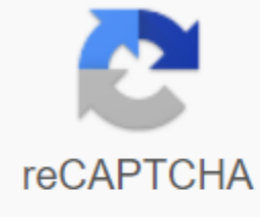




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Your hands can heal you pdf

The first fully illustrated, commercially published guide to the technique of energy medicine of Pran Healing, written by a doctor and master healer for the everyday person. What if the secret to good health lies not in surgery or medication, but in the palm of your own hand? Incredibly, your hands can heal you with the help of the energy medicine of Prana healing. The word prana denotes the body's own natural, vital, self-healing energy. This book will teach you many ways in which you can incorporate safe, effective prana healing techniques into your daily life to heal physical, psychological and emotional problems and stay well. In your hands you can heal you, you will find easy-to-learn methods for generating energy, including not touching the movement of the hands; Basic principles of energy hygiene; Full-body breathing and brief meditations. With expert training and guidance from Stephen Co, you will learn how to conquer a wide range of disorders, including: -headaches-back pain-irritable bowel syndrome-arthritis-insomnia-hypertension-congestion-menstrual cramps-depression With step-by-step instructions, line drawings, and real medical recovery stories, this revolutionary health link can provide you with all the help you need to help yourself with best reviews of the latest reviews of Pranic Healing Energy Remedies for improving the viability of overall health problems Image copyright © 2002 Master Stephen Co., Eric B. Robins, M.D., and John Merriman Are All Right Protected. ISBN: 0-7432-4305-6 You are hooked up to healing - Your energy anatomy During one of his healing sessions, Grandmaster Choa Kok Sui worked for a man who was a drunkard, although the person did not offer this information prior to healing. GM Choa discovered a significant imbalance in the man's energy body - particularly in his liver - and told him he should see a doctor as soon as possible. The man went to the doctor with a blood test, but the results showed that his liver is fine. He was not treated. A few months later, however, he developed severe liver pain. Tests at the time showed he had hepatitis. We tell this story to students to demonstrate that we have an energy anatomy just as we have physical anatomy, and illustrate that diseases manifest themselves in your energy body (also called your energy anatomy) before they appear in the physical body. - Master Stephen Co Your body is already healing itself. You can take antibiotics to fight infections, dose yourself with aspirin to reduce pain, get plaster on a broken wrist, or your appendix is removed by the surgeon, but medications and medical procedures alone do not heal you. They reduce inflammation, fighting bacteria, or in the case of cast or surgery, make proper healing healing But your body heals itself. And he does it superbly. Through some process that we do not fully understand, your body has an amazing, innate ability to repair itself. Medical science may explain the neurological and biochemical reactions involved in healing the severed finger: the nerves carry a message of pain to your brain to indicate a problem; White blood cells rush to the area to fight dirt or germs; platelets clot blood and start forming scab; and skin cells grow back under scabs. But medical science does not know how the body knows how to do it, and it does not know what power nourishes this healing process. We intuitively know that behind this ability of self-healing must be a consciousness that knows how to work just as our body knows how to breathe without having to command our lungs to inhale and exhale. We have a supply of energy that our body uses for healing. Otherwise, white blood cells will not be able to multiply and carry infections and inflammation from the incision site. Skin cells will not be able to repair and create new tissues. Traditional medical thinking believes that both this healing process and the energy used in it are beyond our deliberate control. But what if you could consciously control this supposedly unconscious process of self-healing? What if you could learn to use the most important component in the process, healing the energy that your body uses to repair itself? What if you could learn to increase and guide that healing energy to improve overall well-being and alleviate specific health problems? This book will give you this ability. Using your healing energy through a series of step-by-step, easy-to-use, easy-to-perform exercises, you will learn to use the healing energy of your body, a force that is known as chi for the Chinese, mana for Polynesians, and prana across India. You will learn a whole system of self-healing that uses as a basis the principles of one of the most complete, effective forms of energy medicine called Pranic Healing. Energy Medicine Energy Medicine is a broad category of alternative therapies that use universal life force as the primary method of healing. Although some energy medicines are used as an alternative to allopathic, or Western, medicine, most methods are now used as a supplement to care by doctors and other traditional treatments. We strongly recommend that you only use Pranic Healing as a supplement to your doctor's care. In energy medicine, good health is the result of having the right amount of this energy flowing smoothly through the body, as health problems or illnesses as a result of scarcity or blockage of this energy. Energy medicine usually involves some method of increasing or stimulating the amount of vitality in the body to facilitate healing. Some systems Attracting energy from a source outside the body; others teach practitioners to build up their own vitality and then use it for healing. Some include self-healing; others don't. Acupuncture, chi kung, reiki, therapeutic touch, and pranic healing are just a few examples of energy medicine. Acupuncture is probably the most famous energy medicine system today. In acupuncture, thin needles are inserted into the patient's body at certain points, along energy channels called meridians (see your energy anatomy below for more information about meridians). These needles unlock the flow of vital force, or chi, through meridians, and thus balance the body's energy and facilitate healing. Sometimes, acupuncture gently rotates the needle or even sends a very low-grade electric current through them to speed up the healing process. Chi Kung (literal translation: energy work) stems from the same eastern philosophical base as acupuncture, traditional Chinese medicine, and domestic Chinese martial arts such as tai chi. It consists of various vital exercises and practices that date back thousands of years. There are many different types of chi kung, but in general, chi kung practitioners perform a prescribed set of breathing procedures and exercise for several years to allow them to create chi in their own body. They then project this energy into the patient's body to achieve healing. You will learn another, more effective way of generating energy, which is unique to Pranic Healing. Reiki is a Japanese practical energy system that is believed to originate in the esoteric practice of Tibetan monks. Reiki practitioners must be tuned to the universal healing energy by the Reiki master, after which they are able to draw in this vital force and allow it to flow through them into the human body in need of healing. There are three levels of Reiki training: first degree, second degree, and third degree, or Reiki Master's degree. Therapeutic touch is a method of healing energy, including the methods of traditional Chinese medicine, Ayurveda, and laying hands. It was developed in the 1970s by nurse Dolores Krieger, Ph.D., R.N., of the New York University School of Nursing, and Dora Kunz, a healer and author, and comparable to Reiki's first degree. The therapeutic touch practitioner doesn't actually touch the patient, but transfers his hands lightly over the patient's body to discover and then unripple - in therapeutic touch terminology - vigorous blockages. The practitioner then directs energy to the patient to help heal. Pranic Healing Pranic Healing was created by a Chinese-Philippine spiritual teacher and energy master named Grandmaster Choa Kok Sui, spent years researching the root teachings of esoteric systems such as yoga, chi kung, Kaballa (an ancient Jewish Jewish tradition) and many others in order to create a simple, practical, effective, optimal energy healing system that everyone can learn and use. As a teenager, Grandmaster Choa was already an experienced student of yoga and various meditations and spiritual systems. In his twenties he continued intensive study of higher-level esoteric practices, with a particular emphasis on the use of vital life for healing. He came to the conclusion that healing, in

its main, consists of purification and activation - that is, purification of dirty or blocked vitality from the aura and replenishment of the aura with fresh energy. Further, Grandmaster Choa, who by this time also established himself as a businessman and engineer, applied a strict scientific approach to his requests. He has set up a number of treatment clinics in the Philippines to test the effectiveness of hand laying, chi kung, and other energy healing systems. Every patient who came in received a certain type of energy treatment, and the results - or lack of results - of this particular treatment for this particular disease were reported. Grandmaster Choa is also highly skilled healers with hypersensitivity - people with the ability to see vital vital vitality in the body - to observe patients before and after treatment, so that he could detail the exact energy effects of each system. Nurses and other health workers also observed these experiments. These treatment clinics have continued for years, with GM Choa constantly testing and refining methods to clean up dirty energy and increase the supply of healing energy. Finally, in 1987, Grandmaster Choa published his first book and held his first seminar in the Philippines to present Pranic Healing, the best of the best system of very specific instructions and sequences for cleansing and revitalizing individual body parts to achieve rapid healing. The system spread to the United States in 1990 and is now being practiced worldwide. Pranic healing compared to other types of energy medicine Pranic healing is more comprehensive and treating specific forms of energy medicine than two more modern systems, Reiki and Therapeutic Touch, and it is easier to learn and easier to apply than ancient, formal Chinese acupuncture and chi kung systems. In addition, Pranic Healing includes teachings rarely found in other energy medicine systems, such as the detailed use of colored prana and the practice of energy hygiene. Like Reiki and Therapeutic Touch, Pranic Healing teaches practitioners to feel the disturbance in the aura. But the prana healing version of this tactile technique, called scanning, is more clear and accurate. For example, Pranic Healing teaches several exercises that help students open and sensitize chakras, or power centers, in the palms of their hands. This allows you to To detect congestion, energy blockage and exhaustion, vigorous deficiency as they move their hands around the patient's body. Pranic Healing also includes two other practical methods: radical, which is manually cleaning from congestion or dirty energy, and activation, which complements the area of pranic deficiency. Reiki doesn't have comparable radical techniques, while therapeutic Touch's unrufling is similar to, but not as effective as sweeping. Unrufling resembles what is called the Pranic Healing distribution radical, or using your hands to move energy gently from one area to another. But Pranic Healing sweeping provides a more targeted, complete removal of energy congestion, primarily because pranic healers can use multiple types of hand movements in radical, depending on the location and stubbornness of energy blocking. The energy is much more detailed in Pranic Healing than in Reiki or Therapeutic Touch, although it's still easy to learn. Both Reiki and Therapeutic Touch Practitioners channel energy into the patient's body, and there is some elementary energy orientation in areas where the patient has discomfort, or where the practitioner feels an energy disorder. In Pranic Healing, however, for each particular health problem there is a certain sequence to cleanse and energize specific body parts and specific chakras, so that prana is used for maximum healing effect. Although it is based on some of the principles that underpin both acupuncture and chi kung, Pranic Healing is easier to learn and use. As in acupuncture, Pranic Healing works with meridians, but unlike acupuncture, Pranic Healing concentrates only on the largest meridians along which the main chakras lie. Hundreds of other, smaller meridians cross the body, but by doing focused energy work on the larger meridians that feed others, pranic healers can achieve more effective results in a much shorter period of time. And of course, pranic healers, unlike acupuncture, do not need to learn for years to learn the location and path of these smaller meridians and what organs and body parts they feed off. There are numerous chi kung schools and therefore many types of chi kung healing techniques. Chi kung treatments, or sets of physical and breathing exercises, were developed by Chinese monks centuries ago in addition to their spiritual development and martial arts training, as well as to facilitate physical healing. The biggest differences between chi kung and Pranic Healing lie in their energy-generating philosophy and the length of time it takes to become experienced in practice. chi kung relies on the inner generation of energy, which means that learn techniques to help them create and store energy in their body. Then they tapped this excess for meditation, spiritual development, development, and healing. Pranic Healing, on the other hand, is an external generation system. Students are taught powerful techniques that allow them to draw energy from outside the body and then project it into the area of scarcity for healing. So pranic healers don't have to worry about their battery power running down. Pranic healers also don't have to spend years learning and practicing complex exercise and breathing patterns to create the level of inner energy needed for effective healing. Finally, missing almost all other energy medicine systems are the two cornerstones of Pranic Healing: the methodical use of colored pranas, which focus and greatly speed up the healing process, and energy hygiene, or rules and practices to avoid energy pollution and maintain a personal energy reservoir practicing clean and complete. Your energy anatomy of Pranic Healing teaches that diseases and health problems result from prana flow disorders through a network of feeding centers, passages and energy fields that mutually regulate the physical body called energy anatomy. Your energy anatomy, also called your energy body, or simply your aura, is a three-dimensional prana cloud that begins inside your physical body and comes outwards in all directions to form a rough contour around your body. Energy anatomy consists of five main components: 1. chakras, body feeding centers or transformers that accept and distribute prana. 2. Meridians, the energy channels of the body that transmit prana to the chakras and nearby organs and body parts. 3. The inner aura, the inner shell of the prana, which begins inside the body and extends about 5 inches from the body of a healthy adult. 4. The outer aura, the outer shell of the prana, which also begins inside the body and extends several feet beyond the inner aura of a healthy adult. The outer aura is held in the energy of the body. 5. Health aura, aggregating 2-foot rays or rays that radiate from the pores of the body. In a healthy person, these health rays are directly and clearly defined, but in a sick person they are crooked or sluggish. These auras are concentric, just like the layers of onion, with three auras nesting within each other (figure 1-1). Your energy anatomy has four main functions: 1. absorb, spread and activate the physical body with prana; 2. Serve as a form or template for the physical body; 3. Control through chakras the proper regulation of prana in the physical body; 4. Serve, primarily through the rays of health and aura, as a protective shield for the physical body against energy pollution. Let's take a closer look at the components of energy anatomy. Your Chakras Anatomy has three types of chakras: basic chakras, which are 3 to 4 inches in diameter; minor chakras that are 1 1/2 inches in diameter; and mini chakras with a diameter of less than 1 inch. (Note: All sizes for a healthy adult.) (Continues...) Excerpts from your hands can heal you Stephen Co. Eric B. 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