



ENERGY FROM YOUR HANDS

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**Easy Steps to learn to extract energy from your hands
and be used in healing.**

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Introduction:

Anyone wishing to learn the extraction of energy and treat themselves out, this little book will achieve your goals - only - want to believe what you want Indoor; your mind so that he can respond to you and help you to do what you want to do.

Dear reader: that power is not exclusive to one; nor is talent character or ability is natural, it is the ability of healing naturally present in every human being since the beginning of creation and continuing until now even though not mourned their existence, and did not respect God this energy healing one of the slaves, but give each student sang her.. or poor; black or white; his heaven

religion or no religion and courtesy to him.

And assure you that we are all able to extract energy from his hands, but the time required in the extraction of energy is what varies from one person to another, and in this little book Will guide you a few easy steps to know how to extract energy from your hands; and used in pain relief and help speed the healing of wounds.

Note that the use of the revelations of healing when energy use will increase the effectiveness of the energy extracted; and makes going direct is true of God Almighty, do not neglect when you start working wishful thinking on God and pray for healing; Wishful thinking and pray for them of clean energy is what makes the healing more diseases virulent and painful thing capable of being recovered and feasible.

The definition of bio-energy:

energy is applied all over the body but also in every cell of the cells, and the stop human life, and when you stumble in the point of the various tracks, the human body feel the pain in that area.

The role of the wizard:

intervene simplest therapeutic methods to restore power to the track in the body, and the simplest methods of treatment which resorted to every human being in the habit to put his hand on the place he felt pain and that method is called treatment-touch (Reiki), the oldest therapeutic methods known to primitive man.

The processor must choose therapeutic method appropriate to the type of disease, for example: if the blood is the reason for the faltering energy, the appropriate treatment is: the work of cupping, though the reason is stiffness in the muscles, it is appropriate to do massage for the body, although the pain without knowing why appropriate use of therapeutic touch to ease the pain ... and so on.

What is the meaning of bio-energy person and their relationship to disease? :

Symptoms that appear on humans are the symptoms of his reaction to the surrounding nature by any capacity vital internal latent in the body and that generate them and be lurking in the beginning and that we defend them against all pathogens from the environment around us whether the reaction of a mental or emotional or physical, and are all the way every human reaction, each of us has a different way from the others in his reaction to the abuse of nature, whether abuse emotional, mental, physical, and get rid of the influence it in a short time and remains a healthy, with the continued abuse and repeated length and weaken the capacity of the vital and exhausted or drain our ability to resist and look we symptoms of chronic diseases, each according to his way of reaction example of facing a crisis, both in his personal life or process or social show symptoms of depression again if faced tight chest or breathing may show symptoms of asthma, allergies and increased appetite or loss of, or IBS symptoms or pain in the joints or the heart or headaches or insomnia, and so on, and with the continued abuse weaken the vital capacity and continue to have the disease and can not get rid of it and it becomes a chronic.

Patients recovered with treatment already bioenergy :

Showing one of the doctors in the United States his clinic for the treatment of 24 patients with various illnesses, and the doctor diagnosed the disease of the processor in order to pass his hand on him, and the result heal 21 patients, and two of the patients require psychiatric treatment, and one patient did not respond to treatment, and I've been cured of the cases, the patient failed efforts doctors in treatment.

Among the cases which recovered also a girl was on the verge of death from a medical point of view, as a result of intestinal disease is a chronic, her condition improved with energy therapy, but it is needed for the sessions morning and evening for a quarter of an hour, for a few days, and the processor is only put his hand close to the trunk of the girl without touches.

I have watched this research, Dr. "Dolores Krieger," a professor of nursing at New York University, and decided to do research to private and focused on the hemoglobin that carries oxygen in red blood cell, and assumed that the effort processor must be in travel for increasing the amount of hemoglobin in the blood, and chose 19 patients in the first experiment underwent treatment to energy, and then analyzed their blood missed quite positive results.

In the second experiment, chose 29 patients and increased treatment time missed results are more positive, while in the third experiment, they chose 75 nurse, then elected them 32 nurse, then elected them 16 nurse and has trained them to "touch therapeutic," She believes that the ability of the treatment by passing the hand is limited to therapists only, and that any person caring loyal and benevolent and stable mental state and emotional, can gain that experience quite easily, and held a comparison between nurses who had trained them and the effort the other, and found the results quite positive compared to the change in hemoglobin.

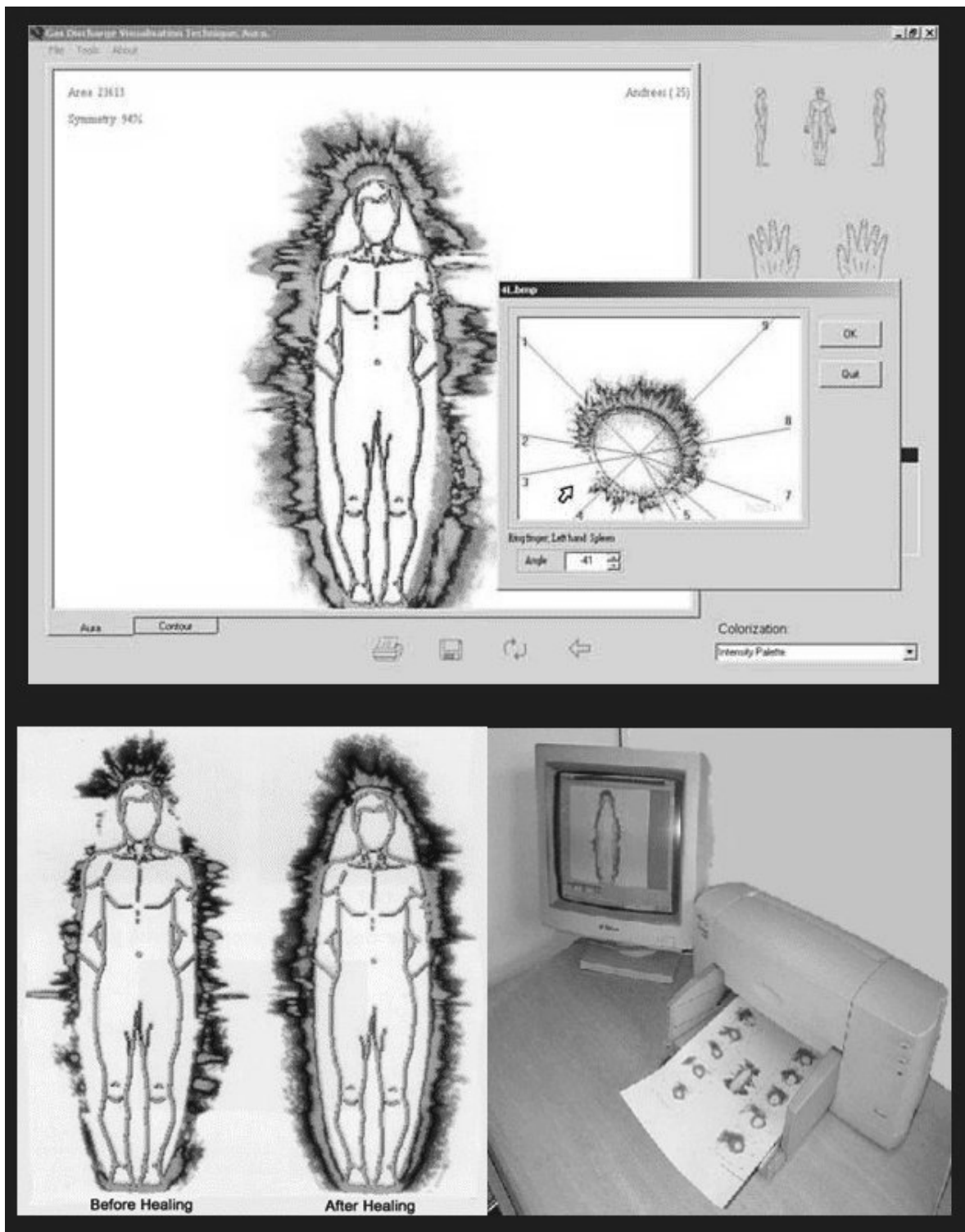
Electric polarization and electromagnetic fields :

I have been Russian scientists more than three decades looking radioactivity electromagnetic concerning aura, and they went out significant results: they found that the halo multiple frequencies simultaneously, it extends from the infrared to the ultraviolet light, and include low-frequency (microwave), and part of the infrared red that works in keeping the body temperature, which is related to the low levels of the work of the various organs of the body (installation de if any, metabolism, distribution of activity of internal organs .. etc..), while operating a high frequency (part of U in the UV) more conscious of our activity in the field of such as thinking, creativity and intentions and printing Latif and emotions, they discovered that the DNA within the cells of the body can be adjusted to affect the body's low-frequency, but high frequencies (part of U in the UV), the knowledge of the keys is very important and accounts for more interest, but so far not scouted heavily , and this part can be seen with the naked eye.

It is well known that the nervous system of a person working on the transfer of electromagnetic pulses weak outgoing of the brain that controls all organs and functions in the body, and we explained it in detail: definitions of vital energy, which makes us sure that the human body is an electric-powered, whatever its strength, Val cells the nervous contain electromagnetic energy, and the blood of my bees b interactions electricity Vision in order to remove toxins by energy , which is called the polarization electric electrical Polarity, as the blood leaves the lungs (through the pulmonary circulation) with a negative charge, and is extracted toxins in the liver and kidneys by Polarity also.

Accordingly, the electromagnetic fields is not a multi-trends "inverse", impeding the normal cell polarization and multi-functions of blood, such obstruction can lead to real tragedies prevent the completion of chemical reactions within the body as it should.

With the stunning scientific advances in the use of telecommunications networks and wireless visualization and Almsmoat and satellite TV .. etc.. Became the atmosphere now teeming Bhder a tremendous amount of energy not seen in past generations of human life, and became the present generation without the other groaning under the weight of currents electromagnetic different frequencies that penetrate our bodies from all over the world, which no doubt adversely affect the chemical reactions that take place inside the body, we radiation harmful electromagnetic fields that surround us from every side because of our technological advances and mail, and live in an atmosphere polluted, and this radiation environment were not present in past generations, not unprecedented in the life of mankind, and proven by numerous studies conducted in United States, Germany, Russia, England and



Continuing efforts of scientists to explain and reveal what is going on inside the body as a result of touch therapeutic, and take a model on it for a group of scientists and researchers who specialize in this area, continued those studies and research selected for display from 1967 until 1975, where it began, Dr. skeptical "Justa Smith" from nuns Franciscan and Head of the Department of Natural History, in the College of Rmasa Hill in Buffalo, New York, and a scientist biochemistry and enzymes, and was the subject of doctoral obtained

entitled: "The Effect of magnetic field on enzymes", and is getting a grant worth half a million dollars, the research institutions may monitored in order to access the impact of passing the hands of the processor on enzymes, and tests carried out on three samples of the enzyme "trypsin" Trypsin, in the first sample delivered by the processor, which put them out his hand for 75 minutes, tied the score with a second sample, which remained under the influence of a magnetic field measuring 13,000 Gauss for three hours, with the knowledge that the Earth's magnetic field has a half-Gaussian, while the third sample stayed without effect.

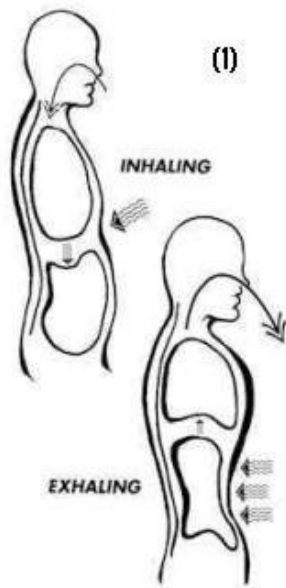
The impact on the psychological state of the processor as a result of treatment :

The hand psychological therapist influence on the outcome of treatment, was conducted a series of experiments and the processor at its best and psychological conditions of social, missed the results at the highest level, has been confirmed when making another set of a passing social conditions very difficult, so the kindness and love and mental status and emotional stable are key factors in the work of the processor.

Rolled research on the enzyme "NAD" Nicotinamide Adenine Dinucleatidase, and the enzyme "ATP" Adenosin Tri Phosphate, your firing energy in the body, and other enzymes were the same results, and concluded that the energy that comes out of the hand of the processor affect positively the work of the enzymes the body, and that this energy is not within the scope of electromagnetic energy, although there was a similarity between them.

Energy extraction steps:

1 - First, the work of 10 Breathing movements deep to ship your body energy, and I feel the air penetrates inside you, and follow the proper way to breathe deep, as follows:
First: inhale air from the nose even count 4 and fill the lungs with air.
Second, keep the air inside the body count until 10.
Third, the air slowly emptied from the mouth even count 5. Illustration of the number "1."



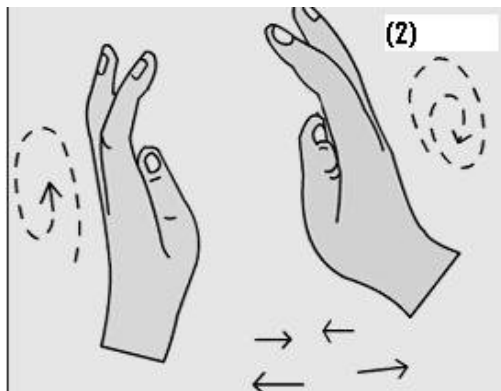
2 - Do the following exercises to activate the process of extracting energy.

A - Put your hands in front of you and Mark each one in the level of your shoulder (See the following picture):

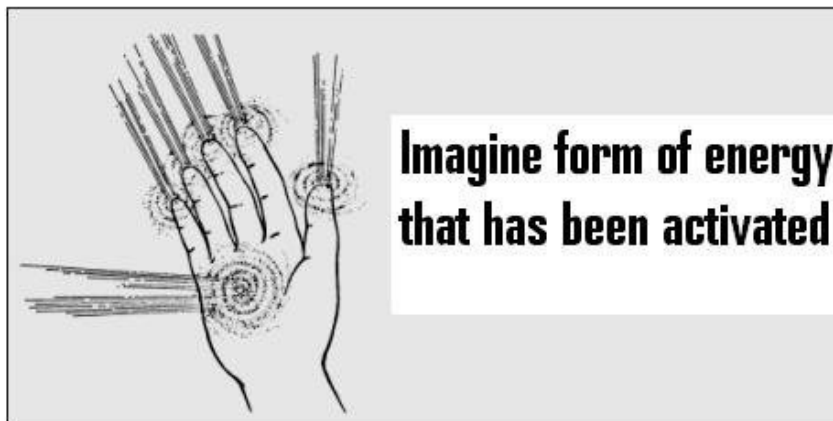
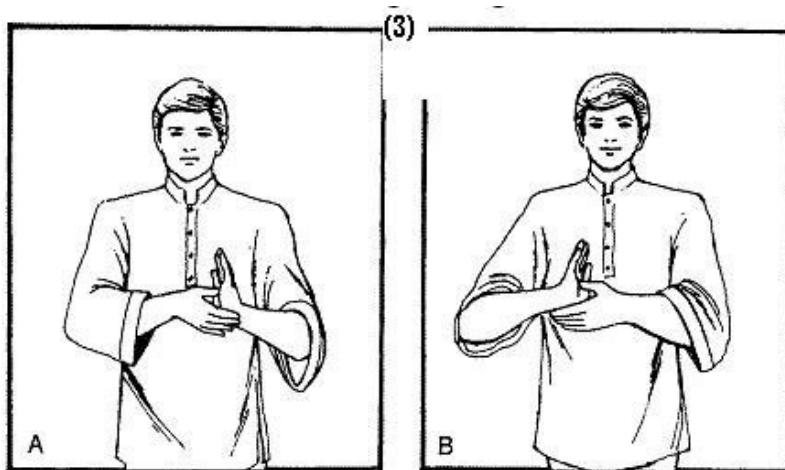


then move the hand in a circular motion ten times with a clock, and moved 10 times in a circular counter-clockwise.

See illustration (2).



B - I rub the hands and soles of the fingertips for half a minute or more; and start sensors energy. The process of rubbing the palms of your hands and the parties are active process of extracting energy dramatically, saw the illustration (No. 3).



3 - start the process of divergence and convergence hands.

Near the hands facing each other with a space between them milestone of 5 to 10 cm

See the form (4), then the proximity and Beyond each one from the other gently and without haste to feel the energy between them, and continued in this spacing slow convergence slow until you feel something in your hands during the convergence and divergence, has been feeling the heat or coldness or numbness in your hands has senses something such as electricity existing paths in different areas of the body .. do not worry; these are all good signs, if I felt I congratulate these signs have already extracted energy.