait for the students.)
5. PLEASE CLEAN YOUR HANDS
6. Now, Let's Project Vital Life Energy to the Affected Area of the Shoulder or Arm.
(Instructor, take care, that the students do not point with their fingers to the head)
One hand receives; the other hand gives the Energy.
Inhale slowly and comfortably ...
Exhale slowly and comfortably ...

When you feel the Energy bouncing off of your hand, the Client is filled up.
Project the Energy for as long as it is required.
7. Now, let us Secure the Energy.

Project Pale Blue three times. Mentally say, "Blue, Blue, Blue",

Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection*

*and for Healing this Client.
With Thanks and in Full Faith.Thank You.*

8. Then Cut the Energy Link - Completely Disconnect the Energy.

4. PRACTICE ON TREATING BACK PAIN

Okay, Let's Practice on treating Back Pain.

1. Practitioners stay the same, do not change roles.
If your partner has lower Back Pain, ask them to stand up.

INVOKE FOR DIVINE BLESSINGS

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith.Thank You.*

2. Practitioner SMILE,
Say to your Client,
"Please close your eyes.
Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit."
3. Practitioner, complete the Energy Circuit.
4. Practitioner, raise your hand to the top of the head and Sweep the Affected Area of the back – including the spine.
(If the Affected Area is on the lower back, subsequent Cleansings should begin in area needing Treatment.)
1, 2, 3, 4, 5 Throw.
Do this up to 30 times. 6, 7, 8, 9, 10, Throw. 11, 12, 13, 14, 15. Throw ...
(Instructor, count up to 30. Wait for the students.)
5. NOW CLEAN YOUR HANDS
6. Now, let's Project Vital Life Energy to the part of the back being Treated.
You can use two fingers or the palm of the Hand.

*(Instructor, be certain, that the students **do not** Project Energy to the Meng Mein Energy Center)*

One hand receives, the other hand or the fingers Project the Energy.
Inhale slowly and comfortably ...
Exhale slowly and comfortably ...
When you feel the Energy bouncing off of your hand, the Client is filled up.
Project the Energy for as long as it is required.

7. Now, let us Secure the Energy.

- You Project Pale Blue three times. Mentally say, “Blue, Blue, Blue”,
8. Let us Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith.Thank You.*

9. Then Cut, Cut, Cut – Disconnect the Energy Link completely.
10. Is everyone okay?
11. Please give Feedback.
12. Change Roles.

(Instructor, repeat the whole exercise.)

- Extracted from the Notes of Charlotte Anderson

WHY WILL A DELAY IN RELIEF SOMETIMES OCCUR?

Practitioners may notice that it may take some time for the Client to feel an easing of their discomfort.

This is because the Treatment the Energy body is significantly faster than alleviating a condition in the physical body.

In other words, the chemical process involved in obtaining relief may take from minutes to hours, to even days after a treatment has been performed.

EVERY BODY IS DIFFERENT ...

Some bodies become better faster, while some bodies are slower to improve.

Young Children tend to regenerate faster.

Be certain that the mind of the Client is focused on receiving the Benefits of the Treatment.

They should not allow their minds to focus on their problem or on other negative issues.

- Extracted from the Notes of Charlotte Anderson

SOMETIMES “REJECTION” OF PROJECTED ENERGY MAY BE NOTED

Some person may believe a Practitioner may produce an immediate miracle ... but even an aspirin takes time to be assimilated.

The Transference of Vital Life Energy is the factor that further accelerates the rate of improvement.

Rapid results are most frequently obtained when *extremely thorough* cleansing is applied ...

A Client is often able to see or feel – rapid or sudden changes in their condition.

Usually a slight change may occur - even within two to three minutes.

- Extracted from the Notes of Charlotte Anderson

If the Client is not receptive to the Projected Energy or if they have already received enough of Energy or if there is no Karmic Entitlement to the Treatment – the Projected Energy may not penetrate their system – or penetrate the area where the Energy is being directed.

In another instance – when Energy is Projected – the Practitioner may note that the Projected Energy returns to their hand – or “rebounds” back into the Projecting hand.

PRACTICE THIS NEW INFORMATION DAILY!

It will take you approximately 4 hours to learn Fundamental Concepts of Level I.

Through the application of the simple technology given you may immediately begin to transform Energy from one state to another state.

The first step required is to Practice regularly.

It is recommended that you start with simple conditions, in order to develop confidence. This is gained by achieving visible rapid results.

In the beginning treatments may take 15 – 20 minute for simple conditions.

As you Practice and you gain an ability to feel the quality of various kinds of Energies, your ability to use this technology will become much faster.

Few modalities give a Practitioner the knowledge required to treat and alleviate conditions after only a short period of time.

BLESSINGS

*To the Supreme God,
Thank You for Your Great Blessings.
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

L11 – Lesson 11	ENERGY CENTERS AND THEIR FUNCTIONS
Organisational:	Approximately 20 min
Power Point	
Book Reference	<i>Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978 <i>Esoteric Healing</i> , by Alice A. Bailey, ©1953 <i>Prana, The Secret of Yogic Healing</i> , by Atreya, Samuel Weiser Inc, ©1996 <i>The Universal Healing Art of Jing-Qi-Shen</i> , by Ven. Rinchen Chodak, ©2006 <i>The Chakras</i> , by Charles W. Leadbeater, ©1927 <i>Acupuncture Medicine: Its Historical and Clinical Background</i> , by Yoshiaki Omura, ©1982 <i>Taoist Meditation: the Mao-Shan-Tradition of Great Purity</i> , by Isabelle Robinet, ©1970 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987 <i>Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation</i> , by Guru Rattana, Ph.d ©1988
Internet	www.pranichealing.org
Other	Appendix E – Additional Info on the Energy Centers

*these book references apply only to this Sequence that you are reading

ALWAYS INVOKE FOR DIVINE BLESSING

Let us begin with a short Prayer.
Please close your eyes.

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

THE ENERGY CENTERS

The Energy Centers are like Power Centers that generate Energy for the different areas of the body.

This can be compared to having different power stations - that serve various parts of different communities - within one metropolitan area.

(Give as an Example some of your Cities around you.)

In this workshop we will focus on discussing the Major Energy Centers.

All Energy Centers are Beings or Devas.

The form of the Energy Centers is like “flowers” - but they are made of Light.

- Extracted from the Notes of Charlotte Anderson

“For our purpose we identify and work with seven principal chakras and four secondary ones. All eleven Energy Centers are connected to an "Energy Channel" which runs behind and parallel with the spine ...”

"Anything which disturbs an Individuals normal functioning has the potential to disturb the chakras as well... Physical as well as psychological problems can result from these blockages, and a healer can frequently accomplish a great deal simply by cleaning out and aligning the chakras."

*- Extracted from *Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 26*

Sometimes children may have bigger Energy Centers than adults.

This is dependent on the development of the soul of the person.

- Extracted from the Notes of Charlotte Anderson

LOCATION AND FUNCTION OF THE MAJOR ENERGY CENTERS

Now, where are the 11 Major Energy Centers located and what are the Functions of the individual Energy Centers?

Extracted from the Notes of Charlotte Anderson

(Instructors look to see that the students grasp these important areas.

Correct if the student's hands are placed incorrectly.)

When I touch, touch.

When I say repeat, repeat.

- Extracted from the Notes of Charlotte Anderson

BASIC ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the base of your spine.

Say “Basic Energy Center” *(Wait for the student's response.)*

- Regulates and Revitalizes the skeletal and muscular systems
- Regulates the production of blood in the body
- Regulates the adrenal glands

- *Extracted from the Notes of Charlotte Anderson*

When the center is blocked or closed ... *(the person)* will avoid physical activity, will be low in Energy and may even be “sickly”. He will lack physical power.

- Extracted from *Hands of Light*, b Barbara Ann Brennan, ©1987, Page 72

SEX ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the pubic area.

Say “Sex Energy Center” *(Wait for the student’s response.)*

- Regulates and increases the Energy of the sex organs and the urinary bladder.
- 30 percent of the Energy of the Sex and Basic Energy Center goes to the legs.
- Clients who are sexually impotent must also have their Sex and Basic Energy Centers treated.

- *Extracted from the Notes of Charlotte Anderson*

Sacral Center ... Gonads ... Sex Organs ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

“THE BASIC AND SEX ENERGY CENTER ARE LIKE THE ROOTS OF THE TREE”

People with ailments involving weak legs require the treatment of both the Sex and Basic Energy Centers.

- *Extracted from the Notes of Charlotte Anderson*

The Sacral Center is related to the quantity of sexual Energy of a person.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 72

NAVEL ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch your Navel.

Say, “Navel Energy Center” *(Wait for the students response.)*

- Regulates and Revitalizes the small and large intestines.

- The Navel Energy Center of a woman also affects the ability to easily give Birth.
By doing thorough Cleansing of the Navel and then Projecting of Energy to that area during labor, a Client may be assisted in accelerating the delivery.

- *Extracted from the Notes of Charlotte Anderson*

... Body Organs: Large intestine, colon ...

- *Extracted from The Universal Healing Art of Jing- Qi - Shen, ©2006, Page 34*

Navel Chakra is associated physically with health, vitality, well being, good digestion and energy.

- *Extracted from Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation, by Guru Rattana, Ph.d, ©1988, Page 11*

“WHEN YOU PROJECT ENERGY TO THE NAVEL ... THIS ALLOWS THE WHOLE BODY GETS “REVITALIZED”

SOLAR PLEXUS ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the hollow area between your ribs.

Say, “Solar Plexus Energy Center” *(Wait for the student’s response.)*

The Solar Plexus Energy Center is located both in the front and back of the body.

Touch the Back Solar Plexus Energy Center.

Say, “Back Solar Plexus Energy Center” *(Wait for the student’s response.)*

- Regulates and Revitalizes the liver, pancreas, stomach, diaphragm, and to a large extent, the large and small intestines.
- Regulates and Revitalizes the Digestive, Assimilative and Eliminative systems.

- *Extracted from the Notes of Charlotte Anderson*

Solar Plexus: Pancreas, Stomach, Liver, Gall-Bladder ...

- *Extracted from Esoteric Healing, by Alice A. Bailey, © 1953, Page 45*

“NEGATIVE EMOTION OF STRESS AFFECTS THE LIVER & OTHER ORGANS...”

MENG MEIN ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Now, touch the back - opposite to the Navel

Say “Meng Mein Energy Center” (*Wait for the student’s response.*)

- Regulates and Revitalizes the kidneys and adrenal glands.
- Regulates the blood pressure.
- The Meng Mein Energy Center, together with the Sex Energy Center, Regulates the urinary system.

- *Extracted from the Notes of Charlotte Anderson*

GV4, Ming Men: some clinical Indications ... Hemorrhage, lumbar pain, diseases of adrenal gland ...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, © 1982, Page 118

Remember not to Project Energy to the Meng Mein Energy Center of infants, children, pregnant women and hypertensive Clients.

By removing diseased Energies from the Meng Mein Energy Center through Performing Cleansing 100 to 200 times, the blood pressure is gradually able to normalize.

This treatment may be repeated until the condition normalizes.

- *Extracted from the Notes of Charlotte Anderson*

... one may generally consider ming-men as referring to the kidneys

- Extracted from *Taoist Meditation: the Mao-shan Tradition of Great Purity*, by Isabelle Robinet, © 1979, Page 79

“THE SPLEEN ENERGY CENTER ALSO REGULATES THE PHYSICAL SPLEEN. THE BLOOD OF THE BODY PASSES THROUGH THE SPLEEN 3 TIMES PER MINUTE ...”

SPLEEN ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the middle of your left lower rib.

Say “Front Spleen Energy Center” (*Wait for the student’s response.*)

The Spleen Energy Center also is located at the back of the body.

Touch the Back Spleen Energy Center.

Say “Back Spleen Energy Center”

(Wait for the student’s response.)

- Regulates the Spleen, and draws in Energy from the surroundings, digests it and distributes it to all the different Energy Centers.
- To rapidly revitalize weak Clients, thoroughly remove the diseased Energy and Project Vital Life Energy to the person. This is to be done preferably by an experienced Practitioner.

- *Extracted from the Notes of Charlotte Anderson*

... the Spleen is the organ of Prana or of physical vitality ...

-Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 177

... (*the Center*) at the spleen - is devoted to the specialization, subdivision and dispersion of the vitality ...

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

“ACTIVATING THE HEART WILL HELP TO NORMALIZE BOTH THE UPPER AND THE LOWER ENERGY CENTERS.”

- *Extracted from the Notes of Charlotte Anderson*

FRONT HEART ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the center of your chest with the pads of your fingers.
Say, “Heart Energy Center” *(Wait for the student’s response.)*

The Heart Energy Center also is located at the back of the body.
(Show the students the location of the back Heart Energy Center.)

Touch the Back Heart Energy Center.

Say “Back Heart Energy Center”

(Instructor Projects a colored image of the Energy Center on the screen.)

(Wait for the student’s response.)

- Regulates and Revitalizes the physical heart and the thymus gland.
- Back Heart Energy Center Regulates and Revitalizes the physical heart, the thymus gland, and the lungs.
- Both the front and the back Heart Energy Center are interconnected.

When Projecting Energy to the Heart, always remember to Project the Energy through the Back Heart Energy Center.

- *Extracted from the Notes of Charlotte Anderson*

Heart: Thymus, Heart Circulation System, Blood ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

THROAT ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the Throat.

Say “Throat Energy Center” *(Wait for the student’s response.)*

- Regulates the Throat, Thyroid Gland, Parathyroid Gland, Lymphatic System.
- To a certain degree it influences the Sex Energy Center.

- *Extracted from the Notes of Charlotte Anderson*

Throat: Thyroid, Breathing Apparatus, Sound ...

- Extracted from *Esoteric Healing*, by Alice A. Bailey, ©1953, Page 45

“THE AJNA IS CONNECTED TO THE CONCRETE MIND AND TO STRESS”

AJNA ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the empty space between the Eyebrows.

Say “Ajna Energy Center” *(Wait for the student’s response.)*

- Regulates the Pituitary Gland, the Endocrine System and the other Major Energy Centers.
- It is the Master Energy Center.

- *Extracted from the Notes of Charlotte Anderson*

Center between the Eyes - Ajna Center - Pituitary gland, Nose ...

- Extracted from *Esoteric Healing*, Alice A. Bailey, © 1953, Page 45

“ACTIVATING THE AJNA ENERGY CENTER HELPS TO NORMALIZE THE HIGHER ENERGY CENTERS”

FOREHEAD ENERGY CENTER

(Instructor Projects a colored image of the Energy Centers on the screen.)

Touch the middle of the forehead.

Say “Forehead Energy Center” *(Wait for the student’s response.)*

- Regulates and Revitalizes the Nervous System and the Pineal Gland.

- *Extracted from the Notes of Charlotte Anderson*

In the school of Atreya the Forehead Energy Center is called a Minor Chakra...
Forehead ... nervous system, endocrine system ...

-Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, ©1996, Page 64

CROWN ENERGY CENTER

(Instructor Projects a colored image of the Energy Center on the screen.)

Touch the top of your Head.
Say “Crown Energy Center” *(Wait for the student’s response.)*

- Regulates and Revitalizes the brain and the Pineal Gland.
At the back of the head is the Back Head Minor Energy Center.
By Projecting Energy to the Back Head Minor Energy Center, the brain can be
along with the eyes, the ears, the Pineal and the Pituitary Glands, and the mouth.

- *Extracted from the Notes of Charlotte Anderson*

The Crown Chakra – Pineal Gland...

- Extracted from *Esoteric Healing*, by Alice A.
Bailey, © 1953, Page 45

... Top of the head: control(s) the Brain and Pituitary Gland.

-Extracted from *Prana, The Secret of Yogic Healing*,
Atreya, Samuel Weiser, Inc, © 1996, Page 63

ENERGY CENTERS REGULATE THE INTERNAL ORGANS AND THE ENDOCRINE GLAND SYSTEM

Let’s make a fast overview regarding the Internal Organs.
This does not mean that after going over the organs you are an expert.
This exercise simply shows the location of the various organs so that they are easier
to work with effectively.

(Instructor Projects a colored image of the Internal Organs of the body on the screen.)

Touch the Crown and the Forehead Energy Center.
Say, “Brain and Central Nervous System”

Touch the Ajna.
Say, “Executive Energy Center, Pituitary Gland,

Upper Respiratory System, Nose, Sinuses”

Touch the throat

Say, “Larynx, Voice Box, Thyroid Gland, Trachea, Bronchi, Food Tube”

Heart, touch the front heart

Say, “Thymus, physical heart, right and left ventricle, right and left atrium”

Right upper side - pacemaker.

Left side – critical side.

Touch the back Heart

Say, “Lungs”

Touch the lungs, left and right.

Touch the Center of the body

Say, “Stomach”

Touch the Right side of the body

Say, “Liver”

The liver digests fat, has lymph nodes inside, produce cholesterol and cleans the blood. Stress affects the liver.

At the top, back of the body – is the pancreas.

Say, “Pancreas”

Put your right hand on top of your left hand.

Say, “Islets of Langerhans”

The pancreas and the cells at the top of the pancreas produce insulin. This helps to digest food.

Touch the left side of the body.

Say, “Spleen”

It destroys diseased dirty blood cells.

If the spleen is not functioning, the person may feel weak.

Touch the back, right and left.

Say, “Kidneys” - purifies blood from toxins.

Touch just above your kidneys

Say, “Adrenal glands”

Now touch the diaphragm

Say, “Diaphragm - movement of the lungs, makes the lungs work”

It separates the organs of the upper area of the body from the digesting and simulative organs from the lower area of your body.

Touch the abdomen area

Say, “Intestine - Digestion, Elimination, and Circulation”

Middle - Transverse colon

Right side - Ascending colon

Left side - Descending colon.

Center of the body bellow the Navel - Small intestines

Lower Area

Sex organs, uterus, female organs, urinary bladder, prostrate gland, and testicles.

- Extracted from the Notes of Charlotte Anderson

L12 – Lesson 12	FEELING THE ENERGY
Organisational:	Approximately 40 min
Power Point	
Book Reference	<i>Hindu Yogi Breathing Exercise</i> , by Yogi Ramacharaka, ©1909 <i>The Psychic Healing Book</i> by Amy Wallace & Bill Henkin, ©1978 <i>Hands of Light</i> by Barbara Ann Brennan ©1987 <i>The Art of Spiritual Healing</i> by Keith Sherwood, ©1985
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

PHYSICAL EXERCISES FOR “FEELING OF THE ENERGY”

Chi Gung was developed in China, nearly 5,000 years ago. We will use a modification of Chi Gong Movements in order to allow the Practitioner to increase their Sensitivity to Subtle Energy.

When old energies are released, one’s Meridians or Nadis become cleansed. This allows Subtle Energies to freely flow in the Energy Channels within the body and increases the Practitioner’s ability to Feel Subtle Energies to a far higher degree.

Let us do the short set of Physical Exercises to Increase the Responsiveness of the Hand Energy Centers.

(Please stand up)

1. Twist the upper area of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and turn it to the left.
4. Now, please exercise your shoulders by rotating your arms 12 times back, then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out
6. Now, let us exercise the wrists 12 times to the left and 12 times to the right
7. Now, stretch your left hand up, with the palm reaching to the sky, while your simultaneously stretch your left hand down to the ground. Reach and stretch with the right hand up, with the left hand down. Please do this seven times.

“The Hand Chakras are the Chakras brought into play whenever... Healers
USE THEIR HANDS BOTH TO RECEIVE AND TO COMMUNICATE Healing
Information and Energy.”

- Extracted from *The Psychic Healing Book*, by Amy
Wallace and Bill Henkin,, ©1978, Page 31

INCREASE THE RESPONSIVENESS OF THE HAND ENERGY CENTERS

1. Complete the Energy Circuit.
2. Press the center of the left palm with the thumb of the right hand.
Press the center of the palm and simultaneously turn the thumb in a
clockwise motion.
This is done in order to Increase the Responsiveness of the Hand Energy
Center.
3. Now, repeat this Procedure with the right palm and the left thumb.
Remember to turn the thumb clockwise while pressing the palm.
This will Increase your ability to “Feel” the Energy.
4. Now, press the tip of each finger against the tip of the thumb
5. Now, place your two hands about 2 - 3 inches or 5 - 7 cm apart.
6. Do not imaging anything.
7. Do not expect anything.
8. Simply be neutral.
9. Now, very slowly move your hands away from each other – then bring them
closer together again.
10. Continue to move your hands slowly together and apart.
11. Just try to “Feel” the Energy.
12. Do not try too hard ... just relax.
13. Inhale slowly and comfortably ...
14. Exhale slowly and comfortably ...
15. Repeat this for seven breathing cycles.
(*Instructor waits for a few minutes.*)
16. Remember to maintain your concentration on the center of your palms.
17. Thank you.

Do this exercise before the Practice of “Feeling” the Energy.

This will assist the Practitioner to achieve better results.

“The feeling of building something up between your hands is that of a tickling
sensation with pressure, somewhat like static electricity. When the Energy Body
edges touch each other, there is a feeling of tingling and of pressure”

- Extracted from *Hands of Light*, by Barbara
Brennan, ©1987, Page 55

LET US TALK ABOUT “FEELING THE ENERGY”

The Practice of this technique will increase the Practitioner's ability to "Feel" or "Scan" the Energy.

Through this Procedure it is possible to determine whether a reduction or an enhancement in the Energy Level of the Client is needed.

ASSESSMENT OF THE LEVEL OF ENERGY OF THE BODY OR THE AREA BEING TREATED, DETERMINES WHETHER OR NOT THE CLIENT NEEDS MORE OR LESS ENERGY IN THAT AREA.

Feeling Energies or "Scanning" may be used to check the entire body or a specific area of the body.

Move your hand slowly toward the Client - gently Feeling the Energy.

Please do not "slap" at the edges of the Energy, by moving your hands too rapidly.

"Scanning a friend ...

First, scan the body to find an area you are attracted to.

You may use your hands ..."

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 166

Move your hands slowly ...

When you feel Pressure ... it means that you have located the edge of the Energy Information Field of the Client.

"...Feel for his aura by holding your hand palms down about one foot above from him. Feel for sensations of heat, fullness, or tingling. When you sense or feel the aura, start to move your hands over the entire Aura in order to compare temperatures, sensations, feelings, and images that come to your own mind."

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 44

It is important to feel both the general Energy Level ... and the "thickness" of the part being scanned.

This subtle difference allows the Practitioner to have a reference point or a standard for comparison when Feeling the Energy of the different Organs and Energy Centers.

There can be "Energy Depletion" or "Energy Congestion".

"...each chakra is a doorway for energy of a different frequency. When any of these doorways are closed or blocked for any reason whatsoever, problems arise because energy needed to nourish the physical body is restricted, and these problems will

later be transmuted into physical disease.”

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 63

In areas where you do not feel the Energy or if you do not feel any pressure against your hand when it is near the body, this indicates an insufficient amount of Energy in the area being Treated.

The surrounding fine meridians may be partially or severely blocked causing the Energy to be restricted from flowing freely through the Particular or Individual Area or “Affected Part”.

“If there is no sensation in your hands above these areas, the Energy is not flowing properly there.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Page 45, ©1978

Another cause may be if the Energy Center is lacking in Energy or if it has been so filled up with the dirty or diseased Energy due to the ailment or condition of the Client.

When the hand of the Practitioner feels like it is being pushed back - or pushed away from the body, this is an indication of Energy Congestion.

The Energy may push the hand back even for more than 1–2 meters. This means that too much Energy or Bio–Plasmic Matter is causing the surrounding Meridians to become partially or severely blocked. The Energy cannot move.

“If parts of the Aura feels thick or dense, there is an excess of Energy in these areas which may have accumulated in one spot because it is blocked in some other part of the Aura.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 46

The Practitioner must remember that diseases first manifest in the Energy Body before manifesting in the visible physical body.

When feeling the Energy or the Inner Energy Information Field it is important to feel not just the first layer of the Energy but also to gently feel the *Inner Layers* of the Energy.

Careful examination when feeling the Energy may reveal that one layer is thin – meaning that not enough Energy is present - while another layer may be observed to be normal.

Move your hand slowly back and forth in order to “feel” the Energy carefully.
Maintain an intention to feel the Energy of the Client.
Feel and scan the Client from their head to their feet.
Then feel or scan the front and the back of the body.

Determine if the right and the left sides of the body are equal or imbalanced.
The right and left sides of the body should have the same degree of Energy – with regard to the *amount* of Energy and the same degree of the *thickness* in the Energy.

Feeling the Energy with your fingers is required when locating small trouble spots within the body.

The palm of your hand may feel the healthier areas you are examining, but it may not have adequate sensitivity to detect very small trouble spots.
In this case it is necessary to feel the Energy with your fingers.
(*Instructor demonstrates.*)

FEEL AND ASSESS THE ENERGY BEFORE YOU DO A TREATMENT

Check the Energy condition of the Client.
First, scan the body to find an area you are attracted to. You may use your hands...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, © 1987, Page 166

Practitioners must improve their ability to Scan or Feel Energy properly. This is a skill that can be developed.

- *Extracted from the Notes of Charlotte Anderson*

It is helpful to learn how to feel the size and the shape of the Outer, the Health – and the Inner Energy Information Field.

This is because both, the Outer Energy Information Field and the Health Energy Information Field are more subtle than the Inner Energy Information Field.

“FLICK “THE HAND REGULARLY WHEN ASSESSING OR FEELING ENERGY

Sometimes the hand of the Practitioner comes into contact with diseased Energy when “Feeling” Energies.

This is why it is important to “Flick” the Hand between the Feeling regularly.

“Every once in a while raise the Hands and "Flick" the fingers as if you were throwing off the diseased condition.”

- Extracted from *Hindu Yoga Breathing Exercise*,
by Yogi Ramacharaka, ©1909, Page 34

FEELING THE INNER ENERGY INFORMATION FIELD AND THE ENERGY CENTERS

IN FEELING OR SCANNING - FOLLOW THE PROCEDURE:

1. Increase the Responsiveness of the Hand Energy Centers.
2. Isolate the Client from your Energy Information Field.
3. Then scan.

Accurate Scanning or “Feeling” - the Energy of the Energy Centers - or the Energy Information Field - cannot take place if the Practitioner does not completely Separate the Client - from the Practitioner’s Energy Information Field.

The Energy Information Field and the Energy Centers of the Practitioner need to be stronger than the Client. A Client’s Energy Center’s will start to change more rapidly during Treatment Energy flows from the Practitioner to the Client.

- Extracted from the Notes of Charlotte Anderson

How to do this?

Say, *“The Client is Isolated from my Energy Information Field right now.”*

DURING SCANNING LOOK AT THE AREA YOU WISH TO ASSESS

Now, validate the effect when you look at the part you wish to Assess.

To the class:

1. Complete the Energy Circuit.
2. Invoke for Divine Blessings,

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith.*

3. Increase the Responsiveness of the Hand Energy Centers. Press the center of the left palm with the thumb of the right hand. Press the center of the palm and simultaneously turn the thumb in a clockwise motion.
4. Now, repeat this Procedure with the right palm and the left thumb. Remember to turn the thumb clockwise while pressing the palm.
5. Now, press the tip of each finger against the tip of the thumb.
6. Inhale slowly and comfortably ...

7. Exhale slowly and comfortably ...
8. Concentrate on the center of your palms and on the tips of your fingers.
9. Form an Intention to “Feel” the Energy of the finger of the other Hand.
10. Look at the Area you wish to feel.
11. Slowly move the Hand back and forth.
12. Can you feel the Energy Information Field of the finger?
(*Wait for the student’s response.*)

Now check the effect - when you do not look at the Affected Area*.

(Instructors Note:

**Yogi Ramacharaka, Maha Atma Choa Kok Sui and others – all used the terminology “Affected Part”. In this school we use the terminology “Individual or Particular Area”.)*

... for the underlying principle of Pranic Healing seems to be that the healer sends a supply of Pranic Force to **THE AFFECTED PARTS**, supplying the deficiency of Prana in those parts.

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 90

Again Feel and Scan the Energy.

1. Look at the Ceiling.
2. Form an Intention to “Feel” the Energy of the finger of the other Hand.
3. Inhale slowly and comfortably ...
4. Exhale slowly and comfortably ...
5. With one Hand or with one finger try to feel the Energy Information Field of the Finger of the opposite Hand.
6. Concentrate on the center of your palms and on the tips of your fingers.
7. Slowly move the Hand back and forth.
8. Can you feel a difference?
9. What is the difference?
(*Wait for the student’s response. Let the group discuss for about 5 minutes.*)

ALWAYS “FEEL” AND SCAN THE ENERGY WHILE “LOOKING” AT THE AFFECTED AREA.

WHO WANTS TO LEARN TO FEEL THE ENERGY?

Lets Practice.

Take a partner.

One person be the Client and one person be the Practitioner.

Take a Basin with Water and Salt and a Hand Spray.

Practitioners stand up. Clients remain seated.

(Wait for the students to find a partner.)

1. Invoke for Divine Blessing,

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith.*

2. Complete the Energy Circuit.
3. Isolate the Client from your Energy Information Field.
Say, *“The Client is Isolated from my Energy Information Field right now!”*
4. Now, Practitioners stand about 3 feet or 1 meter away from the Client with the palms facing the Client and the arms slightly outstretched.
5. Focus on Feeling the distance of the Outer Energy Information Field of the Client.
6. Proceed to feel the Outer Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.
7. Stop when you feel heat, a tingling sensation or a slight pressure.
8. Now, focus on Feeling the distance of the Health Energy Information Field of the Client.
9. Proceed to feel the Health Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.
10. Stop when you feel heat, a tingling sensation or a slight pressure.
11. Now, focus on Feeling the distance of the Inner Energy Information Field
12. of the Client.
13. Proceed to feel the Inner Energy Information Field with one or both hands by moving the hands slowly and slightly back and forth.

THE INNER ENERGY INFORMATION FIELD IS USUALLY ABOUT 5 INCHES OR 12 CM IN THICKNESS.

14. Stop when you feel heat, a tingling sensation or a slight pressure.

(Wait for the students to find the Outer, Health and Inner Energy Information Field.)

(Then ask the Practitioners ...)

15. Can you feel the Energy Information Field? *(Wait for the student's response)*
16. Now ... Feel the Energy of the left half and right half of the body.
Move your hand slowly and slightly back and forth.
Feel the front and the back of the body - from the head down to the feet.
The right and left side of the body should have approximately the same thickness. *(Wait a few seconds)*
17. Now, Feel the Energy of two Energy Centers on the front side of the body and the Corresponding Energy Centers on the back of the body.

To do this properly you have to remember where the Energy Centers are located. *(Wait a few seconds)*

18. Feel the Energy of the Forehead Energy Center.

Where is the Forehead Energy Centers located?

(Wait for the student's response. Show it again if necessary)

19. Move the hand slowly back and forth.

Be certain that the hand is directly in front of the Forehead Energy Center.

(Wait a few seconds.)

20. Now, feel the Energy of the front Solar Plexus Energy Center.

Where is the front Solar Plexus Energy Center located?

(Wait for the students response and show it again if necessary.)

21. Move the Hand slowly back and forth.

Take care that your hand is directly in front of the Energy Center that you wish to feel. *(Wait a few seconds.)*

Now Clients, turn around.

Let's Practice on the back of the body. *(Wait for a few seconds.)*

22. Feel the Energy of the back Heart Energy Center.

Where is the back Heart Energy Center located?

(Wait for the student's response. Show it again if necessary)

23. Move the hand slowly back and forth.

Be certain that your hand is directly in front of the Energy Center.

(Wait a few seconds.)

24. Feel the Energy of the Basic Energy Center.

Where is the Basic Energy Center located?

(Wait for the student's response. Show it again if necessary)

25. Move your hand slowly back and forth.

Take care that your hand is directly in front of the Energy Center.

(Wait a few seconds.)

26. Disconnect the Energy Link

27. Give feedback to your partner

Is there an Energy Reduction or Congestion in any Area of the Energy Body or in any Energy Center?

(Wait for about one minute.)

Change roles and repeat the Procedure.

(IF THERE IS AN OPPORTUNITY TO GO OUTSIDE – THE STUDENTS MAY GO OUTSIDE TO SCAN THE FLOWERS AND THE TREES)

(Give the students 5 minutes time to experience Feeling of Energy in Nature.)

Are there any questions?

(Wait for the questions of the students and answer them carefully.)

“AS YOUR HAND BECOMES MORE SENSITIVE YOU CAN DISTINGUISH BETWEEN STRONG, WEAK AND PAINFUL ENERGIES.

THROUGH SCANNING YOU CAN ALSO DETECT IF A PERSON HAS HIGH OR LOW ENERGY”

If one puts one's hand next to a person's body, one will feel the warmth of the heat given off, and as the hand is brought further away, the heat diminishes to a point where it is no longer apparent. Heat is one form of energy, and it requires

no stretch of the imagination to say that the heat emanating from a person's body is one expression of that person's vibratory field.

-Extracted from *Inner Bridges: A Guide to Energy Movement and Body Structure*, by Fritz Frederick Smith M.D., ©1986, Page 27

FEEL THE DIFFERENCE IN THE ENERGY INFORMATION FIELD, WHEN THE CLIENT IS ISOLATED FROM THE PRACTITIONER

Let's do an experiment.

Take a partner.

Practitioner stand up, Client remain seated.

1. Invoke for the Divine Blessing,

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith.*

2. Both Practitioner and Client, complete the Energy Circuit.
Now, Practitioner, Feel the Inner Energy Information Field of the Client
3. Practitioner mentally "Isolate" the Client from your Energy Information Field
4. Feel the Client's Energy Level again
5. Change roles
6. Get Feedback

L13 – Lesson 13	GENERAL CLEANSING
Organisational:	Approximately 20 min
Power Point	
Book Reference	<i>Fourteen Lessons in Yogi Philosophy</i> by Yogi Ramacharaka, © 1903, 2007 <i>The Science of Psychic Healing</i> by Yogi Ramacharaka, ©1909 <i>Hands of Light</i> by Barbara Ann Brennan, ©1987 <i>Chakra Therapy: For Personal Growth & Healing</i> , by Keith Sherwood, ©1988

*These book references apply only to the Sequence you are now reading

GENERAL CLEANSING

Let the client sit in a chair, you standing before him... Then raise them (your hands) to the level of the patient's head, and sweep them slowly toward his feet, with your palms toward him with fingers outstretched, as if you were pouring force from your fingertips upon him... Then repeat several times.

In sweeping downward, do not stiffen the muscles, but allow the arms and hands to be loose and relaxed.

- Extract from *Fourteen Lessons in Yogi Philosophy*, by Ramacharaka, ©1904, Page 154

General Cleansing is an ancient method to clean the Energy body in general. Many Esoteric Authors have written about this kind of cleansing.

In the Hindu Tradition, where "Cleansing" the Energy Field was a common practice. This technique is called by many names

They not only used their hands to "Sweep" the Client's body, sometimes they used a broom or a small tree branch – moving it in a Sweeping motion from head to toe.

It is this Sweeping motion that actually removes diseased energies from the Energy Field of the Client. In Hindi this is called "Jhadna", in Tamil language it is called "Krishti Kadikarthi". In mountainous regions Pine Branches were used.

In the state of Maharashtra, in India they sometimes use an egg or a lemon to cleanse away the dirty or diseased energy from a person. Clearly these multiple methods used to clean the Energy system of a person, is why Energy Treatments is considered to be a part of the Yoga Vidya system of ancient Indian Knowledge and Wisdom.

General Cleansing is done with a series of Downward Sweeping movements.

Move your hands downward only.

“The downward motion of the hands, bring a restful feeling to the patient, while an upward movement in front of the face causes a feeling of wakefulness, and activity.”

- Extracted from *The Sciences of Psychic Healing*,
by Yogi Ramacharaka, Page 54, 1909

In Downward Sweeping, start with the hands over the top of the center of head down, down, down to the feet.

How to do this?

“... from the head...**COMB THEIR WHOLE AURIC FIELD WITH YOUR LONG FINGERS.**

- Extracted from *Hands of Light*, by Barbara
Ann Brennan, ©1987, Page 268

Different authors make various recommendations regarding the position of the hands while doing Cleansing. These and various other hand positions are commonly recommended.

1. Cleansing with the Hands slightly curved – or Curved Hand Position.
2. Cleansing with the Fingers wide open or Comb Finger Position.

These two steps are used 5 times on the front and 5 times on the back of the Client's body

In other words, divide the front and back of the body into 5 lines going from the head to the feet of the Client – from the center of the Client's body outward to the sides of the Client's body.

The first line is exactly in the middle of the body - where the Conception Channel is located on the front side of the body and on the back of the body the position is in the precise location of the Governor Channel – as noted in Chinese Traditional Medicine in Acupuncture.

3. Cleansing the Etheric Rays of Light sideways with the Fingers wide open – Comb Finger Position. The Hands are moving from the Middle of the body outward beyond the edge of the Inner Energy Information Field.

It is very important to concentrate.

Form an intention to remove the diseased Energy.

If there is no mental clarity in the mind of the Practitioner, removing the Energy is less effective and more time-consuming.

Anyone may simply form the intention to “help” another person ... then “Sweep”

and achieve amazing results.

It is the “Intention” of the Practitioner together with a certain amount of will that allows the diseased Energy to quickly and thoroughly be removed with the hands.

With Regular Practice, a Practitioner may apply cleansing with great ease and with minimum effort.

MAKE LONG STROKES FROM THE HEAD DOWN TO THE TOES HOLDING YOUR HAND ABOUT SIX INCHES AWAY FROM THE BODY. COVER THE WHOLE BODY ON ALL SIDES...”

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 268,

Take a partner.

Get a Basin of Water and Salt and Hand Spray

Both Practitioner and Client stand up

Please complete the Energy Circuit

1. Start with the Curved Hand Position (the Hands are slightly curved)
2. Form a clear Intention to remove all diseased Energy
3. Place the Hands together over the Head of the Client
4. 1st time – Move the Hands down, down, down and Throw
5. Move the Hands 4 inches or 10 cm apart
2nd time – move the Hands down, down, down and Throw
6. Move the Hands another 4 inches or 10 cm apart
3rd time – move the Hands down, down, down and Throw
7. Another 4 inches or 10 cm apart
4th time – move the Hands down, down, down and Throw
8. Follow the contour of the body
5th time – move the Hands down, down, down and Throw
9. Please clean your Hands
10. Now, let's Practice the Comb Finger Position, the Fingers are wide open
11. Form a clear Intention to remove all diseased Energy
12. 1st time – move the Hands down, down, down and Throw
13. 2nd time – move the Hands down, down, down and Throw
14. 3rd time – move the Hands down, down, down and Throw
15. 4th time – move the Hands down, down, down and Throw
16. 5th time – move the Hands down, down, down and Throw
17. Clean your Hands
18. “Comb” the Health Rays in order to disentangle them. Do this with a sideway movement with the Fingers spread - wide open.
19. Head area - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
20. Throat area - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.

21. Heart area - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
22. Solar Plexus area - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
23. Pubic area - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
24. Upper Area of the legs - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
25. Lower Area of the legs - move your Hands sideways from the middle of the body beyond the Inner Energy Information Field.
26. Clean your Hands
27. Repeat the Procedure on the back of the body
28. Disconnect the Energy Link
29. Change Roles
30. Exchange Feedback with your partner
(*Wait for a few minutes*)

Finish by **SWEEPING THE CURRENT OF PRANA**, to and from the head to feet several times.

-Extracted from *The Hindu Yogi Science of Breath*,
by Yogi Ramacharaka, ©1909, Page 43

When doing a Treatment a tremendous down pouring of Spiritual Energy that occurs. Therefore, when the Energy is swept downward by the Practitioner during a Treatment – frequently the Client will feel sleepy or even fall asleep. This is due to the strong effect of the Divine Energy on the Clients less strong Energy System.

You may apply a few “Upward Sweeping” to “reawaken” the Client or to make the Client’s mind more alert. Cleansing frequently relaxes the Client to a very high degree – and they may even feel sleepy.

Beginning at the patient’s feet and with both hands within his/her etheric aura, **MAKE A CONTINUOUS SWEEP** upward from the patient’s feet to the top of the head.

- Extracted from *Chakra Therapy: For Personal Growth & Healing*, by Keith Sherwood, ©1988, Page 185

Please note that “Upward Sweeping” is *not* a cleansing technique. Therefore there is no need to Flick your hands after doing Upward Sweeping. “Upward Sweeping” should be applied only after the Client has been thoroughly cleansed.

Warning: Applying “Upward Sweeping” before “Downward Sweeping” may result in the diseased Energy going to or getting stuck in the head area. This may cause a negative effect.

How many times should General Cleansing or Cleanse a Particular Area?

The answer is as many times as it is required.

There is no fixed number of times.

Why do we do General Cleansing?

- It removes diseased and excess Energy in general.
- It cleans the Meridians and Acupuncture points to a certain degree
- It enables the Health Energy Information Field to release more diseased Energy.
- It calms people who have too much Energy - by rapidly removing the Excess Energy
- When the Excess Energy is removed it allows the body to easily fall asleep.
- Relaxes a person by reducing Tension and Stress.
- When combing the Health Energy Information Field – disentangles and strengthens the fine Rays of Etheric Light.

L14 – Lesson 14	ADDITIONAL TECHNIQUES TO INCREASE SUCCESS IN TREATMENTS- PRACTICE AND EXPERIMENTS
Organisational:	Approximately 50 min
Power Point	
Book Reference	<i>The Secret Doctrine</i> by H.P. Blavatsky ,©1888 <i>Hypnotic Leadership: Leaders, Followers and the Loss of the Self</i> by Misha Popper, ©2001 <i>Hands-on Spiritual Healing</i> by Michael Bradford, ©1993
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

ADDITIONAL TECHNIQUES TO INCREASE SUCCESS IN TREATMENT

When a Practitioner follows the easy steps given they may become successful.

1. INVOCATION OR PRAYER

2. CONFIDENCE AND BELIEF

A Client's Confidence and Belief is required in order for the Client to experience rapid improvement.

For recovery to take place, the Client must be receptive or willing to Absorb the Projected Energy. Another term for receptivity is Faith.

3. INCREASE THE RESPONSIVENESS OF THE HAND ENERGY CENTERS

Press the center of the left palm with the thumb of the right hand, and turn your thumb in a clockwise motion.

Press the center of the right palm with the thumb of your left hand and simultaneously turn the thumb in a clockwise motion. Press the tip of each finger against the tip of the thumb – of their respective hands.

4. FEEL THE ENERGY

Move the hands slowly and slightly back and forth and proceed to feel the Inner Energy Information Field, the Energy Centers and the Organs as well as the different Areas of the body. Don't forget to Isolate the Client from your Energy Information Field when "Feeling" the Energy.

5. REMOVE OR CLEAN THE UNWANTED OR ABNORMAL ENERGY – from the Area being Treated. Flick the removed Energy from your hand regularly during the Cleansing Procedure. Use a Basin of Water and Salt.

Always remember to *Clean your Hands*.

6. PROJECT OR TRANSFER VITAL LIFE ENERGY - One hand is the receiving hand with the palm turned upward and through the other hand Vital Life Energy is transferred to the Client.

7. SECURE THE ENERGY

Apply Pale Blue Energy to the Area that has been Treated.

8. DISCONNECT THE ENERGY

Raise your hand -like a knife - and forcefully make a downward gesture.

Form the intention to Disconnect the cord from the Client and mentally say, “Cut, Cut, Cut!” (*Instructor demonstrates*).

9. GIVE THANKS

COMPLETE THE ENERGY CIRCUIT

Madame Blavatsky wrote that Lord Buddha said:

“ ... we must not believe in a thing said merely because it is said; nor traditions because they have been handed down from antiquity; nor rumours, as such; nor writings by sages, because sages wrote them; nor fancies that we may suspect to have been inspired in us by a Deva (that is, in presumed spiritual inspiration); nor from inferences drawn from some haphazard assumption we may have made; nor because of what seems an analogical necessity; nor on the mere authority of our teachers or masters. But **WE ARE TO BELIEVE WHEN THE WRITING, DOCTRINE, OR SAYING IS CORROBORATED BY OUR OWN REASON AND CONSCIOUSNESS.** “For this,” says he in concluding, “ I taught you not to believe merely because you have heard, but when you believed of your consciousness, then to act accordingly and abundantly.”

- Extracted from *The Secret Doctrine, Volume 3*,
by H.P. Blavatsky, © 1888, Page 401

“BLIND BELIEF IN AUTHORITY IS THE GREATEST ENEMY OF TRUTH.”

- Attributed to [Albert Einstein](#) and Extracted from
Hypnotic Leadership Leaders, Followers and the Loss of Self,
by Misha Popper ©2001, Page 81

This compiler’s Beloved Spiritual Teacher frequently said,
“Do not believe things blindly. You have to validate. So let’s do an experiment.”

We will experiment the difference in the Energy Information Field when the Energy Circuit is Complete and when it is Not Complete.

Take a Partner
Practitioner stand up, Client sit down.

1. Practitioner, Increase the “Responsiveness of the Hands”
2. Client, do not complete the Energy Circuit
3. Practitioner now “Feel the Energy” of the Inner Energy Information Field of your Client
4. Now ask the Client to Complete the Energy Circuit
Again Feel the Energy of the Inner Energy Information
5. Is there a difference?

(Wait for the student’s response.)

Change roles and Get Feedback.

Did the Energy Level increases?

By what percentage?

(Wait for the student’s response)

In different traditions the “Responsiveness of the Hands” is increased in different ways.

“I clap my hands together a couple of times and then vigorously rub my palms together.”

-Extracted from *Hands – on Spiritual Healing*, by
Michael Bradford, ©1993, Page 54

Practitioners should always remember to complete the Energy Circuit during Treatment and also ask the Client to do this.

WHEN SHOULD A PRACTITIONER NOT DO TREATMENTS

The Health of a Practitioner is important in order to avoid contaminating the Client with Energies that may aggravate their condition. Therefore, Practitioners should be in reasonably good health.

Practitioners who smoke - should treat Clients who also smoke, and Practitioners who eat meat - should treat Clients who also eat meat – rather than treating vegetarians, because their Energy is not compatible.

The degree of the Etheric, Emotional & Mental “Purity” of the Practitioner is of great importance. Just as water flows more easily through clean pipes, Energy flows more easily through the Energy Channels or Meridians when the person’s Energy System is clean. When clean the Etheric Hygiene of Practitioners also enables them to easily Project more powerful Energies.

It is advisable for a Practitioner to never practice Energy Healing when they are angry or irritated or emotionally imbalanced.

Likewise if the Energy Practitioner is an Alcoholic, drug user or undergoing medical treatment for a medical condition which utilizes toxic drugs, they should refrain from Treating other people.

The regular Practice of the Planetary Meditation for Peace is recognized to be a technique which increase Harmony and Balance in the life and personality of those participating in these practices. These will be discussed later and are considered to be a very important part of becoming a more Powerful Practitioner.

No matter how strong the Practitioner is you have to follow the Law of Nature.

Cancer Clients should not treat others.

They should focus on their own Recovery.

- *Extracted from the Notes of Charlotte Anderson*

PRACTICE IN USING TREATMENT TECHNIQUES

PRACTICE ON TREATING RESPIRATORY DISORDERS

In case of ailments connected to the Respiratory System the following Energy Centers are affected.

1. Ajna Energy Center – Regulates the Nose, Sinuses
2. Throat Energy Center – Regulates the whole Throat area
3. Secondary Throat Energy Center – Regulates the Lower Throat. It is located in the hollow area below the Throat
4. Heart Energy Center – Regulates the Lungs
5. Solar Plexus Energy Center – Regulates the Diaphragm

In some cases it might be important to strengthen the body of the person by Cleansing the Navel and if the infection is very severe to treat the Spleen Energy Center.

Practice on RESPIRATORY DISORDERS

Take a partner

Decide who will be the Practitioner, and who will be the Client

Take a Basin with Water and Salt and Hand Spray (*Wait a short while.*)

1. Practitioner stand up, Client sit down.
When doing a treatment, remove your watch,
Exercise the hands to increase responsiveness
Practitioner SMILE,
Isolate the Client from your Energy Information Field

- Face the correct direction (*North or East*).
2. Tell the Client to, “Close your eyes. Be conductive and sit with your feet flat on the floor. Please, complete the Energy Circuit.”
 3. Practitioner, complete the Energy Circuit.
 4. Now Invoke

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection
And for Miraculous Healing Power.
With Thanks and in Full Faith.Thank You.*

5. Imagine a pink rose opening up in front of the heart of the Client.
6. Let's start with the Anja Energy Center
7. Practitioner, raise your hand, feel the Energy of the Ajna Energy Center
8. Apply cleansing on the Ajna Energy Center
Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
Clean your hands
9. Project Energy to the Ajna Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold. Remember to use your fingers instead of the palm of the hand to Project the Energy
Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” your hand
10. Again raise the hand and feel the Energy. Can you feel a difference?
11. Imagine Pale Blue. Paint 1,2,3, Throw
12. Go to the Throat Energy Center
13. Practitioner, raise the hand, scan the Throat Energy Center
14. Can you feel something?
15. Apply cleansing on the Throat Energy Center
1. Remove the diseased Energy. Remove the Unwanted Energy 5-7 Times.
Throw - up to 25 or 30 Repetitions or more...
16. Clean your hands
17. Project Energy to the Throat Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE. “Flick” your hands
18. Again raise your hand and feel the Throat Energy Center
Can you feel a difference?
19. Imagine Pale Blue. Paint, 1,2,3 Throw
20. Go to the Secondary Throat Energy Center
21. Practitioner, raise your hand and scan the Secondary Throat Energy Center.
22. Can you feel something?
23. Apply cleansing on the Secondary Throat Energy Center

24. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
25. Clean your hands
26. Project Energy to the Secondary Throat Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold. Take care not to Project the Energy to the front Heart Energy Center.
Look at the Client while you are treating, relax, do not be tense, SMILE, "Flick" the hands
27. Again raise your hand and feel the Secondary Throat Energy Center
Can you feel a difference?
28. Imagine Pale Blue, Paint, 1,2,3 Throw
29. Go to the Back Heart Energy Center
30. Practitioner, raise the hand, feel the Back Heart Energy Center
31. Can you feel something?
32. Apply cleansing on the Back Heart Energy Center
33. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
34. Then, clean your hands.
35. Project Energy to the back Heart Energy Center.
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE, "Flick" the hand.
36. Again raise your hand and feel the back Heart Energy Center
Can you feel a difference?
37. Imagine Pale Blue. Paint 1,2,3 Throw
38. Now, go to the front Solar Plexus Energy Center
39. Practitioner, raise the hand, feel the Front Solar Plexus Energy Center
40. Can you feel something?
41. Apply cleansing on the Front Solar Plexus Energy Center
42. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
43. Clean your hands.
44. Project Energy to the front Solar Plexus Energy Center.
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE, "Flick" the hand.
45. Again raise your hand and feel the front Solar Plexus Energy Center.
Can you feel a difference?
46. Imagine Pale Blue. Paint 1,2,3 Throw
47. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection*

*and for Healing this Client.
With Thanks and in Full Faith.Thank You.*

48. Then, Disconnect the Energy Link.
49. Is everyone okay?

- Extracted from the Notes of Charlotte Anderson

RAPID TREATMENT FOR DYSMENORRHEA

In case of Dysmenorrhoea two Energy Centers are affected.

1. Basis Energy Center – Regulates the Uterus as a muscle
2. Sex Energy Center – Regulates the female organs

In some cases it might be important to strengthen the body of the woman by cleansing the Navel and Solar Plexus Energy Center and Projecting the right amount of Energy to both Centers.

Let's Practice on Dysmenorrhoea
Please do not change roles.

1. Now Invoke

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
And Invoke for Miraculous Healing Power.
With Thanks and in Full Faith.Thank You.*

2. Imagine a pink rose opening up in front of the heart of the Client
3. Isolate the Client from your Energy Information Field
4. Let's start with the Basic Energy Center
5. Practitioner, raise the hand, feel the Energy of the Basic Energy Center
6. Apply cleansing on the Basic Energy Center
7. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
8. Clean the hands
9. Project Energy to the Basic Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client.
Do not Project the Energy to the Meng Mein Energy Center.
"Flick" the hands.
10. Again raise the hand and feel the Energy. Can you feel a difference?
11. Imagine Pale Blue. Paint 1,2,3,4,5, Throw
12. Go to the Sex Energy Center

13. Practitioner, raise the hand, Scan the Sex Energy Center
14. Can you feel something
15. Apply cleansing on the Sex Energy Center
16. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
17. Clean your hands.
18. Project Energy to the Sex Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE, "Flick" the hand.
19. Again raise your hand and Scan the Sex Energy Center
Can you feel a difference?
20. Imagine Pale Blue. Paint 1,2,3,4,5, Throw
21. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

22. Disconnect the Energy Link. Cut!
23. Is everyone okay?
24. Please give Feedback
(Wait a few minutes)
25. Change Roles

- Modified & Extracted from the Notes of Charlotte Anderson

PRACTICE ON STRENGTHENING THE IMMUNE SYSTEM

In case of Strengthening the Immune System start with two to three sets of General Cleansing to enhance the ability of the Energy Body to absorb more Energy. In strengthening the Immune System, treatment of the Minor Energy Centers in the Hands and Feet is highly effective. It allows the Energy Body to be filled with Air and Ground Energy.

The Hand Energy Centers are located in the middle of the palm

The Sole Energy Centers are located in the middle of the sole of the foot

To strengthen the body the Practitioner should also treat the Solar Plexus and the Navel Energy Center. If the body has a severe infection the Spleen Energy Center may also be treated.

Lets Practice

Decide who will be the Practitioner and who will be the Client.

1. Isolate the Client from your Energy Information Field
2. Tell the Client to, "Close your eyes, Be conductive, and to sit with their feet flat on the floor. Please, complete the Energy Circuit."
3. Practitioner, complete the Energy Circuit.
4. Now, Invoke

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
Invoke for Miraculous Healing Power.
With Thanks and in Full Faith.Thank You.*

5. Imagine a pink rose opening up in front of the heart of the Client.
6. Lets start with the General Cleansing
7. Practitioner, raise both hands above the Head in a Curved Hand Position and clean Line 1, Throw, 2, Throw, 3, Throw, 4, Throw, 5, Throw
8. Clean your hands
9. Now, raise both hands above the Head in a Comb Finger Position, the Fingers wide open and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw
10. Clean your hands
11. Then, comb the Health Rays with a sideway movement in the Head area, Throat area, Heart area, Solar Plexus area, Pubic area, Upper parts of the legs, lower parts of the legs.
12. Please go to the back of the body and repeat the Procedure
13. Raise both hands above the Head with a Curved Hand Position and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw.
14. Clean your hands.
15. Now, raise both hands above the Head in a Comb Finger Position, the Fingers wide open and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw.
16. Clean your hands.
17. Then, comb the Health Rays with a sideway movement in the Head area, Throat area, Heart area, Solar Plexus area, Pubic area, Upper Areas of the legs, Lower Areas of the legs
18. Now, raise the hand, feel the Energy of the Hand Energy Centers, right and left
19. Apply cleansing on the right Hand Energy Center
20. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
21. Now, clean the left Hand Energy Center

22. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
23. Clean the hands
24. Project Energy to the right Hand Energy Center ...
Look at the Client
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
“Flick” the hands
25. Project Energy to the left Hand Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
Look at the Client.
“Flick” the hands
26. Again raise the hand and feel the Energy of both Hand Energy Centers.
Can you feel a difference?
27. Go to the Sole Energy Centers.
28. Practitioner, raise the hand, feel the right and left Sole Energy Center.
29. Can you feel something?
30. Apply Cleansing on the right Sole Energy Center.
31. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
32. Clean your hands
2. Now, Apply Cleansing on the left Sole Energy Center. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
33. Clean your hands
34. Project Energy to the right Sole Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE,
“Flick” your hands
35. Project Energy to the left Sole Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
Look at the Client while you are treating, relax, do not be tense, SMILE,
“Flick” the hand
36. Again raise your hand and feel the Energy of the right and left Sole Energy Centers
37. Can you feel a difference?
38. In this Treatment *DO NOT* Secure the Energies Projected to the Hand and Sole Energy Centers.
(This enables the Air and Ground Energy to be absorbed for a longer time into the body of the Client. For a better result you can instruct them to absorb more Air and Ground Energy.)
39. Now. Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.*

*We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

40. Disconnect the Energy Link. Cut!
41. Is everyone okay?

- Extracted from the Notes of Charlotte Anderson

TREATING GASTROINTESTINAL INFECTIONS

In case of a gastrointestinal Infection, two Energy Centers are affected.

1. Solar Plexus Energy Center
2. Navel Energy Center

Cleanse thoroughly and Project the right amount of Energy.

If the Infection is severe, treat the whole abdominal area.

Okay. Let's Practice on Gastrointestinal Infection.

Do not change roles.

1. Invoke

*To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
And for Miraculous Healing Power.
With Thanks and in Full Faith. Thank You.*

2. Imagine a pink rose opening up in front of the heart of the Client.
No matter how powerful the Practitioner is, if the Client does not absorb the Energy it will interfere with the Treatment
3. Isolate the Client from your Energy Information Field
4. Let's start with the Solar Plexus Energy Center
5. Practitioner, raise your hand, feel the Energy of the front Solar Plexus Energy Center
6. Can you feel something?
7. Apply cleansing on the Solar Plexus Energy Center
8. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
9. Clean your hands
10. Project Energy to the Solar Plexus Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
Look at the Client while you are treating, relax, do not be tense, SMILE,
"Flick" your hands
11. Again raise the hand and feel the Energy. Can you feel a difference?

12. Imagine Pale Blue. Paint 1,2,3 Throw.
13. Go to the Navel Energy Center
14. Practitioner, raise the hand, scan the Navel Energy Center
15. Can you feel something?
16. Apply cleansing on the Navel Energy Center
Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30
Repetitions or more...
17. Clean the hands.
18. Project Energy to the Navel Energy Center
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly,
hold.
Look at the Client while you are treating, relax, do not be tense, SMILE,
“Flick” the hand.
19. Again raise the hand and scan the Navel Energy Center.
Can you feel a difference?
20. Imagine Pale Blue. Paint 1,2,3,4,5 Throw.
21. Now, Give Thanks

*To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

22. Disconnect the Energy Link completely, Cut!
23. Is everyone okay? Does anyone have side effects?
24. Give Feedback
(Wait for a few minutes)

- Extracted from the Notes of Charlotte Anderson

ASSIGNMENT

When you go home, please practice what you have learned today.
Start with something simple. Start with Cleansing and Projecting Energy.
Treat your child or your partner or a plant, or an animal. Treat something simple.
Whatever is possible, begin to Practice immediately. In this way, what you have
learned will be rapidly reinforced.

BLESSINGS

*To the Supreme God,
Thank You for Your Great Blessings.
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

L15- Lesson 15	THE PLANETARY MEDITATION FOR PEACE
Organisational:	Approximately 60 min
Power Point	
Book Reference*	<i>The Chakras</i> , 9 th Edition, by Charles W. Leadbeater, ©2001, ©1927 <i>The Ancient Art and Science of Pranic Healing</i> , 2 nd Edition 1992, Reprint India, by Master Choa Kok Sui, ©1990, Pages 227-239
Internet	www.pranichealing.org www.meditatepeace.com www.ppmaudiostream.org
Other	Appendix F - Permission to use The Meditation on Twin Hearts granted to the public by the Author in <i>The Ancient Art and Science of Pranic Healing</i> , Reprint India, by Master Choa Kok Sui, ©1996, Page 239 Appendix G – Text for The Planetary Meditation for Peace

*these book references apply only to the Sequence you are now reading

Teach this triple truth to all ...
A generous heart ...
kind speech & a life of service & compassion
are the things which renew humanity.

- *The Lord Buddha*

THE PLANETARY MEDITATION FOR PEACE

Let's talk about The Planetary Meditation for Peace.

This Meditation has been called by various names including The Meditation on Peace and Illumination, The Meditation on Loving Kindness, Meditation on Twin Hearts, and Prayers and Contemplations on Compassion and Peace – depending on the religious tradition of those being taught.

In 1995 while visiting Latvia, Maha Atma Choa requested Charlotte Anderson to establish a new organization to promote Global Harmony and World Peace. He said the name should be “The Planetary Peace Movement.” She did so.

Approximately 2 years later, He instructed Charlotte to make a new recording of The Meditation on Twin Hearts using His voice. He instructed her to call the new version of this meditation, “The Planetary Meditation for Peace”.

Patiently He explained to her that many people are not interested in a meditation called “Twin Hearts”, but that MANY people are willing to spend a little time “praying or meditating” for World Peace. The recording was financed and produced Charlotte in Manila Philippines.

Today, people from all over the world Practice this meditation under the name, “The Planetary Meditation for Peace” – and it now plays 24 hours a day, 7 days per week on the “PPM Audio Stream” website at: www.ppmaudiostream.org (There is no charge to people for using this website - to Pray and Meditate for Peace.)

In the Hindu Tradition the Planetary Meditation for Peace is also known as a form of “Bhakti Yoga”. It has been stated by Yogi Ramaiah in his compilation from Mahavatar Babaji’s *Kriya Yoga Essays*, that this Practice is a part of Kriya Bhakti Yoga or the Cultivation of Love and Devotion for God and all of His Creation.

In the Buddhist Tradition this Practice is known as a higher form of “Meditation on Loving Kindness”. It is called “Metta Meditation” and focuses on the development of Compassion.

The term “Metta” means achieving *the State of Mind and Being from which emanates Unconditional ‘Loving Kindness’*.

Metta is considered to be the first stage to achieving **Compassion**.

The objective of this Practice is to suffuse the entire Universe with the Energy of Love for Every Person and Every Being – with Love for All Things. This is done, until Love reaches such an active state, that the Practitioner actually experiences *Being One* with All.

This Meditation is also practiced by some Sufi Groups.

Regular Practice of this Meditation fills the Practitioner with Love, Light, Hope, and Strength.

Why did this Meditation originally have a different name? Because “The Meditation on Twin Hearts” refers to two Energy Centers – the Heart Energy Center and the Crown Energy Center.

It has been observed clairvoyantly, that the Heart Energy Center has 12 petals. It has also been noted that the Crown Energy Center has 960 outer petals and 12 inner petals.

The 12 petals of the Heart Energy Center are an exact replica of the inner petals of the Crown Energy Center. When these two powerful Energy Centers are joined together - and used to Project Loving Energy to every person and every being.

“In many cases it will be seen that the two tiers of the “Sahasrara Chakra” (Indian term of Crown Energy Center) are copied – the larger dome of 960 petals first, and

then the smaller dome of 12 rising out of that in turn... It is described in Indian books as thousand-petalled, and really this is not very far from the truth...”

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 17

“The Heart Chakra. The fourth Centre, the cardiac, at the heart, is of a glowing golden color, and each of its quadrants is divided into three parts, which gives it twelve undulations, because its primary force makes for it twelve spokes.”

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 17

The Heart Energy Center is the Center for human love and peace, respect and tolerance to others as well as to oneself.

The Crown Energy Center is the Center of Divine or Spiritual Love for Every person and Every Being without exception. It is also the Center of Higher Intuition.

When the Crown Energy Center is Increased in size and is Turning Rapidly on the top of one’s head - clairvoyantly seen it looks like a Golden Lotus Flower. This symbolically can be seen in images of all spiritual traditions – by depicting a halo above the crown – which explains the resemblance to the “Lotus Flower” as seen in Taoist or Buddhist images.

Higher Intuition means to have flashes of direct knowing about a certain thing or things. In this case, answers simply pop into or come in the consciousness. This kind of information simply comes into the mind without a person having to study anything. Generally this knowledge that seemingly comes from “out of nowhere” is simply called Intuition.

Enlightened people are not the only ones who sometimes have good intuition. This is also frequently true of businessmen, scientists, musicians as well as ordinary people. To possess good intuition is a very important factor in achieving success in one’s life.

In some of the first Editions of our Guruji’s earlier books it states ...

“...Meditation on Twin Hearts is a very powerful tool in bringing about world peace; therefore, this meditational technique should be disseminated. The Author hereby grants permission to all interested persons to reprint, recopy and reproduce this chapter provided proper acknowledgment is made.”

(signed) CHOA KOK SUI

- Extracted from *The Ancient Art and Science of Pranic Healing*, by Master Choa Kok Sui, ©1996, Page 239

The following Information is being shared in order to prepare the Consciousness of the students who are learning this Meditation for the first time. These materials are a compilation of important information that has been published for many years, without charge, on various websites such as: www.ppmaudiostream.org.

HOW TO PRACTICE PLANETARY MEDITATION FOR PEACE

Has anyone here ever done Meditation before?

(Instructor engages in a short discussion with the class on this subject and asks what kinds of meditation have previously been practiced).

The question is, “How does a person meditate?”

Meditation is easy if you follow a few simple steps.

Before Practicing Meditation we will do a short set of physical exercises.

These exercises clean the Subtle Body, the Energy Centers and Meridians to a certain degree. This helps to prepare the physical and Energy Bodies, so that the Energy received through the Practice can easily and freely flow in the body during the Meditation.

Please never skip Exercise before Meditation.

Exercise is an important factor that will contribute to making your meditation experience more fulfilling.

Before you meditate, please remove wallets, watches, rings and crystals, and safeguard them in your bag or briefcase on the floor.

Please *do not* meditate with crystals on your body. Why?

Because Crystals - Stimulate your lower Energy Centers – Increasing them in Size.

This may keep you from having inner experiences due to “anchoring” you to the physical world. Sometimes having beautiful experiences during meditation is called “flying in the higher world”.

The Meditation for Peace and Illumination should be done in a sitting position. Please move your body forward on your chair, sitting with your back about 15cm or 6 inches away from the back of the chair.

Please keep your back straight to Increase the Flow of the Energy.

You may also use the Lotus Asana (as done in Hatha Yoga) ... sitting on the floor. However, you should only sit on the floor if it is *very clean*.

If the floor is not very clean, Energy Contamination may be experienced – which may cause itchiness or discomfort in the body.

When you Practice meditation, it is necessary to complete the Energy Circuit in your body - in order to allow the Energy to flow smoothly during your meditation.

Please also do Yogic Breathing.

Simple Breathing helps to regulate the mind and emotions.

When the breath is smooth and even, it will tend to improve your experience with the meditation.

Please remember to Invoke or ask for Divine Blessings. Always ask for Divine Guidance, Help, and Protection and for Illumination.

First please concentrate on the Heart Energy Center Form the Intention to Bless the Planet Earth, including every person and every being - using the Prayer of St. Francis of Assisi.

When using the text from this Meditation or Prayer ... Meditators automatically Bless every person and every being.

First we will Bless using the Loving Energy of the Heart Energy Center – the Center for Human Love and Compassion.

With focus and intention we Bless every person and every being, with Peace, Love, Hope, Faith, Light, Joy, and with Forgiveness. Then the Meditators turn their attention to Blessing Mother Earth.

Then the Meditators turn their attention to the Crown Energy Center and continue to Bless the entire Earth with Loving Kindness, but now using the Energy of their Crown Energy Center.

The Meditators now turn their attention to both their Heart and Crown Energy Centers. Using the combined Energies of the Heart and Crown, at the same time - they continue to Bless Mother Earth.

After this, the Meditators put their hands in their laps – with their palms facing upward in a relaxed position on their knees. Their armpits should remain open to Increase the free flow of the Energy through the hands.

During this part of the Meditation, the Meditators will be asked to visualize a Point of Light like a Brilliant Flame on top of their Crown Energy Center or approximately 2.5 inches or 7 cm above the Head.

The Meditator may continue to Visualize the Light and silently chant the Mantra Om or Amen or Amin with the Spiritual Teacher's Voice.

It is during this time, when the Meditators Practice “Meditating on the Light”, on the Mantra “OM” and on the Interval or the Gap between the OM's that

Illumination may be achieved. It is especially by concentrating on the interval between the two OM's that one may experience their Christ Nature, their Krishna Nature, their Buddha Nature, Expansion of Consciousness and Oneness with All.

Meditators are then guided to “relax, let go, to Look at the Light, Feel the Stillness and to allow the Consciousness to Expand”. This usually occurs automatically during the deep relaxation of the Meditation.

As the Meditators continues to Practice Stillness, to “Be Aware”, and continues to Concentrate on the Light and the Stillness, they will be guided to simply “Disconnect and Let go”.

After returning fully to your body, it is necessary for the Meditators to fully Release the *Excess Energy*. The way in which the Consciousness is brought back into the body – is by moving the hands and the feet.

Then it is necessary to Let Go of the Excess Energy through Blessing.

This is done by again raising your two hands in front of you - with the palms facing outward at heart level.

Imagine the Earth the size of a small ball.

With your hands - you direct the Loving Energy and Compassion generated through the Meditation to All People in All Places.

Blessing is also particularly directed to those people or places that need more Harmonizing Energy or Reconciliation, and of course extra Energy is directed to troubled spots in our world.

Then through your feet and the base of the spine, the Meditator continues to Bless Mother Earth.

During the Meditation, Mother Earth is Blessed with Good Air, Good Water, Good Earth, with Peace, with Progress, with Prosperity. Then the Meditators ask that Mother Earth be Revitalized, Rejuvenated, and Regenerated.

This is done by placing your hands beside your knees facing downward – directing the Excess Energy to Mother Earth.

Blessings are given to Revitalize, Regenerate our Divine Beloved Mother Earth.

The Blessings should be continued until you feel the hands and feet have been normalized.

At the end of the Meditation, it is always necessary to say, “*Thank you*” for the Divine Blessings that have been received during the meditation.

After Meditation, please do a short set of physical exercises, which will allow the Energy to be further assimilated and released.

Please follow these simple instructions as closely as possible.

After Meditation:

When a person's back is very congested - it is a symptom of people who meditate but do not release the excess Energy. Release the excess Energy thoroughly.

- *Extracted from the Notes of Charlotte Anderson.*

When you regularly Practice The Meditation for Planetary Peace you will have:

- A stronger Immune System (the Heart Energy Center Stimulates & Strengthens the Thymus Gland)

General Treatment given frequently, for it equalizes the circulation of the entire body, and **STIMULATES EVERY MUSCLE AND NERVE**, and part, and **CAUSES THE WHOLE BODY TO FUNCTION WITH RENEWED ENERGY AND LIFE ...**

- *Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1906, Page 80*

- More Emotional Stability and more Loving Energy
- Greater Understanding
- Increased Alpha Wave activity in the Brain which leads to Higher Intuition and more rapid "Direct" Perception
- A greater downpouring of Divine Energy – leading to the development of
- increased Treatment Power and more rapid Soul Development

Warnings:

Meditation should not be done by:

- Infants and young children
- People with Glaucoma
- People with Severe Heart problems
- People with Hypertension
- People with Severe Kidney Ailments.

The Meditation could have adverse effect on these conditions.

Neither the Instructor nor those propagating this Meditation will be responsible for the negative effects due to improper practice.

DO THE FOLLOWING EXERCISES BEFORE THE MEDITATION.

(The physical Exercises are taken from the inside cover of PPM Meditation CD ©2001, Produced by Charlotte Anderson. These exercises can also be found on the web: www.meditatepeace.com).

1. Rotate your eyes in circles 12 times clockwise, then 12 times counter-clockwise.
2. Neck Exercises
 - a. Turn your head to the right, then to the left. This is one count. Do this 12 times.
 - b. Tilt your head backwards then bend it forward. This is one count. Do this 12 times.
3. Arm Rotations - Extend your arms in front of you, then swing them upward over your shoulders towards the back, and return them to the original position. This is one count. Do this 12 times, and then do another 12 counts in the reverse direction.
4. Elbow Exercise - Bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out?
5. Hand Rotation – Rotate the wrists 12 times to the left and 12 times to the right.
6. Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise 12 times.
7. Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.
8. Semi-Squat Exercises - Slightly bend your knees and rhythmically move up and down. Let's do this exercise 50 times.
9. Bending and Stretching Exercises - Raise your arms over your head, arch your body and tilt your head back-wards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count. Repeat this 12 times.
10. Knee Exercises - Rotate your knees 12 times clockwise and 12 times counter-clockwise.
11. Feet Exercises
 - a. Point your toes forward, then backward. This is one count. Do this 12 times with the right foot then 12 times with the left foot.
 - b. Rotate your right foot 12 times clockwise, then 12 times counter-clockwise. Do the same for the left foot

You may do these exercises one to three times before the Meditation.

PRACTICE THE PLANETARY MEDITATION FOR PEACE

Please take a seat.

We will now Practice the Meditation together.

(Instructor, please use, the CD “Planetary Meditation or Peace”, by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary. The whole Meditation can be found in Appendices K.)

Where required translation will be given as needed, so that you can understand the Meditation.

Please remove your watch, your wallets and any crystals.

During the Meditation:

- Do not cross your arms or your legs.
- Sit with your back straight, away from the back of the chair
- Complete the Energy Circuit
- Relax.
- If you feel any discomfort, please open your eyes, cross your arms and legs to stop the high Energy flowing in your body.
If excess Energy is experienced - leave the room, release the excess Energy through Blessing and Rooting. Do Physical Exercises and ask for help from the Instructor if it is needed.

The version that will be Practiced is the text from the CD of *The Planetary Meditation for Peace* guided by Master Choa Kok Sui, produced by Charlotte Anderson. For further information in Presentation format, please visit: <http://www.ppmaudiostream.org>

After Meditation do a short set of physical exercises to assimilate and distribute the Energy throughout the body. Please repeat the same set of physical exercises done before the Meditation or you may do the following simplified exercises.

1. Shaking - Stand on the balls of your feet and shake your body for 60 times. The purpose is to rapidly shake off the excess Energy generated by the meditation and to release the used-up Energy.
2. Jumping Jacks Exercises - Stand with your legs together. Jump up and raise your arms and clap your hands, simultaneously landing on your feet with your legs open. Then jump again, this time with your hands on your hips, and your feet together.
3. Eye Rotations - Rotate your eyes 12 times clockwise, then 12 times counter-clockwise.
4. Bending and Stretching Exercises - Raise your arms over your head, stretch your body, and tilt your head backwards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count. Do this exercise 12 times.
5. Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise 12 times.
6. Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.

- Extracted from www.meditatepeace.com,
provided by Charlotte Anderson (2000)

L16 - Lesson 16	PRAYING OR INVOKING FOR DIVINE HEALING
Organisational:	Approximately 40 min
Power Point	
Book Reference*	<i>The Art of Spiritual Healing</i> , by Keith Sherwood, ©1985 <i>The Theosophist</i> , October 1887-1888, by H.P. Blavatsky <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, ©1978
Internet	www.pranichealing.org

*these book references apply only to the Sequence you are now reading

PRAY OR INVOKE FOR DIVINE HEALING

To Pray or Invoke for Divine Healing calls upon the Power of the Supreme God, the Spiritual Hierarchy and one's Spiritual Teacher to Treat a Client. Treatments are never limited merely to the physical body. Frequently Treatments may include all areas of the Client's life that require balancing and harmonizing – including the Clients physical body.

It is called spiritual healing, because God, the ALL, the source of healing, the Supreme Being, resides on the highest plane we can conceive of, the spiritual plane. From the spiritual plane, His essence is transmuted downward to the planes below.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, © 1985, Page 1

Let's talk about Divine Healing.

Divine Healing is based on a person having a Spiritual Cord.

- *Extracted from the Notes of Charlotte Anderson*

“Truth is Universal and cannot be monopolized by any man or organization of men. ”

- Extracted from *The Theosophist*, , October 1887 to 1888, by HP Blavatsky

The Antahkarana is the Spiritual Cord that Connects the Incarnated Soul and the Higher Soul with the Divine Spark.

Divine Energy enters through the “Antahkarana” passing down into the Crown Energy Center and into the Energy Body of the Practitioner.

As the Practitioner's Energy Level increases, this “higher quality” of Energy enables the Practitioner to produce better results.

Truth is Universal. Truth does not belong to only one Tradition.

Kabbalists call the Sutra Atma the "Pillar of Light," and refers to what Clairvoyants literally see as a "Pillar of Light".

Chi Kung Practitioners and Practitioners of Taoist Yoga call this Divine Energy "Heavenly Chi or Ki."

The Christians call it the "Descent of the Holy Spirit", which is symbolized by a Pillar of Light with a "Descending Dove".

In Sanskrit the Indian Yogis call this the "Antahkarana" or the "Spiritual Bridge of Light".

How much Divine Energy a Practitioner can bring down or "Channel" depends on the size of the Spiritual Cord.

Spiritual healing, unlike other forms of healing ... relies on the ability of the healer to channel healing energy directly to his patient and the patient's ability to use that energy for one's own healing.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 2

The size of the Spiritual Cord may be gradually increased as the Soul develops. A Practitioner may influence the actual size of their Sutra Atma, by:

1. By Practicing the Virtues
2. By Regular Practice of The Planetary Peace Meditation
3. By Doing Service for others
4. By Giving and Tithing

Many people seem to be unfamiliar with the term "spiritual cord", probably because the existence of the cord itself is not generally known.

- Extracted from *The Eagle and the Rising Sun: Americans and the New Religions of Japan*, by Robert S. Ellwood, ©1974

FEELING THE ENERGY OF THE SPIRITUAL CORD

Would you like to feel the Energy of the Spiritual Cord?

(Wait for the student's response.)

Shall we Practice?

Please take a partner

There are two ways to scan (*feel*) the Spiritual Cord.

One person be the Practitioner, one please be the Subject.

Subject, please sit down.

Scanners please, stand behind the Subjects.

1. Practitioner, scan the Spiritual Cord with two hands.
2. The Hands should be about 4 inches 10 cm apart
3. One Hand should be higher than the other hand.
4. Gently move your hands inward to feel the edge of the Energy of the Spiritual Cord of your partner Please do not “slap” the Energy. This area is very sensitive, so please “feel” the Energy very gently.
5. Now, turn your hand upward.
6. Begin with your hand beside the head of your partner. Can you feel anything?
7. Now, please place your hand directly over the head of your partner with your palm facing upward. Can you feel the downpouring of the Divine Energy?
8. Can you feel the Subtle Energy coming down into your Hand?
9. Now Subject, Complete the Energy Circuit.
10. Practitioners Re-scan ... Feel the Energy of the Spiritual Cord with both Hands. Then Re-scan with one Hand, with the palm upraised above the crown of your partner.
11. Now, please ask the Subject to Pray by saying:

*Lord I humbly Invoke for your Blessing.
For Guidance, Healing and Protection.
With Thanks and in Full Faith*

12. Practitioner, Rescan the Energy of the Spiritual Cord ...
Please Feel the Energy carefully.
13. Is there a difference?
14. Please give feedback to your partner.
15. Very good.
16. Now Change roles.
17. Please take a seat.

- Extracted from the Notes of Charlotte Anderson

The moment a person has doubt the Spiritual Cord becomes smaller.

In dying Clients the Spiritual Cord is very thin.

- Extracted from the Notes of Charlotte Anderson

HOW TO USE DIVINE HEALING

In some traditions they do deep breathing before working with the Energy of a Client. In other Traditions, such as the Christian Tradition, they Practice the laying on of hands in order to transfer Harmonizing Vibrations or Energies to the Client. Historically in different Traditions varying methods have been noted.

“True Spiritual Healing is not “done” by anyone. In such cases the Healer becomes an instrument or channel through which flows the Spiritual Healing Force of the Universe...”

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 174

How much Divine Energy a Practitioner can bring down or “Channel” depends on the size of the Spiritual Cord The Antahkarana is the Spiritual Cord that Connects the Incarnated Soul & the Higher Soul with the Divine Spark.

Divine Energy enters through the “Antahkarana” passing down into the Crown Energy Center & into the Energy Body of the Practitioner.

“It is a process in which the Healer aligns himself totally with the totally harmonious Energy of the cosmos – which may prefer to see as God – and thereby becomes a clear channel through which that Energy can flow.

In fact, it is prayer and nothing else is involved than the faith that moves mountains.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 35

During a Treatment ... be in a meditative state.

Energy Healing is “Meditation in Motion”.

Move the body when performing a Treatment. Do not stand stiffly –

The body should be Relaxed when Treating.

- Modified & Extracted from the Notes of Charlotte Anderson

USE PRAYER TO ACCELERATE THE SPEED OF THE TREATMENT

Now, let us Practice a Treatment using Prayer:

Take a Partner.

Practitioner stand up, Client sit down.

Both Practitioner and Client, please Complete the Energy Circuit.

A good Practitioner always does thorough Invocation.

When the Spiritual Cord is big a Practitioner can produce substantially better results when Treating their Clients.

1. Invoke for Divine Blessing,

*Lord we humbly Invoke your Blessing,
For Guidance, Help and Protection.
Make me your Divine Instrument.
With Thanks and in Full Faith.*

2. Now, let us do General Cleansing one time on the front and one time at the back of the body.

With curved Hands clean, line 1, Throw, 2 Throw, 3, Throw, 4 Throw 5 Throw.

With the Fingers wide open, clean 1, Throw, 2 Throw, 3, Throw, 4 Throw 5 Throw.

Now, with the Fingers wide open clean the Etheric Rays of Light sideways from above down to the feet.

3. Now, clean the whole Head area and the Crown Energy Center.
4. Now, clean your Hands before Projecting the Divine Energy to the Client
5. When you Practice Divine Healing, Concentrate on your Crown Energy Center and the Hand Energy Center in your Palm. Project Divine Energy to the Crown Energy Center.
6. Mentally say

*Lord we humbly Invoke your Divine Blessing,
For Guidance, Help and Protection.
Please make me your Divine Instrument.
With Thanks and in Full Faith.*

7. Repeat the Invocation

*“Thank You for Healing this person.
With Thanks and in Full Faith.”*

8. The Client should be receptive.

The Client should say

*I am Open to the Healing Energy
My Body is Drawing In ... the Healing Energy
My body is Drawing In ... the Healing Blessings,
Deeply, Completely and Permanently ... Right Now
I fully, willingly, and gratefully accept the Divine Healing Energy
I want to be healed Now*

9. Instruct the Client to imagine White Energy or Clear White Light - inside of the Area being Treated. Imagine the body absorbing the Harmonizing Energy.

10. After the treatment, give the body of the Client the Instruction to

“Completely, deeply and permanently absorb the Harmonizing Energy now!”...

11. Then say, “*Thank You for assigning a Healing Angel to this Client, until Healing is complete. With Thanks and in Full Faith.*”
12. At the end of the treatment Give Thanks

*Lord God, to the Healing Angels,
Thank You for your Presence Thank You for the Healing.
With Thanks and in Full Faith.*

13. Then Secure the Energy
14. ... and Cut or Disconnect the Energy Link.

- Extracted from the Notes of Charlotte Anderson

“The spiritist (Spiritual) Tradition is a long and noble one with many successful adherents. “Spirit Guides”, or “Healing Guides” or “Healing Masters” are the helpmates or advisors of a great many healers.”

*- Extracted from *The Psychic Healing Book*, by
Amy Wallace and Bill Henkin, ©1978, Page 53*

A Client may sometimes fall asleep during a Treatment. This is because Divine Energy is very strong and their physical body becomes overwhelmed by the Energy. So, the Client simply falls asleep.

Remember to repeat the name of your Client regularly.
You may also do General Cleansing with Prayer.
So during the Prayer, you do 5 lines of General Cleansing.

- Extracted from the Notes of Charlotte Anderson

Take care to gently Project Divine Energy to infants, old or weak people.
The tremendous amounts of Energy may be too much for the more SENSITIVE state of their bodies.

DIVINE HEALING MAY BE USED TO INCREASE YOUR CLIENT’S WELLBEING

(Instructions should be given to the Client)

1. Please Complete the Energy Circuit
2. Begin with an Invocation

*To the Supreme God,
To the Spirit of the Earth,*

*To the Divine Father and Mother,
The Invisible Helpers, Healing Angels,
Archangels and Healing Ministers,
Thank You for Your Healing Energy.*

3. Visualize your whole body filled with Divine Light
4. Create an egg of Violet Energy and walk inside.
5. Visualize your whole body surrounded by an Egg-Shaped area of Violet Energy.
6. Say, *"I am filled with Violet Energy. My Energy Information Field has turned completely Violet!"*
7. See your internal organs filled with Violet Energy.
8. See, the Energy Information Field filled with Violet Energy.

My Mind is filled with Violet Energy.

My Emotions are filled with Violet Energy.

9. At the end of the Treatment, always Give Thanks.

*Lord God, to the Healing Angels,
Thank You for your Presence!
Thank You for the Divine Healing!
With Thanks and in Full Faith.*

L17 - Lesson 17	THE LAW OF CONSEQUENCE
Organisational:	Approximately 15 min
Power Point	
Book Reference*	<i>The Story of Karma</i> by Edgar Cayce, ©1994 <i>Reincarnation & Karma</i> , by Edgar Cayce, ©March 2007, (2 nd Printing by Edgar Cayce Foundation) <i>The Rosicrucian Forum</i> , by Rosicrucian Editors, ©1939
Internet	www.pranichealing.org

*these book references apply only to this Sequence that you are reading

THE LAW OF CONSEQUENCE

The Law of Consequence is also known as the Law of Karma or the Law of Cause and Effect. Essentially this means that for every single Action, there will be a Reaction ... In other words, there will be a consequence or reaction for each Thought, Word and Deed.

Well that karma be understood, and how it is to be met. For various thought – whether considered philosophy or religion, or whether from the more scientific manner of cause and effect – karma is all of these and more.

- Extracted from *Reincarnation & Karma*, by Edgar Cayce, ©2006, Page 151

The Hindu concept of “Karma” is well known in all religions and traditions and it is shown to us in Nature.

In the Holy Bible, the Yang and Yin Golden Rules says:

Do unto people what you want them to do to you ... and

Do not do to people what you do not want them to do to you.

Karma is a universal law with which one should be working.

- Extracted from *Story of Karma*, by Edgar Cayce, ©1994, Page 7

The Law of Consequence is exact. It is a Science.

Please write down three things that you want in your life.

Have some of the students share what they want to receive.

These things, that you want to receive is what you have to give.

The Law of Consequence is really the Technology that corresponds to the implementation of the Law of Karma. Through applying these simple Techniques you may change your life.

When the Lord Jesus told the sick and crippled people, “Your Sins are forgiven ...” essentially, He was forgiving their past mistakes – which is another way to say he “neutralized” their past negative karma – which was the basis of the suffering that was occurring in their lives at the time when they had the good fortune to meet the Messiah, the Lord Jesus.

Clearly only a Great Soul has the ability to instantly Transmute a person’s Karma – thereby relieving them of their suffering.

It should be noted that our Guruji, Maha Atma Choa Kok Sui performed multiple “miraculous”, healings - and also performed many “instantaneous” healings - during His lifetime.

This pattern during His lifetime was the rule, rather than the exception.

The Law of Mercy and Forgiveness is “higher” than the Law of Karma or Law of Consequence.

It is also the law of grace, of mercy, for **IF YE WOULD HAVE MERCY YE MUST SHOW MERCY**. If ye would have peace it must be first within self, and ye must be peaceful and create peace wherever you go, with whomever ye contact, and not dissension.

- Extracted from *Reincarnation & Karma*, by Edgar Cayce, ©2006, Page 168

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The effect of directing criticism toward someone over and over again, will tend to stunt the other person’s Growth. By being Merciful Kind and Forgiving, you are practicing the technique of avoiding and not generating new problems.

If you follow the law you will be okay.

You and your family will be protected.

Harmlessness or Ahimsa is a result of Practicing Loving Kindness.

- *Extracted from the Notes of Charlotte Anderson*

Please advise your Clients to make use of the Law of Consequence.

Practitioners need to motivate their Clients to begin to increase their “Good Karma” through creating what we call “Good Deeds” – which may be used to reduce a person’s “ancient negative Karma”.

The Result of these positive activities will also be manifested as improving the individual’s physical, mental and emotional good health.

THE LAW OF KARMA does seek to teach us a lesson so that we will not continue in ignorance, and the law of Karma always seeks to bring about an adjustment or to see that proper compensation is made for all wrongs, and also for all rights.

We must remember that the law of Karma is just as ready to reward us for the good things we do as to cause us to make compensation for the wrong things we do.

In the case where instructions and guidance is intended by Karma, the result of our wrong acts performed in ignorance will be conditions and experiences in the future that will teach us the valuable lesson and help us to avoid making similar mistakes again.

- Extracted from *The Rosicrucian Forum* ©1936,
by Rosicrucian Editors.

Practitioners may also increase their Good Karma through “Doing Service” by donating a few treatment sessions each week.

By Sowing good Deeds ... due to the Law of Consequence what is sown will be manifested into a person’s life. Utilization of these simple Techniques assist the Practitioner to increase Positive Karma. Learning these simple Universal Laws of Nature empowers students so that they know what to do in order to “pay back” their old karmic debts.

The result of applying these Teachings is that the students’ lives are frequently transformed beyond recognition. By applying these simple Teachings an individual is able to advance, and to reap a harvest of happiness and contentment.

L18 - Lesson 18	YOGIC BREATHING
Organisational:	Approximately 40 min
Power Point	
Book Reference*	<i>The Science of Breath</i> , by Yogi Ramacharaka , ©1904 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka ©1909 <i>Yoga Vidya Pranic Healing</i> , by Dr. C. Sundaram © 2003
Internet	www.pranichealing.org
Other	Appendix H – More Info on Yogic Breathing

*These book references apply only to this Sequence that you are reading

INVOKE FOR DIVINE BLESSING

Let us begin with a short Prayer.
Please close your eyes.

*To the Supreme God,
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

In Yogi Ramacharaka's Book *Psychic Healing* (1906) he discusses a powerful technique that enables a Practitioner to Absorb considerable Energy and to thereby increase the Energy in the body of another person.

“Pranic Breathing plays a very important part in Pranic Healing....”

- Extracted from *The Science of Psychic Healing*,
by Yogi Ramacharaka, ©1909, Page 71,

AS IN THE YOGIC TRADITION ... & IN ENERGY HEALING, WE CALL RE-ENERGIZING YOURSELF THROUGH “BREATHING IN” FRESH ENERGY – PRACTICE YOGIC BREATHING OR PRANAYAMA.

According to Yogi Ramacharaka:

...the main principle to remember is that by Rhythmic Breathing and controlled thought you are enabled to absorb a considerable amount of Prana, and are also able to pass it into the body of another person, stimulating weakened parts and

organs, imparting health and driving out diseased conditions.

- Extracted from *The Hindu –Yogi Science of Breath*, by Yogi Ramacharaka, ©1909, Page 60

WHAT ARE GOOD REASONS TO PRACTICE YOGIC BREATHING?

- To increase the Sensitivity needed to “Feel” Energy more easily
- To increase the Practitioner’s Vital Life Energy before starting a Treatment
- It increases the Practitioner’s Energy Level during Treatment
- To Cleanse and Revitalize the Energy Information Field of the Client to a certain degree
- To remove the Stress and Tiredness of the Practitioner

- *Extracted from the Notes of Charlotte Anderson.*

In this school, we call Yogic Breathing - Pranayama.

The term “Pranayama” comes from the Hindu or Yogic Tradition, and is known as one of the five techniques recommended in the Teachings of Mahavatar Babaji.

Pranayama or Yogic Breathing is divided into parts.

The Secret of the Power of Yogic Breathing is to hold the Breath after Inhaling - which is called “Full Retention”. To then Expel and momentarily Hold the body in the breathless state upon Exhaling is called “Empty Retention”

IN ORDER TO “FEEL” OR “SCAN” THE ENERGY TO A HIGHER DEGREE, IT IS NECESSARY TO DO YOGIC BREATHING

First we will do Physical Exercises to Increase the Responsiveness of the Hand Energy Centers.

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and look over your shoulder as far behind you as possible, turn it to the left and look over your shoulder as far behind you as possible.
4. Now, rotate your shoulders by rotating your arms 12 times then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out
6. Now, let us exercise our wrists 12 times to the left and 12 times to the right

7. Now, stretch your left hand up, with the palm reaching to the sky, while you simultaneously stretch your left hand down to the ground. Reach and stretch then, with the right hand up, with the left hand down. Do this 7 times.

PRACTICE YOGIC BREATHING WHILE FEELING ENERGY

1. Complete the Energy Circuit
2. Place your Hands in front of your chest
3. Put your hands about 4-7 inches or 10 – 15 cm apart
4. Concentrate on the tips of your fingers
5. Feel the Energy between your Hands and Fingertips
6. Now, Inhale slowly – Hold for 1 count
7. Exhale slowly, hold for 1 count
8. Inhale – hold
9. Exhale – hold
10. Inhale – hold
11. Exhale - hold
12. Now, gently move your fingers back and forth
13. Continue with Yogic Breathing
14. Do you notice a strong resistance?

(Wait for the student's response)

- Extracted from the Notes of Charlotte Anderson

6-3 6-3 BREATHING EXERCISE

“The Yogi rule for Rhythmic Breathing is that the units of inhalation and exhalation should be the same, while the units for retention and between breaths should be one-half the number of those of inhalation and exhalation.

- Inhale slowly a Complete Breath, counting 6 pulse units.
- Retain, counting 3 pulse units.
- Exhale slowly through the nostrils, counting 6 pulse units.
- Count three pulse beats between breaths.”

- Extracted from The Science of Breath, by Yogi Ramacharaka, Page 63, ©1904

PRACTICE 6-3 6-3 BREATHING EXERCISE

1. Place the hands about 2 – 4 inches or 5 – 10 cm apart
2. Move the hands back and forth, very slowly
3. Do you feel a pushing sensation as you move your hands back and forth?

4. Remember to Complete the Energy Circuit. This Connection should be maintained throughout the Practice
5. Inhale for 6 counts, 2,3,4,5,6
6. Hold 3- 2,3
7. Exhale 6 – 2,3,4,5,6
8. Hold 3 – 2, 3
9. Do this for seven Breathing Cycles

(Wait for a few minutes).

10. Observe how big the Energy Field is that you have created. Move the hands back and forth
11. Is there a difference?
12. What is the difference?
(Wait for the student's response.)
13. Thank you.

Through simple Breathing you can create an Energy Field between your hands
This is good if you must give a Client a lot of Energy

- Extracted from the Notes of Charlotte Anderson

Another source says for Improvement to take place,

“... It is a must to increase our energy, which according to yogic practices is possible only if Kundalini (Energy) can be raised. Raising Kundalini can be done in various ways.

In another passage by the same author it is said, “Kriya Kundalini Pranayama and related breathing techniques (can be used) for the circulation of Pranic Energy in the Vital Body...”

*-Extracted from Yoga Vidya Pranic Healing,
(Therapeutic Yoga), by Dr. C. Sundaram,, ©2003*

A Practitioner may do Yogic Breathing before and after a Treatment.

By doing so the Energy Projected to the Client may be increased - thereby accelerating Improvement.

Should a Practitioner require additional Energy during a difficult Treatment, Yogic Breathing may be practiced during the session.

However the Practitioner should take care not to absorb diseased Energy or Contamination from the Client being Treated.

When choosing an Energy Treatment Center the Practitioner should take care to see that adequate ventilation is readily available and whenever possible leave the window open in order to receive as much Fresh Energy as possible.

The most accomplished healers, who learn how to work entirely with universal free energy channeled through their systems and transmitted onward to the patient,

without getting their own personal emotional energy or ego involved, do not experience as much contamination from their patient's polluted energies ...

- Extracted from *A Complete Guide to Chi Gung*, by Daniel Reid, ©1998, Page 113

The additional Energy received during a Treatment by doing Yogic Breathing can help prevent the Practitioner from feeling tired after a Treatment.

It is advised after Treatments that a large number of Clients – a Practitioner should do Yogic Breathing in order to recharge their body. This Practice will allow a Practitioner to treat numerous Clients without becoming tired or depleted.

A good plan is to place the right hand over the pit of the stomach, or solar plexus, and the left hand under the middle of the back, and allow the current of Prana or Vital Force to flow through the body for a few minutes.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 84

ENHANCE PROJECTED ENERGY THROUGH YOGIC BREATHING

For Example: Parallel Projection of Energy may be used in the Treatment of an arm that cannot be raised or a shoulder that has restricted movement!

A good plan is to place the right hand over the pit of the stomach, or solar plexus, and the left hand under the middle of the back, and allow the current of Prana or Vital Force to flow through the body for a few minutes.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 83

This Technique makes it possible to Increase the Energy of the upper and the Lower Areas of the body, or of certain areas of the body - at the same time.

For example, you may treat the knee or the shoulder – Projecting Energy - both to the upper portion and the lower portion simultaneously.

The Projection of Energy in this manner accelerates the Treatment Procedure in certain conditions.

PRACTICE

1. Please, take a partner
2. Client sit, Practitioner stand up

3. Complete the Energy Circuit
4. Do Yogic Breathing
5. Energy that may be used is received through breathing slowly and rhythmically
6. Inhale – hold
7. Exhale – hold
8. Continue doing Yogic Breathing
9. Feel the Energy of the shoulder
10. Now, Clean the shoulder
Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
12. That is enough, Clean your hands
13. Now, place your hands exactly Parallel to each other - with one hand on the top of the shoulder and the other hand slightly below the armpit. Project Energy through both hands while doing Yogic Breathing.
14. When Projecting Energy, Practitioners should remember they should never allow the fingers or the hands to Project Energy toward the head of the Client.
15. Continue doing Yogic Breathing and transfer Energy to both sides of the Affected Area simultaneously

This kind of “Parallel Projection of Energy” is also helpful when applied to the Treatment of broken bones (*Instructor demonstrates*).

L19 – Lesson 19	ABSENT TREATMENTS USING ENERGY
Organisational:	Approx. 60 min
Power Point	
Book Reference	<i>Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>Psychic Healing Book</i> , by Amy Wallace and Bill Henkin, ©1978
Internet	www.pranichealing.org

*these book references apply only to this Sequence that you are reading

ABSENT TREATMENTS USING ENERGY

Sometimes Clients are not able to come for a Treatment because they live too far away.

We may observe that modern cases of Distant or Absent Healing are numerous. The Eddyites have many unquestionably genuine cases of this class on record ... when the patient is unaware of the treatment, his mind will be free from resisting

any adverse suggestions; ... if the patient be aware of the fact that he is to be thus treated, and has full confidence in the healer, conditions will be equally favorable.

- Extracted from *Psychic research & Gospel Miracles: A Study of the evidences of the Gospel*, by Edward Macomb Duff, Thomas Gilchrist Allen, ©1902, Page 235

Therefore Practitioners need to understand how to provide “Absent Treatments” or to do what Yogi Ramacharaka and Maha Atma Choa Kok Sui both called “Distant Healing” (however Yogi Ramacharaka also called it “Absent Healing”). This Technique has been used by traditional “healers” and other Practitioners since antiquity.

“Prana colored by the thought of the sender may be projected to person at a distance who is willing to receive it, and the healing work done in this way. This is the secret of the “Absent Healing” of which the Western world has heard so much ...

- Extract from *Psychic Healing*,
By Yogi Ramacharaka, ©1909, Page 88

With typical simplicity, others as well as this compiler’s life partner have stated that:

“DISTANT” HEALING IS BASED ON THE PRINCIPLE OF INTERCONNECTEDNESS

- *Extracted from the Notes of Charlotte Anderson*

The widest generalization of the Principle of Interconnectedness results in the conception of the world as a web of interconnectedness ...

- Extracted from *The Size of God: The Theology of Bernard Loomer in Context*, by Bernard Loomer, ©1987, Page 20

THE ENERGY BODY IS A PART OF THE EARTH'S ENERGY BODY

The Mechanism of Healing at a distance is similar to that of the telephone. You are able to contact another person because your telephone line is linked to the other person's telephone line.

- *Extracted from the Notes of Charlotte Anderson*

Distant healing, or "absent treatment," is performed in precisely the same way as is the treatment when the patient is present.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 161

CONCEPT OF A PRACTITIONER'S ABILITY TO DIRECT & OR PROJECT ENERGY

When a person thinks about another person, an Energy Link is created between these two people. In many traditions it states that Energy follows Thought. This Philosophy is the basis for our being able to intuitively know certain information.

The thought of the Healer sends forth the Prana to the sender, and it flashes across space and finds lodgment in the psychic mechanism of the patient. It is unseen, and like the Marconi waves, it passes through intervening obstacles and seeks the person at a distance, you must form a mental image of them until you can feel yourself to be en rapport with them."

- Extract from *Psychic Healing*,
By Yogi Ramacharaka, ©1909, Page 88

When the Practitioner is treating a Client, the ability of the Practitioner to remove diseased Energy or to Project Positive Energy from a distance - occurs in part through the miraculous power of the mind. It is best for the Client to be receptive when Divine Healing Energies are being transmitted. Treatments done from a distance in this tradition are called "Absent Healing".

Some controversy regarding Absent Treatments being provided without the Client's permission exists. This compiler's Spiritual Teacher Maha Atma Choa Kok Sui gave an interesting analogy. He said, "If a person is in a swimming pool and

seems to be drowning – do you say to the person, ‘Hey, it looks like your drowning’ ... ‘Would you like me to help you out? Shall I throw you a lifesaver?’ OR do you reach over and grab the lifesaver and throw it to the person – or do you simply jump into the pool and save the drowning victim?

What if you see someone on the television or read about them in the newspaper? Or what if someone is sick or they have been badly injured and need help and they are unable to ask for assistance? Giving Treatments is the compassionate thing to do.

So it is recommended that you do Invocation, including Invoking to the Soul of the one needing help – requesting permission from the Soul to render assistance. IF there is a strong negative response – or an intuition that help should not be given – then it would be wise not to do so. However, if it seems that the Soul is receptive to receiving a Treatment, then you may do so.

Sometimes a close family member or a friend will say they do not wish to receive any Treatments. In such a case, the Practitioner should respect their wishes – and not Treat them.

However, in a case where the individual is not in a Balanced State – or they are unable to discern clearly that help is needed - then it is recommended that the Practitioner do Invocation – including Invocation to the Soul of the person – and request permission for a Treatment to be performed - then appropriate Treatment may be given by the Practitioner.

Absent Healing is the process of sending Healing Energy to someone who is not in your physical presence. In Absent Healing, the Healer directs his attention to the mental Image of a person who is not present. Absent Healing is the process of sending Healing Energy to someone who is not in your physical presence.

- Extracted from *Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 50

THE PROCEDURE FOR ABSENT TREATMENT

If you wish, set a date and a time with your friend and ask him to do something quiet and relaxing while you work on him.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 50,

In Absent Treatment, the Practitioner imagines the Client standing in front of him. It is also possible to use a photograph of the person, or to simply write the name of the person on a piece of paper. This enables the Energy Practitioner to more easily “connect” to the person, because a “Link” is formed.

It is for this reason that our Guruji Maha Atma Choa Kok Sui advised NOT to teach Distant Healing or the “Absent Treatment Technique” to criminals, to people in jail, to those who are immature, or to people who might try to misuse this priceless Energy Technology. The sole purpose of Teaching these techniques is to be of compassionate use to Humanity.

The Practitioner’s focus should be very clear.

It is not important to “see” the Energy Information Field of the Client.

The Practitioner does not have to see clearly – in order to perform the Absent Treatment properly.

Frequently a person’s Mind may tend to think it must be very difficult to Treat another person at a distance. This is not the case.

All that is needed is to be aware of the *existence* of the Energy Information Field.

Simply visualize the person in front of you. Forget the distance between you. Mentally shrink their physical body until it is in a “manageable size”.

Begin treating them just as if they were in the same room with you.

Be Gentle! Never use force. Willfully Projecting Energy to a Client may actually make the condition worse instead of better. It can have a destructive effect.

Projection of Energy should always be regulated. Otherwise it is not possible for the Client to absorb and digest the Projected Energy properly. The Client may even feel a certain degree of discomfort.

STEPS IN ABSENT TREATMENT

1. Make it simple.
2. Connect with the Client, by repeatedly saying the name of the Client
Repeating the name of the Client may be done aloud or silently.
Some Practitioners use a picture of the Client, for better Visualization.
In general repeating the name over and over again will be enough.
3. During Treatment the Practitioner should constantly remain focused on the Client and on the Client’s Energy Information Field.
This occurs through simply mentally or verbally repeating the Client’s name during the entire Treatment.
4. The Practitioner simply imagines the Client in front of them - about 1–2 feet high or about 30 – 60 cm tall.
5. Now, follow the steps given in Level I
6. Always use a Basin with Water and Salt to dispose of the dirty or diseased Energy. Remember to Clean your Hands with water and salt or with Alcohol after the Energy Treatment.

PRACTICING ABSENT TREATMENT

Let's Practice.

Take a Partner.

Decide: Who is the Practitioner, who is the Client.

*(Separate the class into one group of Clients and one group of Practitioners.
Place the Client group in one location and the Practitioner in a separate location.
Instruct the Client to sit in a receptive pose and to complete the Energy Circuit.
Should anyone feel discomfort inform the Practitioner or the Instructor immediately.)*

If during the course of this workshop any subjects or volunteers feel discomfort simply clean the excess Energy away from the Affected Area

1. Practitioners, take a Basin with Water and Salt and a Hand Spray.
2. Invoke for Divine Blessings

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

3. Please complete the Energy Circuit.
4. Imagine the Client in front of you
Say the Client's name
Repeat the name
5. Do Yogic Breathing.
Inhale slowly, Hold.
Exhale slowly, Hold.
Continue to Practice Breathing during the whole Treatment.
6. Isolate the Client from your Energy Information Field.
7. Raise your hand. Feel the Energy of the Ajna Energy Center.
8. Now, think of the Ajna Energy Center
9. Clean the Ajna Energy Center 1, 2, 3, 4, 5, Throw, 6, 7, 8, 9, 10 Throw...up to 30 times.
10. Clean the Hands
11. Repeat the name of the Client again
12. Project Energy to the Ajna Energy Center
13. Feel again the Energy of the Ajna Energy Center
14. Now, let us Practice on the Back Solar Plexus Energy Center
15. Raise your hand. Feel the Energy of the Solar Plexus Energy Center
16. Now, think of the Back Solar Plexus Energy Center
17. Clean the Back Solar Plexus Energy Center 1,2,3,4,5. Throw, 6, 7, 8, 9, 10
Throw ... for up to 30 times.

18. Clean the Hands
19. Repeat the name of the Client again
20. Project Energy to the Back Solar Plexus Energy Center
21. Combine this Projection with Invocative Treatment
Invoke and Concentrate on the Crown and the Projecting Hand.
Mentally say, *“Thank You for Cleansing, Revitalizing and Treating this Energy Center. Thank You Thank You Thank You”*
22. Feel again the Energy of the Solar Plexus Energy Center.
23. Now, let us Practice at the Basic Energy Center
24. Raise your hand. Feel the Energy of the Basic Energy Center.
25. Now, think of the Basic Energy Center
26. Clean the Basic Energy Center 1,2,3,4,5. Throw, 6, 7, 8, 9, 10. Throw. Do this up to 30 times or until the area being treated “feels” normalized
27. Clean the Hands
28. Repeat the name of the Client again
29. Project Energy to the Basic Energy Center
30. Feel the Energy of the Basic Energy Center again
31. Now, Secure the Energy
32. Give Thanks

*Lord God, to the Healing Angels,
Thank You for Your Presence Thank You for the Healing.
With Thanks and in Full Faith.*

33. Disconnect. Say, “Cut, Cut, Cut!”
34. Clients say, *“Thank You. “Thank You for the Healing Energy. I fully and gratefully accept the Healing and the Energy.”*
(Bring the class back to one location and Give Feedback.)

NOTE:

When Absent Treatment is combined with Divine Healing Energy it becomes very powerful.

After Invocation the Practitioner simply needs to concentrate on the Crown and Hand that is Projecting Energy ...

Mentally say, *“Thank You for Cleansing Revitalizing and Repairing the Energy Center being Treated. Thank You, Thank You, Thank You for the Divine Healing.”*

This procedure may be repeated for each Energy Center.

35. Change Roles
(It is possible to change the Energy Centers- that will be treated - when roles are changed.)

- Extracted from the Notes of Charlotte Anderson

L20 – Lesson 20	METHODS FOR PERSONAL TREATMENTS
Organisational:	Approx. 40 min
Power Point	
Book Reference	<i>The Psychic Healing Book</i> , by Amy Wallace & Bill Henkin, © 1978 <i>The Science of Breath</i> , by Yogi Ramacharaka, ©1904 <i>The Science of Psychic Healing</i> , by Yogi Ramacharaka, ©1909 <i>Hands of Light</i> , by Barbara Ann Brennan, ©1987
Internet	www.pranichealing.org www.ppmaudiostream.org
Other	Appendix I – Using the White Light Meditation

*these book references apply only to this Sequence that you are reading

“Self-healing is an entirely normal and natural process. It is so much a part of having a body that, for most small ailments and some larger ones as well, we consign the conscious part of ourselves that also controls our breathing, our digestion, the beating of our hearts, and the replacement of all the cells in our bodies every seven years.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 63,

THE INNER STATE OF THE PRACTITIONER IS IMPORTANT

It is desirable for a Practitioner to maintain a High Level of Energy in order to do more proficient Treatments. How can a Practitioner be expected to perform Miraculous Treatments if their Energy is low? A sustained level of Energy is required in order to be a good Practitioner.

There are many ways in which a person may increase their Energy Level. Here are some Techniques designed to assist in rapid Personal Recovery.

The Practitioner’s Inner State affects their Ability to Treat Clients.

METHODS FOR PERSONAL TREATMENT

In general, Practitioners should do regular Treatments on their own Energy Information Field.

This can be done by:

- Treating the affected area directly

- Using Absent Treatments by visualizing their own Energy Information Field or their own body in front of them.

LET'S PRACTICE ON PERSONAL TREATMENT

Take a Basin with Water and Salt and Hand Spray

2. Complete the Energy Circuit.
3. Invoke for Divine Blessings

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

4. Feel the Energy of the Navel Energy Center
5. Clean the Navel Energy Center. Remove the Unwanted Energy 5-7 Times.
Throw - up to 25 or 30 Repetitions or more...
6. Clean the hands
7. Project Energy to the Navel Energy Center
8. Inhale hold ... Exhale ... hold. Project as long as it is needed
9. Feel again the Energy of the Navel Energy Center
10. Secure the Energy
11. Let's Practice on the Solar Plexus Energy Center
12. Feel the Energy of the Solar Plexus Energy Center
13. Clean the Solar Plexus Energy Remove the Unwanted Energy 5-7 Times.
Throw - up to 25 or 30 Repetitions or more...
14. Clean your hands
15. Project Energy to the Solar Plexus Energy Center
Inhale ... hold ... Exhale ... hold. Project for as long as it is needed
16. Feel again the Energy of the Solar Plexus Energy Center
17. Secure the Energy

For PERSONAL Treatments on Areas of your body, which you cannot see or reach ... Use the Absent Treatment Method.

Let's Practice

1. Complete the Energy Circuit.
2. Invoke for Divine Blessings

*To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for Divine Healing Power.
Thank You for using me as a Divine Instrument.*

With Thanks and in Full Faith.

3. Visualize yourself standing in front of you. Position yourself in your visualization so that you can see the back of your body.
4. Feel the Energy of the back Heart Energy Center.
18. Clean the Back Heart Energy Center. Remove the Unwanted Energy 5-7 Times. Throw - up to 25 or 30 Repetitions or more...
5. Clean the hands.
6. Project Energy to the back Heart Energy Center.
Inhale ... Hold ... Exhale ... Hold. Project as long as it is needed.
7. Feel again the Energy of the back Heart Energy Center.
8. Secure the Energy.

STRENGTHEN THE BODY

In this exercise the Solar Plexus and the Navel Energy Centers have to be thoroughly cleansed.

Now place the fingertips of both of your hands directly on the Solar Plexus Energy Center.

Project Energy through the Finger Energy Center for about 10 Yogic Breathing Cycles to the Solar Plexus Energy Center.

When exhaling, be aware of the whole body.

Repeat this on the Navel Energy Center.

When this is done properly, the body will be Revitalized and Recharged.

...place the hands over the Solar Plexus, breathe rhythmically. After the rhythm is fully established, will that each inhalation will draw in an increased supply of prana or vital energy stored in the Solar Plexus. At each exhalation, will that the prana or vital energy is being distributed all over the body...

- Extracted from *The Science of Breath*, by Yogi Ramacharaka, ©1904, Page 67

OTHER TECHNIQUES TO USE FOR PERSONAL TREATMENTS

To increase the Energy Level and support the Wellbeing of the Practitioner certain points may be emphasized. These may assist in accelerating the Rate of Recovery if the Practitioner is in Pain or Discomfort. Please consider the following points:

COMPLETE THE ENERGY CIRCUIT

To complete the Energy Circuit is the easiest way to increase your Level of Energy.

You simply have to think about it.

Generally, most of the people do this intuitively all the time when Treating Clients.

PRACTICE THE PLANETARY MEDITATION FOR PEACE

By doing regular Planetary Meditation for Peace, your Energy Level can be increased easily and rapidly in a short period of time.

PRACTICE YOGIC BREATHING

Through regular Yogic Breathing, a Practitioner's whole Energy Level will be increased.

In rhythmic breathing the main thing to be acquired is the mental idea or rhythm. To those who know anything of music, the idea of measured counting is familiar. To others, the rhythmic step of the soldier; "Left, right; left, right; left, right; one, two, three, four, one, two, three, four," will convey the idea

- Extracted from *The Science of Psychic Healing*, by
Yogi Ramacharaka, ©1909, Page 74

In order to rapidly increase their Energy Level, it is recommended for Practitioners to regularly do Yogic Breathing.

For example, it may be done:

- in a clean outdoor area or in the woods,
- by the sea, or in a garden or in any place that is etherically and physically clean.

Yogic Breathing can also be used in combination with Visualization.

In this case, you can imagine or visualize that you are cleaning the Area being Treated or Energy Center and then Project fresh Energy.

This will enable their bodies to be Revitalized regularly.

Then inhale more Prana for the purpose of driving out the painful condition; then exhale, holding the thought that you are driving out the pain. Keep this up for seven breaths ...

- Extracted from *The Science of Psychic Healing*, by Yogi
Ramacharaka, ©1909, Page 94

USING SALT WATER BATHS FOR CLEANSING

Salt breaks down Dirty Energy.

To clean your Aura take a 20-minute bath in a warm tub of one pound sea

salt ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 199

For a stronger cleansing effect you may add 7 drops of lavender oil or seven drops of Tea Tree oil.

HOW DO YOU ABSORB ENERGY FROM THE GROUND?

There are Minor Energy Centers in the feet. These important Energy Centers are an entry point for Earth or Ground Energy - to be absorbed into the physical body. Therefore in order to strengthen the body, whenever possible a person should walk barefooted on the ground and should wear shoes which do not have rubber or leather soles in order to facilitate the absorption of Ground Energy. This will strengthen the body and enhance the Treatment Power of the Practitioner.

BY FOCUSING ON A CERTAIN AREA AND DOING YOGIC BREATHING – THE ENERGY OF THAT AREA INCREASES.

When you are well grounded, focus your attention on your Feet Chakras (locate in the arches of your feet). Imagine the Energy of planet Earth being drawn up through your Feet Chakras and spreading up your lower legs, your thighs and into your first Chakra. You may literally *feel* the Energy – many people do.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 68

Let's do a short Exercise:

1. Take a Partner.
2. Complete the Energy Circuit.
3. Isolate the Partner from your Energy Information Field.
4. Feel the Energy of the Energy Centers on the Feet of your Partner.
5. Now, is your Partner wearing shoes with Rubber or Leather Soles?
Tell him to remove the Shoes ... then
6. Feel the Minor Energy Centers on the Soles again.
7. Is there a difference?
8. Subject, do Yogic Breathing for 7 cycles and simultaneously concentrate on the Soles of your feet.
9. Practitioner, please feel again.
10. Is there a difference?
11. Please, exchange Feedback.
12. Change Roles.

HOW DO YOU ABSORB ENERGY FROM THE AIR OR ENERGY FROM THE SUN

When absorbing Air Energy or Energy from the Sun, the Practitioner simply focuses their attention on their Hands. They Practice Yogic Breathing for as long as they wish to absorb the Energy.

When the body is fully Revitalized, the Practitioner will feel like they are filled up. They may also experience feeling the movement of Intense Energy within the body.

PROPER DIET

Avoid pork. It is extremely dirty and causes the Energy of the person to be gross. Feel the Energy of the food to check if it is Energetically clean. If not, then Clean the food.

PHYSICAL EXERCISES

Physical exercise plays a primary role in Self Treatment and maintaining one's health and Vitality.

10 Minutes of daily physical Exercises can be enough for Wellbeing.

These easy Exercises used before and after Meditation can also be repeated more often during the day.

This will cause the Energy Information Field, the Meridians and Energy Centers to be partially Cleansed and Increased in size.

PRACTICE TREATMENT OF ONE'S SELF THROUGH MEDITATION

For Personal Treatment, you may use free of charge online Mediations. For example in the "Green Violet Meditation", you simply Visualize yourself in an Ocean of Green Energy then in an Ocean of Violet Energy, Throughout these Meditations - you Inhale the Balancing Energy of different Qualities of Divine Energy into your body.

You may listen to these Meditations - 24 hours a day, 7 days per week without charge. Please visit the: www.ppmaudiostream.org

SIGNS OF CONTAMINATION OF THE PRACTITIONER

The following Symptoms are Signs of Contamination in a Practitioner. Contamination in Practitioners occurs for the following reasons:

1. Through carelessness in "Throwing" the dirty Energy into a Basin of water and salt – and allowing it to remain on the floor. When this happens others

may step into these Unwanted Diseased Energy and thereby become contaminated.

It is necessary to fully concentrate when Throwing the Unwanted Energy directly into the water and salt. Never Throw unwanted Energies onto the floor.

2. Arthritis can occur when there is residual dirty Energy in the arms, the leg, or the feet. Chronic symptoms may occur when the dirty Energy affects the spleen of the Practitioner due to improper disposal of contaminated Energies.
3. Practitioners also report having the symptoms and even the feelings that the Client is experiencing. This is a sign of contamination not empathy. It is necessary for a Practitioner to be caring, yet partially de-attached from their Clients.

“For some Healers taking on another’s problem is a matter. If such a healer works on a broken leg, he may expect to hobble around for a day or two, working out his client’s ailment in his own body. We, however, do not feel that this is *ever* necessary.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 48

4. Sometimes after a Treatment the Practitioner may feel tired or that their Energy is depleted. This is another symptom of contamination.
5. When the Client repeatedly comes in the mind of the Practitioner after the Treatment means the connection between the Practitioner and the Client has not been properly disconnected. Disconnect the Energy Link immediately.
6. To protect both the arms and the body from Contaminating Energies, take regular Salt Water Bath after Treatments. Also Clean your Hands and arms up to the elbows with salt and water after every single Treatment. This will prevent the dirty Energies from sticking to the Practitioner’s body

- *Extracted from the Notes of Charlotte Anderson*

L21 - Lesson 21	SKILLS FOR SUCCESSFUL TREATMENTS WITH ENERGY HEALING
Organisational:	Approximately 15 min
Power Point	
Book Reference*	<i>The Psychic Healing Book</i> by Amy Wallace & Bill Henkin, ©1978 <i>Hands of Light</i> , by Barbara Ann Brennan, © 1987
Internet	www.pranichealing.org

*these book references apply only to this Sequence that you are reading

CAN SYMPTOMS RECUR?

Sometimes symptoms recur.

Why does this happen?

What can be done to prevent this from happening?

1. Holes or Cracks in the Energy Information Field can cause the Energy to leak out. General Cleansing may resolve this condition.

The Energy Information Field...may be thin in places and even have breaks or holes in it. These need to be repaired, and the whole form needs to regain the shape of an egg with a nice, firm shell.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 228

Leaking out of Energy may also be caused, if the Projected Energy is not properly Secured on the area where the Energy has been Projected.

2. Sometimes there are still blocking and/or sticking Energies on or near the Area being Treated. Assess the Particular Area or organ or the adjacent Energy Center next to or around the Area you are Treating. Thoroughly remove these Energies so that the situation can be rapidly improved.
3. On the other hand, if the Practitioner has not transferred enough Vital Life Energy to the area being treated - acceleration of the Self Treatment is less likely to take place.
4. Energy has the tendency to return back to where it originates. For the best result, always Throw the Removed Energy into the Salt Water Basin. Remember to Disconnect the Energy Link between Practitioner and Client after every treatment.

5. If the ailment of the Client is very severe, the symptoms may return after some hours. This means the Energy has been consumed very quickly. In this case, Treatments need to take place at more frequent intervals and often are best performed using the Team Treatment approach.
6. Clients should not take a shower or bath for 24 hours after a treatment. Bathing will remove the Projected Energy - which may cause a substantial decrease in receiving a noticeably positive result.

In serious cases where a lot of Energy is Transferred to the Client – they should be instructed not to bath for even up to 2 -3 days after treatment. They may use a moistened towel to clean the body as needed. But Clients should be cautioned not to “wash off” the Energies.

- Extracted from the Notes of Charlotte Anderson

After a Treatment, it may be noted that the pain or symptoms either immediately recur or recur after a short period of time.

In such cases the Practitioner should analyze the reasons for the recurrence of the symptoms.

Possible causes are:

- The condition or ailment requires a large amount of Energy in order to recover.
Solution A: The treatment has to be repeated within a short period of time.
Solution B: The Projected Energy has been used up very fast. When this happens send the Client to a medical doctor immediately for conventional medical diagnosis and treatment.
- The Area being Treated contains numerous blockages. These cause a pooling of the Unwanted Energies which must be removed. Therefore cleansing must be applied more frequently.

These conditions usually arise because the underlying cause was not fully removed, therefore regular or frequent treatment must be applied.

TREATMENT FREQUENCY

Practitioners find that the rate of improvement in the condition of the Client is Instantaneous.

However in the treatment of severe ailments and conditions complete recovery may require a longer period of time even up to several months.

In cases where an emergency condition exists, a team approach may be used in

order to assist a more rapid recovery, a greater degree of pain-relief, and/or improvement of the serious condition.

For example, in the Philippine Islands, if there are severe cases, a team approach is used and several Practitioners will do nearly non-stop Treating.

- Extracted from the Notes of Charlotte Anderson

The Practitioners should remember that Energy Treatments are always complementary to allopathic medicine. The intelligent approach is to coordinate conventional medical treatment together with Energy treatments.

In the case of serious Conditions like cancer, leukemia, lymphoma and others, regular treatment will be necessary at least several times per week.

Whether a Client presents relatively simple symptoms or a serious condition or a chronic condition, the nature of the ailment in Area will guide the Practitioner in how frequently the Client needs a treatment.

Treatment should be applied frequently or at least be repeated as often as needed. To find the right number of treatments ask the Client:

- Is the ailment severe, critical or chronic.
- Is the ailment in a particularly SENSITIVE or NON-SENSITIVE area?
Non-Sensitive include the feet or arms and can withstand more frequent treatments within one day. This will tend to Increase & Strengthen the Self Treatment within the Client. In SENSITIVE areas, like Brain, Heart and Eyes - too many treatments may cause Energy Congestion.
- What is the overall condition of the Client?
- If a person is very old, Energy cannot be absorbed too fast.
When this is the case, it will take a longer time to achieve successful results. It is the same with people who have a lot of different chronic Conditions.
- *How fast do they want to get well?*
- The mental state of the Client is very important in order to manifest a Miraculous result.

For example ... in Emergency Cases:

2. In the case of Heart Attack: Apply treatment 2–3 times a day for several days.
3. In the case of a headache, first remove the dirty Energy from the Solar Plexus. 30–40 % of the time the condition will be removed or it will be substantially relieved.

4. Bad burns must be treated over and over again - constantly for many hours. For example, boiling soup fell on a 1-½ year old baby. The face and head were burned. Immediately the Mother began Cleansing and Projecting Energy to the injured child. After 45 minutes of Treatment, the baby did not even need to go to the hospital.
5. In cases of Surgery, treatment may be done 2 -3 times or more in one day to assist a faster recovery.
6. In the case of severe infections, repeated Treatments are necessary because the consumption of Energy is very fast.

- Extracted from the Notes of Charlotte Anderson

When Treating Severe Illness you must remember to Treat the Solar Plexus and the Navel as well as the Spleen. This is a very important factor when treating severe illness.

If a Practitioner is not certain which treatment to use they have several choices.

1. Consult the books of Maha Atma Choa Kok Sui for specific guidance.
2. Consult an Instructor
3. Go to Pranic Healing Question and Answers (PHQandA) for a recommendation at:
<http://health.groups.yahoo.com/group/phqanda>

It is important for Practitioners to do extremely thorough Cleansing, to learn to feel energies accurately and to take adequate time to follow all recommended steps in order to achieve the desired outcome.

WHY DOES AN ENERGY TREATMENT SOMETIMES NOT WORK?

It is important for a Practitioner to be relaxed when they Treat a Client. If the Energy Practitioner is attached to the result of a treatment the Positive Effect or the final outcome may be substantially reduced.

In some cases there will be no positive out come. This occurs because no matter how well the Practitioner treats the Client, and no matter how hard the Client tries to improve, sometimes there are karmic debts that must be paid, therefore the client's condition will not improve.

This is not the fault of the Practitioner. It is also not the fault of the Client. While this is not a usual result when performing the Treatments correctly, it is a possible outcome.

Another cause of Treatment not being successful – is if it is “time” for the client to depart from the body.

ALL AILMENTS AND CONDITIONS CAN BE TREATED. BUT NOT EVERY PERSON CAN BE TREATED. THIS IS DUE TO THE LAW OF KARMA. WHAT A PERSON SOWS THEY MUST HARVEST.

- *Extracted from the Notes of Charlotte Anderson*

In case of treating a dying person the Energy will not stay in the body anymore.

Certain Clients are more receptive to certain Practitioners, just as some people are more attracted to each other than other people. This is normal.

Perhaps in paying off his karmic debts some person is destined to have the illness he consults you about. Or perhaps because of his karmic relations with some other healers, he is destined to be healed by someone other than yourself.

If a subject being is unwilling to be healed, there is nothing on God’s green earth you can do to heal that person. This is why all the greatest Healers have clients they cannot cure.

- *Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Page 36,*

Some Practitioners are unable to accept that not every Client will get well.

It is necessary to remember that all ailments, conditions, and diseases can be treated but not every Client will improve or be cured. This will occur due to the Karmic Entitlement of the person to be Relieved of the Condition.

- *Extracted from the Notes of Charlotte Anderson*

When you act in a way that offends your own sense of ethics, you make your work as a healer more difficult and probably less effective, because you trouble your conscience. At the same time, healing provides a wonderful opportunity to be ethical in your life while helping someone else in his.

- *Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, © 1978, Page 34*

PRACTITIONER’S SHOULD AVOID CONTAMINATION

Throw the Unwanted or Diseased Energy into the Water and Salt – so as to fully Eradicates these Energies and to avoid Contamination to the Practitioner as well as to the Environment.

Do 6-3, 6-3 Yogic Breathing, but no more than 4-5 times per day. To over do this exercise may result in Kundalini Syndrome. Pranayama may be done after Treating 2-3 Clients with “heavy” conditions – to reduce the possibility of Contamination.

A Practitioner should face north or east when giving Treatments.

Request your Clients to position their head with the Crown Energy Centers toward the East while treating Client’s with Unstable Emotional ailments.

When treating Physical Ailments, please ask your Client to position their head with the Crown Energy Center toward the North.

Practitioners may obtain more Energy when needed - from physical sources such as Ginseng, raw Eggs, Wheat Germ, Wheat Grass Juice and other natural substances.

When taking these substances the Practitioner should say: *“I am absorbing the Energy of this ‘Egg’”*, or whatever substance is being assimilated or ingested.

Practitioners should remember to thoroughly clean their hands, their arms and their underarms after finishing Treatments.

- *Extracted from the Notes of Charlotte Anderson*

Qualities of Energy are different.

If you are a pure Vegetarian you are more sensitive.

It is better if the quality of your Energy is matched to that of the Client.

If you smoke do not Project Energy to a Client, who does not also smoke.

When you smoke your hands are clairvoyantly seen as slightly gray. This grayish

Energy may transfer to the Client.

Dirty Energy may thereby be transferred to the Client.

Remember to cleanse your hands very thoroughly.

Arthritis in a Practitioner may be due to dirty Energy accumulating in the Arms, Hands and Legs.

A Practitioner who has not paid proper attention to de-contaminating their physical bodies after performing Treatments may also occasionally experience chronic Fatigue Syndrome.

The Quality of the Energy of the Practitioner should be finer than that of the Client.

Every time the Practitioner has finished a series of Treatments, they should clean their body with water and salt to remove any residual contamination.

It has also been noted that sometimes a Practitioner will experience the Symptoms of the Client. This means that due to the empathetic nature of the Practitioner, that they become physically aware of the condition of the Client.

This is strictly not advised – and should be avoided. Immediately Disconnect or Cut from the Client get some fresh air and then continue the Treatment.

- Extracted from the Notes of Charlotte Anderson

THE PURITY OF THE PHYSICAL ENVIRONMENT OF THE TREATMENT AREA IS EXTREMELY IMPORTANT

1. Open the windows and allow the room to air.
2. Play the Mantra “OM” from the time the treatment is finished until the next time treatment is to be done in that area. The “OM” may even play continuously between the treatments - day and night.
3. Burn sandalwood incense in the treatment room.
4. Thoroughly clean the chair or the bed where the Client has been sitting.
5. Spray the room thoroughly with alcohol.*

*It is recommended Ethyl alcohol not Isopropyl alcohol should be used. Our Guruji personally used inexpensive vodka, with essential oils to replace other alcoholic products altogether.

As your treatment skills increase, improvement becomes very fast.

IT IS IMPORTANT FOR PRACTITIONERS TO STUDY & PRACTICE

Then it will be easy to become a good Practitioner.

Most of the time, 2 -3 treatments produce relief.

But in the case of a severe ailment, 6 months to 1 year of regular treatments may be required for improvement to be observed.

Treatment must be repeated regularly for the effect to be permanent.

The term “cure” simply means that symptoms do not recur.

Remember to Cut the Energy link between you and the Client.

If you even think about the Client the symptoms may recur. You must cut!

Modified & Extracted from the Notes of Charlotte Anderson

NOW IT IS TIME TO CLOSE THE WORKSHOP.

PLEASE TAKE NOTE OF THE FOLLOWING REMINDERS TO THE STUDENTS.

1. *Remind the students of upcoming Advanced Workshops.*
2. *Encourage the students to continue the learning process.*
3. *Ask the students for assistance in attracting new people to these Teachings and to other TIS/TIIS Workshops.*
4. *Give contact information - so they know where to reach you and how to reach other Practitioners and other available Advanced Teachings.*

Share important International links:

www.pranichealing.org

www.ppmaudiostream.org

www.arhaticyoga.org

www.theinnersciences.net

www.pranicenergyhealing.net

LET US CLOSE THE SESSION BY ASKING FOR DIVINE BLESSINGS:

*To the Supreme God,
Thank You for Your Great Blessings.
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using me as a Divine Instrument.
With Thanks and in Full Faith.*

APPENDICES

These Appendices are provided as sources of further information regarding topics included in this Manual on Level I.

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APPENDIX A

CHRONOLOGY OF THE USAGE OF THE TERM “PRANIC HEALING”

<p>This chronology was created to demonstrate the ancient nature of the term PRANIC HEALING – which derives from multiple sources - & from multiple Authors.</p> <p>The information demonstrates usage of the term - historically and globally.</p>
<p>Clearly the terminology - PRANIC HEALING - <i>Pre-Existed</i> usage of the term by Master Choa Kok Sui.</p> <p>The very title of his first book <i>The Ancient Science & Art of PRANIC HEALING (Dec. 1987^{1st} Release - 1988 1st Distribution)</i> - denotes that it is a compilation of techniques - which are derivative in nature.</p>
<p>While “PRANIC HEALING nach Choa Kok Sui” maybe descriptive - the term PRANIC HEALING is generic.</p>
<p>“PRANIC HEALING nach Choa Kok Sui” - is distinctively separate from the other multiple Authors, who have previously and are currently using the term.</p>
<p>Our discussion begins with the root of the terminology - Prana - and leads step by step through a chronology of the usage of the term - PRANIC HEALING.</p>

<u>Copyright Date</u>	<u>Book Title</u>	<u>Author</u>	<u>Discussion</u>
Before mid first millennium BCE	<i>Chandogya Upanishad 2.7.1</i>	Ancient Text from the Pranic Energy Healing System	Prana (prāṇa) is the Sanskrit word for "vital life" (from the root prā "to fill")
Before mid first millennium BCE	<i>Chandogya Upanishad 2.7.1</i>		Prana ... is a part of the worldly, physical realm (<i>which</i>) sustains the body ...
1906 New York, USA	<i>The Science of Psychic Healing</i>	Yogi Ramacharaka <i>(One of the Pseudonyms of the American Author William Walker Ingham)</i>	The Principles of PRANIC HEALING The Practice of PRANIC HEALING Spiritual Healing is also called “Divine Healing” by this author ... MCKS also presented Spiritual or Divine Healing as used by this and other earlier sources indicating multiple derivative extracts.
1911 New York, USA	<i>Journal of the Outdoor Life: Volume 8</i>	National Tuberculosis Association	This Journal states, that Indian Theosophists use PRANIC HEALING more than any other method ... and (<i>also</i>) operate by "Distant Pranic Healing"- with splendid results.
1950, Great Britain, Ireland	<i>The Publisher (A Book of collected Articles)</i>	Volume 164	... the vital force of Prana (PRANIC HEALING) can through the practice of this technique of Yoga - (<i>Projecting Energy</i>) from the hands - to produce an impressive list of certified cures of patients.
1950, London, United Kingdom	<i>Healing Fingers: The Power of "Yoga Pranic</i>	Percy Youlden Johnson	Please note: The term PRANIC HEALING is a part of the title of this book.

	<i>Healing"</i>		
1960, New York, USA	<i>The Complete Illustrated Book of Yoga</i>	Swami Vishnu Devananda	Discussion about PRANIC HEALING .
1970, New York, USA	<i>Darshana International: Volume 10</i>	J.P. Atreya, Jan 1970	When the mind is still and concentrated ... one becomes in tune with God ... (<i>and is</i>) surcharged with God's electric energy (<i>which</i>) is flowing through him ... this is known as PRANIC HEALING .
1973, New York, USA	<i>Orgone, Reich and Eros: Wilhelm Reich's Theory of Life Energy</i>	William Edward Mann	... most of the books on magnetic (<i>healing</i>) or PRANIC HEALING advise the healer to shake or flick their hands ... (to avoid) Healers taking on some or all of the symptoms of their patients.
1973, Kerola, India	<i>Ramadas Speaks: Volume 3</i>	Ramadas (Swami)	Discussion on the Difference between PRANIC HEALING and Divine Healing.
Jul-Aug 1978 Montreal, Canada	<i>Yoga Journal</i>		Discussion on the Power of Pranayama and PRANIC HEALING .
1978, Himalayas, India	<i>Kundalini Yoga</i>	Swami Sivananda Radha	PRANIC HEALING (<i>or</i>) Prana then can be released "at will" toward the patient in need of healing. Pranic Energy (<i>then</i>) flows into the patient's body.
1985, Himalayas, India	<i>Health and Hatha Yoga</i>	Swami Sivananda	The control of vibratory Prana ... (<i>leads</i>) a yogi (to) the realization of the Self - PRANIC HEALING ... (<i>Practitioners</i>) may impart Prana in healing morbid diseases.
1986, York Beach, USA	<i>The Chakras & Esoteric Healing</i>	Zachary F. Lansdowne	On the term Pranic Healing the following excerpts can be noted: It is the approach of PRANIC HEALING to heal the physical body by directing Prana ... Before proceeding with PRANIC HEALING , it is important that the (<i>energy of the</i>) patient be carefully diagnosed If the assistance of the higher intelligence has been invoked,

			then this (<i>Divine</i>) Intelligence is able to direct the needed Energies (<i>in the</i>) form of PRANIC HEALING
1986, York Beach, USA	<i>The Chakras & Esoteric Healing</i>	Zachary F. Lansdowne	The PRANIC HEALER attempts to either stimulate or to abstract energy from one or more or a patient's chakras (<i>according to the need of the patient</i>). NOTE: We believe the term Pranic Healer was first used by this Author in 1986 prior to the Publishing of the books of Master Choa Kok Sui
1986, Llewellyn, MN, US	<i>Complete Book of Witchcraft</i>	Raymond Buckland	Lesson 13: Auric Healing, PRANIC HEALING , Absent Healing, Color Healing, Gem therapy ... Positive thinking You can do Auric or PRANIC HEALING (at a Distance) Two methods of doing PRANIC HEALING , (may be used) when the patient is not physically present Both Auric and PRANIC HEALING (<i>at a Distance</i>) can be done using a good, clear photograph of the person
1987, York Beach, USA	<i>The Eyes have it: A Self-Help Manual for Better Vision</i>	Earlyne Chaney	PRANIC HEALING magnetism flows from your hands ... The warmth increases the circulation.
IT SHOULD BE NOTED THAT THE FIRST BOOK OF MASTER CHOA KOK SUI WAS RELEASED IN DECEMBER 1987			
1987, Philippines	<i>The Ancient Art and Science of Pranic Healing</i>	Master Choa Kok Sui	This is the first published book of Master Choa Kok Sui about PRANIC HEALING
1996, USA	<i>Prana, The Secret of Yogic Healing</i>	Atreya	PRANIC HEALING used as a complement to, rather than a competition for, the allopathic regimens of Western health care
1997, India	<i>Pranic Healing using Breathing with</i>	L.R. Chowdhry	Please note: The term PRANIC HEALING is a part of

	<i>Healing</i>		the title of this book
1998, USA	<i>Practical Ayurveda: Secrets for Physical, Sexual & Spiritual Health</i>	Atreya	It is possible to have therapeutic effect ... by using PRANIC HEALING
1999, Delhi, India	<i>The Oneness/Otherness Mystery: the Synthesis of Science and Mysticism</i>	Sutapas Bhattacharya	Discusses conventional and paranormal processes in PRANIC HEALING ... and on the more complex aspects of the healing phenomenon - such as tissue regeneration and immunological reactions ...
THE TERM PRANIC ENERGY HEALING			
2003, Pennsylvania, US	<i>Eternal Wellnes (Chrysalis Readers)</i>	Carol & Robert Lawson	PRANIC ENERGY HEALING is an inborn talent in everyone ...
2005, California, 1 st Print - Canada	<i>The Miracle of the Breath</i>	Andy Caponigro	In the book Chapter 16 is titled Pranic Energy Healing ... I call this skill " PRANIC ENERGY HEALING " because it's based on the healer's ability to consciously transmit healing Prana from one person to another is possible because the Pranic Life-force is the same in all living creatures.
2006, Indianapolis, US	<i>The Rite Way to Immortality</i>	F. Cantanza Rite, Ph.D., D.H.H	... of this system lies the science and practice called PRANIC ENERGY HEALING
2011, US	<i>A Survivor's Guide to Kicking Cancer's Ass</i>	Dena Mendes	PRANIC (ENERGY) HEALING is a highly evolved, intricate, and tested system of energy medicine that uses Prana (Energy) to balance, harmonizes, and transforms the body's Energy. Note: Parenthesis in the terminology Pranic Energy Healing are verbatim from this Author

APPENDIX B
RESOURCES USED FOR MANUAL LEVEL I

Name of Book	Name of Author	©Year
Color Cure	A. Osborne	1901
Esoteric Astrology	Alan Leo	1983
Esoteric Healing	Alice A. Bailey	1953
Education in the New Age	Alice A. Bailey	1953
Esoteric Psychology II	Alice A. Bailey	1942
A Teatrise on Cosmic Fire	Alice A. Bailey	1925
The Psychic Healing Book	Amy Wallace and Bill Henkin	1978
How God changes your Brain	Andrew Newberg and Mark Robert Waldman	2009
London Lectures	Annie Wood Besant	1907
Evolution and Occultism	Annie Wood Besant	1896
The Etheric Double	Arthur E. Powell	1925
The Astral Body	Arthur E. Powell	1927
The Mental Body	Arthur E. Powell	1925
Prana, The Secret of Yogic Healing	Atreya	1996
Hands of Light	Barbara Ann Brennan	1987
Natural Pet Healing - our psychic spiritual Connection	Braschler	2003
Man-Visible and Invisible	Charles W. Leadbeater	1902
The Chakras: A Monograph	Charles W. Leadbeater	1927
Gems of Thought	Charles W. Leadbeater	1911
Astral Plane	Charles W. Leadbeater	1973
The Inner Life	Charles W. Leadbeater	
The Hidden Life of Freemasonry	Charles W. Leadbeater	1927
The Science of Sacraments	Charles W. Leadbeater	1927
A Study of Taoist Acupunture and Moxibustion	Cheng-Tsai Liu Liu Zhen-Cai, Ka Hua	1999
Edgar Cayce On the Power of Color, Stones and Crystals	Dan Campell, Charles Thomas Cayce	1989
The Tao of Health, Sex and Longevity: A modern Practical Guid to the ancient way	Daniel P. Reid	1989
Cosmic Doctrine	Dione Fortune	1995
Reincarnation & Karma	Edgar Cayce	2006
Story of Karma	Edgar Cayce	1994
Life's Hidden Secret	Edward G. Collinge	2003
The Principle of Light and Color	Edwing D. Babbit	1878

Inner Bridges: A Guide to Energy Movement and Body Structure	Fritz Frederick Smith M.D.	1986
Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation	Guru Rattana Ph.d	1988
The Theosophist	H.P. Blavatsky	1887
The Secret Doctrine	H.P. Blavatsky	1888
Occultism of the Secret Doctrine	H.P. Blavatsky	1888
Lucifer: A Theosophical Magazine, March to August 1892	H.P. Blavatsky, Annie W. Besant	1892
Color Healing Chromotherapy	Health Research	1996
Golden Needle Wang Le-Ting: A 20th Century Master's Approach to Acupuncture	Hui-chan Yo Hand Fu-Ru, Shuai Xue Zong	1997
Taoist Meditation: The Mao-Shan-Tradition of Great Purity	Isabelle Robinet	1970
Education and the Significance of Life	J. Krishnamurti	
Acupuncture Point Combination: The Key to Clinical Success	Jeremy Ross	1995
Theory of Color	Johann Wolfgang von Goethe	1870
You the Healer	Jose Silva	1989
Chakra Therapy: For Personal Growth & Healing	Keith Sherwood	1988
The Art of Spiritual Healing	Keith Sherwood	1985
Chakra Healing and Karmic Awareness	Keith Sherwood	2005
Handbook of the Aura	Laneta Gregory and Geoffrey Treissman	1985
The Etheric Body of Man: The Bridge of Consciousness	Laurence John Bendidt, Phoebe Daphne Payne Bendit	1977
Edgar Cayce and the Eternal Feminine	Lynn Roger	1971
The Origin of Modern Pranik Healing and Arhatic Yoga	Master Choa Kok Sui	2006
The Ancient Art and Science of Pranik Healing	Master Choa Kok Sui	1998
Superbrain Yoga	Master Choa Kok Sui	2005
Miracles through Pranik Healing	Master Choa Kok Sui	2004
Advanced Pranik Healing	Master Choa Kok Sui	1992

Achieving Oneness with the Higher Soul	Master Choa Kok Sui	2005
Possible Miracles	Master Choa Kok Sui	2004
Prana Psychotherapy	Master Choa Kok Sui	1989
Pranic Crystal Healing	Master Choa Kok Sui	1996
Ritual Healing in Suburban America	Meredith B. McGuire	1988
Hands on Spiritual Healing	Michael Bradford	1993
Hypnotic Leadership: Leaders, Followers and the Loss of the Self	Misha Popper	2001
Learn the Art of Psychic Defense, Remote Viewing, Telekinesis and more	Nicholaus R. Taylor	2003
The Art and Practice of Astral Projection	Ophiel	1974
True and Invisible Rosicrucian Order	Paul Foster Case	1985
The Color of Light: Meditation for All of Us Living with Aids	Perry Tillerias	1988
The Ancient Secret of the Fountain of Youth	Peter Kelder	1939
Teaching Atlas of Acupuncture: Clinical Indication	Piero Ettore Quirico MD	2008
The Rosicrucian Forum	Rosicrucians Editors	1936
Rosicrucian Digest	Rosicrucians Editors	1940
Kahuna Healing	Serge Kahili King	1983
Mastering your Hidden Self: A Guide to the Huna Way	Serge Kahili King	1985
Urban Shaman	Serge Kahili King	1990
The Chakras and the Human Energy Fields	Shafica Karagulla MD, Gelder Kunz	1989
The Life Divine	Sri Aurobindo	1985
Fluid Physiology and Pathology in Traditional Chinese Medicine	Steven Clavey	1995
Kundalini Yoga	Swami Sivananda	1978
The Kybalion	The Three Initiates	1908
The Universal Healing Art of Jing-Qi-Shen	Ven Rinchen Chodak	2006
Thought Vibration or the Law of Attraction in the Thought World	William Walker Atkinson	1908
Self-Healing by Thought Force	William Walker Atkinson	1907
The Science of Psychic Healing	Yogi Ramacharaka	1909
Fourteen Lessons in Yogi Philosophy and Eastern Mysticism	Yogi Ramacharaka	1903

The Science of Breath	Yogi Ramacharaka	1909
Hindu Yogi Breathing Exercise	Yogi Ramacharaka	1909
Hatha Yoga: The Yogi Philosophy of Physical Well-Being	Yogi Ramacharaka	1932
Acupuncture Medicine. Ist Historical and Clinical Background	Yoshiaki Omura	1982
The Eagle and the Rising Sun: Americans and the new religions of Japan		1974
The Holy Bible, <i>New International Version, Book of Matthew</i>		1984
Vegetarian Times, A Magazine		1982
New Chakra Healing: Revolution 32-Center Energy System	Cyndi Dale	1996
Prisoners of Earth: Psychic Possession and Ist Release	Aloa Starr	1987
Filters of Reproduction of Sunlight and Daylight and the Determination	Raymond Davis, Kasson Stanford Gibson	1931
Taoist Cosmic Healing	Mantak Chia	2001
Amazing Secrets of Psychic Healing	Benjamin O. Bibb	1878
Rules for Spiritual Initiation	Zachary F. Landsdowne	1990
The Chakras & Esoteric Healing	Zachary F. Landsdowne	1986
Psychic Development for Beginners	William W. Hewitt	1996
Soul Psychology: Keys to Ascension	Joshua David Stone	1994
Hidden Mysteries	Joshua David Stone	1997
Deep Journey: Experimental Psychotherapy with Dreams	Keneth Kelzer	1999
Crystal Healing - The Next Step	Phyllis Galde	1988
Battling Dark Forces	Torkom Sarayadarian	1998
Crystal Awareness	Catherine Browman	1987
This New Age Primer: Spiritual Tools for Awakening	Hallie Deering	1993
Sedona: Beyond the Vortex	Richard Danneley	1994
The Human Aura: How to Activate and Energize Your Aura and Chakras	Mark L & Elizabeth Clare Prophet	1971
Discontentment: Being Content in a Discontented World	Larry D. Black	2006
Achieving a Mind-Body-Spirit Connection: A Stress Management Workbook	Brian Luke Seaward	2005

Dream Body: The Body's Role in Revealing the Self	Arnold Mindell, Sisa Sternback-Scott, Becky Goodman	1984
Leela: Game of Knowledge	Harish Johari	1980
Yoga and Psychotherapy: The Evolution of Consciousness	Swami Rama, Rudolph Ballentine, Ajaya (Swami)	1976
Tibetan Buddhist Medicine and Psychiatry: The Diamond Healing	Terry Clifford	1984
Health Hints for Four Fold Health	Frank Homer and Harietta Augusta Curtiss	1936
Energy Tapping for Trauma	Fred Gallo	2007
Complete Reiki Handbook: Basic Introduction and Methods of Natural Application	Walter Lüböck Govinda	1994
A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace	Kalasharta Govinda	2004
Therapeutic Touch: Inner Workbook	Dolores Krieger	1997
Transmission of Awakening: The Teaching of Aziz	Aziz Kristof	1999
Crystal Co-Creator	Dorothy Roder	1994
Sacred Sounds: Magic & Healing through Words & Magic	Ted Andrews	1992
Beyond the Body: The Human Double and the Astral Plane	Benjamin Walker	1974
Healing through Reiki	M. K. Gupta	2004
The Pleiadian Tantric Workbook: Awakening Your Divine Ba	Amorah Quan Ying	1997
Eastern and Western Approach: Health, Happiness and Longevity	Sukhraj S. Dhillon	1983
The Apocalypse and Initiation	Daisy E. Grove	1926
Charms, Spells and Formulas for the Making and use of Gris-Gris, Herbs	Ray T. Malbrough	1986
The Size of God: The Theology of Bernard Loomer in Context	Bernhard Loomer	1987
Healing yourself with Light	LaUna Huffines	1995
Aztec Christic Magic a.k.a The Da Vinci Gospel: What Dan brown Didn't Say & You Were Afraid to Ask	Samuel Aun Weor	2005
The Power of the Ray	S.G. Ouseley	1951
The Book of Shamanic Healing	Kirstin Madden	2002

Gemstones A to Z	Diana Stein	2008
Tai Chi: The Supreme Ultimate	Lawrence Falante	1981
Cultural Contours of India	Dr. Satya Prakash	1981
Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance	John Friedlander, Gloria Hemsher	1999

APPENDIX C – MESSAGE TO PRACTITIONERS

MESSAGE

Upon completing this workshop, please start to Practice immediately. And it is advised that you continue to Review these workshops many times. This will allow you to attain the greatest benefit from these Teachings.

Immediately you are given an opportunity to reduce suffering in the World and to enhance your personal well being every day of your life.

The Ancient Knowledge presented here as Energy Healing provides each student with a priceless opportunity to understand more about the forces that influence our everyday lives.

To “Know” a thing - is important.
But it is also necessary to “Understand” that “thing” very deeply and thoroughly.

To “Remember” something - means that we are aware of a certain level of knowledge about the thing we think we understand.

To “Practice” these Teachings changes our lives. Practicing guides us to reach the target – which is to “Master” these Techniques and Treatments – in order to become proficient at what we are doing. Through this effort, we also become more compassionate human beings and we Spiritually evolve.

As you Practice you will develop confidence and your ability to learn will be enhanced in the future.

FROM THE TEACHINGS YOU HAVE RECEIVED ABOUT ENERGY HEALING ONE MAY CLEARLY SEE THAT THIS FORM OF ENERGY TREATMENT HAS EXISTED FOR CENTURIES.

THIS COMPILER RECOGNIZES MAHA ATMA CHOA KOK SUI AS A GREAT MASTER OF ENERGY. HE STANDS OUT FROM THE GALAXY OF THE MANY AUTHORS - WHO HAVE BROUGHT ENERGY TREATMENT - INTO THE MINDS OF MODERN PEOPLE. HE IS A GREAT SPIRITUAL TEACHER.

IT IS LARGELY DUE TO HIS UNDERSTANDING THAT ENERGY TREATMENTS ARE “A BRIDGE TO SPIRITUALITY” – TOGETHER WITH HIS DEDICATION TO HUMANITY, THAT THIS COMPILER STRONGLY RECOMMENDS ALL INTERESTED PARTIES - READ HIS BOOKS ON BOTH TREATMENTS AND SPIRITUALITY.

APPENDIX D - THE KHECHARI MUDRA

A more accurate representation of the mudra is related to Chinese Chi Kung or Qi gong practices. A great explanation from the *Shaolin Wabnam Institute* stated, "It is related to the small universe techniques often practiced by chi kung and martial arts practitioners to connect the front and back channel and create the flow of microcosmic orbit."

Here is an excerpt from Sifu Stier on this forum: "The Internal Martial Arts...such as the various styles of Tai-Chi, Pa-Kua, and Hsing-Yi...advocate placing the tip of the tongue on the roof of the mouth behind the front teeth...and also to keep the upper and lower teeth slightly touching while practicing any Chi-Kung/Qi-Gong method. Such placement of the tongue and the teeth allows the intrinsic Energy (chi/qi) which rises in the front and back centerline Meridian Channels to communicate with one another at their end points inside the mouth. The rear Centerline Channel (Governing Vessel/Tu-Mai) has its last Energy point on the gum line of the upper jaw between the upper two front teeth. The Chi Energy in this line rises upward more easily than it can descend...and often has difficulty to rise as well. The front Centerline Channel (Conception Vessel/Jen-Mai) has its last energy point on the gum line of the lower jaw between the lower two front teeth. The Chi Energy in this line is usually capable of both ascending and descending with equal ease. Thus...when the upper and lower teeth are slightly touching and the tongue is properly placed ... any Energy which ascends in the back Centerline Channel to its last point on the upper gum line will be able to 'communicate' with and 'connect' to the Energy which ascends in the front Centerline Channel to its last point on the lower gum line by way of the 'energy bridge' of the tongue and teeth. Then...when the Energy of the front Centerline Conception Vessel Channel descends and sinks back down to the perineum space below and behind the genitals...it will pull the Chi from the rear Governing Vessel Channel through the mouth to descend to the perineum as well. This is called the Small Circle of Heaven ... rising upward through the front and back Centerline Channels simultaneously...then both descending through the front Centerline to the perineum again. This is a completed electromagnetic Energy Circuit which has to be fully functional in order to achieve the full benefits and skills of any good chi-kung/qi-gong practice."

<http://www.wongkiewkit.com/forum/archive/index.php/t-4086.html> - this is the forum mentioned

APPENDIX E – AUTHOR’S PERMISSION TO SPREAD THE PLANETARY MEDITATION FOR PEACE *(also known as – the Meditation on Twin Hearts)*

AUTHORITY TO REPRINT

MEDITATION ON TWIN HEARTS IS A VERY POWERFUL TOOL IN BRINGING

ABOUT WORLD PEACE; THEREFORE, THIS MEDITATIONAL TECHNIQUE SHOULD BE DISSEMINATED. THE AUTHOR HEREBY GRANTS PERMISSION TO ALL INTERESTED PERSONS TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER PROVIDED PROPER ACKNOWLEDGMENT IS MADE.

(SIGNED) CHOA KOK SUI

- *The Ancient Art and Science of Pranic Healing*, ©1990,
2nd Edition 1992, 1994, 1995, 1996, Reprint India
by Master Choa Kok Sui, Pages 227-239

Without leaving the house, one may know all there is in heaven and earth.

Without peeping from the window, one may see the ways of heaven.

Those who go out learn less and less the more they travel.

Wherefore does the sage know all without going anywhere, see all without looking, do nothing and yet achieve (the Goal)

- *Lao Tzu, Tao Te Ching*

Meditation should be directed toward the realization of oneness with God Your entire attention should be given to the realization of God, always bearing in mind that the kingdom of God is within you, neither here nor there, but within you.

- *Joel Goldsmith*

ILLUMINATION TECHNIQUE or Meditation on Twin Hearts is a technique aimed at achieving cosmic consciousness or illumination.

It is also a form of service to the world because the world is harmonized to a certain degree through the blessing of the entire earth with loving kindness.

Meditation on Twin Hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or cosmic consciousness, it is necessary to sufficiently activate the Crown Chakra.

The Twin Hearts refer to the Heart Chakra which is the center of the emotional heart, and the Crown Chakra which is the center of the divine heart.

When the Crown Chakra is sufficiently activated, its 12 inner petals open and turn upward like a golden cup, golden crown, golden lotus or golden flower to receive

spiritual energy which is distributed to other parts of the body. It is also symbolized as the Holy Grail.

The crown worn by kings and queens is but a poor replica or symbol of the indescribable resplendent Crown Chakra of a spiritually developed person.

The golden crown which is rotating very fast appears as a brilliant flame of light on top of one's head. This is symbolized by the miter worn by the pope, cardinals, and bishops.

When the Crown Chakra is highly activated, a halo is produced around the head. This is why saints of different religions have a halo around their head. Since there are different degrees of spiritual development, the size and brightness of the halo also vary.

When a person does Meditation on Twin Hearts, Divine Energy flows down to the practitioner filling him with Divine Light, Love and Power.

The practitioner becomes a channel of this Divine Energy.

In Taoist Yoga, this Divine Energy is called "Heaven Ki." In Kaballah, this is called the "pillar of light," referring to what clairvoyants literally see as a pillar of light. The Indian yogis call this pillar of light as the spiritual bridge of light or "Antakarana." The Christians call this the "Descent of the Holy Spirit" which is symbolized by a pillar of light with a descending dove. In Christian arts, this is shown in pictures of Jesus or the Saints having a pillar of white light on top of their head with a descending white dove. This is to symbolize the coming down of the Divine Energy. Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding, light or his head filled with dazzling light. This has been a common experience among advanced yogis and saints of all religions. If you study the holy scriptures of different religions, you will notice the similarity in their experiences.

The Crown Chakra can only be sufficiently activated when the Heart Chakra is first sufficiently activated. The Heart Chakra is a replica of the Crown Chakra. When you look at the Heart Chakra, it looks like the inner Chakra of the Crown Chakra which has 12 golden petals.

The Heart Chakra is the lower correspondence of the Crown Chakra:

The Crown Chakra is the center of Illumination and Divine Love or Oneness with all. The Heart Chakra is the center of higher emotions.

It is the center for compassion, joy, affection, consideration, mercy and other refined emotions. It is only by developing the higher refined emotions that one can possibly experience Divine Love. To explain what is Divine Love and Illumination to an ordinary person is just like trying to explain what is color to a blind man.

There are many ways of activating the Heart and Crown Chakras. You can use physical movements or hatha yoga, yogic breathing techniques, mantras or words of power, and visualization techniques. All of these techniques are effective but are not fast enough. One of the most effective and fastest ways to activate these Chakras is to do Meditation on Loving Kindness, or bless the whole earth with loving kindness. By using the Heart and Crown Chakras in blessing the earth with

loving kindness, they become channels for spiritual energies, thereby becoming activated in the process. By blessing the earth with loving kindness, you are doing a form of world service. And by blessing the earth with loving kindness, you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. This is the law!

A person with a sufficiently activated Crown Chakra does not necessarily achieve illumination for he has yet to learn how to activate the Crown Chakra to achieve illumination. It is just like having a sophisticated computer but not knowing how to operate it. Once the Crown Chakra has been sufficiently activated, then you have to do meditation on the light, on the mantra aum or amen, and on the interval between the aums or amens. Intense concentration should be focused not only on the mantra aum or amen but especially on the interval between the two aums or

amens. It is by fully and intensely concentrating on the light and the intervals (moments of silence) between the two aums or amens that illumination or samadhi is achieved!

With most people, their other chakras are quite activated. The Basic Chakra, Sex Chakra, and Solar Plexus Chakra are activated in practically all persons. With these people, their instincts for self survival, sex drive and their tendency to react with their lower emotions are very active. With the pervasiveness of modern education and works that require also the use of the mental faculty. The Ajna Chakra and the Throat Chakra are developed in a lot of people. What is not developed in most people are the Heart Chakra and the Crown Chakra. Modern education, unfortunately, tends to overemphasize the development of the Throat Chakra and the Ajna Chakra or the development of the concrete mind and the abstract mind. The development of the heart has been neglected. Because of this, you may encounter a person who is quite intelligent but very abrasive. This type of person has not yet matured emotionally or that his Heart Chakra is quite underdeveloped. Although he is intelligent and may be "successful," his human relationships may be very poor, have hardly any friend and may have no family. So by practicing Meditation on Twin Hearts, a person becomes harmoniously balanced. It means that the major chakras are more or less balancedly developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the Heart Chakra. When the Solar Plexus Chakra is overdeveloped and the Heart Chakra is underdeveloped or when the lower emotions are active and the higher emotions are underdeveloped, then the mind would likely be used destructively. Without the development of the heart in most people, world peace would be an Unattainable dream. This is why the development of the heart should be emphasized in the educational system.

Persons below 18 years old should not practice the Meditation on Twin Hearts since their body cannot yet withstand too much subtle energies. This may even manifest as physical paralysis in the long run.

Persons with heart ailment, hypertension or glaucoma should also not practice Meditation on Twin Hearts since it may worsen their condition.

It is important that persons who intend to practice regularly Meditation on Twin Hearts should practice self-purification or character building through daily inner reflection.

Meditation on Twin Hearts not only activates the Heart Chakra and the Crown Chakra but also the other chakras. Because of this, both the positive and negative characteristics of the practitioner will be magnified or activated. This can easily be verified by the practitioner himself and through clairvoyant observation.

PROCEDURE:

1. Cleansing the Etheric Body through Physical Exercise. Do physical exercise for about five minutes to clean and energize your etheric body. Light greyish matter or used-up prana is expelled from the etheric body with exercise. Physical exercises also minimize possible pranic congestion since Meditation on Twin Hearts generates a lot of subtle energies in the etheric body.
2. Invocation for Divine Blessing. You can make your own Invocation. Here is one example the author usually uses:

*Father, I humbly invoke Thy divine blessing!
For Protection, Guidance, Help and Illumination
With Thanks and in Full Faith!*

Invoking the blessing of Divine Providence or one's spiritual guides is very important. Every serious spiritual aspirant usually has spiritual guide(s) whether he is consciously aware of them or not. The Invocation is required for one's protection, help and guidance. Without the Invocation, the practice of any advanced meditational technique can be dangerous.

3. Activating the Heart Chakra—Blessing the Entire Earth with Loving Kindness. Press your front heart chakra with your finger for a few seconds. This is to make concentration on the front heart chakra easier. Concentrate on the front heart chakra and bless the earth with loving kindness. When blessing, you may visualize the earth as very small in front of you. The author usually uses the following blessing:

BLESSING THE EARTH WITH LOVING KINDNESS

*From the Heart of God
Let the entire Earth be Blessed with Loving-Kindness
Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace.
Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and
the Will to do Good. So be it!
From the Heart of God, let the Hearts of all Sentient Beings
be filled with Divine Love and Kindness.
Let the hearts of all Sentient Beings
Be filled with Great Joy, Happiness and Divine Peace.*

*Let the Hearts of all Sentient Beings
Be filled with Understanding, Harmony, Goodwill and
Will to do Good
With Thanks ... So Be It!*

For beginners, this Blessing is done only once or twice. Do not overdo this blessing at the start. Some may even feel a slight pranic congestion around the heart area. This is because your etheric body is not sufficiently clean.

Apply localized sweeping to remove the congestion.

This blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use visualization. When blessing the earth with loving kindness, visualize the aura of the earth as becoming dazzling bluish pink. When blessing the earth with great joy, happiness and peace, visualize people with heavy difficult problems smiling, their hearts filled with joy, faith, hope and peace. Visualize their problems becoming lighter and their faces lightening up. When blessing the earth with harmony, goodwill and will to do good, visualize people or nations on the

verge of fighting or fighting each other reconciling. Visualize these people putting down their arms and embracing each other. Visualize them being filled with good intentions and the will to carry out these good intentions. This blessing can be directed to a nation or group of nations. Do not direct this blessing to infants, children or persons because they might be overwhelmed by the intense energy generated by the meditation.

4. Activating the Crown Chakra—Blessing the Earth with Loving Kindness. Press the crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire earth with loving kindness. When the Crown Chakra is sufficiently opened, some of you will feel something blooming on top of the head and some will also feel certain pressure on the crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and bless the earth with loving-kindness several times. This will align both Chakras, thereby making the blessing much more potent.
5. Achieving Illumination—Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an “Inner Explosion of Light” Your entire being will be filled with light! You will have your first glimpse of

Illumination and first experience of Divine Ecstasy. To experience Buddhist Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light" (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

For some people, it may take years before they can experience an initial glimpse of Illumination or Buddhist Consciousness. For others it may take

only months while for some others, only weeks. In the case of a very few, they achieve initial expansion of consciousness on the first few try. This is usually done with the help from an "elder" or a facilitator.

When doing this meditation, the aspirant should be neutral. He should not be obsessed with results or filled with too much expectations. Otherwise, he will be actually meditating on the expectations or the expected results rather than on the Point of Light, the Aum and the intervals between the two Aums.

6. Releasing the excess Energy. After meditation, it is important that the excess energy should be released by blessing the earth with light, loving kindness,

peace and prosperity for several minutes until you feel your body is

normalized. Otherwise, the etheric body will become congested and the meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other esoteric schools release the excess energy by visualizing the Chakras projecting out the excess energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess energy into constructive use.

7. Giving Thanks. After meditation, always give thanks to the Divine Providence and to your spiritual guides for Divine Blessing.
8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After meditating, massage your body and do physical exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the pranic and spiritual energies, thereby enhancing the beauty and health of the practitioner. Massaging and exercising after meditation also reduce the possibility of pranic congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing the Meditation on Twin Hearts. It is very important to exercise after meditation; otherwise, the visible physical body will inevitably weaken. Although the etheric body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the

leftover energy generated by the meditation in the long run. You have to experience it yourself to fully appreciate this.

Some have the tendency not to do physical exercises after meditation but to continue savouring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

Sometimes when a spiritual aspirant meditates, he may experience unusual

physical movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the physical exercises.

There are many degrees of illumination. The art of "intuiting" or "direct synthetic knowing" requires constant meditation for a long duration of time.

Blessing the earth with loving-kindness can be done in group as a form of world service. When done in group for this purpose, first bless the earth with loving-kindness through the heart chakra, then the crown chakra and, finally, through both chakras. Release the excess energy after the end of the meditation. The other parts of the meditation are omitted. The blessing can be directed not only to the entire earth but also to a specific nation or group of nations. The potency of the blessing is increased many times when done in group rather than individually. Another way of blessing the earth with Loving Kindness in group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.

Meditation on Twin Hearts

Fig. 8-1

The Descent of Divine Energy during Meditation on Twin Hearts:

In Christian tradition, this is called the descent of the Holy Spirit in Taoist Yoga, the descent of the Heaven ki or energy; in Kabbalistic tradition, the pillar of light; In Indian yoga, the spiritual bridge of light or antakharana.

Just as pranic healing can "miraculously" cure simple and severe ailments, the Meditation on Twin Hearts, when practiced by a large number of people, can also miraculously heal the entire earth, thereby making the entire earth more harmonious and peaceful. This message is directed to readers with sufficient maturity and the "will to do good."

INCREASING ONE'S HEALING POWER

When a person practices the Meditation on Twin Hearts daily or regularly, his Major Chakras and auras will increase in size, making his energy body more dynamic and stronger.

You may perform this simple experiment to verify the validity of what has been stated:

1. Ask somebody who is proficient in this meditation or has been practicing this meditation for at least about two or three weeks to perform this experiment with you.
2. Scan his Major Chakras, inner and outer auras before doing the meditation.
3. While the person is meditating, wait for three minutes before scanning his
4. Major Chakras, inner and outer auras and note the difference in size before and during meditation. When scanning the auras, gradually move five meters or more away from the subject and try to feel his energy body. You may feel a tingling or mild sensation on your hands and fingers. Others may feel some sort of mild electrical current or sensation.

Several hours after meditation, the chakras and the auras will gradually normalize to almost their former sizes, but if this meditation is practiced daily for about a year, the size of each chakra will increase from three or four to about six inches or more in diameter, while the inner aura will expand from five inches to about one to two meters or more in radius. This is due to the cumulative effects of regular meditation. A healer with big chakras and inner aura is powerful and can heal most minor ailments very quickly and almost instantaneously. A proficient intermediate pranic healer should have at least an inner aura of one meter in radius, and an advanced pranic healer, about three meters. A powerful master pranic healer can have an inner aura of at least 164 feet or 50 meters in radius. A person with big Chakras and inner aura is just like a big pump while a person with smaller chakras and inner aura is just like a mini pump. So, it is very advantageous to practice this meditation daily or regularly.

Having a Powerful and Dynamic Energy body not only enhances one's healing powers but also increases one's effectivity and productivity in his work. Having taught many students and met all kinds of people, the author has observed that successful people and top executives have usually bigger Chakras—about five or six inches or more—and an inner aura of about 3 feet or one or more meters. People who have magnetic personality or great charisma usually have bigger Chakras and inner auras than ordinary people and tend to have a strong influence over most people.

Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When he is faced with a problem he will have the increased ability to see directly through the problem and find the right or proper solutions.

ARHATIC YOGA

There are other meditation techniques more advanced than Meditation on Twin Hearts. One of these is Arhatic Yoga which is only for a chosen few, Arhatic Yoga is called the "yoga of synthesis." It deals with the activation of the chakras, and awakening of the kundalini through a systematic and safe method. One of the common and serious mistakes among esoteric practitioners is to try to awaken the kundalini in order to activate the chakras. A truly advanced yogi or chi kung practitioner is aware of the necessity of purifying oneself and substantially

activating the chakras first, before awakening the kundalini.

Otherwise, serious pranic congestion will occur if too much kundalini energy goes to the relatively underactivated chakras which are still small in size, resulting in

serious physical ailments or discomfort.

Hence, the practice of arhat yoga should preferably be under the guidance of an advanced guru or master.

That is why the major problem is not the pupil, but the educator; our own hearts and minds must be cleansed if we are to be copal of educating others.*

Without a change of heart, without goodwill, without the inward transformation which is born of self awareness, there can be no peace, no happiness for men.

- J. Krishnamurti., Education and the Significance of Life

...Love always draws forth what is best in child and man.

Enlightenment is the major goal of education.

- Alice Bailey, Education in the New Age

MEDITATION ON TWIN HEARTS

1. To clean the etheric body, do physical exercise for about five or more minutes.
2. Invoke for Divine Blessing.
3. To activate the Heart Chakra, concentrate on it and bless the entire earth with loving kindness.
4. To activate the Crown Chakra, concentrate on it and bless the entire earth with loving kindness. Then again bless the earth with loving kindness simultaneously through the Crown and Heart Chakras.
5. To achieve Illumination, concentrate on the point of light, on the aum or amen, and on the interval between the two aums or amens.
6. To release excess energy, bless the earth with light, love and peace.
7. Give thanks.
8. To further release the body of excess energy and strengthen it, massage the body and do more physical exercise.

BLESSING THE EARTH WITH LOVING-KINDNESS

From the heart of God.

Let the entire earth be blessed with Loving-Kindness.

Let the entire earth be blessed with Great Joy, Happiness and Divine Peace.

Let the entire earth be blessed with Understanding, Harmony, Goodwill and the Will to do Good. So Be It!

From the Heart of God, Let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.

*Let the Hearts of all Sentient Beings be Filled with Great Joy, Happiness and Divine Peace.
Let the Hearts of all Sentient Beings be Filled with Understanding, Harmony, Goodwill and the
Will to Do Good.
With Thanks, So Be It!*

AUTHORITY TO REPRINT

MEDITATION ON TWIN HEARTS IS A VERY POWERFUL TOOL IN BRINGING

**ABOUT WORLD PEACE; THEREFORE, THIS MEDITATIONAL TECHNIQUE SHOULD
BE DISSEMINATED. THE AUTHOR HEREBY GRANTS PERMISSION TO ALL
INTERESTED PERSONS TO REPRINT, RECOPY, AND REPRODUCE THIS CHAPTER
PROVIDED PROPER ACKNOWLEDGMENT IS MADE.**

(SIGNED) CHOA KOK SUI

- *The Ancient Art and Science of Pranic Healing*, ©1990,
2nd Edition 1992, 1994, 1995, 1996, Reprint India
by Master Choa Kok Sui, Pages 227-239

APPENDIX F – TEXT FOR THE PLANETARY MEDITATION FOR PEACE

PRACTICE THE PLANETARY MEDITATION ON PEACE

(Instructor, please use, the CD “Planetary Meditation for Peace”, Guided by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary.)

Let us Invoke for Divine Blessings

*To the Supreme God, to the Divine Father, Divine Mother,
to my Spiritual Teacher, to all the Spiritual Teachers, to all the Holy Masters,
to all the Saints, all the Angels, Spiritual Helpers, and to all the Great Ones,
We Thank You for Your Blessings, for Your Guidance, Your Divine Love.
We Thank You for the Divine Sweetness, Illumination,
Divine Oneness, Divine Help, and Protection.
We Thank You in Full Faith.*

Recall a Happy Event

Take your time. Recall a happy event.
Re-experience the exquisite feelings of Sweetness, of Tenderness and of Love.
You are smiling, you are filled with Love and Happiness.

Gently and lovingly Smile at your Heart Energy Center.
Your Heart Energy Center is a being of Love.
Gently and lovingly Smile at your Heart.
Say words of Love and Sweetness to your Heart.
Wait for the response.

Can you feel your Heart Energy Center responding with Love, with Joy and Bliss?
The feeling is fantastic!

Recall another happy event. Re-experience this happy event.
Feel it. Smile at your Crown Energy Center.

Your Crown Energy Center is a Being of Divine Love.
Say words of love to this Being of Divine Love.

Lovingly and gently Smile at your Crown Energy Center.
Wait for the response.

Can you feel your Crown Energy Center responding with Divine Love and Divine Sweetness?

We are going to Bless the Earth with Loving Kindness.

Very gently touch your heart with your left hand.

Raise your hands at about chest level with your palms facing outward.

Silently repeat after me.

Lord, make me an instrument of Your Peace.

Allow yourself to be a Channel for Divine Peace.

Feel the Inner Peace within you.

Bless the Earth with Peace.

Imagine there is a small Earth in front of you, the size of a small ball.

Feel the Inner Peace within you.

Radiate this Peace into the Earth.

Feel the Inner Peace within you.

Share it with the Earth in front of you.

Where there is hatred let me sow Love.

Feel the Love within you.

Feel the Sweetness within you.

Allow yourself to be Channel for Divine Love and Divine Sweetness.

Bless the whole Earth, and every Person, every Being with Love and Sweetness.

Imagine pink light radiating from your Heart to your Hands to the Earth.

Where there is hatred let me sow Love.

(Allow yourself to be a channel for Divine Love)

Where there is injury, Pardon.

Bless the Earth with the spirit of reconciliation; with the spirit of understanding, Harmony and Divine Peace.

Where there is despair, Hope; doubt, Faith.

Allow yourself to be a channel for Divine Hope and Divine Faith.

Bless the whole Earth with Hope and Faith.

Bless people who are having a difficult time.

Bless them with Hope and Faith.

Bless them with Divine Strength.

Tell them, "You can make it! You are Blessed with Hope and with Faith."

Where there is darkness Light; sadness, Joy.

Bless the whole Earth with Light and Joy.
Especially people who are in pain, people who are sad, people who are depressed;
Bless them with Divine Light and Divine Joy.
Be aware of your Crown. Silently follow me.

*From the Heart of God,
Let the entire Earth be Blessed with Loving Kindness.*

Allow yourself to be a channel for Divine Love and Divine Kindness.
Bless the Earth with Love and Kindness.
Imagine Golden Light radiating from your hands to the small earth in front of you.

*From the Heart of God,
Let the entire Earth be Blessed with Great Joy and Happiness.*

Feel the Divine Joy and Divine Happiness.
Allow yourself to be a Channel for Divine Joy and Happiness and share this Divine
Joy and Happiness with the entire Earth.

*From the Heart of God
Let the entire Earth be Blessed
with Understanding, Harmony & Divine Peace;
with Goodwill and the Will to do Good.
Blessings be to All.*

Be aware of your whole body.
(Exhale slowly.)

Be aware of your Heart and your Crown simultaneously.
(Take a deep breath. Inhale deeply. Hold your breath.)

Be aware of your whole body.
(Exhale slowly.)
Can you feel your whole body filled with Divine Bliss?

Imagine the small Earth in front of you.
Again, be aware of your Heart and your Crown.

(Silently repeat after me.)

*From the Heart of God,
Let every Person, Every Being
Be Blessed with Divine Love,
Be Blessed with Kindness.*

Feel the Kindness.

*Let the whole Earth, every person, every being
Be Blessed with Sweetness, with Divine Sweetness,
with Tenderness, with Warmness, with Caringness,
with Inner Healing, with Inner Beauty,
with Divine Bliss, & Divine Oneness with All.*

Feel the Divine Bliss, the Divine Sweetness, and share this with the whole Earth,
with every person, every being.

(Gently put your hands down on your lap.)

Imagine a Golden Flame on your Crown.

Feel the quality of the Golden Flame.

Feel the Love, Peace and the Divine Bliss radiating from this Golden Flame.

Feel the Divine Sweetness, the Divine Joy.

(Gently and silently chant the mantra, OM.)

Be aware of the stillness and the interval between the two OM's.

Do this lovingly and with awareness.

Imagine the Golden Flame again.

(Silently chant the mantra, OM. Chant the mantra, OM twelve times.)

Be aware and let go.

(Gently and lovingly return to your body right now!)

Feel the bliss feel the Love, feel the Divine Sweetness.

(Slowly and gently move your fingers. We are going to release the excess Energy.

Gently raise your hands again at the chest level with your palms facing outward.)

Imagine the small Earth in front of you.

(Silently say)

*Let the entire Earth with Divine Light, Divine Power.
Let the whole Earth, every Being be Blessed.
Let there be Peace, Harmony, Progress, Spirituality & Prosperity to All!
Blessings be to All!
Bless your country with Divine Light, Divine Power,
with Progress, Spirituality & Abundance.
Bless your City with Peace and Order, with Spirituality,

with Divine Love and with Prosperity.
Bless your Loved Ones, your Relatives, Associates & your Friends
with Divine Love, with Kindness
with Sweetness and with much Affection!
Blessings be to All!*

(Gently put your arms down.)

We are going to release the excess energy by blessing Mother Earth.

Be aware of your feet and the base of your spine.

Imagine golden light going down, down down to the earth about three(3) meters or ten(10) feet deep.

Bless Mother Earth with Divine Light, Divine Love Divine Power.

Blessings be to Mother Earth!

Let Mother Earth be Blessed,

Let Mother Earth be Regenerated.

Blessings be to our Beloved Mother Earth!

Thanksgiving Invocation

To the Supreme God, we Thank You for this Great, Great Blessing!

To the Divine Father, Divine Mother,

We Thank You for the Divine Bliss and this Priceless Blessing!

To my Spiritual Teacher,

to all the Spiritual Teachers,

to all the Saints, Holy Angels, Spiritual Helpers,

especially to the Angels of Love and All the Great Ones,

Thank You for this Great Great Blessing!

Thank You for the experience of Love and Divine Bliss!

Thank You, in Full Faith!

- Extracted from the CD *The Planetary Meditation for Peace*, by Master Choa Kok Sui, Executive Producer and Voice Over Editing by Charlotte Anderson.

APPENDIX G – THE WHITE LIGHT MEDITATION

OTHER SCHOOLS DISCUSSING THE WHITE LIGHT MEDITATION

This method of general cleansing and energizing is usually called Meditation on the White Light or Meditation on the Middle Pillar. Various Oriental and Occidental esoteric schools have used the Middle Pillar Technique.

The core techniques are visualization and vibratory vocalization, both of which facilitate the awakening of the microcosmic Tree of Life, the linkage of same with its macrocosmic analogy, and the conscious manipulation of vital energy. (For the actual technical methods in full, see Regardie's *The Middle Pillar*.)

The purpose of the basic Middle Pillar Exercise and its contingent circulations is not merely to become a willing and conscious channel for vital energy; this task can be accomplished much more simply and quickly with other methods. The primary function of the exercise is the conscious communion and eventual integration of the various levels of spiritual and psychic functioning. When approached from this angle, the MPE (Middle Pillar Exercise) performs its duty admirably and becomes a magnificent training tool.

It is as well to remark at this point that the MPE (Middle Pillar Exercise) seeks to draw the Etheric Light, or Divine Light, from the macrocosm to the aspirant's highest center of consciousness, then on down through successively lower phases and finally into mundane awareness.

- Extracted from, [The Magical Messiah](#),
by Nicholas Graham Scheman, www.christian-hermetic.com/2009/05/

APPENDIX H - RESEARCH SOURCES

The compiler of this Manual was the Transcriber, Compiler and Editor of these books together with Maha Atma Choa Kok Sui.

The Origin of Modern Pranic Healing and Arhatic Yoga, by Master Choa Kok Sui, © 2006

Possible Miracles The Golden Lotus Sutra on Pranic Healing, by Master Choa Kok Sui, © 2004

SOURCES USED DURING THE RESEARCH OF OUR GURUJI

Esoteric Healing by Alice Bailey. ©1953. New York. Lucis Publishing Company.

The Aura by W. J. Kilner. ©1911. York Beach, Maine. Samuel Weiser, Inc.

Theories of the Chakras: Bridge to Higher Consciousness by Hiroshi Motoyama. ©1981. Wheaton, Ill. The Theosophical Publishing House.

This book deals with the scientific experiments and personal experience of Dr. Hiroshi Motoyama on the Chakras.

It also gives Instructions how to activate the Chakras.

The Chinese Acupuncture Meridians are compared with the Indian Nadis.

This book is quite interesting and very informative.

-Extracted from *Miracles through Pranic Healing*, by Master Choa Kok Sui, 4th Edition, ©2004, Page 39 - 41

Our Guruji discusses many interesting Findings, about the Energy Body in His book, *Miracles through Pranic Healing*.

The Chakras by C.W. Leadbeater. ©1927, The Theosophical Publishing House. Adyar, Madras.

This book deals with the different types of Prana. It also discusses the negative effects of alcohol, drugs, and tobacco on the Etheric Body.

It contains 10 colored illustrations of the Chakras (Energy Centers) based on the clairvoyant observations of Mr. Leadbeater.

Esoteric Healing by Alice Bailey. ©1953. New York. Lucis Publishing Company.

The Aura by W. J. Kilner. ©1911. York Beach, Maine. Samuel Weiser, Inc.

The Etheric Double by A. E. Powell. ©1969. Wheaton, III. The Theosophical Publishing House, Quest Books.

Essentially, this book is a treatise on the Etheric Body and Etheric Phenomena.

Its contents are largely based on the writings of Madame Blavatsky, C. W. Leadbeater, and Annie Besant.

These highly developed clairvoyants conducted clairvoyant researches and experiments.

They recorded their observations and conclusions in their writings during the years 1897-1923

Theories of the Chakras: Bridge to Higher Consciousness by Hiroshi Motoyama. ©1981. Wheaton, Ill. The Theosophical Publishing House.

This book deals with the scientific experiments and personal experience of Dr. Hiroshi Motoyama on the Chakras.

It also gives Instructions how to activate the Chakras.

The Chinese Acupuncture Meridians are compared with the Indian Nadis.

This book is quite interesting and very informative.

APPENDIX I – CHINESE TRADITIONAL MEDICINE & ENERGY TREATMENTS

INTRODUCTION

In Ancient Chinese Medical Science, there are five levels of healing *skills*. The first is *Tui Na*. The healer uses his hands to massage. This is also called acupressure. This is the first level. In the second level, the medical healer uses herbs, sometimes animal products, and minerals to heal the patient. In the third level, the healer uses acupuncture or moxibustion. In the fourth level, the healer practices acupuncture with the projection of chi energy into the needles, meridian, and internal organs. This is a higher level of healing skill which is required additional years of training and practice in ancient China. The fifth level requires the highest healing skill, which is projection of chi energy without the use of needles or physical contact. The chi energy is projected at close range or at great distance, like from one continent to another continent. In ancient China and India, the techniques of projecting chi energy at close range or at a distance without getting exhausted had been a closely guarded secret.

The projection of chi energy without physical contact is called Medical Chi Kung, and it is divided into two schools, the Internal and the External School. The Internal medical Chi Kung School is the more popular one. It takes many years of practice in order to develop substantial chi energy. The use of one's internal chi energy in order to heal patients is exhausting and tiring, and this is why the Chinese medical doctors are allowed to heal only two to three patients per day using this method.

The External Medical Chi Kung School is the less popular school and is almost not known to the public. This school uses chi energy from the air and from the earth, and directs it to the patient for healing. The External Medical Chic Kung School is superior to the Internal School. The use of external medical chi kung is not exhausting nor tiring to the practitioner. A good External Medical chi Kung Master can heal as many as 20-30 patients per day.

According to Master Choa Kok Sui, the Internal Chi Kung School and the External Medical Chi Kung School are actually two sides of the same coin. In order to become a good healer using external chi, one must have a certain amount of internal power, which fortunately most people possess. The greater one's internal chi power, the greater the capacity to absorb and to protect chi energy to the patient. Internal chi power can be developed through meditation. The activation of the crown chakra or *bai hui* (meeting point for 100 paths) is very important. Therefore, it is highly recommended to practice the Meditation on

Twin Hearts, since this is one of the fastest ways to activate the crown chakra.

Bai Hui is the entry point of spiritual energy. Without its activation it is not possible to develop strong internal chi. Therefore, it is highly recommended to practice the Meditation on Twin Hearts.

The practice of yogic physical and breathing exercises is very helpful since they will increase one's healing power. To become even more powerful it is advisable to practice Arhatic Yoga or other higher meditations.

The External Medical Chi Kung as taught by Master Choa Kok Sui is very revolutionary. It is easy to learn to practice. It also uses acupuncture points, but not the ordinary acupuncture points. It uses 11 major acupuncture points called *ta xue lun* (ta is translated as "big"; xue as "acupuncture point"; and lun, "spinning wheel"). It also uses semi-major acupuncture points called *xiao xue lun* (xiao is translated as "small").

Since the students of External Medical Chi Kung do not have to learn hundreds of acupuncture points but, rather, has to learn only a few major and semi-major acupuncture points, learning is faster and easier.

In ancient times there had been great scientific and cultural exchanges between China and India. In India, External Medical Chi Kung is now called Pranic Healing. The major acupuncture points are – called chakras, and the semi-major acupuncture points are called minor chakras. Master Choa Kok Sui has taught the External Medical Chi Kung School of Healing to the West and other parts of the world, under the name Pranic Healing.

- Extracted from *Miracles Through Pranic Healing*, by
Master Choa Kok Sui, ©2004, Introduction