



## **INTRODUCTION**HOSPITAL THERAPIES

In this chapter, you will have your first contact with what holistic therapies really are, understanding the true essence and potential that resides in these techniques and knowledge.



## **TRIADA**HEALTH

Through the health triad, you will understand human complexity in a simplified way, understanding how our disharmonies and imbalances are generated through our "organization", "energy" and "intelligence".



## **POINTS**ENERGY TICKS - CHAKRAS

In this chapter, you will understand the energy points that we have in our body and how they are arranged.



## **ANATOMY**ENERGY TIC

Through the study of energetic anatomy, you will be able to understand the most subtle systems of your body and how they directly interfere with your emotions and even your physical body.



## **MANUAL**REIKI

In this module, you will learn the history, techniques, procedures and the entire structure of Reiki teachings.



## **MANUAL**CHROMOTHERAPY

In this module you will be able to understand how we see and how colors can influence our mental states.



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### **MANUAL**CRYSTAL THERAPY

Here you will learn everything about the main crystals used in holistic care.



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### **MANUAL**AROMATHERAPY

In this chapter, you will learn all about the main aromas used in holistic treatments.



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### **MANUAL**REFLEXOLOGY

In this chapter, you will have access to reflexology maps and foot and ear stimulation techniques.



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### **MANUAL**HEALING FREQUENCIES

In this chapter, you will learn about the importance of our emotions and how they can impact the energetic patterns we attract into our lives.



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### **PLANNING**HOLISTIC

In this chapter, you will learn how to organize your life, your services and your online business.



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### **GEOMETRY**SACRED

In this chapter, you will understand how geometry is present in nature and affects our daily lives.

# ACKNOWLEDGMENTS

Sometimes we are so busy rushing around and focused/limited on problems...

And in the hustle and bustle of everyday life, we forget to be thankful for life, health, and most importantly, to thank the people who give meaning to our lives.

We at IBRATH® strongly believe that love and gratitude are the most powerful healing tools/instruments for anyone.

So, when we love and are grateful, we learn to value the little things in everyday life, acts of love, and especially the people who are with us every day.

And, it is for this reason that we can say, with all certainty, that IBRATH® would not exist, much less this book/manual, if it were not for the work, love and gratitude of those who support us, unconditionally. It is necessary to renew, at each step, in each new action, the mission, the purpose: "to aggregate and disseminate, through the hashtag "#movimentoholístico", Holistic Therapies, in what is best - love for life.

For this reason, words are not enough to express the love and gratitude to the clients, students, employees, partners and families who place their trust/energy in multiplying and making this project a reality.

Today, we can say that we are a large digital community, a digital family that expands every day.

Expand not only through marketing actions, but also through transformative actions that occur externally and internally, within each of those who follow us and identify with us.

Finally, we would like to express our most sincere thanks to all those who dedicate their love, time, investment, thought and actions to IBRATH® in this book.

Remember, if you are part of the Institute and have already purchased this book/manual - know that "we are together". Count on us!

"We are together" on this journey. Let's share love and affection, so that we can transform ourselves, transforming our surroundings.

"A dream dreamed alone is a dream. A dream dreamed together is reality." (Yoko Ono)

Gratitude!  
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# INTRODUCTION

*Someday, when we have mastered the winds, the waves, the tides, and gravity,  
life, we will use the energies of love.  
Then, for the second time in the history of the world, man will discover fire.*

(Teilhard de Chardin)

This book is for anyone who is looking to positively engage with holistic therapies. This group includes all of us, as each of us will participate in the world of healing at some point in our lives, personally or professionally. The primary purpose is to help practitioners of holistic therapies who wish to make the leap from “amateurism” to “professionalism.” It can also be a resource for the person afflicted or affected by a mental, energetic, physical or spiritual illness, who presents with a lack of tranquility in the body, mind or soul.

The truth is that we all need to understand the information in this book, as it speaks to the self and the reality behind the obvious, the stuff that makes up the material world.

This book is an encyclopedia/manual of the energy structures that support physical reality and our physical bodies. It is also a set of tools, protocols, graphics and illustrations intended to facilitate the understanding of holistic therapies and the functioning of the human energetic anatomy.

By using this material, you can make a difference in your personal life and in the world. The goal of this work is to promote emotional and mental energetic changes in you and your patients.

It is important to emphasize that all known and observable medical phenomena once resided in the realm of the subtle or immeasurable (unknown). X-rays, bacteria, and even the biochemical effects of aspirin were unobservable. Much of the knowledge you will find in this book is still in the process of development.

To save a patient's life, calm the anxious, or put a smile back on a child's face, today's holistic practitioners must draw on more than conventional wisdom.

It is necessary to see beyond health problems and be sensitive to life's dilemmas and questions.

Through this book, you will be able to understand that everything is made of energy.

gia: molecules, pathogens, prescription drugs, and even emotions. Every cell pulses electrically and the body itself emanates electromagnetic fields. You will be able to understand that the human body is a complex energy system, composed of hundreds of energetic and physical subsystems.

This book provides information on various treatment methods based on holistic therapies. At first glance, some of these methods may seem “non-medical”. What does our intention have to do with healing? How can colors and aromas matter to Holistic Therapists? The answer is: quite a lot. Holistic treatments are complementary tools to traditional medicine, capable of helping humanity gain access to a new perception of the realms of energy and emotion capable of providing healing and well-being.

The information in this book has been gathered from many sources: esoteric manuscripts, sacred texts, long-recognized medical authorities, practicing physicians, scientific manuals, research laboratories, government agencies, and specialized information associations and periodicals. It draws on disciplines such as quantum physics, bioenergetic science, sacred geometry, and books related to specific healing areas.

Some of this information has never before been cited in a contemporary book. Much of the past knowledge is an adaptation of holistic therapies for the modern world.

We at the Brazilian Institute of Holistic Therapies believe that, for holistic therapies and their professionals to have the recognition they deserve, we need to adapt holistic therapies to contemporary times.

There is a lot of knowledge that has simply been passed on over the years by professionals and teachers, without even adapting or reviewing what is being taught.

For this reason, we seek to innovate, bring new perspectives and break paradigms. So that people can know the true value of therapies. We want to generate awareness that it is not a “gift” or something mystical/religious, but a profession that anyone can learn and develop, because to become a qualified holistic therapist it is necessary to study a lot, dedication and commitment to the profession.

*(Brazilian Institute of Holistic Therapies - Be Seal)  
(FLORIANÓPOLIS 2022)*



# **INTRODUCTION HOSPITAL THERAPIES**



# INTRODUCTION

## HOSPITAL THERAPIES

*"Holistic therapy is the art of finding the essence and exuberance of each be, previously hidden and camouflaged throughout life!"  
(Paulo Felipe - Holistic Therapist)*

The main characteristic of holistic therapies is that they treat problems and illnesses from a global perspective of the human being. Holistic therapy, unlike therapies that focus only on the problem or symptoms of the illness, analyzes the person as a whole, in their physical, cultural, psychological and social aspects. Holos, in Greek, means "whole", "set".

The goal is to help the patient improve their quality of life and reach their maximum point of physical, emotional and energetic balance.

Holistic therapies treat a variety of health problems, such as insomnia, fear, anxiety, physical or muscular pain, and energy blockages. Holistic therapies are also used as complementary treatments, contributing to so-called conventional treatments.

In Brazil, several holistic therapeutic practices are offered free of charge by the Unified Health System (SUS) as a complement to conventional treatment. Although most of these therapies lack scientific evidence, acupuncture and homeopathy are recognized by the Federal Council of Medicine (CFM).

In order to determine the most appropriate treatment, the holistic therapist analyzes the patient's physical, mental, spiritual and energetic aspects. Treatment is carried out in this way because holism believes that each individual is unique and that all of these characteristics influence each other.

Self-observation and self-help, the awakening of consciousness and therapies with a more natural basis are important concepts for holistic therapy.

Traditional medicine can also be used in conjunction with holistic therapy, when treatments are based on a global view of the person. This is what is called holistic medicine.

# DOQUESETREATMENT

## #HOLISTICMOVEMENT

THE “**#holistic movement**” - was created in 2018 by the Brazilian Institute of Holistic Therapies and its founders.

It all started when the founders of IBRATH® realized that alone they would not be able to transform the world and revolutionize the area/culture of holistic therapies.

No matter how hard they tried, invested and worked, they could not achieve this ideal without the contribution of a broader movement.

To promote a deeper change in the world, involving families, the job market and society in general, in addition to truly valuing the professional of holistic therapies, it was necessary to have the support and help of thousands of people, especially those who have felt a calling, a sense of purpose for many years, who seek to do and be more than the trivial.

Therefore, the movement is made by and for people with the mission of transforming their communities into better places, of helping people, families and society become a better place.

The “**#holisticmovement**” It consists of breaking paradigms and building the human being on a personal and social level.

Through this movement, we seek to reevaluate the teachings of various holistic therapies that are limiting the consistent dissemination of the practice and the appreciation of the professional therapist.

In the “**#holisticmovement**”, We strongly believe that holistic therapists are the professionals of the future. However, for them to become this, we need to innovate, expand and transform many concepts, techniques and even ideologies that are preached in the market as the only rule.

For this future that we aspire to, and for the professional of holistic therapies to be recognized, we need to demonstrate that these therapies go beyond the mystical, that to be a professional it is necessary to have a lot of dedication, commitment, protocols, procedures, technique and years of study.

We must demonstrate to the world that this is not something totally “abstract”, that only a few “blessed” people hold the power, but rather that it is something that can be learned, felt and applied for the benefit of oneself and others.

Our main intention is to spread knowledge of holistic therapies, personal, energetic and spiritual development, offering individuals resources to understand their emotions and acquire emotional and energetic responsibility.

Through this “responsible” state, the individual begins to positively affect the world around him, transforming and saving lives!

Here at IBRATH® we like to say that everyone who is part of our training or who has become a professional has the ability to “save lives”.

THE “**#holistic movement**” It is the path through which we will together transform the world, people, families, society and especially the holistic therapies market.

If you want to be part of innovation and this future, support IBRATH® and use the hashtag “**#holisticmovement**” in your posts to support this movement and show that you are part of this family!

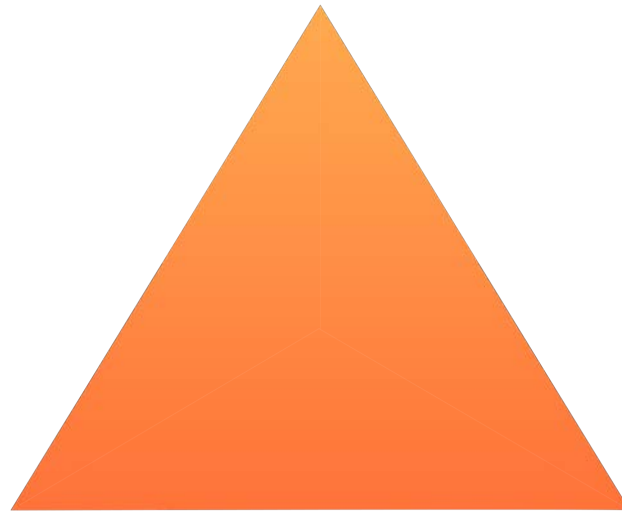
*“After so many years, we  
stopped living in the house and  
we become the house where we live.  
It's as if the walls clothe  
our soul.”  
(Mia Couto)*



# **TRIADEA HEALTH**

# TRIADEA**HEALTH**

## INTELLIGENCE



## ENERGY

## ORGANIZATION

A living system is a unit made up of elements that work in a coordinated manner, each one serving the others, to achieve a common goal, which is survival.

This definition applies to bacteria, viruses, cells of an organism, ant colonies, people, groups, institutions or countries.

According to the concept of **(TSH) THE HEALTH TRIAD**, developed by IBRA-TH®, physiological health is based on 3 factors:

- 1.Organization
- 2.Energy
- 3.Intelligence

Through our methodology, we have identified that it is possible to restore the general well-being of any person in any situation through isolated and combined treatment and care of the elements of the triad.

Since each element represents an aspect of human life at different levels.

The health triad is the main tool for therapists seeking healing and professionalism. Through the health triad, we can understand our physical, mental, emotional, energetic and spiritual processes in a simplified way.

*It is structured in 3 Elements that seek to simplify the understanding of internal human processes (positive and negative) and demonstrate the synergy that exists between the Physical, Energetic and Emotional spheres.*

**Organization** -integrity of the structure; corresponds to a group of elements ordered as a functional unit, directed towards objectives established by the intelligence that guides them.

**Intelligence** –regulatory entity that controls and integrates the parts of the living system into a functional unit, directed and guided towards survival.

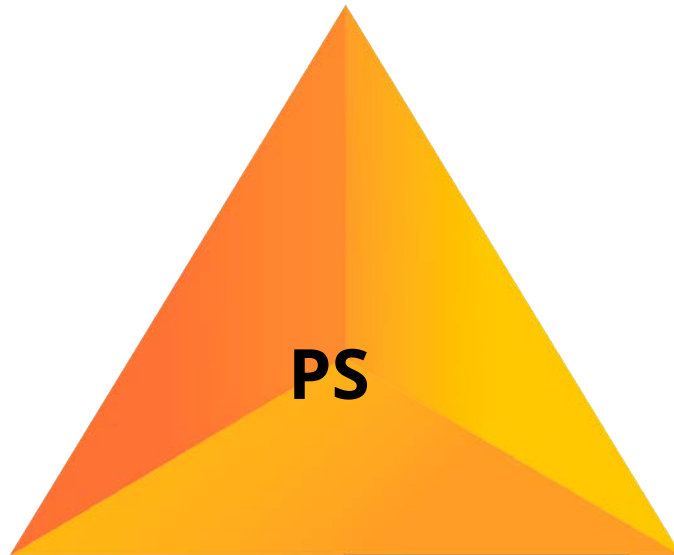
**Energy** -functional organic reserve; corresponds to any fuel that promotes action or movement, also definable as the element that makes things happen.

They are fundamental elements for life, since without organization we have no physical structure, there is no existence. Without energy, the structure (body) has no life, it is something inanimate. Finally, without intelligence, there is no purpose and direction for energy and organization.

Ex: Imagine a car (organization), without gasoline (energy) the car is not able to move or leave its place. However, even if the car is filled with gasoline (energy), it will not move until intelligence makes it something useful.

We function in the same way. Our body is our organization, everything we see, feel, eat, do and even what we think is our energy. And what keeps all of this harmonized, balanced, synchronized and directed is intelligence.

Remember: There are thousands of applications for (TSH), not only in our personal and professional lives, but throughout nature and the universe. We strongly recommend that the reader reflect at this moment and seek to correlate the health triad in other areas of his/her life.



## HEALTH POTENTIAL

In simplified terms, PS - Health Potential is the result generated by the quality of inputs. **Energy + Organization + Intelligence = Health Potential.**

In other words, as long as any of the elements of the Health Triad are negative, the potential health potential will automatically be reduced or limited. For this reason, if an individual has some type of deficiency or poor quality input in any of the three elements of the triad, he or she will not be able to achieve the full health potential that resides within him or her.

PS is present throughout the universe. The seeds of a tree, for example, carry all the genetic material and all the potential to become fruit trees. However, if they are not planted in the right place under the right influences, they may not germinate.

In this case the seed is the PS and the organization, soil and nutrients are the (energy) and intelligence is the DNA in the seed that contains all the information about how it should grow, when it should flower and when it should produce fruit.

The point is that everything in the universe has infinite potential. You currently have infinite potential for healing, prosperity and fulfillment. It is just not being achieved because you are not yet using the knowledge of the triad and holistic therapies in your life.

Imagine it this way - all beings have an infinite potential for health, well-being, harmony and balance. However, few are able to achieve this potential due to several factors such as:

- Habits
- Ignorance about personal emotional and energetic processes.
- Pain, trauma, suffering, resentment
- Destructive friendships
- Abusive Relationships
- Broken family
- Problem-oriented focus
- Negative mental patterns
- Lack of care with energy inputs
- Lack of physical care (sedentary lifestyle)

We are naturally born with an infinite amount of PS, which degrades over time and the way we live our lives. A good example of this is when we go through difficult, anxious and stressful times. These are times when our body has not been directly affected, however, it is clear that there has been a disharmony in one of the pillars of the triad, which in the long term will result in a general imbalance in health potential.

Ex: It has already been proven that stress (disharmony - intelligence) caused by negative inputs (energy), increases the probability of heart attacks (organization).

Likewise, anxiety (disharmony - Intelligence) caused by negative inputs from reaffirming experiences (energy), increases the likelihood of developing untreatable dermatological problems such as psoriasis (organization).

In this way, the power of the influence of the home becomes evident, one of the elements (organization, energy and intelligence) for the restoration of the general well-being of the being. It is worth mentioning that there is no transformation, spiritual elevation or true development without the Health Triad.

This tool/equation (Organization+Energy+Intelligence=Potential for Health) should be your companion from now on. This way, you will be able to learn and understand the true power of Holistic therapies.

## PILLARDAORGANIZATION

We live in a 3D material world, where all elements have space, density, weight, height, width, depth...

In this space there are inanimate matters (stones, earth, water, air, etc.) and there is animate matter (us, animals, vegetation, etc.).

We live in an integrated and interdependent system that could never function in isolation.

Ex: If there were no sun (organization) there would be no life... Since all plants would die because they would not be able to carry out photosynthesis, and soon after all insects and animals would also be driven to extinction due to lack of food.

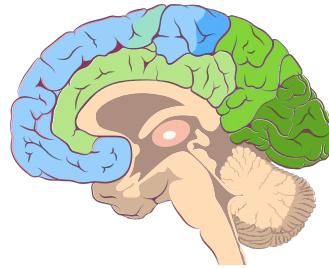
There are several other examples where it is clear that the lack of some element at the level of (organization/structure) would cause fatalities in all systems on Earth and in space.

Therefore, organization, that is, structure, is fundamental for human life to exist.

The organization encompasses the inanimate and the animate (conscious), since water, despite being an inanimate organizational structure, is capable of moving through sea currents and rivers, driven by an "invisible intelligence").

In this way we can say that organization is the basis for life in the material world.

## PILLARDAINTELLIGENCE



All living systems are, by nature, functional units seeking maximum survival.

Intelligence is the backbone of any living system in balance.

Intelligence controls, regulates, adapts and develops the living system. Chaos (DISEAS) occurs in its absence. No living system can survive without intelligence.

The Intelligence of a system creates and uses Energy with the main objective of achieving Organization.

Intelligence also creates/builds Organization with the main purpose of producing Energy.

Intelligence can be defined as that entity capable of learning, exercising control, communicating, dealing with energy flows, establishing feedback mechanisms and creating organization for survival.

Note: Until today you haven't stopped to think, but the universe and everything in it is nothing more or less than a gigantic triad arranged in different formats and structures.

And whatever your faith or belief, it is indisputable that existence/presence an intelligence universal, which governs and governs all matter and energy.

## PILLARDAENERGY

Energy is everything that moves the universe, it has no direction or quality.

It cannot be destroyed, only manipulated, transmuted or directed. It is something that only renews itself or transforms itself over time.

Ex: Human beings eat, absorb nutrients and at the end of their lives, when they die, they transform all of this absorbed energy back into nature.

The movement of your arm is the effect of an energy production produced from a chemical reaction that transforms this chemical energy into kinetic energy.

Energy is versatile, it is not only in what we ingest, but also in what we see, hear and what we do constantly.

Your friendships, the places you frequent, the thoughts you cultivate, all of these can be considered energy.

Therefore, depending on the quality of this energy, you may be either detoxifying or poisoning yourself.

Until you observe your energy inputs, you will never be able to truly develop.

## EXAMPLESTSH

The health triad is everywhere, in nature, the universe, in people, relationships and each person's energetic and mental processes.

For example the water cycle... In this process we have Water (organization), heat & wind (energy) and intelligence which is basically nature itself.



Without any of these elements, it would not rain on the continents, the water would be stagnant in the seas. The continents would be deserts.

Another very interesting example is anxiety. This state is nothing more than a series of negative energy inputs that over time negatively affect the power of intelligence, causing the person to lose their ability to evaluate and understand reality.

When the pillar of intelligence is unbalanced, we lose coherence and feel lost and without direction. Most of the time, the individual starts to make a series of bad decisions because this pillar is unbalanced.

# TYPES OF INTELLIGENCE

## INTELLIGENCECELL PHONE



Cellular intelligence(**IC**)It is the most important of the IB constituents, as it regulates genetics and metabolism for each organic cell and gives rise to Immune Intelligence and Biochemical Intelligence.(**IBq**).

These three types of intelligence mentioned above also constitute a synergistic trio, since none of them exists in the absence of the others due to the essential exchange or feedback between them.

## INTELLIGENCEIMMUNE

Immune or Immune Intelligence(**II**) It is our body's automatic and unconscious immune response.

Through it, we have the so-called “power of healing”. It is responsible for healing diseases, colds, viruses, bacteria, wounds and other illnesses that affect the body.

Although it is unconscious, we can consciously choose to increase the presence of this intelligence in

our body, through holistic therapies, contributing to the strengthening of our physical/biological health/immunity

Note: This intelligence may vary depending on the energy inputs and quality of the individual's intelligence.

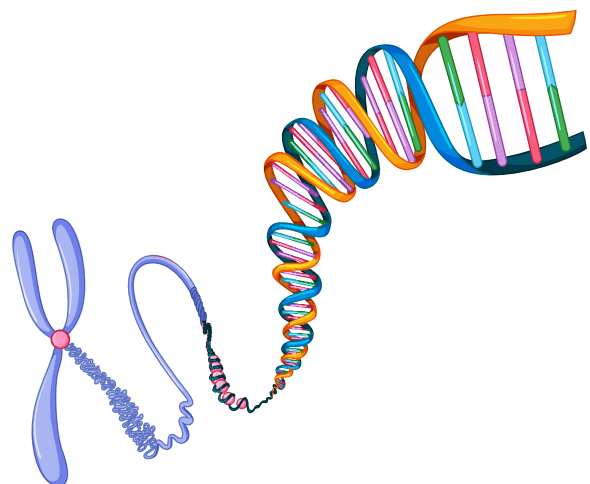
## INTELLIGENCE BIOLOGICAL

It is the pillar that supports our entire composition and existence. Within biological intelligence there are several sublevels of organization that support life.

Through biological intelligence we can be conceived, we can grow, live and grow old.

Through this intelligence, our systems self-regulate and regenerate when necessary.

It is responsible for all our unconscious processes in our body. For example: Breathing, immunity, regeneration, aging, digestion, energy processing, cell division...



## INTELLIGENCE BIOCHEMISTRY

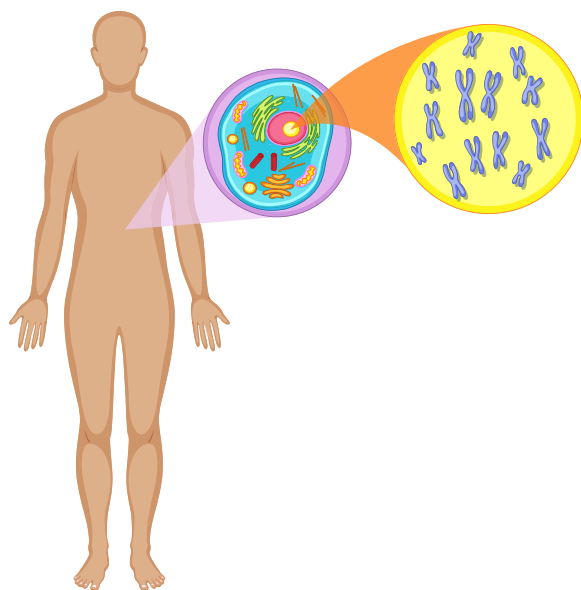
Biochemical intelligence(**Ibq**)refers to the unconscious chemical processes in our body. These are the chemical reactions that happen in our body without us noticing.

For example: breathing, food processing, cell multiplication, regeneration of skin, hair and bones, etc.

These are the energy production processes**ATP**,as well as the elimination of toxins through sweat and urine.

The sending of information through our nervous system, memory retention, absorption of nutrients and also the production of hormones essential for life.

Thousands of chemical reactions happening right now in your body without you even realizing it!



## INTELLIGENCE BIOENERGY ETHICS

Bioenergetic intelligence(**IBe**)refers to all the energetic processes in our body (chakras, auras, hidden powers). This intelligence is little studied today and little is known about it.

However, its existence is noticeable by the way we, humans, are constantly sending and receiving “energies”, frequencies to the world. It is the cycle of energetic balance/imbalance.

An example of this intelligence is heat. We are in constant vibrational exchange with the world, at all times we are carrying out temperature exchanges with the environment, which are done through frequencies and waves.

As a consequence of this interaction, it is possible to achieve**IB**by increasing any of its components, for example, with the use of immune modulators.

Or, for example, drastically increasing the quality of your thoughts, vibrations, frequencies and habits - stimulating the neuroendocrine system - directly bringing healing to the biological system.

The opposite is also true, the collapse of any one component affects the other two.

Note: Every time you move, speak, think and act, you are activating the biochemical intelligence within you.

## INTELLIGENCE SPIRITUAL .



Spiritual Intelligence(**IE**) is that **obtained when the individual develop**s spiritually. It can be enhanced by learning holistic therapies.

It is the intelligence responsible for the insights, visions, intuitions, sensitivity and mediumistic powers that each person can possess.

Through it, you are able to talk to the universe and understand its messages.

## INTELLIGENCEMENTAL .

Mental Intelligence(**IM**) is fundamental for development in the material, concrete field.

Through this intelligence, you become able to manage, guide and control your internal mental processes, such as emotions, feelings and thoughts.

It is the key intelligence to achieving success, thriving and cultivating what you want to attract into your life and physical health.

We need it to be attentive to our well-being and that of everyone else.

## INTELLIGENCEPHYSICAL



PHYSICAL Intelligence(**IF**) It is the knowledge of your body. It is the intelligence that allows you to know your internal cycles, when you are well and when you are not.

Through it, you become capable of generating your own healing, as you understand your body and the signals it gives.

You know when you need rest, exercise, food or a change of habits.

Note: Without Intelligence we are not able to direct energy or even make the "organization" useful.

Without universal intelligence, there would be no life on Earth, since the existence of an "intelligence" that leads and directs all natural processes and their cycles is necessary.

Ex: water cycle, ammonia, food chain, rotation and translation of the Earth, alignment of the planets, carbon cycle.

# TYPES OF ORGANIZATION



Without organization, there is no precursor, no conduit for energy to be utilized. There is no vehicle through which intelligence can make use.

Ex: Imagine a hydroelectric plant. It has a lot of energy, but it needs the direction (intelligence) of that energy, which will determine where and how it will be used, as well as the organization (wires, cables, technical devices).

## THE TYPES OF ORGANIZATION ARE INFINITE

In the world we live in, there is an infinite complexity of systems (organizations) that make our reality function harmoniously. Without these systems of organization, nature and all life would be in chaos or would not even exist.

These organizations (systems) range from the molecular level (atoms) to the reality that we can see, touch and

to feel.

We must remember throughout the course and in our lives that organization is fundamental to anything we accomplish.

Even with Energy + Intelligence, if all this material is dispersed throughout our lives, without a system, it will have no value.

## ORGANIZATION = HARMONY

As you will see in the next chapters, every time we expand, we make room for disorder.

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## Expand = Chaos / Disorder

It is essential that we are present and aware to adapt to the new expanded states and regenerate the organization in these processes (systems).

The important thing is to always seek organization, to reestablish harmony after moments of expansion and transformation.

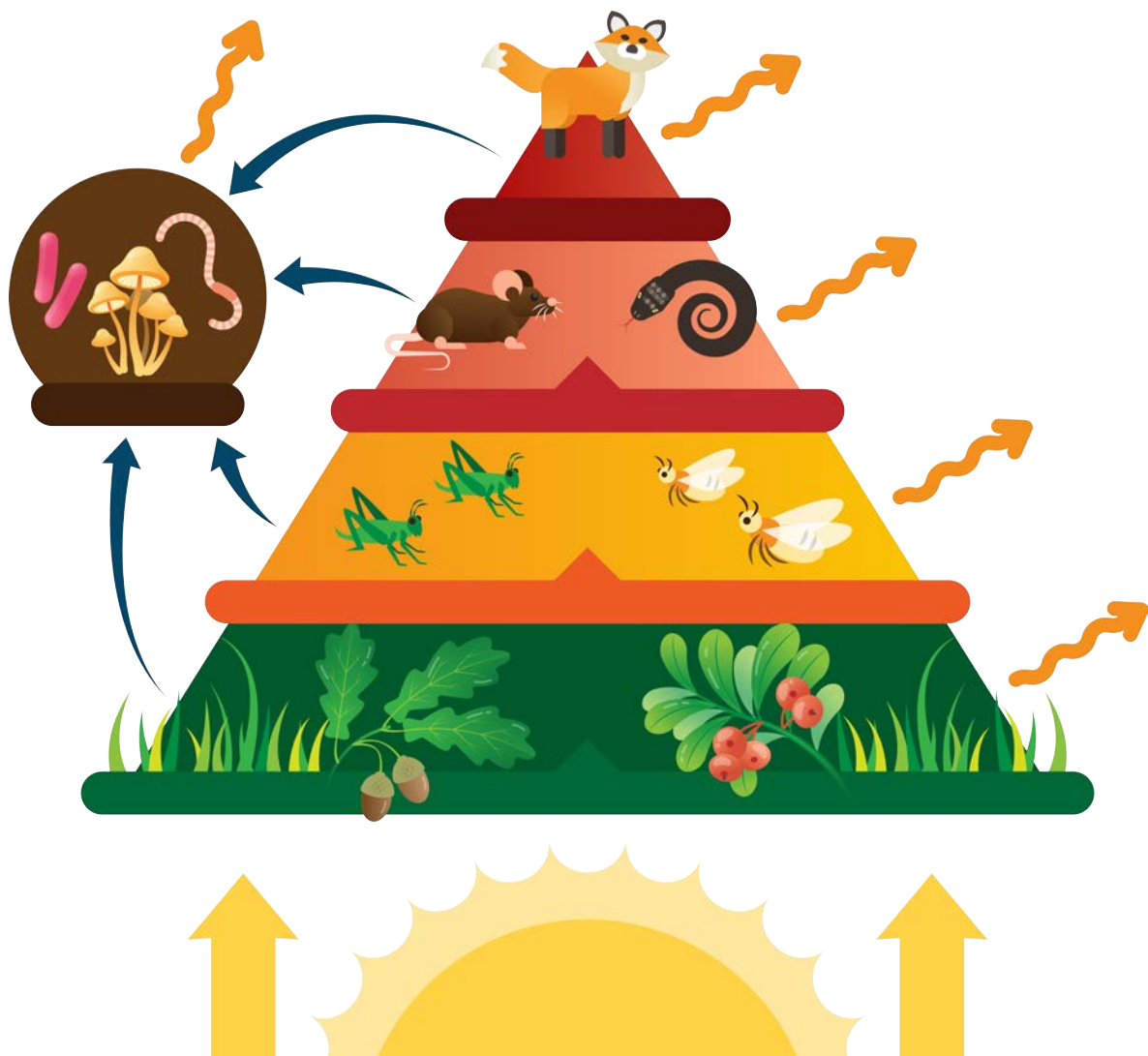
Life is a cycle, with ups and downs, and so is organization. It is not permanent or immutable. It is a flexible and versatile element that is constantly adapting to the world, new experiences and everyday situations.

An excellent example of organization is the energy pyramid or food pyramid. This pyramid basically consists of the energy structure of our entire planet Earth.

It shows us that the sun is the source of all life on earth, and without it none of us would be alive. Furthermore, it is possible to observe the perfection of this structure (organization), so that the sun propagates energy to plants, which are the only ones capable of absorbing this type of energy through photosynthesis, which serves as food for insects that feed other animals, and so on.

In this way we can see that without structure there is no life. Without an organization (at any level), there is no sustenance for life. We live in a material world, so it is essential that organizations exist.

Note: Organization is present on several levels: personal, emotional, in the world, universe and in all material reality that surrounds us.

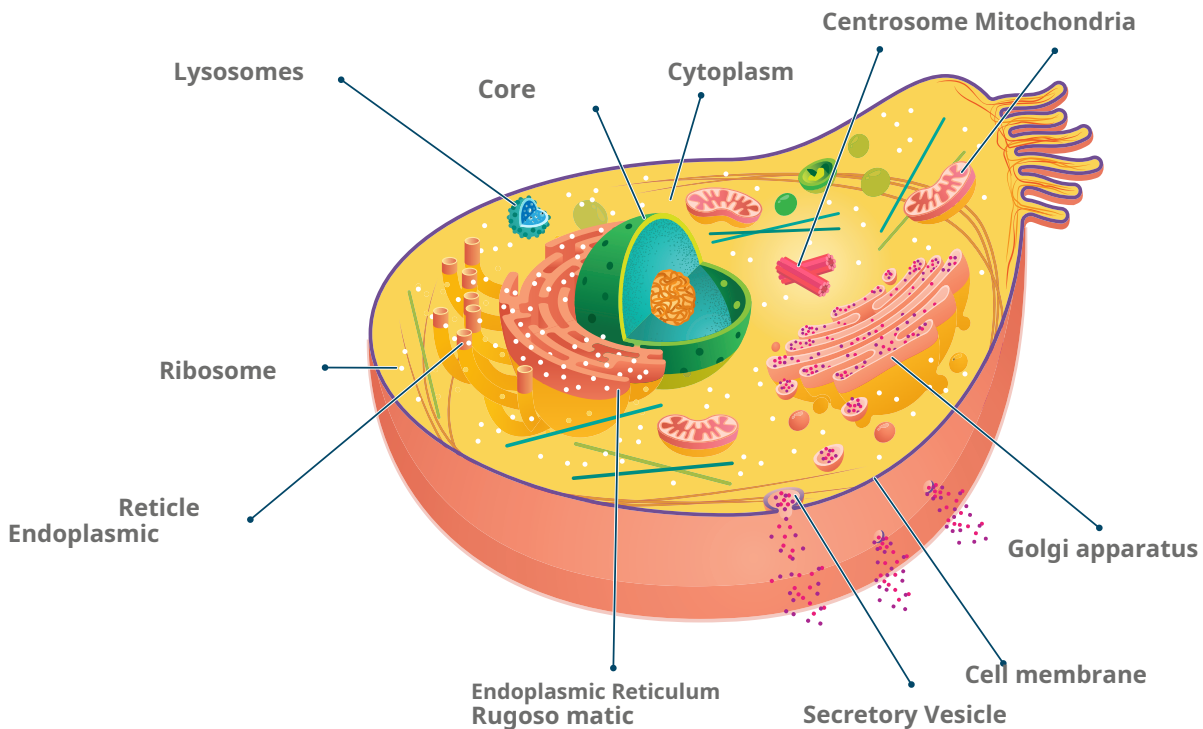


Another example of the Health Triad (TSH) is our entire cellular system, responsible for the maintenance, restoration and health of our body as a whole.

Organization also shows us that there are infinite levels of structures that support the existence of the universe.

Your body is a system, but within your body there are the muscular, digestive, respiratory systems, etc. Just as each system has organs (subsystems) that have specialized cells and that have their own organizations and structures.

When we understand these structures, the power of HRT and holistic therapies becomes evident, since Holistic treatment aims to treat and harmonize all physical, energetic and spiritual levels.



Observe the image above, despite having its own intelligence, organization and energy, it can be indirectly impacted by the individual's energy inputs and even by the quality of their intelligence.

Ex: If the individual's intelligence is out of balance, he/she does not take care of his/her body (organization) and still has negative energy inputs, then his/her internal systems, even the cellular ones, will be impacted, reducing his/her immunity, generating cellular mutations and even the premature death of important tissues. For this reason, it is essential that the professional raises awareness in the patient and demonstrates how holistic therapies can help restore health and general well-being.

## TYPES OF ENERGY

Just like organization, there is an infinite range of energy sources and types of energy in our universe.

Energy > Organization > Intelligence

Proportionally, there is a greater amount of energy available for the amount of systems (organization), which in turn exists in greater quantity than the available intelligence.

The primary focus in this part of the energy content will be the human energetic anatomy.

Therefore, we will focus on the energies present in the human body and, throughout this material, we will discuss more about the other energies that make up our universe and how they affect us and interfere in our lives.



## YOU CHAKRAS

Chakras are the basic structures of human energy. In short, they are energy axes distributed throughout our body, which are in constant exchange with the environment, sending and receiving information.

They can be understood as the reflection of human capacities demonstrated in energy points spread vertically over the body. Each chakra represents an aspect of the human "psyche".

Some of these points address more material aspects of existence, relating to natural needs, desires, wishes and attachments to the material world.

Other points are more subtle and more abstract, working on more emotional aspects, self-acceptance, sensitivity and intuition.

Therefore, when chakras are harmonized and unblocked, they allow energy to flow freely, automatically generating greater clarity and well-being in the individual.

Remember, regardless of the holistic therapy, all of them directly or indirectly treat these energy points. Many times the problems that we or our patients go through are directly related to this subtle structure, which is often not perceived by most people.

Therefore, before seeking to expand your knowledge in holistic therapies, it is essential that you build a broad knowledge about energy points (chakras).

## YOU BODY SUTISM

The subtle bodies, or auras, are energy fields that surround us. They are the pure propagation of our intentions and desires into the outside world.

Everything that is cultivated internally is reflected through auras. They can be understood as invisible energetic "cloaks" that cover us.

They are a reflection of our soul, our personality, emotions, intentions and mental processes.

This reflex is responsible for attracting and repelling people, opportunities, moments and experiences for the individual, good or bad.

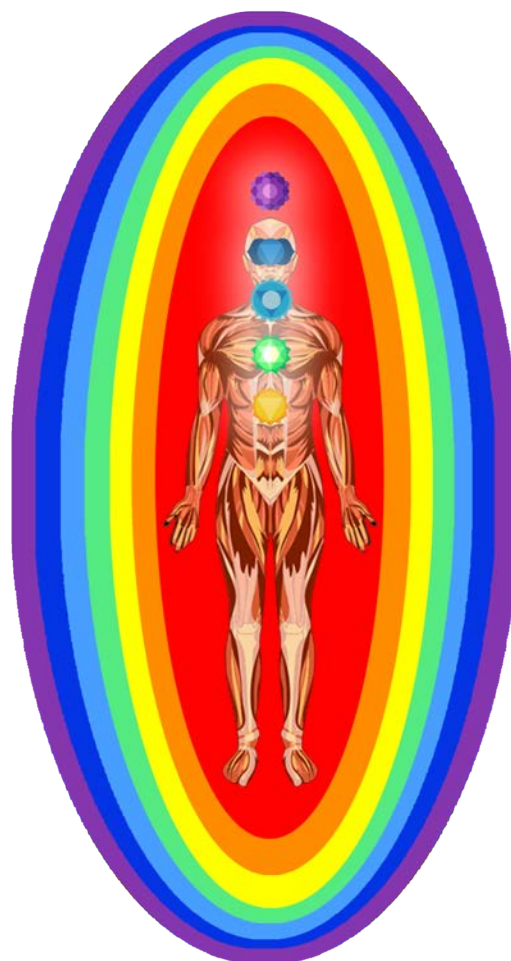
The quality of these experiences is mainly determined by the quality of these cloaks.

In other words: the more harmonized, balanced and elevated the individual's consciousness is, the equivalent will be their "subtle body".

It can be said that the subtle bodies are our power of non-verbal expression, everything we feel without the need for any words.

Note, even if you are not a medium or a highly sensitive person, you have probably felt something good from a person without even knowing them or something bad.

This occurs due to the energetic propagation in our subtle bodies. It is something natural and that every human being is capable of feeling to a greater or lesser degree.



Another interesting fact is that depending on your current mental state or personality, the subtle bodies can present different colors for mediums capable of seeing these frequencies.

Note: Not everyone is able to see these brothers, however we are able to feel them.

Throughout this Book, you will learn in detail about each subtle body, their characteristics, when they are out of harmony and how to harmonize them.

## TYPES OF INPUTS

## ENERGY TICOS

### NATURE

We are integrated beings, we are part of the whole and the whole is present within us.

In this way, the energies of nature are an extension of our energies. As we will see throughout this material, this energy is fundamental for intelligence and organization to function at their full efficiency.

### FOOD - NUTRIENTS

Food is also an energetic extension of our body, just like air and water.

In this way, the quality of these energies directly interferes with our internal health and the balance of the triad (intelligence) (organization) (energy).

It is a very important energy structure for health and well-being.

### OTHER SUPPLIES

There are an infinite number of internal and external energetic structures that can be considered as an extension of ourselves, as they directly influence our physical and mental health.

**Cosmic Energy:** It is the energy that comes from and constitutes the universe, the energy that surrounds us, from the invisible and the void.

It can be understood as universal consciousness, as it contains all

knowledge of humanity, everything that has already been created and everything that will yet be created.

Thus, it is the energy that represents everything that has been thought, said, emitted and what is yet to come. It is timeless and will always exist.

**Magnetic / Telluric Energy:** We have a flow of magnetic energy that originates in the lower part (root chakra). It is responsible for grounding, materialization, incarnation and earthly fixation.

Through this energy, we are able to provide apometry, magnetic touch and other therapies.

Note: The important thing here is that you understand that everything that surrounds us and that we allow into our lives can be considered an energy input.

Ex: Friendships, places you frequent, things you watch, thoughts you have, what you listen to, things you usually see, etc.





# **POINTS** **ENERGY TICOS**



## POINTS ENERGY TICOS

Did you know that we all have a subtle energy, an energy system within us? It's called Inner Energy (or Kundalini). It nourishes and protects your mind, body and soul and is born with each of us. At the moment of your birth, Inner Energy surged through your brain to create a vast, intricate system of energy channels and centers throughout your central nervous system. This subtle energy system has governed your physical, cognitive and emotional well-being ever since.



Internal energy flows throughout your body using three main vertical energy channels, or nadis. Along the way, it flows through seven major energy centers, also known as chakras.

The seven chakras are located at the sites of your major nerve plexuses. Each nerve plexus is a network of intertwined nerves. Its residual energy settles in the triangular shape of the sacrum bone at the base of the spine. This bone is located slightly above the first chakra.

At this point, the residual energy lies dormant, waiting to be awakened. Once there, a few strands of the inner energy travel up your spine. They pass through each of the remaining six chakras. As they pass through, you will usually feel vibrations or a tingling sensation at the top of your head (the fontanelle area) and in your hands. This experience of awakening energy is known as enlightenment or self-realization. It is the same feeling you experienced in your first Sahaja class or yoga training.

As you practice Sahaja Yoga with simple techniques, you will learn how to increase this powerful inner energy on an ongoing basis. As a result, you will have better health, better focus, and a deeper understanding of the universe and your place within it.

Although every element in nature emits vibrations, it is only through the awakening of your inner energy that you can develop the sensitivity to perceive vibrations. Cool vibrations indicate balance. Warm, tingling vibrations indicate imbalance.

Your inner energy, or Kundalini, is the source of all energy. It is pure and cannot be corrupted or destroyed. It is a life energy that knows how to act. It obeys its own laws, rising against the force of gravity, like fire. And just like fire, it purifies, consumes and cleanses imperfections. When you feel heat in your hands during meditation, it is because you are feeling all that is negative leaving your body.



## MODEL ENERGY POINTS

The best-known model of chakras is shown in the figure to the side.

Energy points are nothing more than various “vortexes” (energies) that circulate in different directions. They have two primary functions: absorbing and propagating information.

When in motion, they are in harmony, when stationary they are out of harmony.

Throughout the manual we will explain in detail how these systems work and we will also provide several tools for harmonization.

Remember these energy points are spread throughout our body.

It can be said that there are a series of subsystems even at the cellular level with the same configuration as the 7 Chakras.

Take a look at the example below. Just like our neck, our hand also has 7 chakras arranged over the 5 fingers, palm of the hand and wrist.



# WHAT IS ACHAKRA ?

How does this affect my life?

To visualize how energy flow works, imagine your subtle energy system as a flute with seven holes. Each hole represents a chakra. The air blown through the flute represents your inner energy. If the holes in the flute are unobstructed, the flute can produce melodious music. When your chakras are clean and free of obstructions, your inner energy flows through your body smoothly, achieving harmony.

Chakras cannot be seen, just as electricity cannot be seen. However, you confirm that electricity exists every time you turn on an electrical appliance. Similarly, you verify the existence of your chakras when you “turn them on” through meditation. You can experience the sensation of energy flowing through them, as well as the impact of this energy flow on each corresponding chakra, its associated nerve plexuses and organs. You can feel the energy flowing through each chakra and even detect specific blockages in the path of the energy flow.

Each of your chakras, or energy centers, is associated with specific functions and qualities. For example, the third chakra, Nabhi, is located in the solar plexus or central area of the stomach. This chakra governs the functioning of your internal organs and nerve networks in that area. It is associated with the

states of contentment and satisfaction. Precisely because you have all the energy centers inside your body, you always have the potential to be content.

As you explore your chakras, you may discover that physical or psychological difficulties you are experiencing may be associated with an imbalance in a specific chakra. This could be a case of a blockage, also known as a blockage, obstruction, or impairment of a chakra. A blockage prevents your inner energy from passing through that chakra to rise to a higher level.

Once you use your inner energy to heal and balance a damaged chakra, the problem disappears.

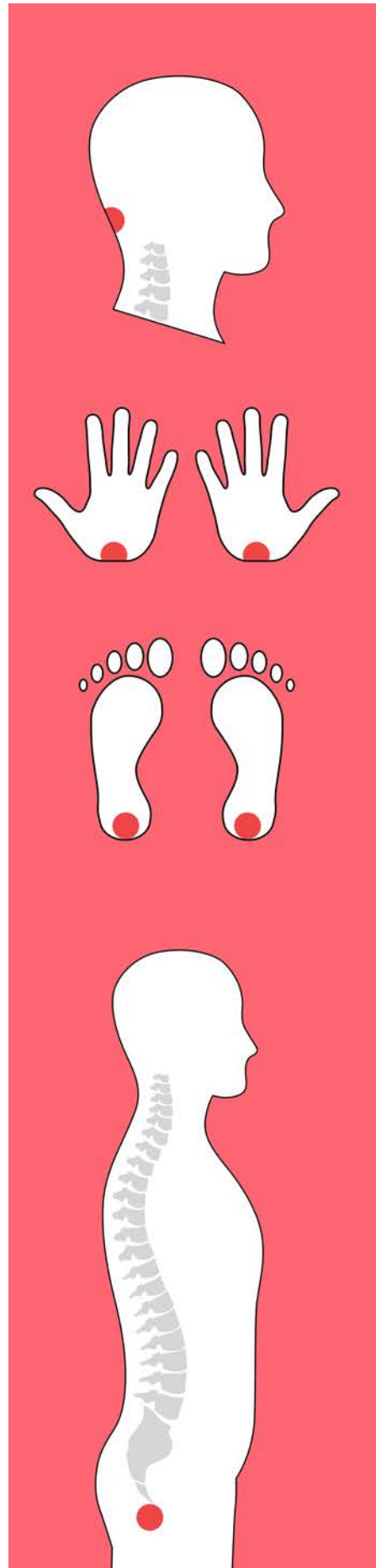
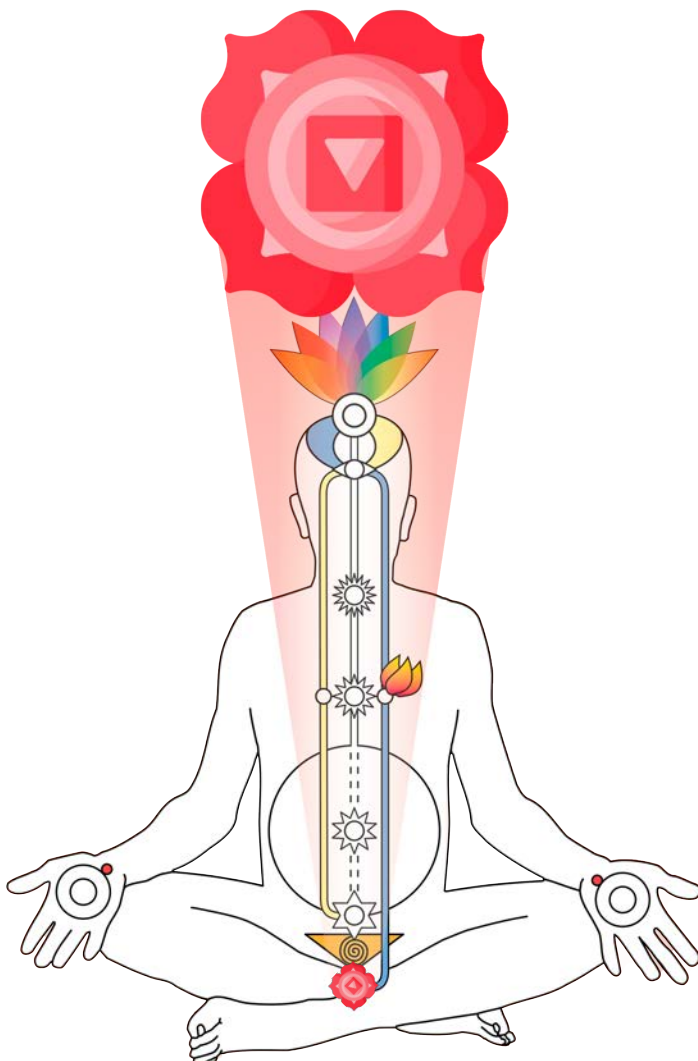
The stronger your energy center, the stronger will be the qualities associated with that center. And the more you develop and strengthen these qualities within yourself, the stronger will be your energy centers.

# Mooladhara

Innocence and Wisdom (Mooladhara)  
Mooladhara (or Muladhara) is the foundation of our entire being! We all need this basic support network in which our brain and spirit are rooted.

It is a primordial system for survival on earth and in the material world.

**Key points:** desires, pleasure, physiological needs, motivation, energy, sex, love.



This chakra provides satisfaction for the basic needs of life, such as feeling at home, feeling supported by your family, and knowing that you can develop a sense of identity.

The first chakra, Mooladhara, is root and instinctive. Its main focus is food, sex, shelter and survival. It also includes values such as loyalty and honor to the "pack". The compulsion for food or material accumulation is a negative expression of this energetic point.

If our primary needs are not met, i.e. if we are unable to obtain sufficient food, money, material possessions or sexual relations, then our Mooladhara is dysfunctional. This means that we are disconnected from the Earth.

Many masters, gurus and even holistic therapists still do not understand the true importance of this energy point.

Spiritual elevation is not about giving up desires, wishes or physical pleasures.

True elevation lies in learning to live in harmony with these energies of desire and the search for pleasure.

A harmonized root chakra allows you to live a happy, complete life full of pleasures, love and uplifting and healthy achievements.

## ROOT **SATISFACTION**

Without satisfaction there is no life! The lack of satisfaction/pleasure can cause a state of apathy and discouragement.

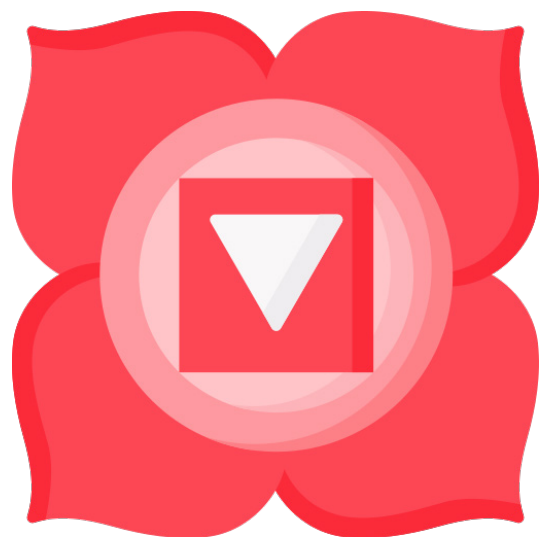
When life is not enjoyable to live, it loses its purpose.

For this reason, it is essential that the basic chakra is harmonized, propagating energies of pleasure, desire and motivation.

It is worth noting that this energy must always be healthy and harmonized, so that it does not lean towards a state of deficiency or excess.

A scenario of disharmony at this energetic point leads the individual to develop compulsive pleasures and desires capable of destroying and stagnating the person.

Remember: anything in excess or in disharmony is bad!



## ROOTSUFFERING

If the emotional and psychological stability within your childhood family dynamics was (and still is) harmonious, then you will have a balanced root chakra, with a strong survival instinct to withstand the challenges of adult life.

Many mental illnesses are generated from negative family experiences in childhood and can cause further disruptions in the higher chakras when this first chakra is out of sync.

The root chakra is the energy recycling reservoir of our auric field. Emotional problems associated with the Muladhara can generate physical illnesses, as it awakens a feeling of lack of protection and rejection towards our community. This can include disorders related to the immune system.

It is the path through which we connect with our physical body. It is where we understand our senses and absorb most of the external stimuli.

Unfortunately, nowadays, little value is given to this chakra, since many “gurus” or people who claim to be spiritual, even give up the physical, as a way of ascending and transcending.

We at IBRATH, in our teaching philosophy, see this as something destructive and negative for human beings.

We are on this earth to learn how to deal with material things, the physical body, desires, wishes, etc.

We are not incarnated on Earth to abdicate and leave aside the physical, but to learn to live in harmony with all these aspects. We are here to accept that we are beings with desires and that we seek physical and sensory pleasures.

The key is to find balance, as excessive concern with material things (disharmony of the basic chakra) causes harm and addictions to human beings.

Note: If our mission on earth was to give up the body, we wouldn't even need to be here. If the body wasn't necessary, we would already be on another plane, there would be no reason for this earthly experience.

## WHATDID WE LEARN?

The lesson of Muladhara is to have the willpower to free yourself from the emotional slavery that conditions us. If you do not achieve personal freedom, you will carry a great deal of emotional baggage that will affect your professional life and your current and future relationships.

As a result, your view of the real world becomes distorted. Living life becomes - if scary and unstable, because the emotional foundations were not properly rooted in you from a very early age.

Muladhara teaches us to accept the blessing of our body, no matter what it is like, reminding us that even in situations of illness and disability, our body makes every effort to keep us alive and strong.

Before any spiritual development, it is necessary to understand and properly surrender to our body and

to who we truly are. Only then will we be able to evolve and heal ourselves internally.

As long as you/your patient does not accept your current physical situation, even if you are already on a spiritual journey, you will constantly be putting energy into conscious and unconscious thoughts about your body and the material world. This will make your development take up to 10x longer than normal, due to the waste of energy in areas that should already be "resolved".

In the therapeutic projects we carry out for patients, we must address this issue, because if this concept has not become an ACTION in your life and in the lives of your patients, no therapy will have lasting effects.

In this way, if you and your patient do not learn from the basic chakra the acceptance of the material world, you will remain in an elastic state, always going back to this point, until you manage to resolve and move forward.

Free yourself. Take a deep breath. Accept. Only by living in harmony with your body and the material world will health, prosperity, quality of life and success come.

## **THE POWER OF THE BASIC CHAKRAS**

Acting as an energetic recycling cycle for our auric field, the root chakra transforms negative emotional energies into power and light. It then returns these vibrations to the earth as energetic compost.

The power of the base chakra also lies in its ability to "ground" excess and negative energies in our body (when harmonized).

The root chakra is the root of many problems. For example, during a consultation, we identified that there was an accumulation of energy in the heart chakra, which was affecting our patient with anxiety attacks and insecurity. We verified that everything was fine with the heart chakra (responsible for processing emotions). However, we found that her root chakra was blocked due to numerous past traumas and was not performing its function of grounding and eliminating this excess energy.

The root chakra is our first understanding of love and survival and is vital to our journey so that we can heal all blockages from our roots.

Muladhara is primordial as the earthly feminine power. It is the power of touch during sexual intercourse. It is the loving affection in the form of hugs and kisses that we give to our children.

## IMBALANCE ASIC CHAKRAB

An imbalance in the root chakra can lead to thoughts or actions based on a sense of lack, which the human response tends to be the opposite: hoarding or compulsion, for example. The imbalance causes emotional problems arising from the inability to feel complete, and sexual problems that stem from energy blockages or past traumas.

### **Feeling insecure.**

This is not a short-lived feeling of insecurity that may subside, such as braking suddenly while driving to avoid an accident, but a feeling of insecurity that lingers in the mind. This may mean unusual concern about your health, children, finances, or social issues. You may also tend to become paranoid about small, insignificant things that are irrelevant in the larger scheme of things.

**Lack of support systems.** If you feel like you are constantly struggling and facing challenges to meet your primary needs, namely putting food on the table, paying the rent, and keeping a roof over your head, this can make you feel threatened and insecure. Working on healing your root chakra can help you identify this vicious cycle, empowering you to change the situation.

### **Obsessed with finance**

When you really have no support systems, it's a natural concern, but obsessing over money when you have enough

It could be a sign of an obsession. Some symptoms include being tormented by thoughts of suddenly becoming impoverished and losing everything. You might also panic when a family member spends too much, or feel the pressure of being the only one who needs to be in complete control of the finances.

**Trust issues.** This imbalance occurs when you have difficulty trusting others and a tendency to view people or their intentions with suspicion. This can mean that you often don't ask for favors, even if you need them, because your thoughts are clouded by this constant distrust. The only person you feel you can trust is yourself.

### **Feeling of emptiness.**

You constantly feel empty, as if nothing is complete. For you, sexuality is unresolved and unclear. You have difficulty in having relationships and having pleasurable relationships. Or, the opposite extreme. You live a life of sexual addictions and the only thing that keeps you alive is sex and pleasure. Sex has become a compulsion and compromises the performance of daily activities.

### **Material compulsiveness.**

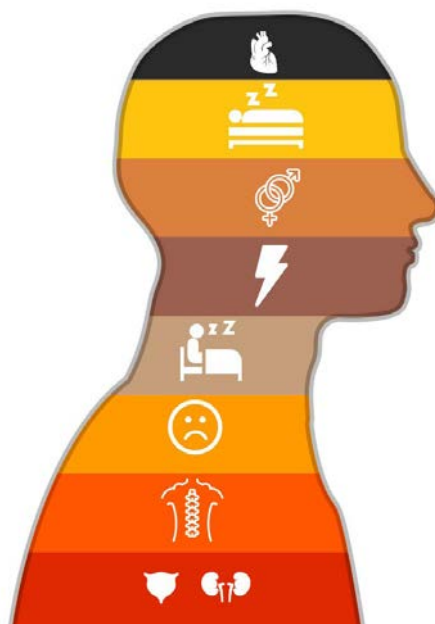
Sexual and material compulsiveness is exacerbated to pathological levels. It is necessary to buy, have, touch and feel in order to have some sense of life. Without this, you feel incomplete or often, sad.

**EFFECTS  
WHEN****NEGATIVES  
MISALIGNED**

- Demotivation;
- Drowsiness and apathy;
- Imbalance of physical and sexual energy;
- Hyperactivity;
- Insomnia;
- Depression;
- Demotivation;
- Back problems and lower back pain;
- Problems in the uterus and intestines;
- Anxiety, depression, panic attacks;
- Rapid heartbeat, restlessness;
- Difficulty concentrating;
- Eating disorders (binge eating or starvation);
- Sexual dysfunction;
- Lethargy and constant fatigue;
- Digestion problems;
- Weight gain in the lower half of the body (buttocks, thighs and area around the hips);
- Cold extremities (hands and feet).

**EFFECTS  
WHEN****POSITIVES  
ALIGNED**

- Force;
- Motivation to live;
- Sexual potency;
- Courage to overcome challenges;
- Connection with the material world;
- Adequate decision-making capacity;
- Lucid understanding of reality;
- Power to carry out plans;
- Skill and practicality;
- Understanding and connecting with core instincts;
- Realistic vision;
- Acceptance;
- Flexibility;
- Connection;
- Physical and energetic lightness;
- Clarity;
- Good relationships;
- Desire to live and experience new things;
- Acceptance;
- Proactivity;
- Empathy.



## **AS**ALIGNMENT **ASIC** CHAKRAB

- Gardening
- Physical Exercises
- Yoga
- Dance
- Body Awareness
- Use of the color Red
- Intonation of the mantra "LAM"
- Mudras
- Affirmation Phrases
- Restful Sleep
- Food
- Crystals
- Aromatherapy
- Energy therapies

## **CHANGE**GYAN



## **AROMATHERAPY** CLOVE & ROSEMARY



## **CRYSTAL THERAPY** RED QUARTZ



More tips regarding the use of aromas, crystals and other techniques will be given in their respective chapters later on.

## SUMMARY

Location	Base of the spine, close to the coccyx, perineum
Affirmation	"I AM", "I HAVE", "I LIVE"
Element	Earth
Color	Red (Works the same way) but with black and brown)
Symbol	Square / Cube
Functions and qualities	Earth connection, grounding, stability, security, vitality, willpower, basic survival needs (food, shelter, clothing, rest, money, procreation), self-preservation, cons-  body science and primitive self
Body system: systems	Immune, musculoskeletal, integumentary, lymphatic and excretory systems (large intestine and bladder); reproductive organs, extremities lower and adrenal glands
Energy Focus	Physical/Material Realm
Basic need	Safety, sex, desires, wants materials
Energy type	Yang / Masculine
Animal Symbol / Totem	Elephant (Ganesh), Snake, Ox, Bull and Mole
Archangel/Angelic Vibration	Gabriel and earth angels

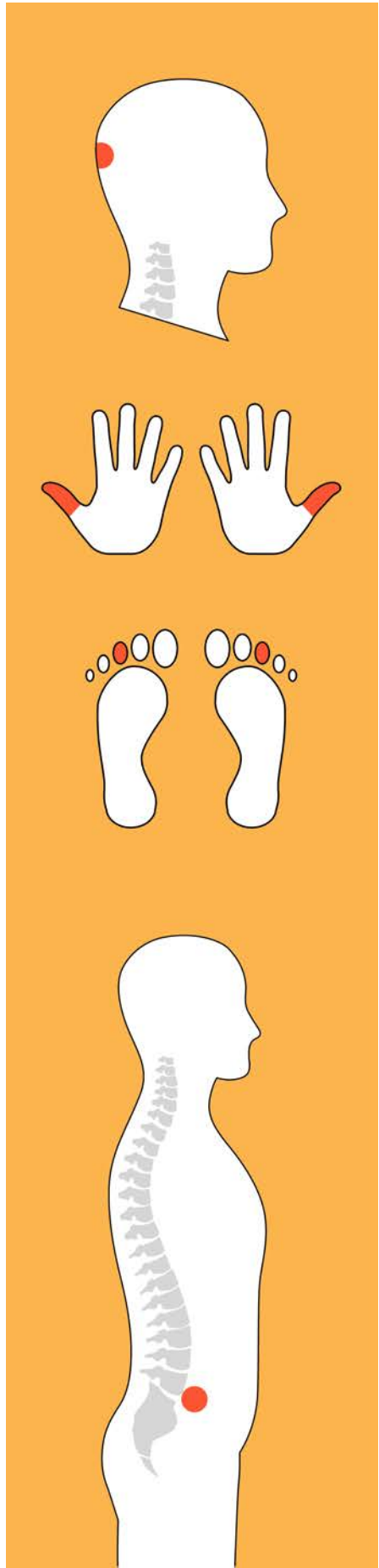
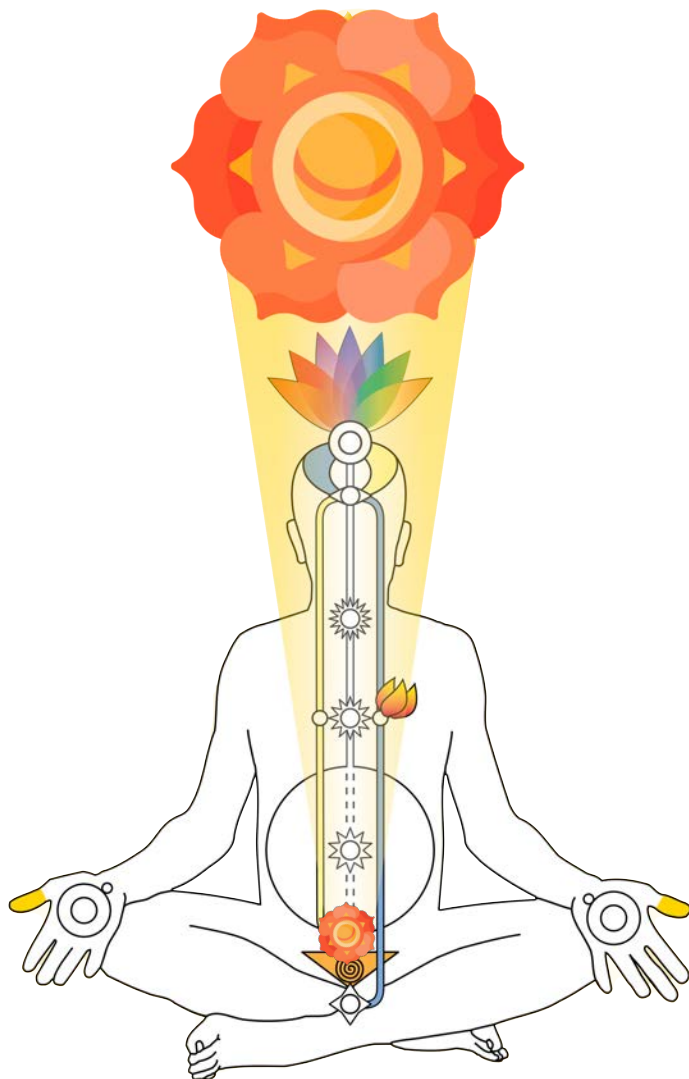
Signs of imbalance	Insecurity, fear, greed, lust, avarice, negativity, way survival (fight or flight), eating disorders, financial difficulties, unfounded fantasy, lack of motivation and helplessness; problems related to body systems previously mentioned
Stone	Coral, Tiger's Eye, Star Obsidian, Ruby, Hematite, Quartz Smoky, Black Tourmaline, Septarian
Reiki Symbol	CHO-KU-EI
Mudra	Gyan mudra
Bijimantra	LAM
Musical Note	DO
Aromatherapy	Clove, ginger, sandalwood, cedar, rosewood, black pepper, rosemary
Healing Frequency	396hz
Food	Strawberry, red pepper, pi-red mint, cranberry
Sense Activated	Smell
Name In Sanskrit	Mooladhara
Stimulus age	1 to 7 years
Planet	Mars

# Swadisthan

Creativity, Inspiration, Aesthetics and Art,  
Intellectual Perception (Swadisthan)

Creative by nature, the Sacral Chakra's main focus is to allow the individual to discover what they enjoy, form hobbies, create loving and exciting relationships, and even boost creativity in sexual eroticism.

Key Points: self-acceptance (physical), power of creation, personal identity, power of reflection.



This six-petal center is called Swadisthan and is situated in the lower abdomen. It corresponds to the aortic plexus, which provides us with the energy of creativity and abstract thoughts.

This center also supplies energy to the brain by converting fat cells into brain cells.

Excessive thinking and planning about the future weakens this center and the person develops very weak attention. The liver, which is the seat of attention, is governed by this center. Swadisthan also controls the functioning of the pancreas, uterus and some parts of the intestines. When the Kundalini awakens and enters this center, the person becomes very creative, dynamic and spontaneous in all his activities.

The second chakra is centered on personal identity or personal play in the external world and how the individual responds to the seductive forces of the physical world. Therefore, if the second chakra is out of balance, it can lead to addictions to drugs, sex, gambling, and money.

The second chakra is the foundation of a healthy ego that allows us to interact with the world without deceiving ourselves or pretending to be someone we are not. A person with a strong second chakra can survive financially and physically on their own and connect with others to form harmonious friendships.

A balanced second chakra strengthens the ability to take risks and have the resilience to bounce back when things go wrong.

Sexually, this is the pleasure chakra that essentially 'turns us on' and is deeply connected to our partnerships with other people. This chakra also pertains to activities that we enjoy doing, such as painting, fishing or writing erotic poetry - anything that floats your boat!

Sexual eroticism is a form of physical and emotional freedom, as well as spiritual liberation, because it is about surrendering to the moment, letting go of our fears and limits to enjoy the abundant happiness of the human experience.

The sacral chakra is essential for the development of the individual and their reflection. It stimulates creativity, not just artistic creativity, but the creation of oneself, of what the person can become. Just like the base chakra, it produces (in smaller quantities) PULSING energies that motivate and stimulate the individual to go after more.

REMEMBER: lower chakras are FUNDAMENTAL for the energization and motivation of the patient/individual. There is no point in trying to release blockages or fix the patient's energy if you do not first resolve the problems linked to the lower chakras.

## WHAT

## DID WE LEARN?

This chakra is about the power to realize and utilize your talent to express the life you want to lead. A distressed Sacral Chakra can form abusive and controlling relationships or cause bullying in the workplace, fear of abandonment, and loss of financial and creative power.

The lesson the Sacral Chakra teaches us is that every relationship we create - from the casual to the most intimate - has a purpose, no matter how painful it is, it helps us to be more aware of our karma and ourselves.

Some relationships are necessarily difficult, because they make us learn about our own limitations and about ourselves.

Through this lesson, we remember that no one is perfect—all human beings are beautifully flawed. So the next time that rude coworker is mean to you, try to empathize with them. They may be having a rough day, or perhaps they had a turbulent childhood that caused a series of complexes.

This chakra opens up perspectives and visions (internal and external). The energy released by the sacral chakra teaches us to BEGIN to reflect on who we are and what we do (our role on earth).

We realize that existing is not the only task. Existing without purpose is no longer enough, so there is a great stimulus in this chakra to go in search of more!

## THE POWER CHAKRA

## DO SACRUM

Symbolically and literally, the Sacral Chakra is the birth canal. We have the ability to create the life we desire, to start that project we want, a relationship with the cute guy at the coffee shop, or a friendship with a fellow yogi in class.

It's having that personal power of choice to make change. It's the feeling of being physically alive and creating the life you want.

The sacral chakra is a breaking point! It holds many "unresolved" issues that we often don't even remember or know about. We can say that much of the information stored in our subconscious also resides in the sacral chakra.

Being able to resolve or bring these processes (thoughts, habits, actions, etc.) to consciousness will make you able to harmonize this chakra.

## **SIGNS OF IMBALANCE**

The signs of sacral chakra imbalance are a bit more complex and subtle than those of the root chakra. They can easily be confused with the symptoms of the solar plexus and root chakras because they are similar in nature.

However, the key point in differentiating symptoms is related to the clarity of the signs. The sacral chakra will never give clear signs of instability or blockages. It expresses itself indirectly, behind the curtains of life's show.

These are the processes that we do not see and that worsen over the years. Everything that is not said, reflected, analyzed or expressed remains stored in the sacral chakra until the individual undergoes some treatment or invests time and energy in resolving these remaining problems.

It's like sweeping dust under the rug. If you don't clean your house properly, the dust will continue to accumulate. Even though the room may seem clean, the dirt is still there. The sacral chakra works the same way. Many problems, limitations, and disagreements are gradually built and nurtured by neglecting the sacral chakra.

Sexual problems can be symptoms of an imbalance in the sacral chakra. This occurs when the patient has a repressed or unsatisfactory sex life. The chakra can easily become blocked when the individual does not accept their natural desires and sexuality. People with sexual preferences that differ from those they express to the world tend to suffer from blockages in this energy point.

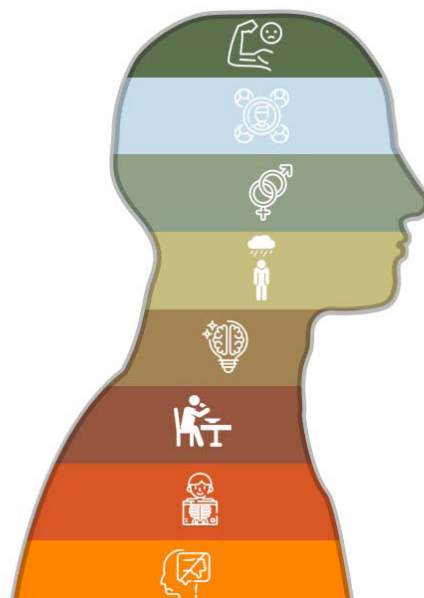
Another very common problem is the lack of personality and presence. Contrary to what most people believe, we all have strong personalities and make our presence felt when we arrive at a place. However, many people do not reach this potential because they do not INVEST the necessary time in finding their true identity. This attitude blocks and disharmonizes the sacral chakra. blocks and disharmonizes your sacral chakra.

**EFFECTS  
WHEN****NEGATIVES  
MISALIGNED**

- Drowsiness;
- Difficulty of expression;
- Social isolation;
- Blood diseases, such as anemia and leukemia;
- Circulation problems;
- Lack of creativity;
- Difficulty in internal visualization;
- Negative processes (subconscious);
- Destructive processes;
- Laziness;
- Lack of motivation;
- Pessimism;
- Lack of productivity;
- Weak personality;
- Low energy;
- Repressed sexuality;
- Bowel problems;
- Problems in the urinary system;
- Difficulties having orgasms;
- Difficulty eating;
- Difficulty in relationships.

**EFFECTS  
WHEN****POSITIVES  
ALIGNED**

- More disposition;
- Greater vital energy;
- Good functioning of the entire organism;
- Better blood flow;
- Blood pressure control;
- Greater ease in expressing yourself and socializing;
- Better energy to heal yourself and others;
- Motivation;
- Expanded and free sexuality;
- Strong personality;
- Ease of relating
- Construction process;
- Body awareness;
- Inner consciousness;
- Personal control;
- Long-lasting relationships;
- Acceptance;
- Belonging;
- Purpose;
- Energy.



## ASHARMONIZE ROCKCHAKRASACHR

- Breathing exercises
- Energy of the moon and water
- Play like a child
- Physical exercises
- Yoga
- Belly dancing and others
- Use of the color orange
- Intonation of the mantra "VAM"
- Mudras
- Affirmation phrases
- Restful sleep
- Food
- Crystals
- Aromatherapy
- Love relationships
- Energy therapies



## CHANGEDHYANI

## AROMATHERAPY ORANGE & PARSLEY



## CRYSTAL THERAPY Â MBAR



More tips regarding the use of aromas, crystals and other techniques will be given in their respective chapters later on.

## SUMMARY

Location	Lower abdomen / Pelvis
Affirmation	"I FEEL", "I DESIRE", "I WANTED", "CEBO"
Element	Water
Color	Orange
Symbol	Circle / Sphere
Functions and qualities	Emotional self, feelings, pleasure, creativity, sensuality and sexuality; self-expression, intimate and social needs; tribal consciousness, animal instincts, duality/polarity age, changes and movement
Body system: systems	Reproductive system (prostate, testes, uterus and ovaries) and organs sexual; lymphatic system and nose
Energy Focus	self creation/self gratification and creative flow
Basic need	Pleasure, physical self-acceptance, knowledge personal cement
Energy type	Yin / Feminine
Animal Symbol / Totem	Alligator/Crocodile (Makara), Fish, Dolphins, Sea Creatures, Ele- fant, deer and badger
Archangel/Angelic Vibration	Zadkiel and birth angels

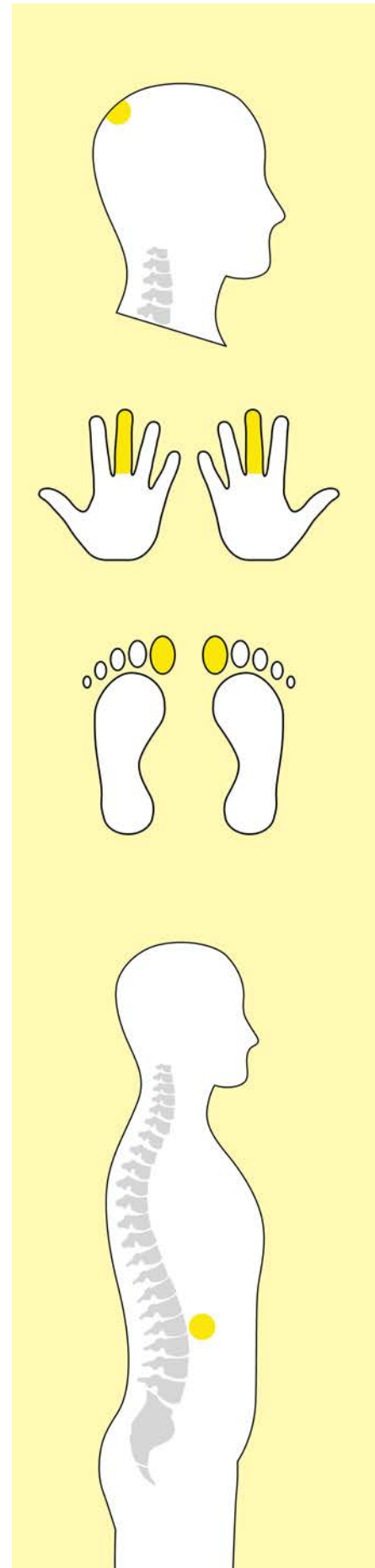
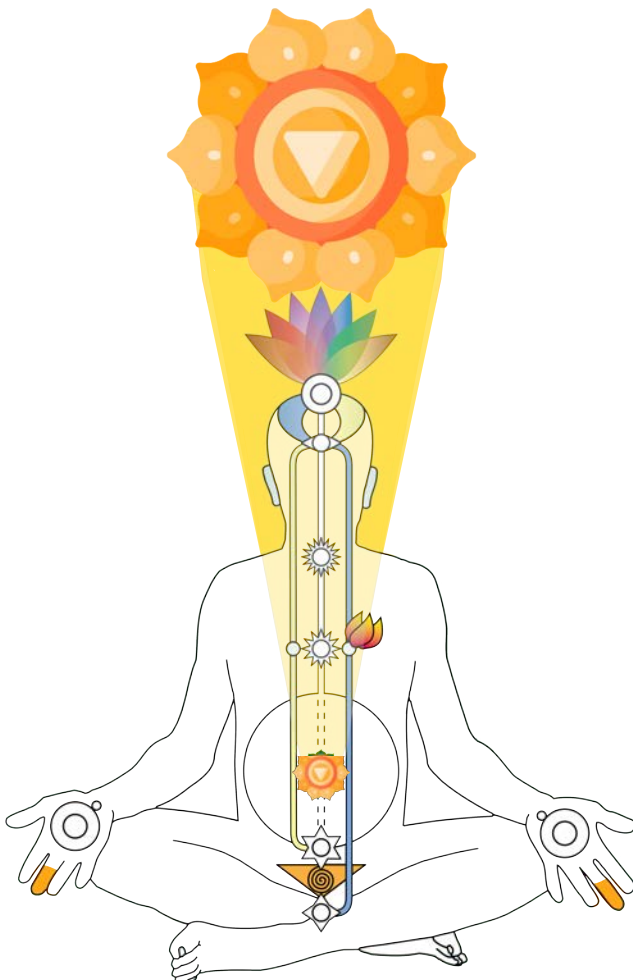
Signs of imbalance	Dependence and co-dependence on "easy/quick" pleasures, excess of indulgence, domination by one's own emotions, emotional numbness and stagnation, lack of self-expression, blocked creativity, lack of sexual desire or sexual obsessions, lack of pleasure and satisfaction in life; problems related to body systems previously mentioned
Stone	Red Tiger Eye, Citrine, Moonstone, Amber, Orange Aventurine, Comalina, Orange Amethyst, To-Golden Palace
Reiki Symbol	I KNOW - HE - KI
Mudra	Dhyani Mudra
Bijimantra	VAM
Musical Note	RE
Aromatherapy	Jasmine, Rose, Sandalwood, Tangerine, Ylang-ylang, Cardamom, Jasmine, Bergamot and Ginger
Healing Frequency	417hz
Food	Papaya, Sweet Potato, Carrot, Larrang
Sense Activated	Palate
Name In Sanskrit	Swadisthan
Stimulus age	8 to 14 years old
Planet	Saturn

# Nabhi

Energy center of our personality (Nabhi)

The energy of the Third Chakra, often referred to as the Solar Plexus or Manipura, is the formation of the independent self - independent of our community and independent of external relationships. It is a personality separate from any inherited characteristics.

Key Points: emotional self-acceptance, identity, social place, personal power.



The Solar Plexus Chakra is the third of the 7 chakras, responsible for our attitude and motivation in life, our relationships with ourselves and with other people depend entirely on the alignment of this chakra.

Also known as the Umbilical Chakra or Manipura, which means “full of jewels,” this energy point is located two fingers above the navel. The organ it has the greatest incidence on is the pancreas and the entire digestive system. Its color is yellow, with variations of dark green and red. It is in the solar plexus that we deposit vibrations originating from negative energies, such as hatred, resentment, nervousness, and sadness. For example, when we are not satisfied with something or very disappointed in life and feel bloated in the belly, lack of willpower, it is a sign that this point is misaligned.

This chakra is widely used by mediums for materialization and contact with beings from the spiritual plane. This is because it is in the plexus where we find the center of mystical energy in our body. The solar plexus is the chakra most sensitive to our actions and to stimuli from the world.

Our emotions reside physically in our bodies. On a subtle level, our bodies communicate with the energies around us and certain energetic impulses directly relate to a part of the body and chakra that is weakened or out of balance.

Each chakra represents a spiritual life lesson or challenge to help us gain a deeper understanding of our personal and spiritual power. This teaches us how to overcome obstacles, release emotional blocks, and walk the path toward spiritual awareness.

It is important to emphasize that, due to the interdependence between the energy points, if the first and second chakras are unbalanced, the Manipura is also affected, developing problems related to fragile personal power and low self-esteem.

To recap: the Root Chakra resonates with family power, and the Sacral Chakra resonates with the flowing power between others and the self. The third chakra relates to our independence and personal power in the external world.

Remember that 90% of the patients who come to your offices will have problems related to the first three chakras, as these chakras represent our foundation, the support point for any type of ascension!

## CHAKRAPLEXOSOLAR

The Solar Plexus Chakra mediates between the first two primary outer chakras and the inner reflection of consciousness. The first chakra always resonates with group strength and has an external center of gravity. The second chakra focuses on relationships and their effects on us.

The gravitational pull of the Third Chakra begins to shift, with only a partial focus on the external forces around us, and internalizes this information to better understand the Self.

This chakra is about honoring yourself, taking care of yourself, and forming an intuitive voice of "Being" that becomes our natural source of guidance.

The Solar Plexus Chakra is Self-Acceptance.

The way we feel about ourselves determines our quality of life, how we are treated in relationships, in business and in other spheres.

Manipura is about personal growth and activating this independent force. This is often the most challenging spiritual endeavor we will face during our life journey - essentially, learning to truly and fully love ourselves.

## WHAT PLEXOSOLAR NO SENSE IN?

If we don't like or love ourselves, we are unable to make healthy decisions or find the willpower to move forward without fear. This makes us vulnerable to control and manipulation by others.

People with weak Manipuras have low self-esteem and therefore attract relationships and environments that reinforce or reflect this weakness.

The challenge of the Solar Plexus Chakra is having the willpower to make positive choices that improve your life.

The Third Chakra wants you to have the courage and conviction in your inner power to act in the external world. This conviction weakens the external forces that may obscure or control your autonomy in life.

It is necessary to empty oneself to create space for the new, allowing old patterns to expire to be reborn and create a stronger sense of identity. Solar Plexus imbalances will leave a person feeling drained and lacking in vitality, which can lead to depression, fear and insecurity.

However, fear not! It is never too late to transform this energy into positive confidence and joyful power. The beauty of Manipura is that it draws on the strength of the sun and stokes our inner emotional flame as well as our digestive fuel.

## THE POWER PLEXUS

Like all chakras, the solar plexus has its hidden power, which is extremely important for human well-being and development.

This power unfolds through the SOLAR PLEXUS through its vibrational alignment of 528hz. This energetic propagation stimulates our mind to seek answers within ourselves. It instigates the individual to create internal roots, sharp perceptions of their essence.

Despite being a chakra that works on connection with the group and the feeling of belonging, it serves primarily as a key to unlock the deepest information we hold about who we really are and our mission on earth.

The power that this chakra carries is related to the perception that we are individual beings loose in the world, but that at the same time we are connected by invisible energetic threads.

This chakra generates the awareness that life is a scale and what we propagate returns to us twice as strong. By realizing this, the individual awakens to the importance and responsibility they have over their life and actions.

## SIGNS OF IMBALANCE

In our methodology, we always simplify and summarize complex subjects, with the commitment to bring more understanding to such sensitive content.

In the case of the solar plexus, for example, it is necessary to be aware of the main point of disharmony in this chakra: personal instability and lack of internal congruence.

The incongruence will not always be evident, it may be "disguised" by other problems and symptoms, or even "excuses" and more "incongruences" of the individual himself, in an attempt to hide or escape the problem.

Therefore, the analysis of this instability in patients must be sensitive to hidden signs, observing the incoherence in the reports they bring, in the way they communicate, the relationship between actions and thoughts and how they see their internal world.

Unfortunately, many people do not experience their essence fully, as they are often concerned with pleasing and meeting the demands of others, lost in comparisons with other people's lives.

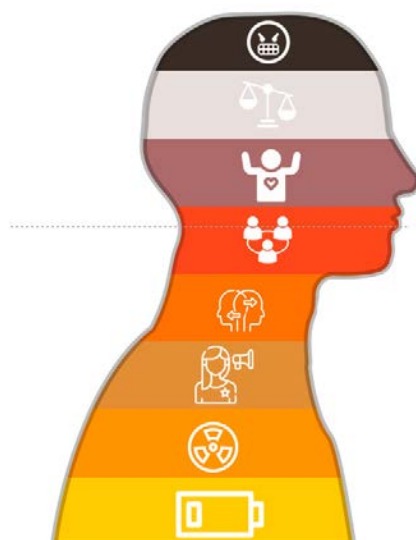
This imbalance represents a risk because the person who follows a life that is not theirs will be constantly in physical, energetic and spiritual suffering.

**EFFECTS  
WHEN****NEGATIVES  
MISALIGNED**

- Lack of self-confidence;
- Difficulty in personal relationships;
- Lack of self-esteem;
- Lack of motivation;
- Lack of focus;
- Difficulty in solving problems;
- Depressive thoughts;
- Liver problems;
- Lack of financial control;
- Stress;
- Anger;
- Arrogance;
- Character deviation;
- Development of diabetes or hypoglycemia;
- Instability;
- Inconsistent posture, very easily influenced;
- Feeling of stagnation;
- Insecurities;
- Chronic stress conditions;
- Difficulty meditating;
- Stomach stuck
- Constant stomach pain
- Sweaty hands;
- Emotional instability;
- Difficulty in relating;
- Lack of purpose.

**EFFECTS  
WHEN****POSITIVES  
ALIGNED**

- Improved functioning of food digestion;
- Balanced distribution of energy in the body from nutrients;
- Strength and energy to resolve issues;
- Greater happiness;
- Better ability to make choices;
- Emotional control;
- Fluid thoughts;
- Improved skin appearance;
- Personal power
- Purpose;
- Clarity about the mission in the world;
- Acceptance;
- Congruence of being;
- Physical / Mental Balance;
- Firmness of opinions;
- Ease in relationships;
- Self-knowledge;
- Daily motivation;
- Proactivity;
- Good digestion;
- Good nutrient absorption;
- Self love



**AS**  
**PLEXUS**

**HARMON**  
**SOLAR**

**GO**

- Feel the Sun
- Watch the Fire
- Do Pilates or Yoga
- Practice a martial art
- Get Out of the Routine
- Theater Classes
- Explore your artistic potential
- Make peace with your choices
- Don't ignore your intuition
- Get out of the victim position
- Enjoy your own company



#### **CRYSTAL THERAPY** **TIGEREYE**

- Practice leadership
- Use and abuse the color yellow
- Say affirmative sentences
- Be humorous
- Crystals
- Aromatherapy
- Holistic Therapies



#### **CHANGE** **PALA**



#### **GOLDEN** **TOURMALIN**



## SUMMARY

Location	Above the navel
Affirmation	"I WILL", "I THINK", "I ACT"
Element	Fire
Color	Yellow
Symbol	Triangle / Pyramid
Functions and qualities	Identity, individuality, intelligence, self-confidence, assertiveness, intellect, mental strength and willpower; ego-centered, judgmental to and morality
Body system: systems	Astrointestinal and metabolic system, beyond the pancreas and adrenal cortex (external)
Energy Focus	Ego
Basic need	Energy
Energy type	Yang / Masculine
Animal Symbol / Totem	Bear, lion, sheep and birds
Archangel/Angelic Vibration	Uriel and angels of peace

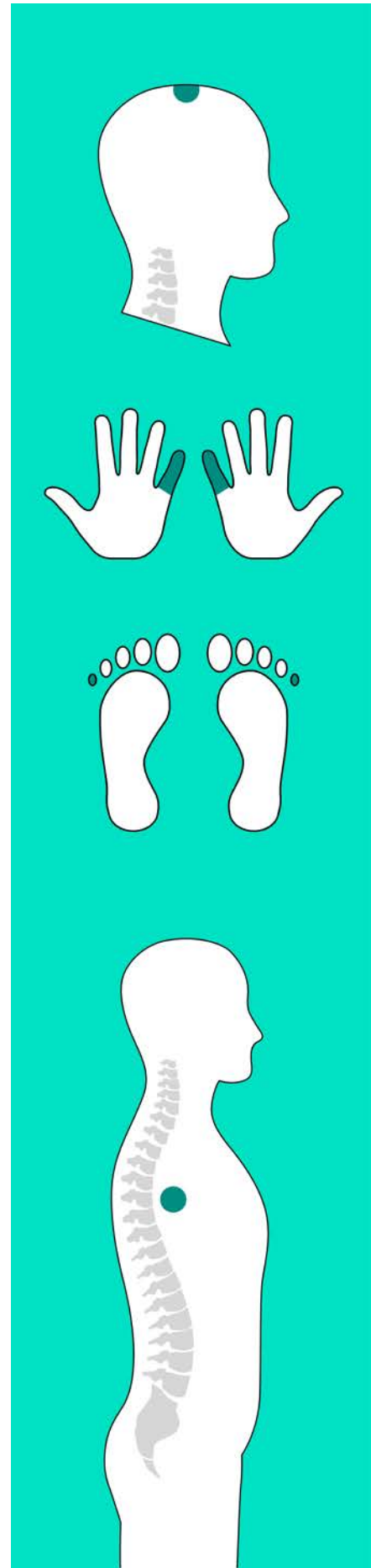
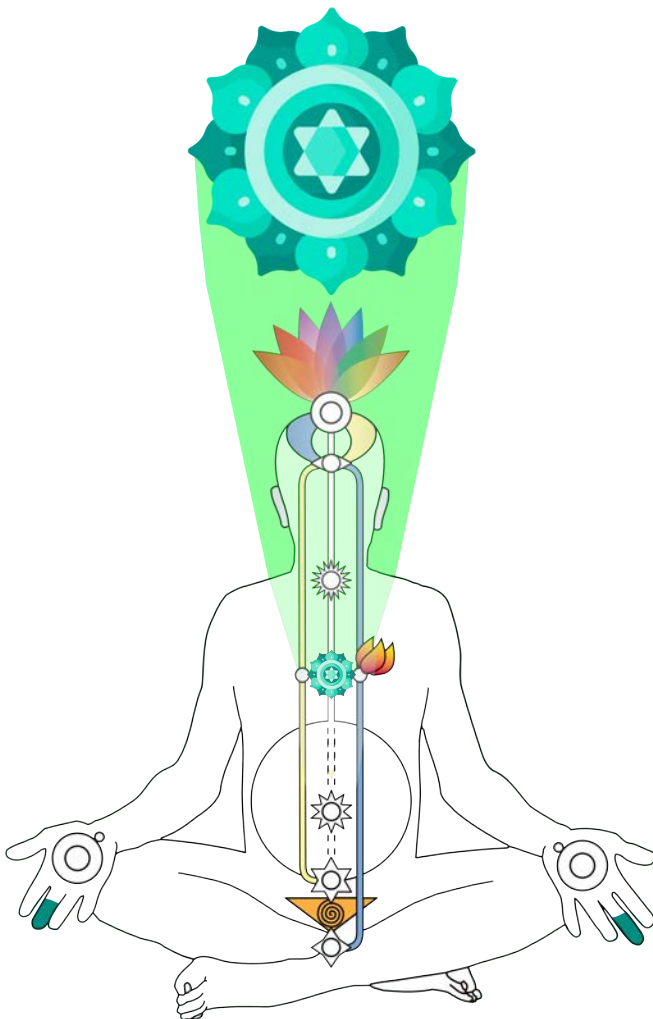
Signs of imbalance	<p>Authoritarian tendency and super controlling; misuse of power; timid behavior; impotence, irresponsibility; lack of clarity, purpose and ambition; obsession are for details; inability to see the whole; overly critical attitude; manipulative, egocentric behavior; problems related to body systems</p> <p>previously mentioned</p>
Stone	<p>Yellow Jade, Yellow Calcite, Yellow Apatite, Bronzite, Amber, Chrysoberyl, Cat's Eye, Citrine Yellow</p>
Reiki Symbol	HON-SHA-ZE-SHO-NEN
Mudra	Pala Mudra
Bijimantra	RAM
Musical Note	MI
Aromatherapy	Clove, Ginger, Sandalwood, Cedar, Rosewood, Black Pepper, Rosemary
Healing Frequency	528Hz
Food	Corn, banana, yellow pepper, Pineapple
Sense Activated	Vision
Name In Sanskrit	Nabhi
Stimulus age	15 to 21 years old
Planet	Mars and Pluto

# Anahata

## Emotional Processing (Anahata)

The energy of the Heart Chakra is proportional to the flow of a river. It spreads blood, nutrients, oxygen, as well as energies and emotions throughout the body.

Key Points: emotions, energies, perception of reality, connection, liberation, emotional sensitivity.



The Heart Chakra is responsible for balancing the energies in all the other chakras. It is also the most fragile when there is no emotional control, which is why it is the most affected by negative energies, which directly affect our body, leaving us prone to developing heart problems or depression.

“Your task is not to seek love, but to find all the barriers you have built within yourself against it.” (Rumi)

This article explains the Heart Chakra (the fourth chakra) in depth, exploring its emotional and mental connection to the physical world.

The Heart Chakra, or Anahata, is Love. It deals with issues related to unconditional love and emotional power. At its core, this chakra drives us to improve our emotional development. The heart embodies a gentle wisdom that teaches us the ways of love and compassion. It is in this fourth chakra that we begin to recognize that the most powerful energy on Earth is Love.

The Heart Chakra is Innocence. This chakra is the center of childlike innocence and joy. As children, we tend to react to circumstances with a range of emotions: trust, compassion, love, hope, despair, and fear. But as adults, generating emotions and being able to express them is extremely challenging. Anahata evokes our ability to love and let go, to accept our emotional challenges, and to surrender to connection with the divine plane.

## OCHAKRA**CARDÍAC**

The heart chakra is the energy point that constantly works to generate energetic, physical and spiritual homeostasis.

It can be considered an unconscious intelligence that we carry within us. In the same way that our heart never stops working, energy points are always active.

This is due to the life we lead today. We are constantly inserted in different types of situations (good or bad) and even if we are in "harmonized" states, depending on the influence and information we receive, we are affected and lose this harmony.

The person responsible for seeking this harmony and bringing balance unconsciously is the heart chakra.

Another highlight is the energy flow function that this chakra has, being responsible for propagating all the energies that we have through our body and our energy points.

## WHAT'S THE CHAKRA? **CARDÍAC**NOSENSINE

Interestingly, the Heart Chakra challenge is very similar to the Solar Plexus (the third chakra) challenges, but Anahatase communicates with us on a slightly more sophisticated level and is tuned to a frequency that encourages us to expand our love beyond our 'Self'.

In the Solar Plexus, we notice a developing shift in consciousness: a dual force drives us to explore the self independently of the external world and to reflect internally to better understand the place of the ego.

The heart chakra allows us to generate the awareness that the universe and our lives have their own frequency, that each element and being that occupies the Earth has its reason for existing.

It allows us to get in tune with ourselves and the world around us. It makes the individual see that all the blockages that are present in their life are caused by themselves.

Thus, this chakra contributes to the formation of a sense of responsibility for life and one's own results. The individual begins to realize that everything that happens in his life is a consequence of the things he cultivates internally.

The moment this awareness is generated, the individual stops blaming others for their dissatisfaction and begins to have control over their life and the paths they follow.

## THE POWER CHAKRA

## DO CARDÍAC

It is believed that subtle (emotional) energies flow through our veins. Therefore, if you allow hurt and bitterness to dominate you, these negative emotional energies will circulate through your body and, as a result, can cause damage to your entire body and spirit. But, if you can forgive and let go, making room for the recordings of love in every breath and in every cell, then you will live with a happy heart.

The impacts of our choices on our body, so we have the duty to choose between cultivating a bitter or loving heart.

We are immersed in a culture that does not sufficiently encourage the healing of the "inner child" and its wounds, so painful memories and negative attitudes still haunt us, which creates a dysfunctional self-image and keeps us stuck in the past. All of this emotional residue needs to be filtered in the heart and eliminated through the root chakra.

## SIGNS OF DISHARMONY

One of the main signs of heart chakra disharmony is the lack of energetic propagation in the body.

A good analogy is the study of our circulatory system and its functions. The circulatory system is responsible for propagating energy, nutrients, oxygen and information; it is a fundamental system for the survival of the being.

The heart chakra energy point also works in the same way, as it is responsible for propagating and sending all energies to all parts of our body. Therefore, the lack of this circulation/flow causes the being to develop emotional, physical and energetic instability, which can worsen into depression, anxiety and insecurity.

Remember that lack of flow leads to blockages, negativity, problems and illness.

Take a look at a river, for example. When the flow is healthy, it is because the water is renewed and oxygenated through movement. Now, if the water is still, over time it will become dirty. This same process occurs in us through all the chakras, especially through the heart chakra.

If there is no flow, if the energies are blocked and stuck, there will be negative consequences for the patient.

**EFFECTS  
WHEN****NEGATIVES  
MISALIGNED**

- Irritation;
- Depression;
- Anxiety disorders;
- Palpitations;
- Tachycardia;
- Isolation;
- Heart problems;
- Breast cancer in women;
- Materialism;
- Both material and emotional dependence;
- Affective inconstancy;
- Frustrations;
- Temporary emotional relationships;
- Lack of synchrony with life
- Pressure problems;
- Circulation problems;
- Thrombosis;
- Low energy;
- Insecurities;
- Fears;
- Phobias;
- Emotional instability;
- Palpitations;
- Difficulties in exercising;
- Voltage panels.

**EFFECTS  
WHEN****POSITIVES  
ALIGNED**

- Greater vigor due to good energization of the other chakras;
- Harmony in material and spiritual life;
- Love for the functions you perform;
- Love for life;
- Great advisor;
- Spirituality aroused;
- Balanced life;
- Control and harmony in relationships;
- Contagious happiness;
- Confidence in decisions;
- Compassion;
- Strengthening;
- Healthy energy flow;
- Synchrony with life
- Homeostasis;
- Sense of belonging;
- Empathy;
- Understanding emotions
- Good blood circulation;
- Ability to reconcile and forgive;
- Broad view on life issues.



## ASHARMONIZE ROCKCHAKRACARD Í AC

- Free yourself from attachment to the past
- Free yourself from expectations in the future
- Connect with nature
- Hug more
- Forgive
- Listen to shamanic drums and instruments
- Say affirmative sentences
- Allow yourself to trust more
- Be Grateful
- Chant the mantra "YAM"
- Form the Matangi Mudra
- Use and abuse the color green
- Meditation with breathing exercises
- Use essential oils for the heart chakra
- Crystals for the Heart Chakra

## CHANGE NAMASTE



## AROMATHERAPY PINK & VANILLA



## CRYSTAL THERAPY GREEN QUARTZ



## CRYSTAL THERAPY EMERALD



## SUMMARY

Location	Center of the chest
Affirmation	"I LOVE", "I GIVE", "I RECEIVE"
Element	Air
Color	Green and Pink
Symbol	Cross / Hexagram
Functions and qualities	Unconditional love, compassion, integration, forgiveness and deep relationships; bridge between the physical world and the spiritual world; experiences shared, unity and devotion; mind-body connection; spiritual growth and transcendence of limitations; ego stations
Body system: systems	Cardiovascular system, in addition to donor-I fly vaguely and
Energy Focus	Social
Basic need	Love
Energy type	Yin / Feminine
Animal Symbol / Totem	Black antelope, gazelle, birds and dove; all mammals
Archangel/Angelic Vibration	Raphael and the healing angels



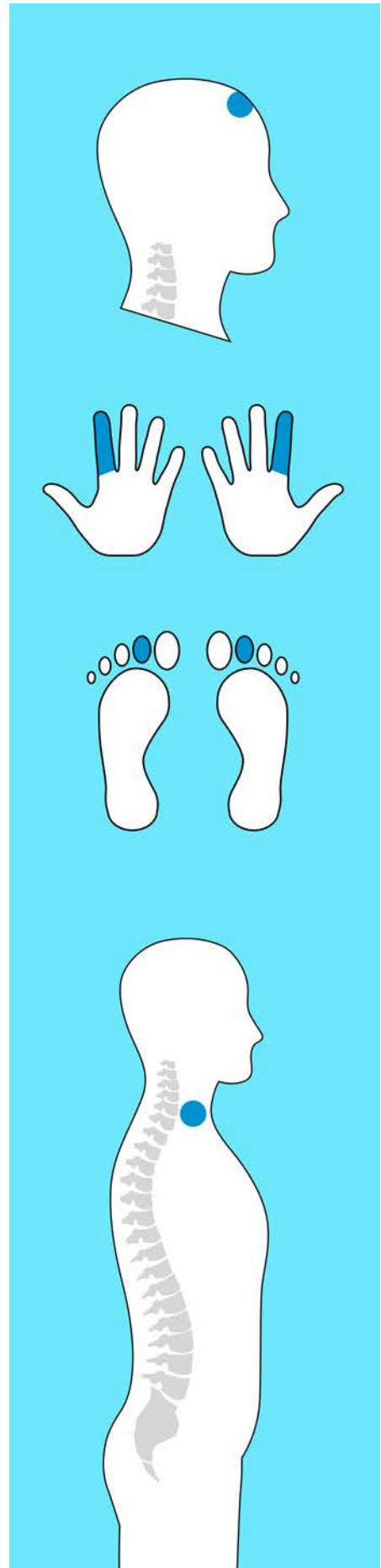
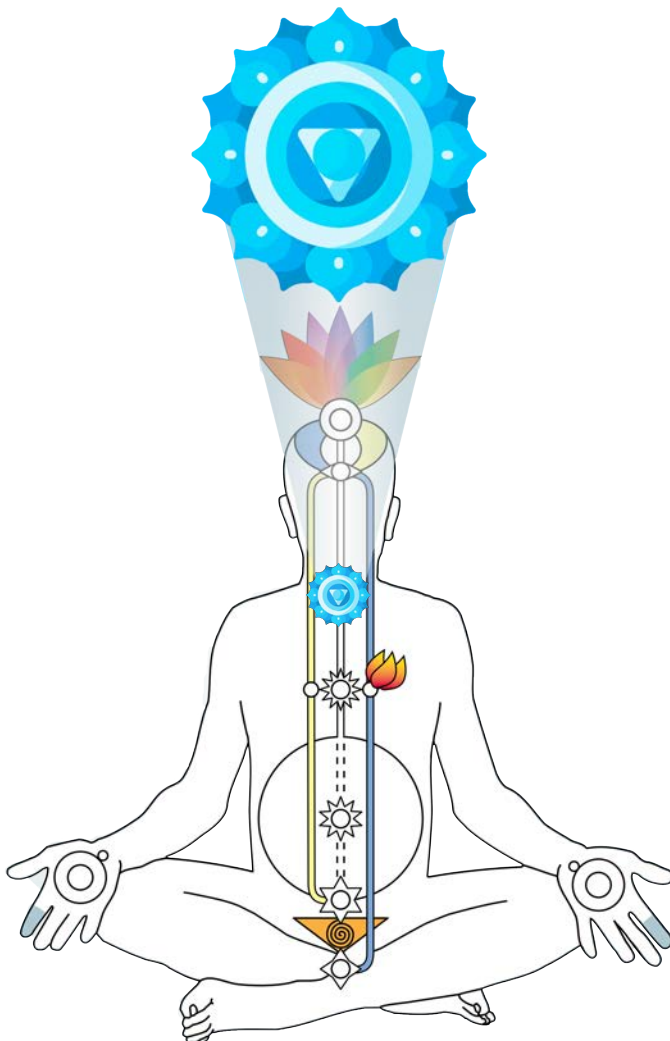
Signs of imbalance	Defensive, hermit-like, indifferent, and inconsiderate attitude; fear of intimacy; loneliness, resentment, and envy; codependency, neediness maximal need for approval and attention from others and excessive need to please; savior complex; victimization; related problems to the systems previously mentioned bodies-mind
Stone	Cat's Eye, Tsavorite Garnet, Rose Quartz, Fuchsite, Serpentine, Amazonite, Alexandrite, Musgo, Jade
Reiki Symbol	HON-SHA-ZE-SHO-NEN
Mudra	Namaste Mudra
Bijimantra	YAM
Musical Note	FAN
Aromatherapy	Clove, Ginger, Sandalwood, Cedar, Rosewood, Black Pepper, Rosemary
Healing Frequency	639Hz
Food	Broccoli, Cucumber, Kiwi, Green Apple
Sense Activated	Touch
Name In Sanskrit	Anahata
Stimulus age	22 to 28 years old
Planet	Earth

# Vishuddhi

Portal of Expression (Vishuddhi)

The Laryngeal Chakra is the most important energy point for the materialization of our desires, the propagation of our thoughts and the connection with the outside world. It also plays a key role in the development of our listening and learning abilities.

Key points: learning, expression, materialization, understanding, empathy, power of attraction.



At some point in life, it is common for us to be caught by questions such as: "what is the power of influence of higher forces?", "why did a certain situation happen to me?", or "what is my purpose"?

Vishuddha manifests this relationship with the power of faith, whether faith in ourselves or in a higher existence. We understand that while we have the power to make our own choices, we are also guided by a force that opens portals.

This relationship with faith is also a point of connection between Vishuddha and the third eye chakra, which we will discuss in the next chapter.

In connection with the energy of the Heart Chakra, Vishuddha expresses love through its actions, words, intentions, and even silences. Sometimes, withholding judgment and negative opinions about yourself or another person is one of the greatest acts of love, for example.

The Throat Chakra is forgiving. Symbolically, the Throat Chakra resonates with confession and forgiveness. The act of confessing a wrong and saying out loud, "I forgive you," is often an extremely liberating and healing process. Forgiveness allows any guilt or hurt to be released through the Root Chakra and frees the individual to express, give, and receive love openly.

The throat chakra is your voice. Everything we say, sing, recite poetry or make gestures of love passes through this point. In the same way, we can use our voice negatively to project hurt, criticism or slander.

Therefore, when the throat chakra is in harmony, we affirm life in the way we speak and express ourselves - we communicate love and vocalize an appreciation for global issues that goes beyond fixation on selfish desires.

## OCHAKRAHOME INGEIOUS

In a more in-depth analysis of this chakra, we can identify its power and influence over our spiritual, energetic and mental life.

In addition to speech, its best-known function, this chakra directly influences our experiences in the physical world, as through it all our thoughts and desires take shape.

This chakra sees life as art and we as inspired artists capable of using our energy and that of the universe as tools. We are responsible for creating life through our body and, especially, through our words.

Communication is not just through words, it goes far beyond that. Expression can come in many forms:

1st You can speak with your heart 2nd  
You can speak with your actions 3rd  
You can speak with your passion

It is necessary to open your mind to understand the true power and meaning of this chakra, as its effects go far beyond what is evident. Just like art, the meanings are in the realm of the subjective.

## TEACHINGSCHAKRA HOME INGEIOUS

The throat chakra resonates with emotional and mental struggles that are intended to vocalize what you want for your life.

Indirectly, the throat chakra teaches us to have the courage to be and express our identity, which can be a difficult task in times of so much digital influence.

We are constantly coerced and limited by the standards imposed by society and family. This makes it difficult for something natural, inherent to every human being (the power to express one's essence) to flow and spread as it should.

This pressure imposed by the external environment blocks not only the individual's mentality, but also all other energy channels.

Therefore, by activating this energy point, we generate a state of courage to be authentic in different situations in life.

This true expression is the best way to cultivate happiness and a sense of fulfillment.

## THE POWER OF THE CHAKRA HOME INGENUOUS

Sometimes we forget that we have the option to say we want change, or we are afraid to admit that we are unhappy and end up suffering in silence. Maybe this fear comes from a need to appear good and perfect, or from feeling like we have no choice. But this is a treacherous feeling, because yes, we do have a choice!

This chakra is where all the power of materialization is located. We can dream, visualize, plan and even propagate the energies of our emotions. However, if the individual is not able to express these intentions through their words, they will not get anywhere.

It's a power of attraction that we all have. To complete our mission and achieve our goals, we all need to connect with other people. We need to make them believe in what we envision and the world we want to build.

Only when we have this ability to share and transform our feelings and emotions into words will we be able to truly transform the world.

It is worth noting that it is not enough to just know how to express yourself and connect. We also need to be able to understand and feel others.

## CHAKRA DISHARMONYHOME INGENUOUS

The main sign of disharmony that we can identify is a lack of security and high introspection.

An individual with a disharmonious laryngeal chakra is usually a person with negative and limited linguistic patterns and has great difficulty listening and expressing their points of view.

Because of this difficulty in expressing oneself, other problems can arise and worsen over time. A very obvious example is relationship problems, whether between couples, friends or within a family.

Anything that is not expressed can accumulate proportionally in our bodies and minds in the form of resentment, hurt and pain.

Over time, what is retained can disharmonize the individual, until he becomes ill or his relationships collapse.

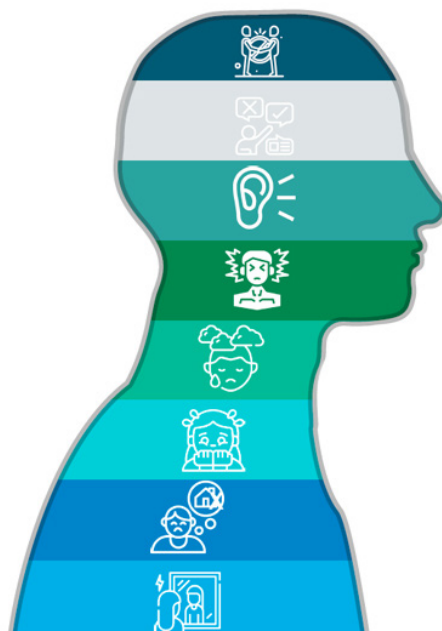
This chakra reminds us of the power related to our ability to express the things we feel. Each person sees and feels life in a different way, and this physical and energetic perception is unique.

## SIGNS OF DISHARMONY

- Introversion
- Respiratory system problems
- Difficulty in relationships
- Difficulty expressing oneself
- Weak intuition
- Difficulty in seeing opportunities
- Difficulty listening to others
- Lack of empathy
- Difficulty expressing feelings
- Poor connection
- Imbalance between the internal and external world
- Constant inflammation in the throat
- Shame
- Insecurity
- Difficulty in making presentations
- Crowd phobia
- Emotional swings
- Negative linguistic patterns
- Habit of constantly complaining
- Use of low frequency words

## SIGNS OF HARMONY

- High power of materialization
- Positive use of the word potential
- Feeling connected to the outside world
- Empathy
- Fluid relationships
- Empowered posture
- Courage to express your identity
- Desire to meet new people
- Extroversion
- Proactivity
- Strong intuition
- Sense of purpose
- Sensitivity
- Musical skills
- Ability to listen beyond words
- Self-knowledge
- Emotional balance
- Mind control
- Physical control
- existential peace
- Sense of responsibility for life



## **ASHARMONIZE CHAKRALAR ROCK INGIO**

- Sing
- Practice honesty
- Communicate kindly
- Learn to listen
- Express your gratitude
- Practice ho'ponopono
- Laugh
- Pronounce the affirmation sentences
- Write in a diary
- Use the color blue
- Practice Yoga and Tai Chi
- Herbs and essential oilsUse herbs and essential oils for this chakra
- Chant the mantra "HAM"
- Be assertive
- Enjoy some quiet time

## **CHANGE GARUDA**



## **AROMATHERAPY GINGER & MINT**



## **CRYSTAL THERAPY TURQUOISE STONE**



## **CRYSTAL THERAPY AQUAMARINE**



## SUMMARY

Location	THROAT
Affirmation	"I EXPRESS MY TRUTH- OF"
Element	ETHER
Color	BLUE
Symbol	Triangle
Functions and qualities	Function of bringing to the surface all the energies and intentions generated in the lower chakras! Its greatest quality is the power of internal conversation with your truth
Body system: systems	Respiratory system
Energy Focus	Expression
Basic need	Understanding
Energy type	Yin / Feminine
Animal Symbol / Totem	Elephant
Archangel/Angelic Vibration	Michael
Signs of imbalance	Defensive attitude, difficulty maintaining healthy relationships, difficulty in materializing your dreams, difficulty in seeing the truth, diction problems
Stone	Azurite, Silver, Aquamarine, Aventurine, Turquoise, Blue Calcite, Celestine Titan

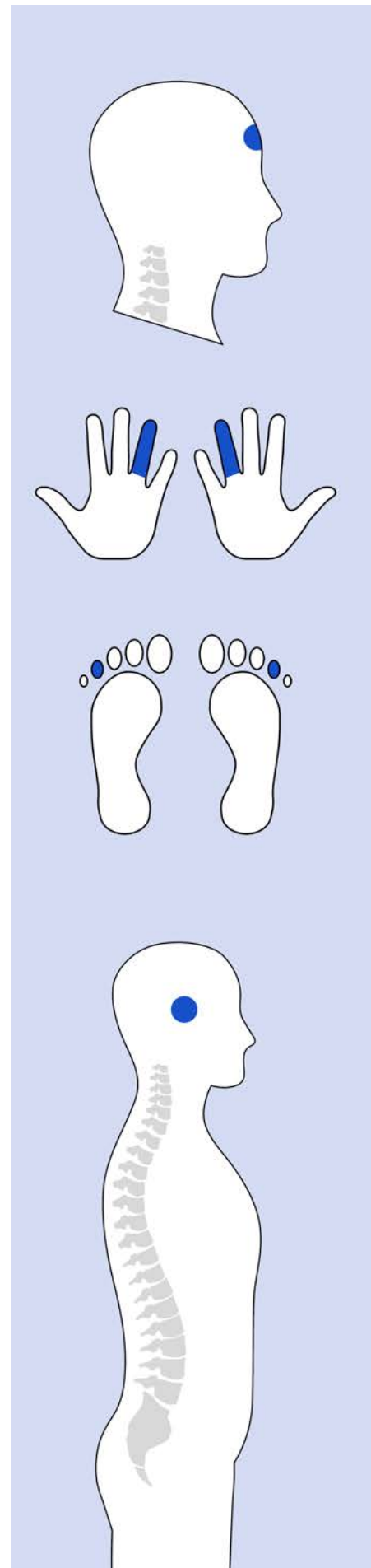
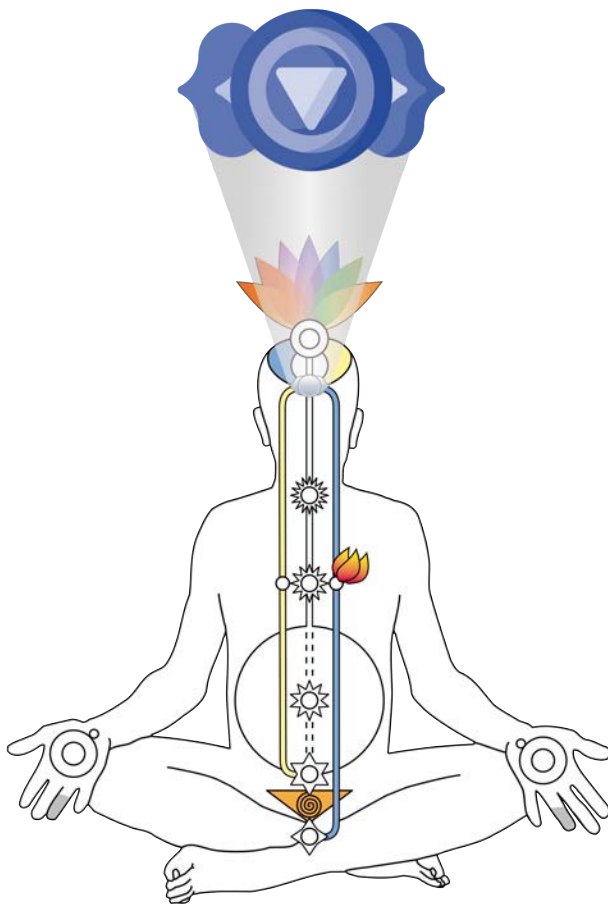
Reiki Symbol	I KNOW-HE-KI
Mudra	Garuda Mudra
Bijimantra	HAM
Musical Note	SUN
Aromatherapy	Clove, Ginger, Sandalwood, Cedar, Rosewood, Black Pepper, Rosemary
Healing Frequency	741Hz
Food	Coffee, Chocolate, Blackberry, Blueberry
Sense Activated	Hearing
Name In Sanskrit	vishuddhi
Stimulus age	29 to 35 years old
Planet	Mercury

# Agnya

## Portal of Intuition (Agnya)

The energetic power of the Third Eye Chakra allows the individual to develop their intuitive and sensitive powers over people, emotions, experiences and the energetic world, enhancing non-verbal communication and understanding.

Key points: sensitivity, empathy, sixth sense, energies, vision, mental clarity.



The Agnya, which means control center in Sanskrit, is the sixth chakra. It is popularly known as the third eye, and is physically linked to the pituitary gland, eyes and nose, and is also responsible for controlling all the chakras. Of the seven main chakras, it is the one that sends all the commands to the body.

Because it is associated with the frontal lobe, its energy directly influences reasoning, the ability to absorb information and learning and, of course, intuition. It is through this chakra that we express our essence. It is an easy point to balance, as it is activated practically at all times through our vision, that is, our eyes balance the point continuously.

Its representation has only two petals, because it is the symbol of duality and governs both sides of the brain. Through this chakra, we strengthen our intuition, which will give us greater security in our decisions and assessments about life matters.

## OCHAKRADOTHIRD EYE

This is the chakra of intuition and wisdom, it is our sixth sense. In Eastern philosophies, it is known as our "third eye" or spiritual center, which interacts with the rational mind in order to deepen our insight to see beyond the veil of illusion, which is called "Maya".

The Third Eye Chakra is an Open Mind.

Opening the mind and discriminating thoughts motivated by force, fear and illusion are challenges of the Sixth Chakra. It is learning to develop an impersonal mind, detached from physical and mental illusions. We can transcend our thoughts, worries and fears to truly know our souls.

The third eye contains a record of facts, fears, personal experiences and memories that are continually active in the energy of the mind.

The Third Eye Chakra is Truth. Deciphering what we believe to be true from what is genuinely true is at the heart of this chakra.

For example, if a person is led to believe that they are ugly throughout their life, this may manifest as a fact within their thought patterns and, as a result, they will develop body dysmorphia and low self-esteem.

## CHAKRA TEACHINGS

The Sixth Chakra helps us realize that no one person or social group can determine your life path. When change is apparent, it is because of a larger karmic dynamic or chain of events that has led you to that point and is moving you forward.

- towards the next stage of your life.

The third eye teaches us the path of truth! It can be understood as the highest level of acceptance. This work of acceptance begins with the base chakra, passing through the sacral, plexus, heart, throat and finally the third eye.

He teaches us to see our problems as our inner truths, realizing that all the problems we experience cannot be resolved at the same level of consciousness at which they were created.

It is a point that is also expressed in the acceptance of pain and loss, because until the individual understands the truth of life, he will never be complete or happy. Thus, every time he comes close to a possible completeness or happiness, he will realize that what he longed for was a mirage and not something real.

Therefore, we need to learn from the third eye chakra to see life beyond the biological sense of sight. We need to see life with our heart and through our natural sensitivity.

## **THE POWER OF THE THIRD EYE**

The Third Eye Chakra teaches us that death is not something to fear. It is important to embrace your time on this earth and understand that death is just a gateway to the next lesson of existence.

Just as we are born perfect, we can leave this earthly plane complete. We are not meant to die of pain or illness - these are karmic manifestations that we create for ourselves.

The conscious mind is capable of evolving, detaching itself from distress and freeing the spirit from the body without having to endure pain, and this choice is within everyone's reach.

This chakra gives us the power to see beyond what is obvious. By activating this chakra (harmonizing), the individual automatically has access to an infinite amount of information, both in the material and energetic worlds.

It is as if there were a second veil in our reality that few can observe and feel, which carries valuable information and indications for our life on earth.

A good example of this is human relationships. Sometimes we may speak and act in a certain way, but our true intention (energy pattern) is not always aligned with our conduct.

## **SIGNS OF DISHARMONY**

We can say that this is the chakra of the truth of life! It is the ability to see love, empathy, fear, courage and all the potential that exists within us and everyone around us.

The third eye allows us to see life without the distortion caused by our senses and feelings. It is - to see life through its energetic essence.

It's about getting to know someone and being able to see through their eyes all their essence, all their fears and insecurities, as well as all their blessings. It's talking without speaking, it's seeing without opening your eyes, feeling without touching.

This ability is within us and can be developed by anyone who dedicates themselves to it. However, to reach this level of activation and harmonization, the individual must have the courage and commitment to face their greatest fears and insecurities. To see the truth, we have to accept that life is not as we wish it to be, but as it simply is.

To activate the true power of this chakra we need to accept and surrender ourselves to life completely. The individual needs to stop complaining and learn to live life in all its aspects, believing that everything will turn out well in the end.

**EFFECTS  
WHEN****NEGATIVES  
MISALIGNED**

- Wrong choices;
- Inability to see the universe's clues
- Lack of purpose
- Constant headaches
- Memory loss
- "Strange" feeling
- Attraction of negative energies (people/experiences)
- Sadness or apathy
- Depression pictures
- Constant fatigue
- Difficulty in loving
- Lack of affection
- Lack of synchrony with life
- Difficulty concentrating
- Lack of will to live
- monotonous life
- Extreme rationality
- Difficulty in abstracting
- Difficulty understanding emotions
- Loss of connection with nature
- Loss of the power of intuition
- Constant judgment of others
- Lack of energy control
- Afflictions and anguish
- Constant paranoia
- OCD (Obsessive Compulsive Disorder) Symptoms

**EFFECTS  
WHEN****POSITIVES  
ALIGNED**

- Ease of understanding energies
- Sharp intuition
- Sixth sense
- Deep inner reflection
- Good memory
- Internal balance
- Emotional control
- Control of physical cycles
- Happiness
- Sense of belonging, understanding and patience.
- Sense of mission
- Focus
- Connection with the universe
- Sense of opportunity
- Energy perception
- Ease of abstraction
- Ease of understanding holistic therapies
- Ease of connecting with others
- Gratitude for life
- Holistic Power
- Ease in helping others
- Natural - energetic - physical - mental harmony
- Internal vs. external balance
- Daily energy motivation
- Energy sensitivity
- Divine wisdom



## **ASHARMONIZER OCHAKRADOTE RCEIROOLHO**

- Be your intuition
- Expose yourself to sunlight
- Do breathing exercises
- Practice being mindful
- Enjoy moments of silence
- Try it freely
- Sleep well
- Meditate
- Use and abuse the color purple
- Use herbs and essential oils
- Chant the mantra "OM"

## **CHANGE WISDOMOFWISDOM**



## **AROMATHERPY LEMON GRASS**



## **CRYSTAL THERAPY AMETHYST**



## **CRYSTAL THERAPY LAPISLAZULI**



## SUMMARY

Location	Between the eyebrows
Affirmation	"I SEE", "I WEAR", "I IMAGINE- NODE"
Element	Light / Frequencies / Radio
Color	Purple / Indigo
Symbol	Star
Functions and qualities	Deep perception, vision, awareness and discernment. Visualization, imagination, intellect, abstract thinking and achievement. Clairvoyance and psychic abilities. Perception spiritual
Body system: systems	Lower brain, left eye, ears, nose and nervous system, as well as the endocrine system and glands. pituitary gland
Energy Focus	Mental - Abstract
Basic need	Self-realization
Energy type	Yin / Feminine
Animal Symbol / Totem	Owl, Eagle, Panther, Black Antelope and Butterfly. In addition, guides spiritual and ancestral
Archangel/Angelic Vibration	Chamuel / Camuel

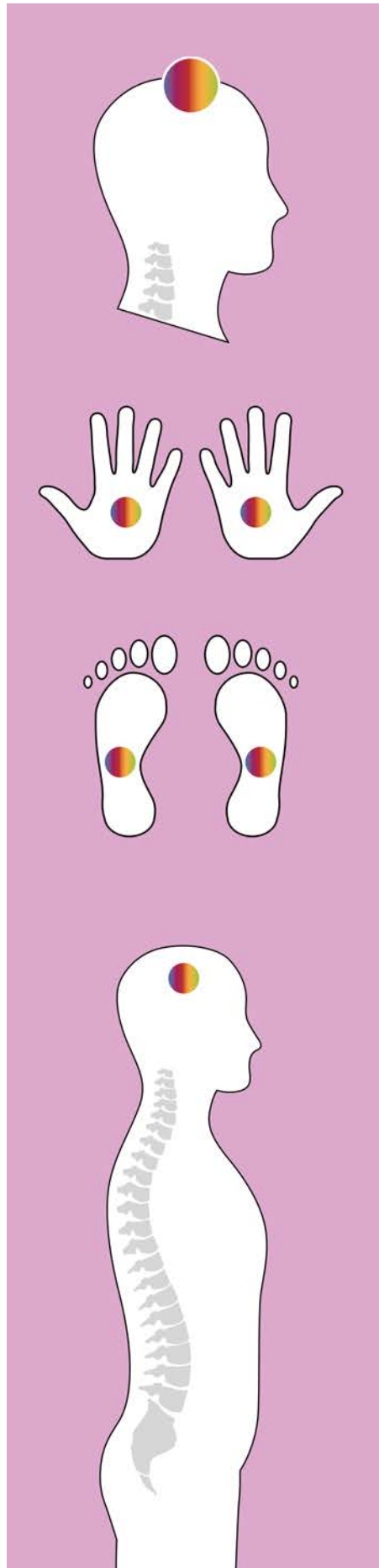
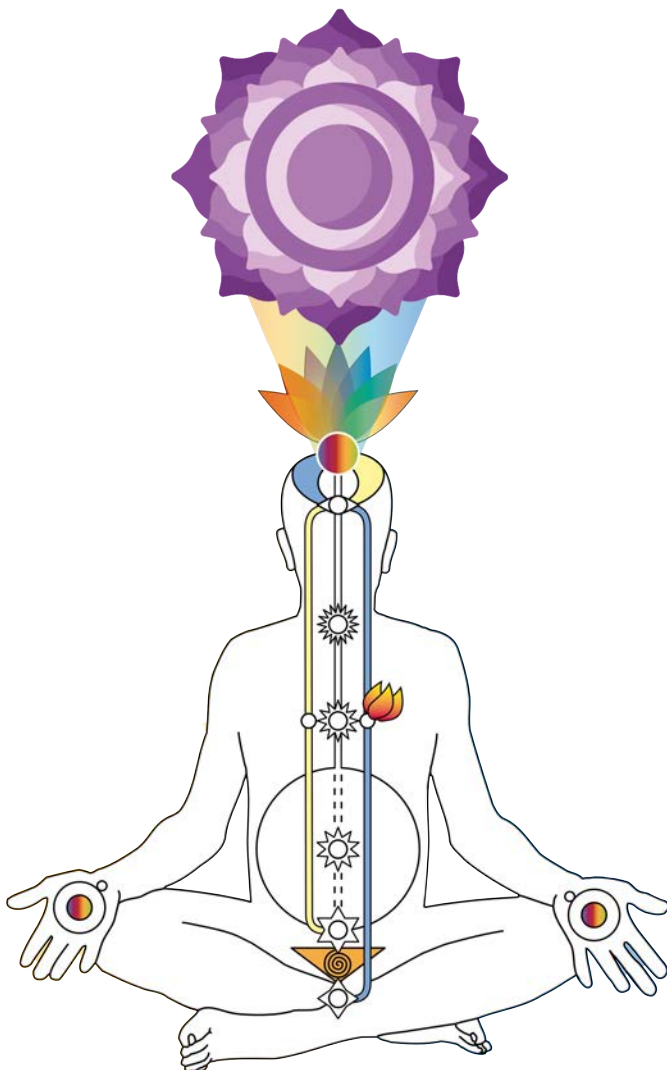
Signs of imbalance	Stagnation in daily problems and not being able to see beyond them. Inability to visualize or imagine for oneself. Lack of vision and sense of direction. Lack of discernment. Fantasies and illusions disconnected from reality. Rejection of perceptions that go beyond the "usual" physical realm. Indulgence in the spiritual realms and disconnection from the physical world. Problems related to the mental body systems previously mentioned
Stone	Rainbow Fluorite, Ceylon Sapphire, Purple Fluorite, Hawk's Eye, Blue Aventurine, Purple Garnet, Hawk's Eye Iron
Reiki Symbol	DAI-KO-MYO
Mudra	WISDOM OF WISDOM
Bijimantra	OM
Musical Note	THERE
Aromatherapy	Clove, Ginger, Sandalwood, Cedar, Rosewood, Black Pepper, Rosemary
Healing Frequency	852Hz
Food	Purple Grape, Eggplant, Red Cabbage, Purple Radish
Sense Activated	Intuition
Name In Sanskrit	Agnya
Stimulus age	36 to 42 years old
Planet	Sun and Moon

# Sahasrara

## Portal of Spirituality (Sahasrara)

It is the chakra that connects with the power of the unknown and that which cannot be expressed through words alone. This point contains everything that human consciousness is unable to understand. It is the portal to the spiritual world.

Key points: spirituality, mystery, supernatural, mystical, esoteric.



The crown chakra, called Sahasrara in Sanskrit – which means thousand-petal lotus – can be imagined as a crown of light on top of our head. It is through this portal that we connect with the universe and are able to identify the means of evolution of our spirit. Through it, we develop our consciousness and memory. The tradition of crowning kings and queens, present in some cultures, is based precisely on the idea that someone who is destined to guide a nation is also the great bearer of wisdom and communication with the divine, the supernatural.

Of all the chakras, this is the one that represents the essence of the being, of the self, the Brahman. When the highest level of understanding is reached, the person transcends individual existence and becomes a member of the Brahman, possessing the wisdom and total power of the Universe. However, the person will have no desire to use this power, as they will already be in an energy of sincere and complete happiness.

In this chakra, we find the understanding that we are much more than our physical presence, our aura; our true “self” transcends other worlds and is part of a universal will.

*“In my soul there is a temple, a sanctuary, a mosque, a church where I kneel.”*  
(Rabia al-Basri)

This article explains the crown (or seventh) chakra in depth, exploring its emotional and mental connection to the physical world.

The seventh and highest chakra is our connector to the divine and spiritual nature and also allows spirituality to integrate into our physical lives. It is attuned to the search for an intimate relationship with the cosmos. It is the chakra of prayer.

We already know that the Root Chakra acts as a basement or recycling center that rids the body of energies it no longer needs. The Crown Chakra is our storehouse of positive energies, which we accumulate through kind thoughts and actions and through acts of faith, meditation and prayer. It is here that we can transcend the dimensions of life and commune with “God.”

## CHAKRA CORONARY

The crown chakra is the connecting chakra. The seventh chakra influences the major systems of the body: the central nervous system, the muscular system and the skin. Therefore, skin problems such as rashes, acne or eczema can indicate disharmony in the Crown Chakra.

On an emotional level, the Crown Chakra generates devotion, inspirational and prophetic thinking, mystical connections, and transcendental insights. Have you been having incredible dreams lately? It could be your crown chakra communicating with you.

The crown chakra contains the purest form of prana (or life energy) and revolves around mysticism. Thus, those with a blocked Sahasrara are narrow-minded and unable to see the bigger picture, lack motivation, and blame others for their crisis or stagnation. They also have a distorted perception of life, death, and spirituality.

The Crown Chakra reminds us that at many moments in our lives we face a crossroads where we need to let an old phase "die" in order to be reborn again.

## THE POWER OF THE CHAKRA CORONARY

The more people who can connect with the power of this chakra, the greater the effects on our collective consciousness towards a more holistic understanding of health, disease, the environment, biodiversity and humanity.

Our goal on this earthly plane is to transcend all illusions and discover the innate power of the spirit. We realize that we are responsible for what we create and we need to learn to act, think and speak with love and wisdom throughout life.

Remember that all physical and emotional obstacles are just illusions to learn from. Always seek the meaning of any situation, follow your intuition and let it guide you when to follow or when to retreat.

**TEACHINGSCHAKRA**  
**DO**  
**THIRD EYE**

**DO -**

This is the chakra of humanity. It opens the awareness that we are all in this together and that all souls are here to learn about the collective human experience.

Those who cannot connect with others or have an open mind and suffer from a lack of empathy are lonely and, more often than not, very critical of matters of faith and spirituality.

The energy of Sahasrara motivates us to seek a deeper connection with the divine in everything we do. This is why you hear of artists, yogis, and inventors explaining that they had a transcendental experience during their work process, or perhaps individuals who experienced a blissful epiphany that gave them insight into a great idea.

People should not confuse the personal spiritual connection of the seventh chakra with religion. Religion is a collective creation of beliefs shared among followers. Spirituality, on the other hand, is an individual experience aimed at releasing fears of the physical world and connecting with the divine that is within us all.

**SIGNS OF**  
**DISHARMONY**

When this chakra is out of harmony, there is an evident lack of purpose and meaning in the individual's life.

Once this connection with the spiritual world is lost, the individual begins to wander through life lost.

Many people with this chakra out of balance report feeling like outsiders in their jobs, families, relationships, and society in general.

It is common for disharmony in this chakra to cause displacement of the world around it, as the person loses connection with their true essence and mission on earth.

So, they start looking everywhere for answers, activities, jobs and people that fill this void.

The crown chakra opens the doors to connection with the collective consciousness of humanity.

He is responsible for helping us understand our mission and brings spiritual meaning to our lives.

Therefore, when this chakra is balanced, we never feel like we are alone!

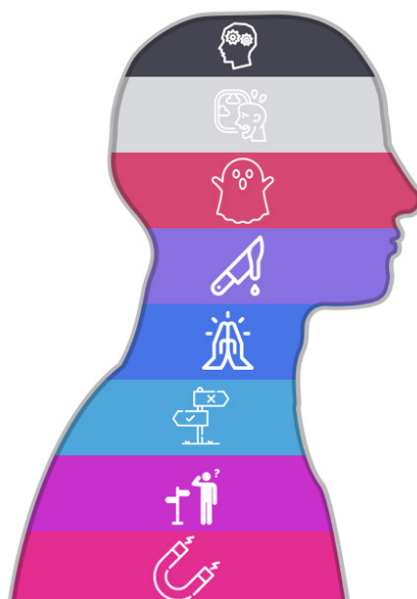
## NEGATIVE EFFECTS WHEN MISALIGNED

- Negative energy coupling
- Pessimistic patterns
- Constant energy imbalances
- Self sabotage;
- Problems with the perception of reality and emotions
- Obsessions;
- Consume other people's energy;
- Blocked (dirty) subtle bodies
- Chakras degrading
- Self-esteem issues;
- Accumulation of problems from other chakras
- Distancing from life purpose
- Lack of motivation;
- Negative perception of situations;
- Lack of trust in people and the world;
- Little power of expression and materialization
- Blockages of the most diverse types
- Lack of discernment between good and evil;
- Constant shortness of breath
- Lack of appetite;
- Lack of sexual desire;

## EFFECTS WHEN

## POSITIVES ALIGNED

- Power of achievement;
- Very high energy power
- Positive patterns
- Understanding your mission/ purpose on earth
- Will to live
- Linking to energy mentors
- Harmony of carnal desires
- Willingness to help others
- Synchrony with the universe;
- Connection with the divine;
- Gratitude
- Sense of opportunity;
- Interest in meeting new people
- Fluid libido;
- Clarity and direction
- Acceptance
- Delivery
- Forgiveness
- Dialogue;
- Lovingness.



## AS HARMONIZE ROCK CHAKRA CORO N A RIO

- Use essential oils for this chakra
- Connect with your essence
- Connect with the divine within
- Connect with nature
- Use the power of your hands
- Evaluate your thoughts
- Say affirmative sentences
- Do the lotus position in yoga
- Use the color violet
- Say prayers
- Crystals and stones
- Dedicate yourself to spiritual practice
- Expand your knowledge
- Chant the mantra "YAM"
- Meditate in silence
- Listen to music that uplifts you

## AROMATHERAPY WOOD - ROSE - THYME



## CRYSTAL THERAPY DIAMOND



## CHANGE PRANA



## QUARTZ



## SUMMARY

Location	Crown of the head
Affirmation	"I KNOW", "I UNDERSTAND"
Element	All
Color	White/Violet (and the entire spectrum of the rainbow)
Symbol	N/A
Functions and qualities	Spiritual connection and truth, wisdom, enlightenment, being one with the whole, union, integration and pure energy. Universal consciousness and surrender to the divine. Superconscious mind. Intelligence. Connection with the higher planes of consciousness
Body system: systems	Upper brain, right eye and entire nervous system. In addition, the immune system and the pineal (circadian rhythms)
Energy Focus	Spiritual
Basic need	Feel whole
Energy type	Yang / Masculine
Animal Symbol / Totem	None / Egg. Universal spirit and enlightened human
Archangel/Angelic Vibration	Jophiel and Michael

Signs of imbalance	Being disconnected from spirit, cynicism and negativity towards the sacred/divine. Closed-mindedness. Feeling of not belonging. to. Isolation from people and the world. Excessive life in the spiritual and detachment from earthly affairs. Pride, moral superiority and escape from reality. Problems related to body systems previously mentioned
Stone	Cacholong, Gold, White Calcite, Opal, Selenite, Clear Quartz, Stone roll, Diamond.
Reiki Symbol	DAI-KO-MYO
Mudra	Prana
Bijimantra	All
Musical Note	YES
Aromatherapy	Clove, Ginger, Sandalwood, Cedar, Rosewood, Black Pepper, Rosemary.
Healing Frequency	963Hz
Food	Healthy food
Sense Activated	All known and unknown
Name In Sanskrit	Sahasrara
Stimulus age	43 to 49 years old
Planet	Sun and Moon

# CYCLODES CHAKRAS

## 1st CYCLE

To the **roots** | **Ages 1 - 7** | **I nduction**

**fear**

The first Chakra - known as Muladhara (meaning root) is our introduction to life. It is where we first experience the concrete world, discover chaos and stability; it is where we are introduced to the dichotomy of our existence. The opening of the root chakra, located at the base of the spine, signifies the induction into materiality.

The first seven-year cycle is the time for the development of our fundamental relationship with the physical world. We have just arrived on the physical plane and the individual's consciousness needs to learn its relationship with the body. Through this process, the individual will learn about his limitations, ways of communicating and manipulating the physical environment, as well as developing an awareness of protection and security, which are experienced for the first time.

## 2ND CYCLE

**Expansion** | **Ages 8 to 14** | **Feelings**

The second chakra, called Svadhistana (meaning sweetness) is the Sacral Chakra, and is experienced through the reproductive organs. It is located just below the diaphragm. It is the seat of feelings.

It paves the way for the discovery of personal power. Here lies the life force that defines who we are. This force begins to desire connection with others and we begin to look outside ourselves for companionship, recognition, acceptance and what we perceive as love. Although love is often confused with desire, here we have not yet opened the Heart Chakra.

## 3rd CYCLE

**Openingyourself | 15 - 21 years | Practicality**

The third chakra, called Manipura (which means shining jewel). It is located just above the navel and represents the materialization of ideas, that is, when they take shape. Its energy is one of practicality.

This phase is often confusing, but liberating. Our rationality grows stronger, as does our need for self-affirmation. We seek other expressions of ourselves and experiment with imposing our will on others, often without considering the consequences. Through this expression, we begin to learn who we are. We are still experiencing much of the world through its physicality, as we have yet to open ourselves to the formless.

## 4th CYCLE

**R elease | D e 2 2 to 2 8 years | H harmony**

The fourth chakra, Anahata or the heart chakra, is located in the center of the chest and is related to love, compassion and healing. The development of the chakra during this period symbolizes our embarkation on an exploration of the intangible world. It is a time when matters of the heart go from overwhelming to all-encompassing. It is the foundation of a harmonious life.

As we develop our character, we begin the process of becoming independent. There is also a desire for partnership with another person. The development of the Heart Chakra brings us closer to satisfying the emotional and physical needs of the soul. We begin to experience what love is and, for the first time, reflect on what may be missing.

Often lessons of this nature teach us how to find compassion, but because we have not yet opened our throat chakra, we have difficulty expressing this connection.

## 5th CYCLE

**Vocalization | Ages 29 to 35 | Practicality**

The fifth chakra - Vishuddha (meaning purification) is the seat of communication. It is located in the throat and is where we experience self-expression. This is where our philosophical nature resides.

We finally find our voice and begin to trust our own opinion. We discover that our experience has value.

Our creativity sharpens and we begin to see the world from a different perspective. There is a strengthening of the ego and, throughout this phase, our truth begins to solidify.

## 6th CYCLE

**internal lighting | 36 - 42 years | Perception**

The 6th Chakra - Ajna (which means to perceive) is popularly called the third eye, as it is located between the eyes and in the center of the forehead. It is at this point that we develop intuition and wisdom. It is directly related to the pineal gland.

Our intuition, imagination, insight, and connection to the universal voice come to the forefront at this stage. This is when we learn to decide for ourselves. Our expression of Ajna in this cycle helps us understand the totality of the world. We begin to see how much of an impact we have on the world and what we should do.

## 7th CYCLE

### Self-realization | Age 43-49 | Spirituality

The seventh chakra - Sahasrara (meaning thousandfold) is located at the top of the head and is our connection to all that exists. It is our external link to the source. It is where the higher planes of consciousness are accessed. It is the place of bliss and where we derive our spiritual essence.

Our connection to Source begins to take shape. The developing person begins to recognize that they are part of something greater. Many seek a connection to Source at this point, or begin to rekindle where they once were. The individual becomes self-actualized and begins to look at the world from the perspective of knowing that our time here is limited. Mortality is questioned as we seek a connection to that which we looked away from in our youth.





# **ENERGY** **KUNDALINI**



The human subtle system is very complex, consisting of thousands of channels that transport energy throughout the body. The concentrations of energy in the subtle system are called Chakras ("wheels" in Sanskrit) or centers.

The Kundalini system is governed by three primary vertical energy channels, called "Nadis" in Sanskrit, and seven major chakras. Through the process of self-realization, our energy system is fully activated with the awakening of the Kundalini, which cleanses and balances the entire system and illuminates the qualities of the chakras within us.

This awakening occurs through our actions, thoughts, emotions and energetic alignment. A person who is constantly seeking development is activating their internal energetic channels.

## **Self-realization**

Self-realization is achieved when the Kundalini, which is the maternal and spiritual energy, is awakened. The Kundalini energy rises from the spinal column. As a result, all the energy centers (or chakras) become energized and nourished. When this energy passes through the brain, we spontaneously attain mental silence and a higher state of consciousness.

The Nadis (energy channels)

Within our subtle system, there are 3 energy channels. They correspond to the sympathetic and parasympathetic nervous systems.

### **A. The left channel**

The left channel corresponds to our past, emotions and desires. It goes to the superego, on the right side of the brain. The superego stores our memories, habits and conditioning. The greatest quality of the left side is joy, which is the nature of the spirit.

### **B. The central channel**

The central channel is the channel of our ascension and spiritual growth. It is the conduit that sustains our evolution and guides us, consciously or unconsciously, towards higher levels of awareness, culminating in the Sahasrara, our highest chakra.

### **C. The right channel**

The right channel corresponds to our physical and mental activity. It ends with the ego on the left side of the brain. The ego gives us a sense of individuality. The right channel is the channel for our energy of action.



Channel - Action  
**Solar**



anal channel - Action  
**moon**



ENERGY  
**COSMIC  
UNIVERSAL**

**SIDE**

**LEFT  
( PAST )**

Emotions, feelings  
coughs, rancor, affection-  
tions, memories,  
experiences

**SIDE RIGHT  
(FUTURE)**

Activities physical  
and mental, plan-  
ment, objectives, so-  
children, desires.

**THEB W**

**CANALDO  
QUITE  
( PRESENT )**

Balance, harmony  
of the channels, grow-  
cement spiritual,  
evolution and develop-  
development.

ENERGY  
**TEL Ú RICA  
LAND**



## **WHAT IS A CHANNEL ENERGY TIC?**

Internal energy travels throughout your body through three energy channels, or nadis. The three nadis are: the left channel, the right channel, and the central channel. All three work together seamlessly to integrate and balance your inner energy. Each also plays a role in maintaining your emotions, moods, and physical health.

However, it still lives within us and can be awakened through meditation. If you have a problem with your left channel energy, you may experience extremes. This includes sudden mood swings, going from euphoria to depression, for example. You may also experience extreme lethargy and passivity.

Most of us have had a day when we just couldn't get up from the couch. Remember the lack of energy, the desire to do nothing? This feeling could be caused by a problem in your left energy channel.

## **THE PAPER DO CHANNEL LEFT**

Your left energy channel (called Ida nadi in Sanskrit), also known as the moon channel, begins at the Mooladhara Chakra and travels down the left side of your body, ending in the superego area on the right side of your mind-brain. The superego is the storehouse of all your memories, habits, and conditioning. The superego is also the area of the brain that encourages moral behavior.

In short, your left energy channel influences your emotions, feelings and desires and is connected to your memories of the past.

Joy is an essential quality associated with left channel energy.

It's like the joy of a baby or toddler. Remember when you were a child and you woke up happy every morning? As adults, we long for that joy, even though it's not easy to find. It may have been blocked or "damaged" by our life experiences.

## PAPERCHANNELS RIGHT

The right channel (Pingala nadi), also called the sun channel, starts in your **Svadhistana Chakra** and goes up the right side of your body, ending in the ego area, which is the “area” of the brain responsible for constructing the Self and distinguishing it from other beings.

Action and planning are essential qualities associated with the right energy channel. It directs your mental and physical activities.

However, the energy demands on the right side can be so great that the left side becomes weakened. When this happens, your desire for joy can evaporate, and you become grumpy and irritable. You may even feel like yelling at everyone or “losing control” over trivial situations.

You’ve probably had to deal with people who are stressed, irritable, or overly agitated. It can be challenging to maintain emotional balance when our work and school environments are negative. It can be especially difficult to maintain this balance if the conflict is in the family environment.

Awareness is the first step to correcting imbalance. It is necessary to practice meditation techniques and access your inner energy in order to restore harmony.

In short, your right energy channel influences your ability to plan for the future and take action. It also reveals shadows or a negative side to emotions such as anger, irritability, and stress. Your right channel thinks in terms of “I” and “mine.”

An imbalance or exaggeration of these negative emotions can make the person unpleasant to be around.

## PAPERCHANNELS CENTRAL

Your central energy channel (Sushumna nadi), also called the middle path, travels from the sacrum bone at the base of your spine (where your inner energy resides) towards the Sahasrara chakra.

It is the channel that helps your spiritual growth. In fact, we would say that you were attracted to Sahaj Yoga because of the strength of its central channel.

The central energy channel can be used to help you build an enhanced version of yourself and focuses on the subtler aspects of life. Your entire subtle energy system is integrated into the Sahasrara chakra. It is the most important chakra for spiritual growth and meditation.

It is also the chakra where your inner energy has the ability to reach its full potential. Clearing obstructions in the central energy channel is an important tool of Sahaj Yoga. When you are in balance, your central channel remains clear. This paves the way for the Kundalini energy to rise smoothly to the Sahasrara chakra.

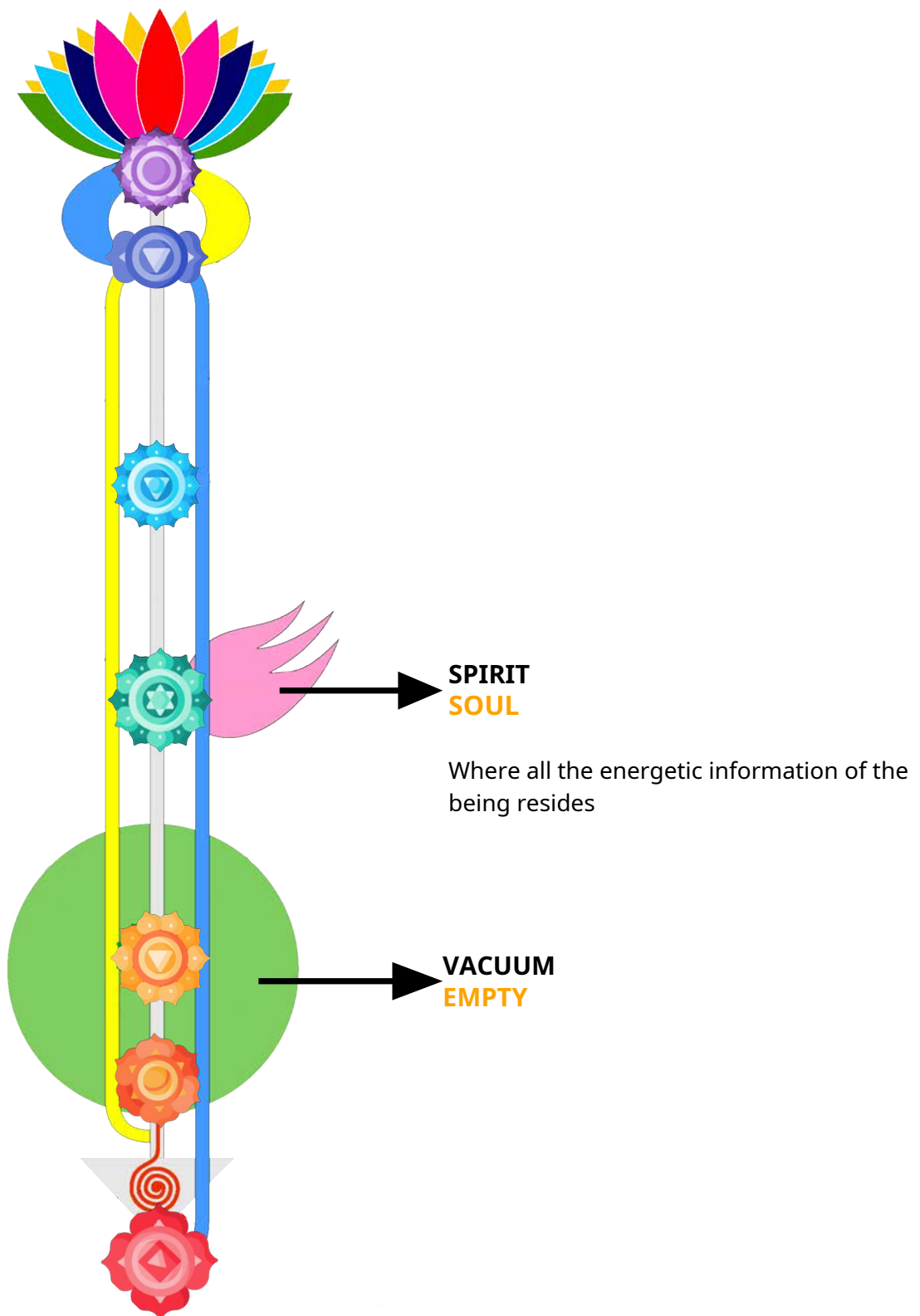
When this happens, the Inner Energy merges with the Divine Energy. Proper functioning of the central channel is crucial to maintaining Balanced Energy.

In a way, this channel represents the essence of balance and the main purpose of meditation.

It is easier to understand if you visualize

We explain it in the following way: the left and right energy channels are to balance emotions, desires and also actions, determining the way of living and enjoying life.

At the same time, the energy of the central channel serves spiritual evolution, to become better versions of ourselves. By keeping the three channels balanced, you build the power to manage your life and all its challenges with ease, also contributing to the purpose of enjoying pleasures in a more meaningful way.



## **1. Mooladhara Chakra (Innocence)**

The first chakra is located below the sacrum bone, where the Kundalini resides, and its main aspect is innocence. Innocence is the quality through which we experience pure, childlike joy, unconstrained by prejudice or conditioning. Innocence gives us dignity, balance, and a tremendous sense of direction and purpose in life. It is nothing more than simplicity, purity, and joy.

## **Kundalini (Maternal Energy)**

Kundalini is the primordial source of all energy. It is a living energy that knows how to act. Before self-realization, Kundalini lies dormant in the sacrum bone at the base of the spine. As it rises in our central channel, Kundalini purifies our subtle system and chakras. It generates the power of pure desire, the power to evolve and align with the spirit.

## **2. Swadishthan Chakra (Creativity)**

The second chakra is the chakra of creativity, pure attention, and knowledge. It is the one that connects us to the inner source of inspiration and allows us to experience the beauty around us.

## **3. Nabhi Chakra (Peace)**

The third chakra is the one that awakens us to generosity, satisfaction and contentment. When illuminated, the Nabhi chakra gives us spiritual ascension, righteousness and an inner sense of morality and balance at all levels of our life.

## **3a. The Void (The Guru)**

Surrounding the second and third chakras is the Void, which represents the principle of mastery within us. In Sahaja Yoga, you become your own master, your own spiritual guide, as you can feel your subtle system at your fingertips.

## **4. The Heart Chakra (Love and Compassion)**

The fourth chakra, the heart chakra, is where our Spirit resides, our true Self, which is pure and unaffected by anything. It shines like a diamond hidden within us, witnessing all our actions. It is in the heart that compassion and love manifest. The heart chakra is also the one that gives us a sense of responsibility and empathy, as well as self-confidence.

## **5. Vishuddhi Chakra (Collective)**

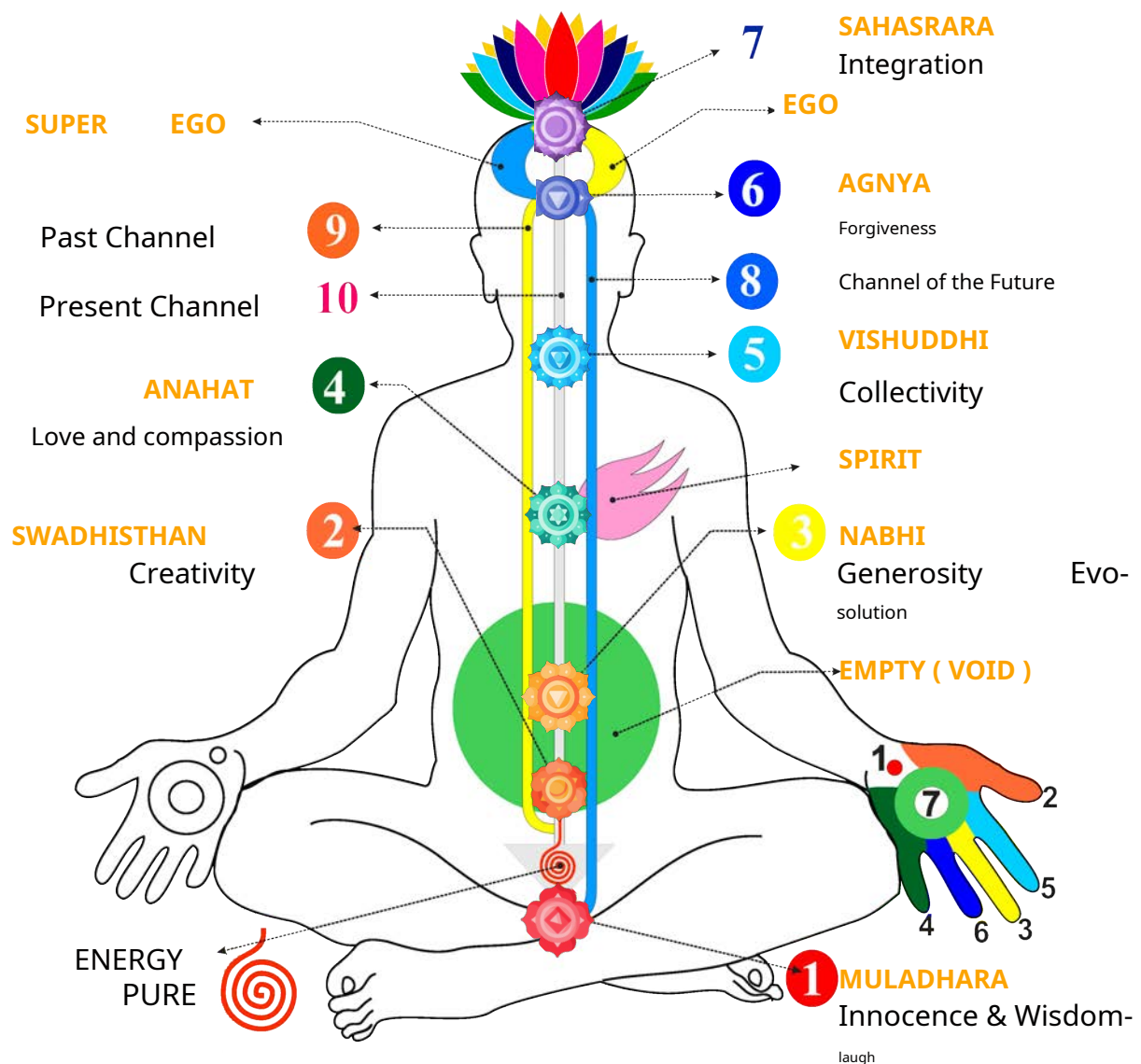
The fifth chakra is the chakra of diplomacy, pure relationships with others, and playful detachment. It removes our feelings of guilt and gives us a gentle, compassionate voice. Vishuddhi is the chakra that gives us connection to the whole, allowing us to feel an integral part of the whole.

## 6. The Agnya Chakra (Forgiveness)

The qualities of the sixth chakra are forgiveness and compassion. Forgiveness is the power to let go of anger, hatred, and resentment and to discover, with humility, the nobility and generosity of the spirit. It is the power that dissolves all our ego, conditioning, habits, prejudices, and all our bad judgments. It is the path for our consciousness to ascend to its final destination, which is the seventh center.

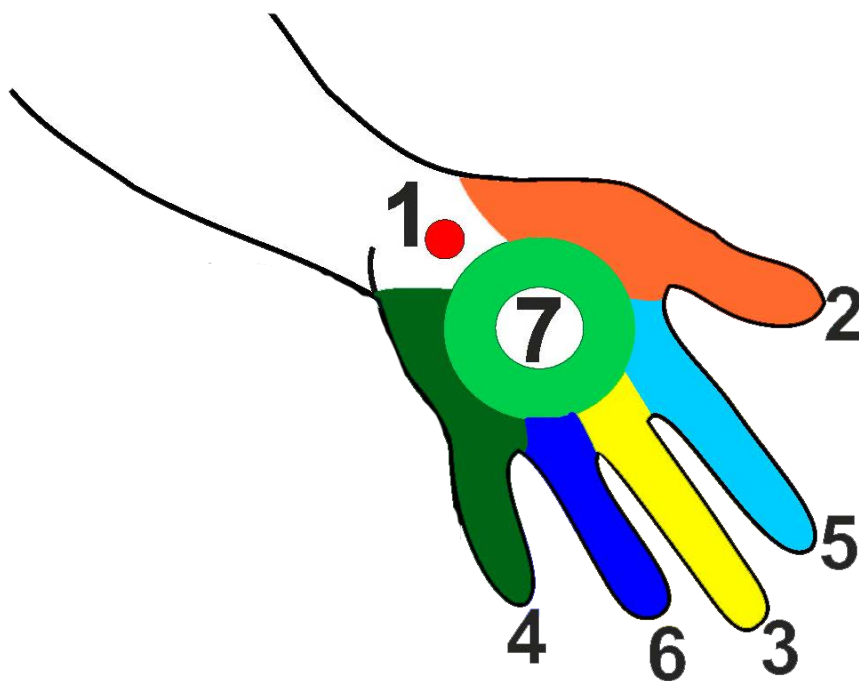
## 7. The Sahasrara Chakra (Integration)

The seventh center integrates all the chakras with their respective qualities. It is the last milestone in the evolution of human consciousness.





- |                  |   |              |                    |   |             |
|------------------|---|--------------|--------------------|---|-------------|
| 1. Root Chakra   | → | Innocence    | 6. Third Eye       | → | Forgiveness |
| 2. Sacral Chakra | → | Creativity   | 7. Coronary        | → | Integration |
| 3. Solar Plexus  | → | Satisfaction | 8. Left Channel    | → | Past        |
| 4. Heart Chakra  | → | Security     | 9. Right Channel   | → | Future      |
| 5. Throat Chakra | → | Diplomacy    | 10. Middle Channel | → | Present     |





# **BODIES**

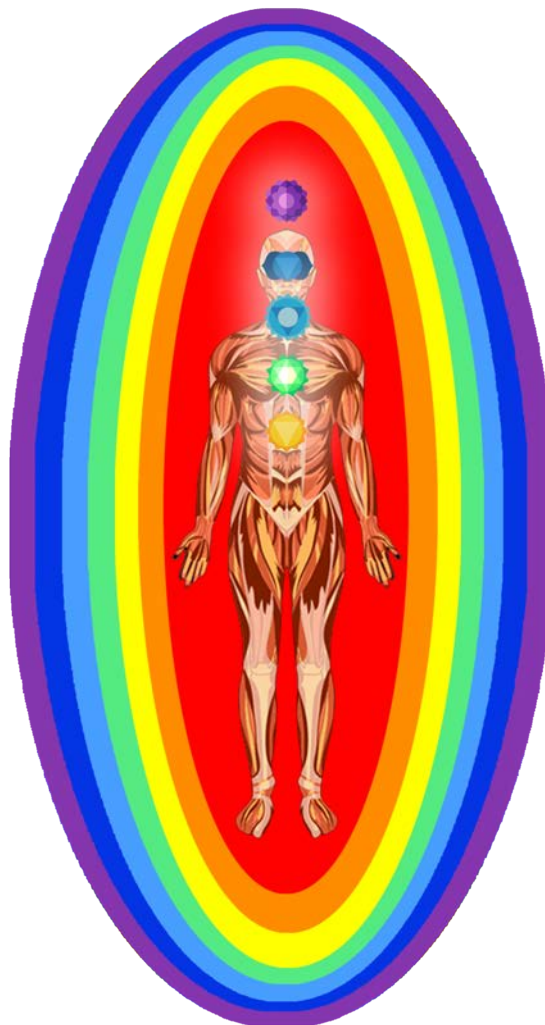
## **SUBTLES**










## SPECIAL FIELDS

There are many different biofields that regulate various mental, emotional, spiritual, or physical functions. The following list of biofields is based on the work of Barbara Ann Brennan and others.

- **Physical field:** Lower in frequency. Regulates the human body.
- **Etheric field:** Design of the physical structure that surrounds it. There is also a etheric field for the soul.
- **Emotional field:** Regulates the emotional state of the organism.
- **Mental field:** Processes ideas, thoughts and beliefs.
- **Astral field:** A bridge between the physical and spiritual realms. Independent of time and space.
- **Etheric model:** It exists only on the spiritual plane and possesses the highest ideals of existence.
- **Celestial field:** Accesses universal energies and serves as a model for etheric fields.
- **Causal field:** Directs lower levels of existence.





	<b>BODY</b>	<b>PHYSICAL</b>		<b>MENTAL</b>	<b>SUPERIOR</b>
	<b>BODY</b>	<b>ET IS RICH</b>		<b>BODY</b>	<b>BUDDHIST</b>
	<b>BODY</b>	<b>ASTRAL</b>		<b>BODY</b>	<b>AT TMICO</b>
	<b>MENTAL</b>	<b>LOWER</b>			





## **BODY**      **PHYSICAL**

The physical body is the fleshy shell in which we live, something similar to a diving suit, heavy and almost uncomfortable, which we use to act in the physical environment. It is made up of chemical compounds skillfully manipulated to maintain life.

In fact, there is life in each element of these chemical compounds, everything is life within us. Our existence is based on a compound of myriads of smaller lives, organizing themselves  
- a.

Our body operates in the physical environment with ease, as the body and physical environment belong to the same electromagnetic dimension.

This physical body is formed of dense matter in solid, liquid and gaseous states. It is through this vehicle that the spirit acts on the dense physical plane. All the chemical components of the physical body are necessary and useful for the spirit to come into contact with

the environment and receive from it the information necessary for their actions on the earthly plane.

Each body is formed according to the purposes of a greater spirituality for the various karmic situations it will need to go through and, after the end of the learning of incarnation, the physical body will lose all its vitality, leaving the spirit free, while the body returns lifeless and deteriorated to the organic materiality that constituted it.

Finally, we realize the importance of the physical body as a true living temple, which must be protected, cared for and cultivated as an important heritage.





## CORPOET IS RICH

The etheric double functions as a transformer of dense and subtle energies. It receives energies from the astral body to transfer them to the physical body and from there it returns them to the astral body in a process of constant exchange and transmutation. The subtlest energies descend from the astral body through the etheric double to vitalize the physical body; in the same way, the densest energies of the physical body return to the astral body filtered by the etheric double.

This continuous cycle of ebb and flow of energies maintains the vital stability of the vehicles of manifestation that the spirit uses, on the various planes in which it vibrates, simultaneously.

Illness in the etheric double often arises as a natural response to imbalances in the astral body to which it is subordinate.

Other times, it manifests itself through the absence or excessive concentration.

tion of ectoplasmic energy.

When the disembodiment is assisted by superior spirits, these energies will be dispersed so that they are not used for less noble purposes, since they have no purpose whatsoever for the one who disembodies.

While the somatic body is composed of solids, liquids and gases that form cells, tissues, organs and apparatus, the etheric body is made up of the same elements and minerals, structured, but in such a tenuous state that it completely escapes laboratory scrutiny.

Although it looks like a ghost, the etheric body is not spiritual and dissolves with death or a few hours later. Sometimes it is seen in cemeteries in the form of a light cloud that gradually dissolves.

It can serve as vital food for inferior human spirits and the immense variety of beings that inhabit the astral.

Through the etheric structure, all volitional acts, desires, emotions and any manifestations of higher consciousness begin to act on the physical body or, more precisely, on the brain.

This structure surrounds the physical body and is extremely tenuous, invisible to the human eye, electromagnetic in nature and with a wavelength greater than ultraviolet.

When this etheric is exuded (eliminated) from sensitives or mediums, it provides spiritual phenomena that involve manifestations of a physical order, such as "materializations",

teleportation, dissolving objects and others.

The exuded material is known as ectoplasm.

The etheric double has the function of establishing health automatically, without the interference of consciousness. It works as a plastic mediator between the astral body and the physical body. It has its own individuality, but is not conscious. It promotes the action of volitional acts, desires, emotions, etc., born in the "Higher Consciousness". Most illnesses affect it first.

So-called astral surgeries, as a rule, are performed on this body, which can be externalized or removed from the physical body through magnetic passes.

It is easily visualized by trained psychics. It dissociates from the physical body shortly after death and then dissolves within a matter of hours.

The etheric double has the same structure as the physical body and includes all anatomical parts and all organs.

Thus, all the organs of the physical body have their etheric counterpart, are joined point by point and occupy the same space. The etheric body is a replica of the physical body.

The etheric double is responsible for the elaboration of ectoplasm, along with the food and oxygen absorbed and manipulated by the physical body.

It has two main functions: the first is to absorb prana or vitality and send it to all regions of the body; the second is to serve as a mediator between

between the body and the spiritual, transmitting to the latter the awareness of sensory contacts and, furthermore, allowing the nervous system to be aware of the spiritual plane.

Prana is the vitality, the building energy that coordinates the molecules and assembles them into a defined organism. Prana vitalizes the etheric double and, through it, the physical body. The health of the body depends largely on the quantity of prana distributed.



The astral body is immaterial and of a magnetic nature, it does not have a fluid constitution like the etheric double, it does not condense nor does it form materialized objects.

It is with him that, in the work with the

Apometry technique, conscious or dream astral projections, we travel and act in time and space.

The astral body is the intermediary vehicle of manifestation and evolution for disembodied spirits, and is constituted by the energies of the planet in which they live. In the reincarnation process, this body is the modeler of the physical body, subordinating it to its field of action through an irradiation that cannot be detected by the technological instruments that we have. It is a vehicle that is very sensitive to the drainage or absorption of negative energies coming from the action of the mind that commands it. It is also subject to degradation and deformation by the action of the forces of the planet on which it resides. Its molecular organization and functional stability depend on the degree of spiritual evolution achieved by its inhabitant.

The astral body can disorganize or reorganize itself more quickly than the physical body due to its low density. Our emotional balance, governed by the pattern of feelings we nurture, is a determining factor in the balance of the forces of this body.

Illness in the astral body appears quickly, always as a result of mental imbalances and emotional imbalances. Its very subtle energetic organization makes it extremely sensitive to the thought waves of its inhabitant and those with whom it interacts.

In the case of incarnate beings, dysfunctions in the physical body arise after overcoming an energetic barrier.

formed by the etheric double. For this reason, they are not always detected by the physical body, even though they are already intuitively perceived by the patient. This is why we often complain of pain that signals the beginning of a disharmonious process that has not yet been identified by clinical examinations.

The astral body interpenetrates the physical and ethereal bodies, going beyond their limits; its shape resembles an egg. The energy generated by feelings of hatred, revenge, slander, selfishness and others settles in the lower part of this body, making the upper part thinner. On the other hand, feelings of love, devotion, harmony or charity, for example, settle in the upper part, making the lower part more pointed. Therefore, when clairvoyants see a person's astral body with a thinner upper part, they know that the coarser feelings predominate.

During physical sleep, the astral body naturally detaches itself from the physical body and begins to function as an independent vehicle of consciousness, although both continue to be connected by the so-called silver cord or golden thread – we enter the world of dreams, where we make our astral journey.



## ● MENTAL LOWER

It is the field of elaborated reasoning. From it spring the powers of the mind, cognition, memory and discernment, for it is the seat of active, manifested consciousness.

Just as physical sensations and emotions flow from the astral body, the mental vehicle may be considered the source of intellectuality.

It is a bridge connecting and harmonizing the reason-emotion binomial.

It is the body that encompasses simple perceptions, through the five senses, evaluating the world through weight, smell, color, size, taste, sound, etc.

It is the repository of the cognitive, the first large database where the physical mind searches for the information it needs.

It is more related to the lower Ego or incarnated Personality.

This body, when out of balance, generates serious behavioral difficulties, such as complacency, unbridled search for worldly pleasures, addictions, etc.

Normally, its shape is oval, but in rare cases it can be triangular or rectangular. It has variable colors and can be divided into seven sublevels with the same inherent attributes.

The more evolved the man, the bigger your mental body.

Just as with the astral body, the mental body houses higher thoughts in the upper part and, in the lower part, the coarser thoughts, such as selfishness, hatred, among others. Since every feeling is accompanied by a thought, astro-mental vibrations give the mental body the same oval shape as the astral body, with the mental body being larger than the astral body.

Repetitive thoughts of worries, resentments and mortifications result in stagnant regions of the mental body, forming areas of mental wounds and hindering the circulation of energy. People with such thoughts become prisoners of their own mental illuminations, resulting in many psychosomatic illnesses, in addition to being fertile grounds for the attraction of astral entities, culminating in obsessive processes.



## MENTAL SUPERIOR

It represents creative memory and can be perceived through clairvoyance.

This body is the second database of the human being.

As it is the source of creative reasoning, it is where the processes responsible for scientific and technological advancement take place, in addition to all our philosophical foundation. It is the body that makes assessments, formulates theories, relates symbols and laws. It develops principles and abstract ideas, performs analysis, syntheses and conclusions. It is the seat of virtues and serious defects. It is also known as the causal body.

The power of the mind is powerful and can do good or evil, depending on the intention, which is why common sense says that every good thought is a prayer and every bad thought is a spell. Those who vibrate in love build around themselves an energetic field that protects against the action of negative minds (evil eye, spells, etc.)

It is the energetic layer responsible for the law of attraction. At this point, the energy attracts everything that was cultivated in the previous levels.

This energetic expression can be both beneficial and harmful. It all depends on what has been cultivated up until now by the individual.

It is as if a signal was sent by the mind/emotions and has propagated energetically through time and our energetic mantles to the higher mind.

It is easily perceived by people. Have you ever had that bad feeling when approaching someone for no reason? You probably felt this person's superior Mental.

Attractions and repulsions are generated through this body. Your personal and professional tendencies are generated from this energetic mantle.

It is a mantle that demands time, energy and constancy to be materialized and constituted. To treat this level, many holistic treatments and strong changes in habits and mental patterns are necessary.

For this reason, this field is considered the energetic mantle of time, since the energetic frequencies that propagate here were generated in the past.



## ● BODYBUILDING

Little can be said about the vibratory structure (field, body, or dimension) closest to the spirit.

Buddhi is the perispirit in the etymology of the term: it constitutes the first vibratory structure that, enveloping the spirit, manifests it in an active way. Timeless like the superior mental body, the buddhic body uses techniques to reach the superior dimension of creatures and, from there, search their past.

There is no way to accurately describe the vibratory structure of the buddhic body, due to its distance from our patterns and means of expression.

This body has as its main attribute the great nucleus of potentialization of consciousness, where the experiences and events linked to the being are stored and from where the orders for the permanent recycling of poorly resolved experiences come from.



## ● ATMIC BODY

Any attempt to describe what we call "Spirit" will be deficient, as its mysterious nature has been reaffirmed by civilizations for millennia.

However, the concepts of Vedic philosophy remain the most enlightening, due to their transparency.

The Absolute, the Universal, manifests itself in each being, no matter how small they may be. But, precisely because it is Absolute, it escapes all human understanding, it transcends everything we know.

This omnipresent Absolute is called Atman or Spirit. The atmic "body", pure "Spirit" or Cosmic Self constitutes the Divine Essence in every creature.

However, human language is incapable of objectively describing the spirit.

## ENERGY PROPAGATION

The more energy we cultivate, on a physical level, through our emotions, actions and thoughts, the greater our positive energetic propagation.

active.

As we keep our mind aligned, our energies and thoughts propagate to the energy layers that surround us.

For our dreams, desires and projects to materialize, we must constantly maintain our alignment to energetic.

Everything emanates from the physical, especially the ability to hold positive intention. constant active.

Thus, to impact the world around us and our quality of life, we must cultivate the energetic alignment of our thoughts and actions.

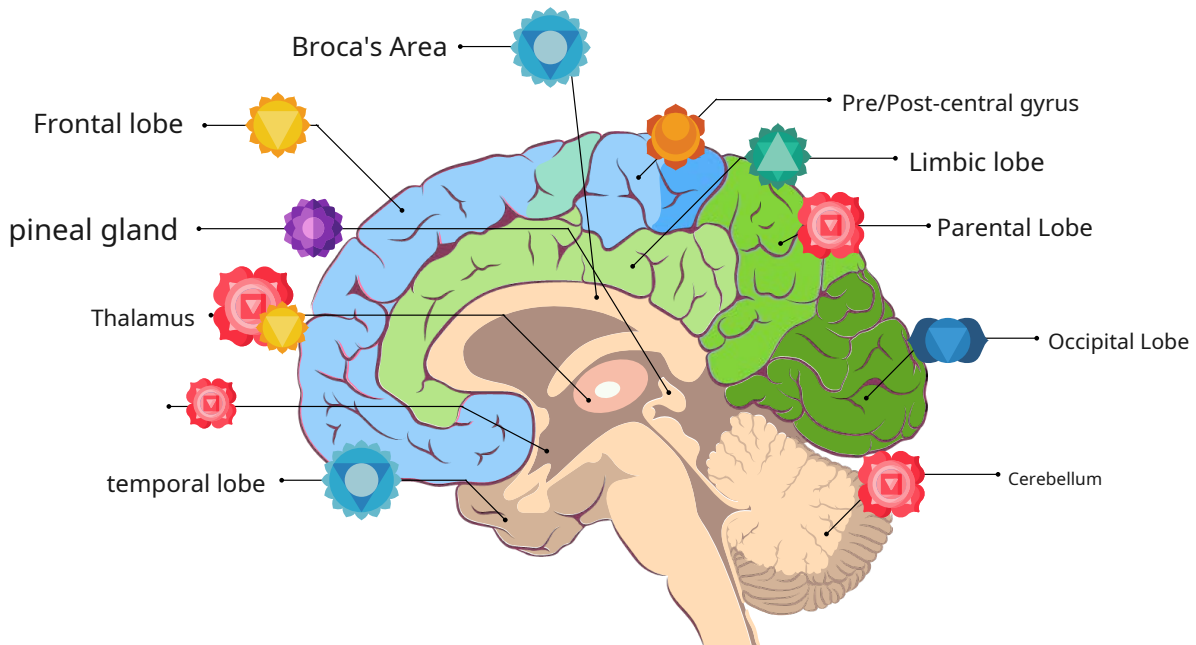
The lack of this consistency is why many people fail.



**ANATOMY**  
**ENERGY TIC**

# ANATOMY

## ENERGY TIC



**Frontal lobe**(located from the central sulcus forward) - Responsible for the elaboration of thought, planning, programming of individual needs and emotion.



**Parietal Lobe**(located from the central sulcus backwards) - Responsible for the sensation of pain, touch, taste, temperature, pressure. Stimulation of certain regions of this lobe in conscious patients produces taste sensations. It is also related to mathematical logic.



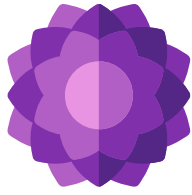
**Temporal Lobe**(below the lateral fissure) - It is primarily related to the sense of hearing, enabling the recognition of specific tones and sound intensity. Tumor or accident affecting this region causes hearing impairment or deafness. This area also plays a role in memory and emotion processing.



**Occipital Lobe**(formed in the imaginary line at the end of the temporal and parietal lobe) - Responsible for processing visual information. Damage to this area causes total or partial blindness.

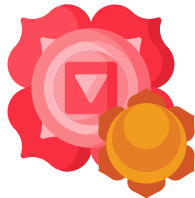


**Limbic Lobe**(around the junction of the cerebral hemisphere and brain stem) - It is involved with aspects of emotional and sexual behavior and with memory processing.



The pineal gland, or epiphysis, produces the hormone melatonin, which is related to circadian cycles and several other functions, such as reproduction. The pineal gland, or epiphysis, is an endocrine gland, meaning it produces hormones that are released and transported in the bloodstream to various target organs.

The thalamus relays sensory impulses from receptors in various parts of the body to the cerebral cortex. The sensory pathways of an impulse from the body emerge to the thalamus, which receives it as a sensation. This sensation is passed on to the cerebral cortex to be interpreted as touch, pain, or temperature.



The thalamus serves as a kind of “gateway,” allowing information from multiple channels to be transmitted for processing. Research has shown that specific thalamic neurons can modulate informational transfer by employing specific modes of discharge.

Furthermore, the thalamus is crucial for perception, as 98% of all sensory input is relayed through it. The only sensory information that is not relayed by the thalamus to the cerebral cortex is that of smell.

Broca's area is the part of the human brain responsible for the expression of language and for containing the motors of speech.



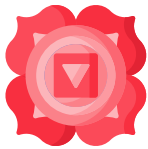
This area is located in the inferior frontal gyrus, which participates in the phonological decoding process and which will organize the motor response in order to execute speech articulation after receiving the stimulus transmitted and processed by Wernicke's area.



The hypothalamus is the region of the brain (diencephalon) of relatively small vertebrates, located above the thalamus, whose function is to maintain homeostasis, that is, the balance of internal bodily functions adjusted to the environment, mainly through coordination between the nervous system and the endocrine system. The hypothalamus also produces two hormones, oxytocin (OCT) and antidiuretic hormone (ADH), which are transported to the neurohypophysis, where they are stored, in addition to releasing factors that regulate the activity of the adenohypophysis. Among its functions, it helps regulate body temperature, appetite, thirst (regulating water content), emotional stress, sexual behavior (stimulating anger and pleasure), in addition to being an inducer of biological rhythms (circadian cycles).

The gyri consist of folds that exist in the cerebral cortex, the processing site of neurons responsible for memories, thoughts, languages and perception.

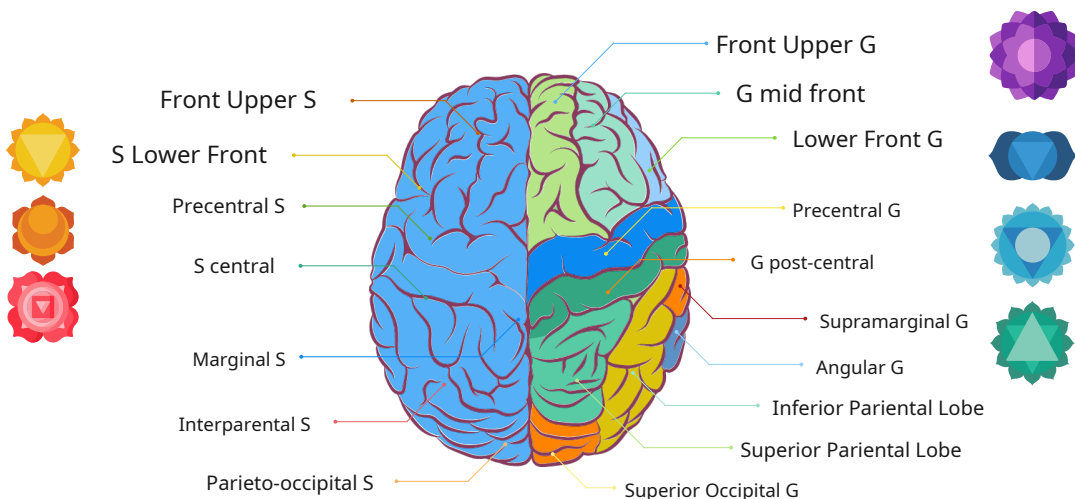
The precentral gyrus is located between the central and precentral sulci. It is responsible for the brain's main motor function.



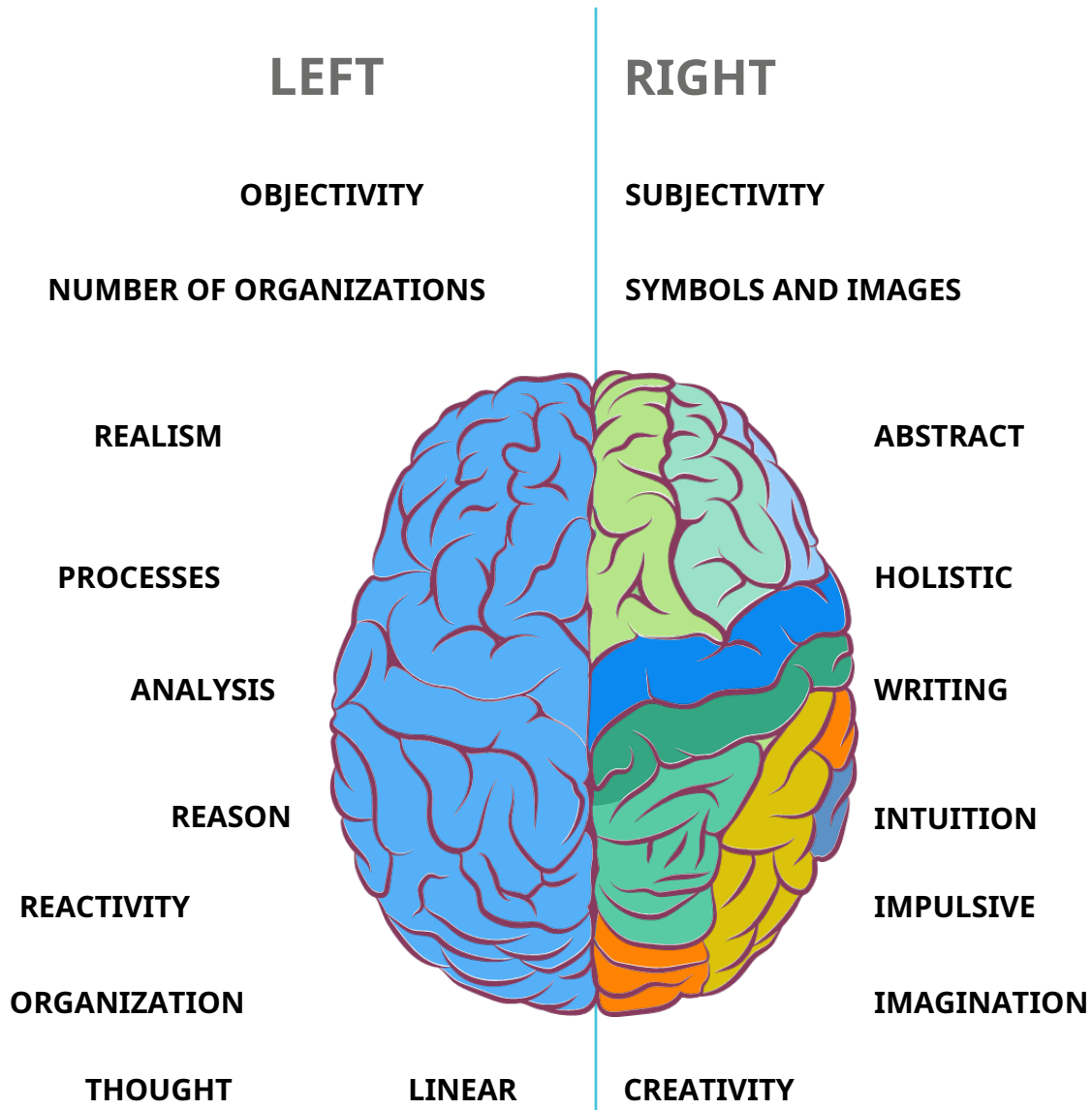
The postcentral gyrus performs functions such as: identifying the location of touch, changes in body temperature or vibrations; voluntary movement of the hands; intentional swallowing; perception of taste and language movements, among others.

The cerebellum is related to several functions, the main ones being the coordination of movements and participation in the body's balance. The cerebellum is also related to the control of muscle tone.

## Human Brain Anatomy



# HEMISPHERES BRAIN



The figure above illustrates the neuropsychic separation of the brain's main functions. We all have this structure, however, most people, throughout their lives, end up developing one side more than the other.

For this reason, some people are more logical and others are more creative. The point that the holistic therapist must observe is that despite there being a natural tendency for the development of one side, we must always seek harmony and integration of the hemispheres, because only then can we activate and use the full human potential.

# SYSTEM NERVOUS

Whether you want to become a skilled and accomplished holistic therapist or you want to gain control over your body, emotions and energy patterns, it is essential that you understand how your body works.

By understanding the human nervous system, we facilitate the visualization of how energies and information propagate within us.

The nervous system allows our entire body to function in an integrated way, receiving, processing and sending information.

This information is propagated through specialized cells, which produce electromagnetic impulses (synapses) in a chain, which are distributed throughout the central and peripheral nervous system.

We can relate these information flows to energy frequencies.

The movement of your arm, the beating of your heart, your thoughts, desires, pains, pleasures... are pure energy being perceived through your senses and processed by your mental maps.

This concept holds the key to healing for the holistic therapist. It is understood that the same energetic propagations can be used to channel positive intentions to patients through certain therapies and techniques (reiki), in order to reestablish unstable and disharmonious energetic patterns.

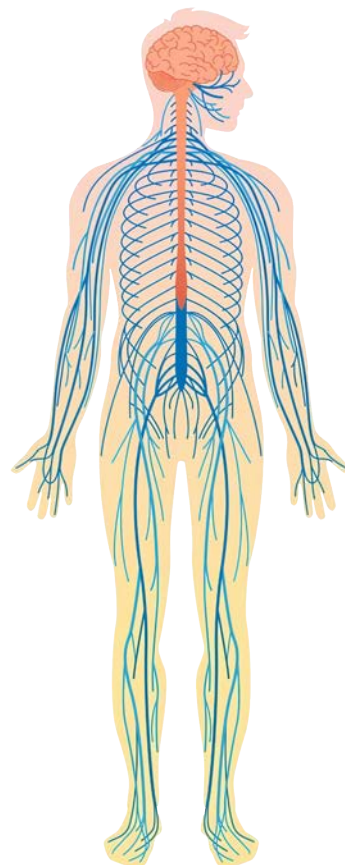
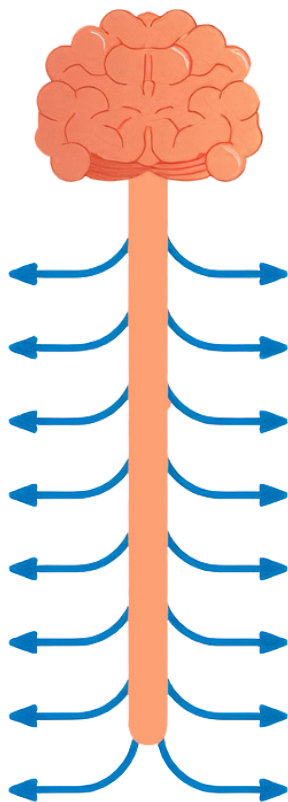
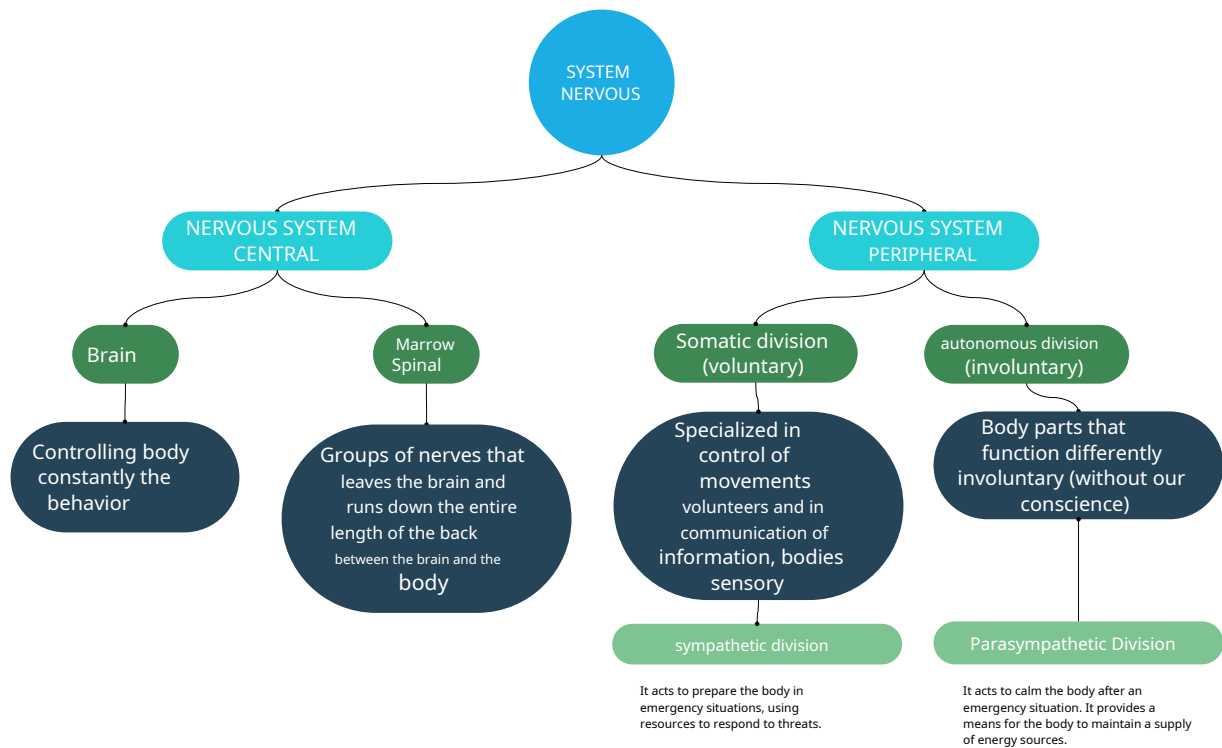
In other words, you will overflow this energy throughout your body and nervous system so that it can be received and processed by your patient, who has a system loaded with negative frequencies.

At the Institute we call this propagation of energy transfer by induction. The patient restores his/her internal energies through the exogenous reception of energy.

A good analogy: when a car has no battery, a procedure called "jump start" is performed, in which the charged battery of another car that is running is used to recharge the energy of the car with the dead battery.

# SYSTEM CENTRAL /

# NERVOUS PERIF IS RICH



# SYSTEM NERVOUS CENTRAL / PERIPHERAL

**Central Nervous System:** The CNS is located inside the skull () and in the spinal canal (spinal cord). In it, we can see two well-defined regions: one with gray matter and the other with white matter. In the gray matter, we find neuron cell bodies and their dendrites, while in the white matter, the presence of axons is predominant. The myelinated axons make this region lighter, hence the name “white matter”.

The human brain, erroneously called the cerebrum, is the part of the CNS housed in the skull. This part is made up of billions of neurons and can be divided into the cerebrum, thalamus, hypothalamus, midbrain, cerebellum, pons and medulla oblongata.

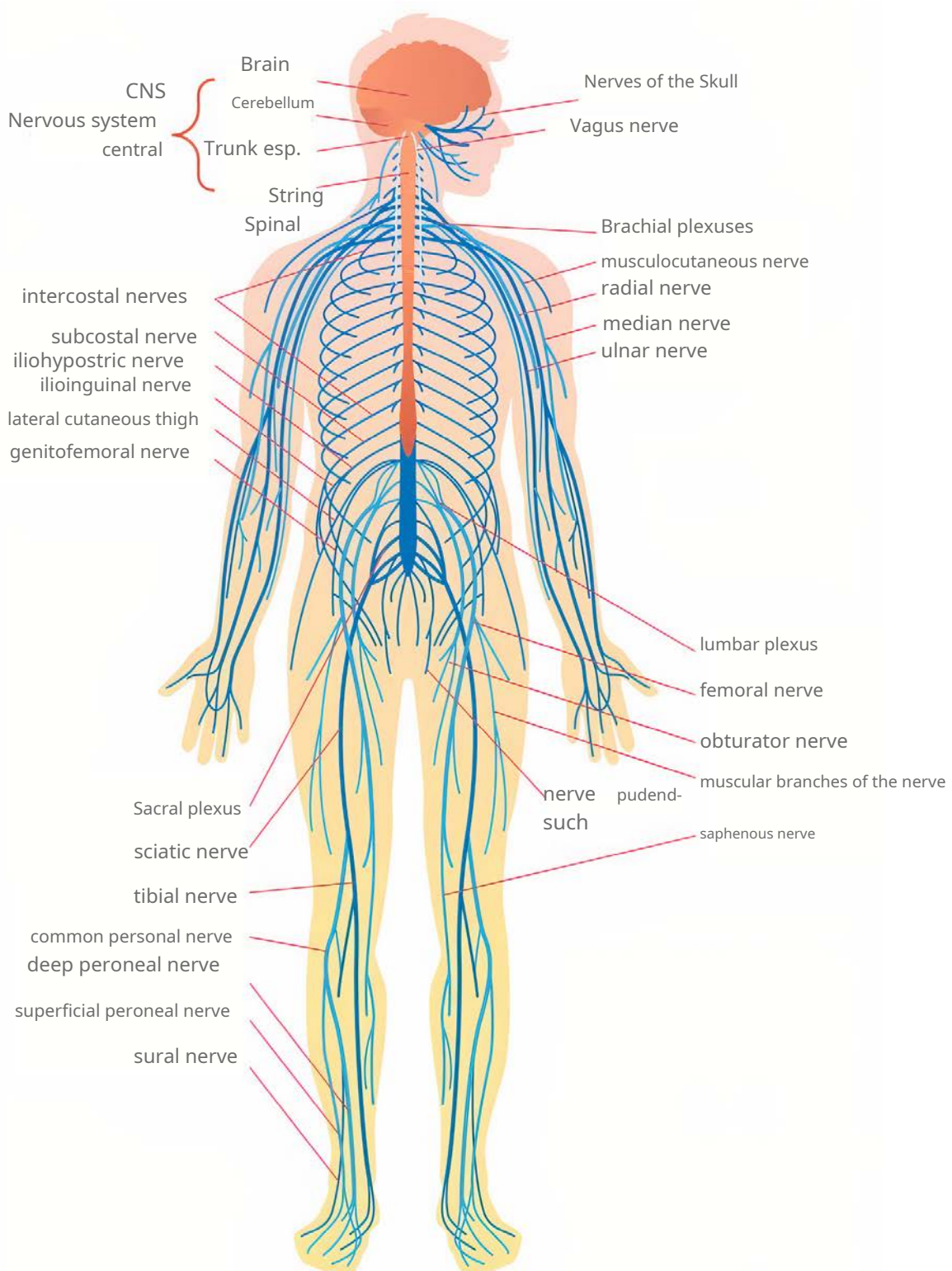
The spinal cord, which is located inside the spine, is a cylindrical cord whose function is to transmit messages from the brain to other parts of the body and to carry the stimuli received to the brain. The spinal nerves originate from the spinal cord.

Both the brain and spinal cord are surrounded by three membranes called meninges. They are called, from outermost to innermost, the dura mater, arachnoid mater, and pia mater. The main role of these membranes is to provide protection to the central nervous system.

**Peripheral Nervous System:** The PNS is made up of 12 pairs of cranial nerves and 31 pairs of spinal nerves. The cranial nerves are connected to the brain, while the spinal nerves are connected to the spinal cord. Depending on where in the spine the spinal nerve emerges, it is given a name. There are eight pairs of cervical nerves, twelve thoracic, five lumbar, five sacral and one coccygeal. The ganglia, which also make up the PNS, are dilations where the cell bodies are located.

The PNS can be divided into voluntary and autonomous. The voluntary PNS is responsible for innervating skeletal striated muscles that do not have involuntary action. The autonomous PNS innervates smooth muscle and cardiac striated muscle, which have involuntary action.

The autonomic PNS can also be divided into sympathetic and parasympathetic. While the sympathetic system is generally related to stimulating metabolism, the parasympathetic system is related to reducing it. An example is the heartbeat, which is accelerated by the sympathetic system and slowed down by the parasympathetic system. It can therefore be seen that they have antagonistic actions.



## **NERVOUS SYSTEM PARASYMPATHETIC**

The autonomic nervous system is divided into the sympathetic and parasympathetic nervous systems. The parasympathetic system is responsible for stimulating the “rest and digest” or “feed and reproduce” activities that occur when the body is at rest and include actions such as sexual arousal, salivation, lacrimation, urination, digestion and defecation. Its action is described as complementary to the sympathetic nervous system, which is responsible for stimulating the activities associated with the fight or flight response.

**Sensation:** Transmit sensory information from the body's internal organs back to the central nervous system.

**Vascular Effects:** Heart rate is largely controlled by the activity of the heart's internal pacemaker.

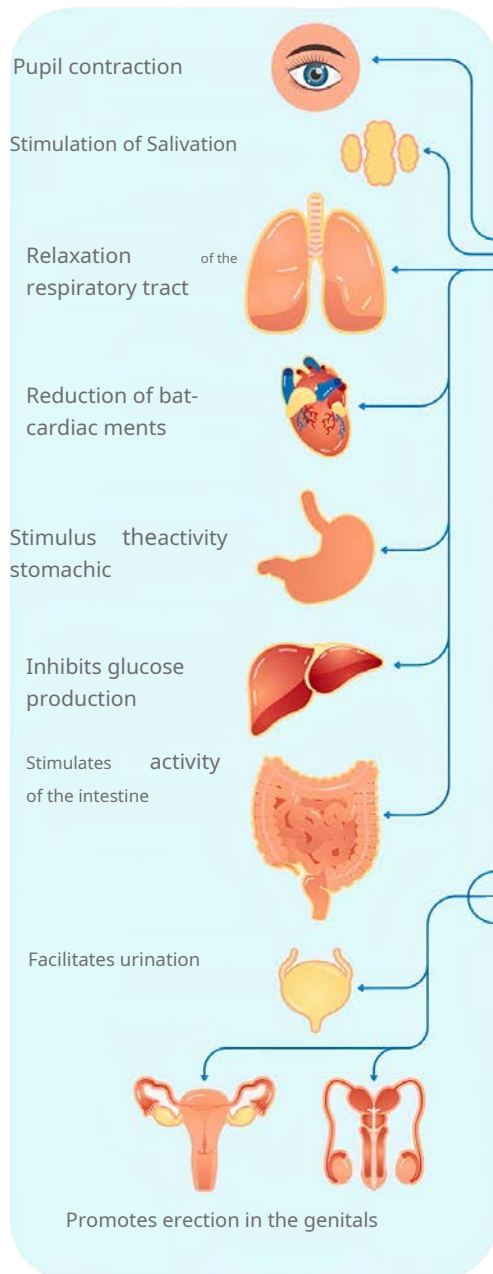
**Sexual activity:** Responsible for sensory stimulation, production of hormones and secretions that prepare the body for sexual relations.

## **NERVOUS SYSTEM KIND**

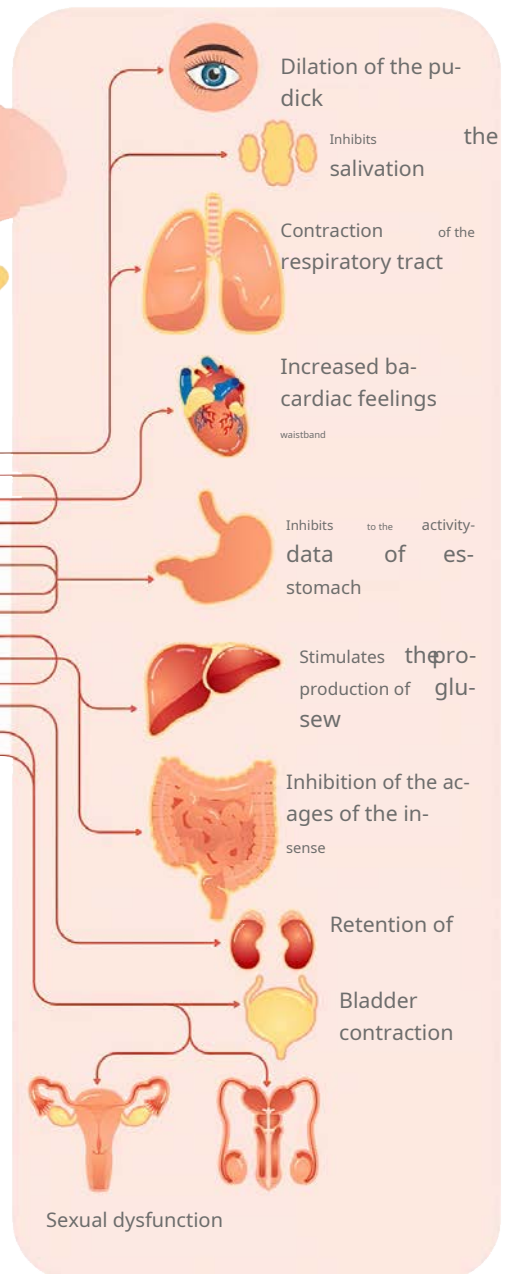
The primary process of the sympathetic nervous system is to stimulate response in emergency situations. However, it is constantly active at a basic level to maintain homeostasis. The sympathetic nervous system is described as being antagonistic to the parasympathetic nervous system.

It is responsible for preparing the body for action, particularly in situations that threaten survival. An example of this priming is in the moments before waking, when sympathetic outflow spontaneously increases in preparation for action.

## NERVOUS SYSTEM PARASYMPATHY



## NERVOUS SYSTEM KIND



## **ANATOMY ENERGY POINTS (CHAKRAS)**

In the graphs and illustrations below, you will be able to understand in more depth the correlation between human organs and energy points (chakras), already studied in previous chapters.

This knowledge is important for the therapist to analyze and identify when physiological disharmonies in some systems and organs can be caused by alignment problems in some chakra.

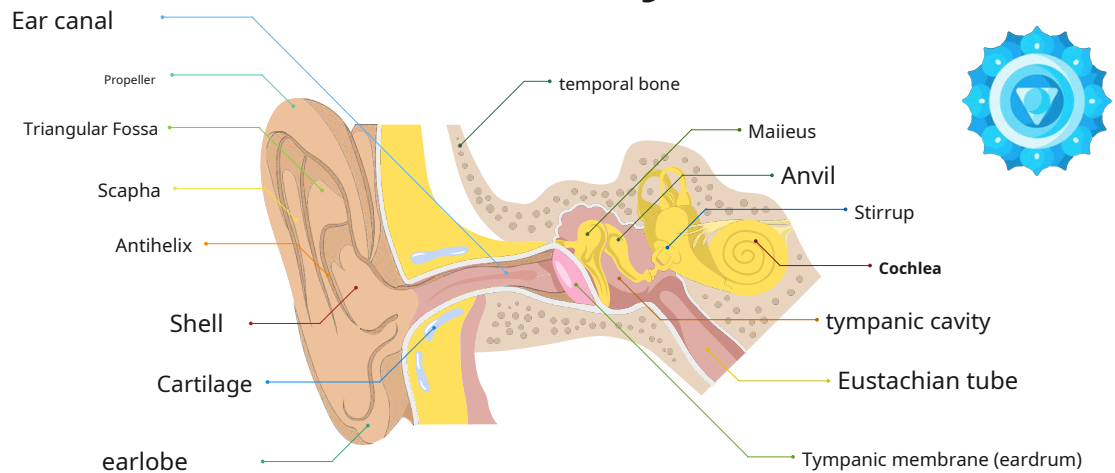
**ATTENTION!** Before giving a diagnosis for an appropriate holistic therapy, it is essential that the patient has already consulted a doctor and investigated his/her complaints. Only then can any underlying biological problems and more serious illnesses that require clinical support be ruled out.

Once serious pathologies have been ruled out, you can use the following short guides to instruct your patient on the relationship between the discomfort they feel and the energetic propagation of the chakras.

The therapeutic methods mentioned here are based on the assumption that disharmonies and imbalances at an energetic or emotional level directly affect our physical body.

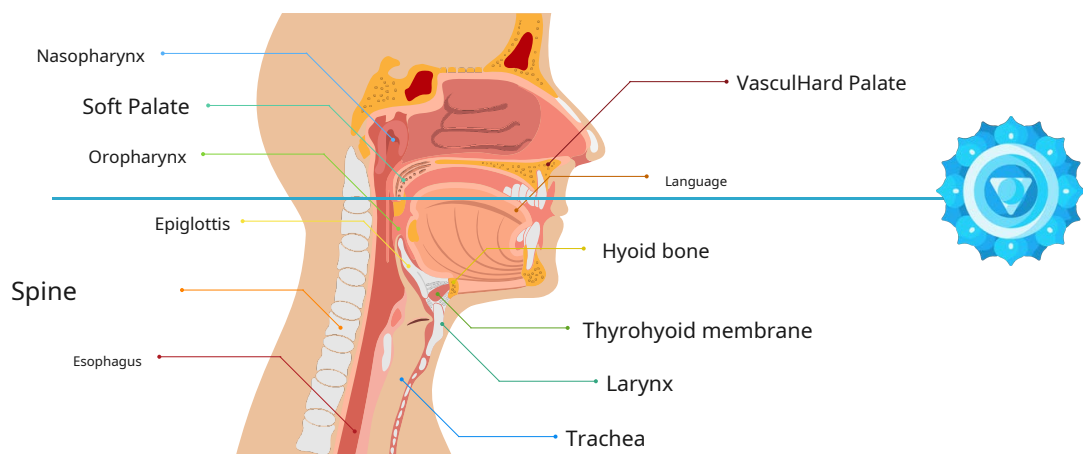
For this reason, by harmonizing the chakras through holistic therapies, we are able to generate improvements in the quality of life.

## Ear anatomy



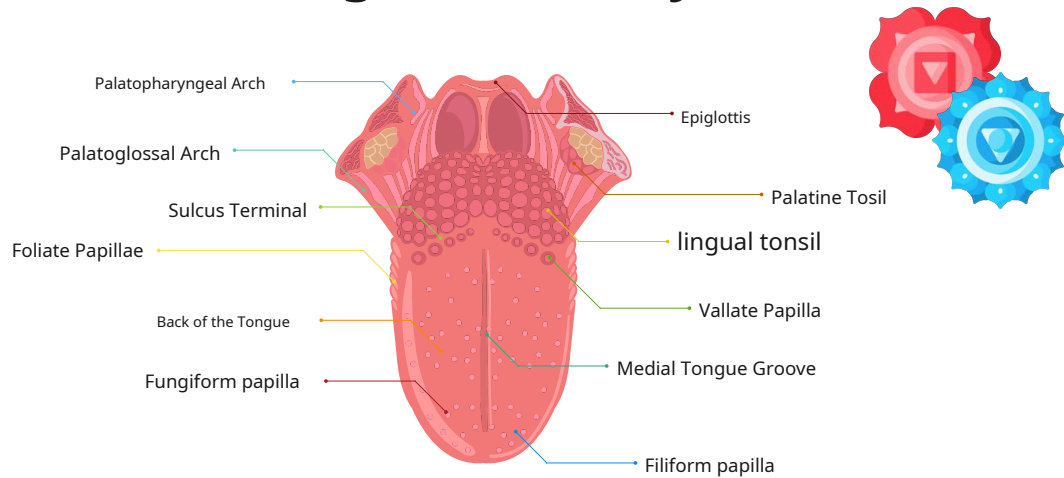
The anatomy of the ear is closely linked to the laryngeal chakra, as it is the sensory organ responsible for capturing sound information from the environment.

## Anatomy of the Throat



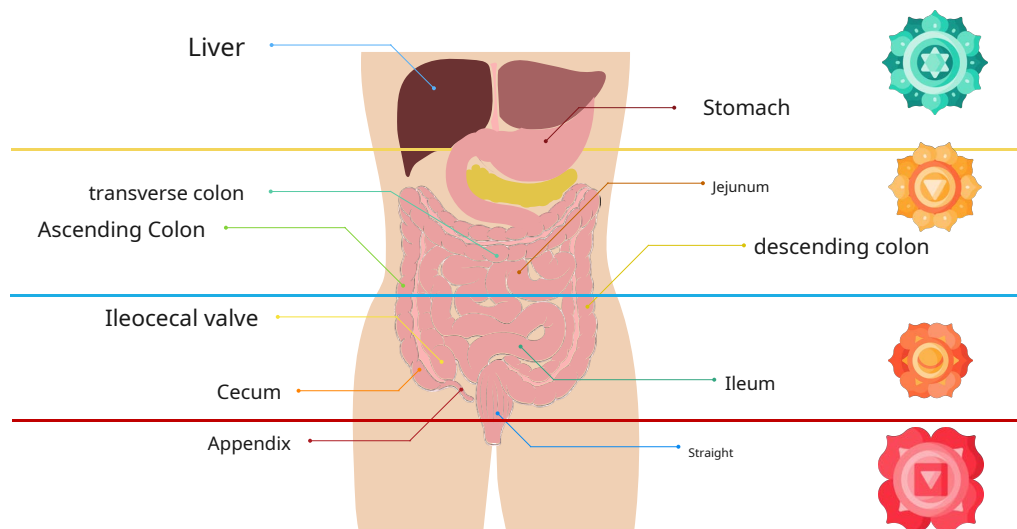
Just like the ear, the throat is also directly related to the laryngeal chakra. Our power of expression is materialized by a system of organs and muscles (including the diaphragm) that allow us to speak, pick up, pray and verbalize what we feel and desire.

# Tongue Anatomy



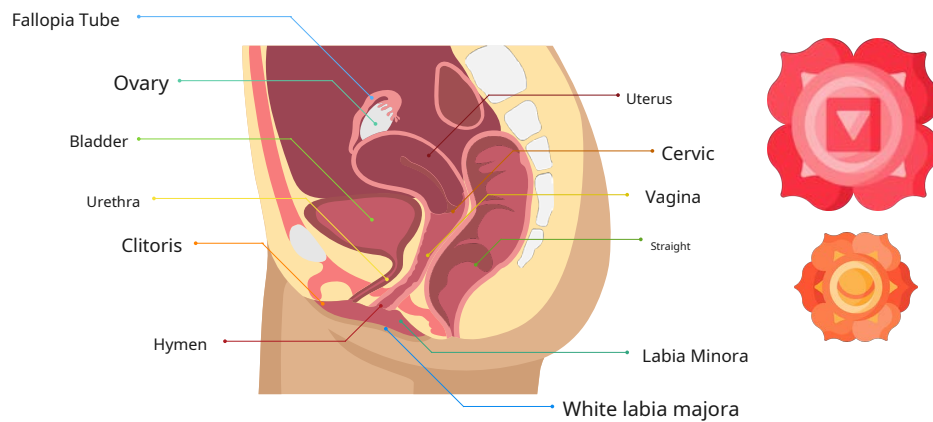
The tongue is peculiar! It is connected to both the throat chakra and the root chakra. This is due to the deep connection between taste and pleasure. Without the pleasure of eating, the body would not be able to absorb the nutrients necessary for its maintenance. Furthermore, it is known that the tongue is an erogenous region of the body.

# Abdomen anatomy



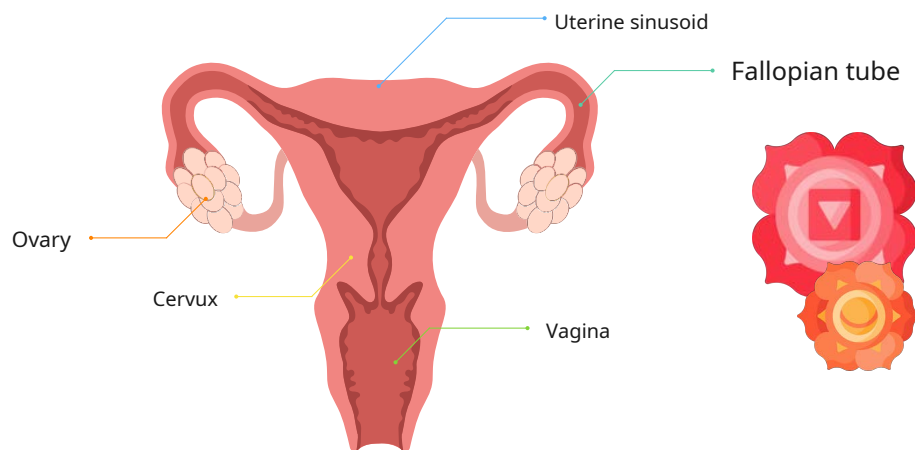
The abdomen can be considered our energetic and physiological center of functioning. This region is home to the main systems that keep us alive and healthy. It is also where the main chakras for maintaining and stabilizing life are located (root, sacral, solar plexus and heart).

## Reproductive Anatomy



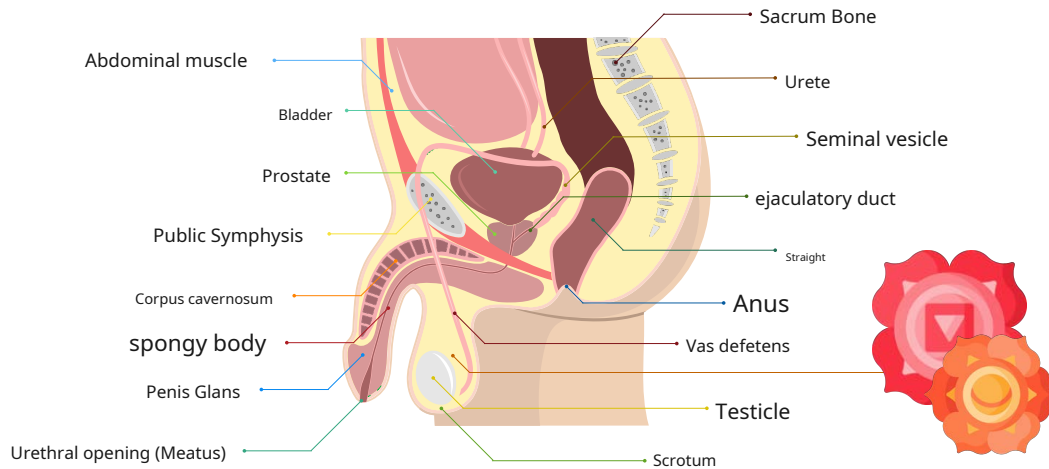
Whenever we are talking about reproduction and materialization, we are talking about the basic and sacral chakras! Throughout the individual's life, these are the energy points that pulse with life, motivation and strength to materialize what does not yet exist.

## Female Reproductive Anatomy



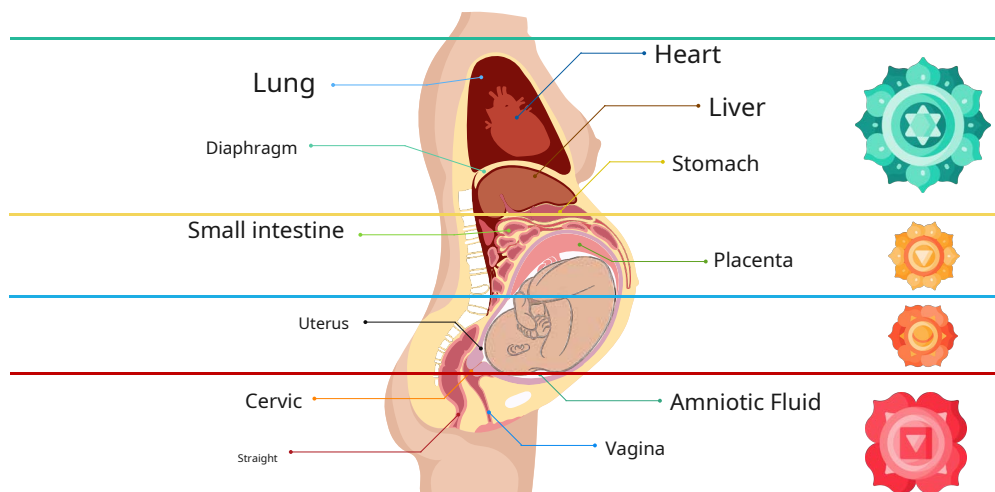
Problems in the female reproductive organs (when clinical problems are ruled out) are caused by disharmonies in the base and sacral chakras. Through holistic techniques, we can reduce the recurrence of inflammation, bacterial proliferation and even pain and discomfort resulting from emotional instability.

## Anatomy of male reproduction



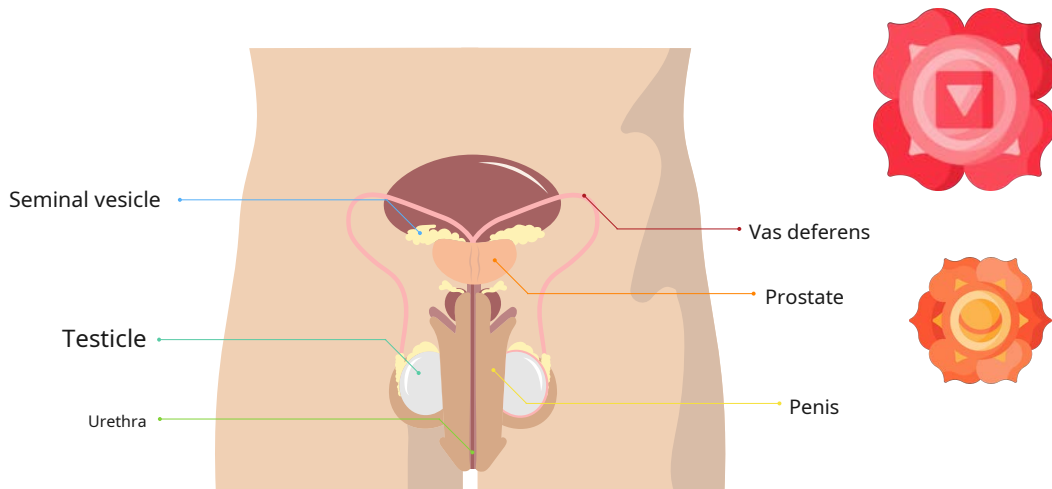
Just like female organs, the male reproductive system can also be affected by emotional and energetic imbalances related to the base and sacral chakras. In this context, we find sexual dysfunctions caused by stress, anxiety, fear, and insecurity.

## Anatomy of pregnant women



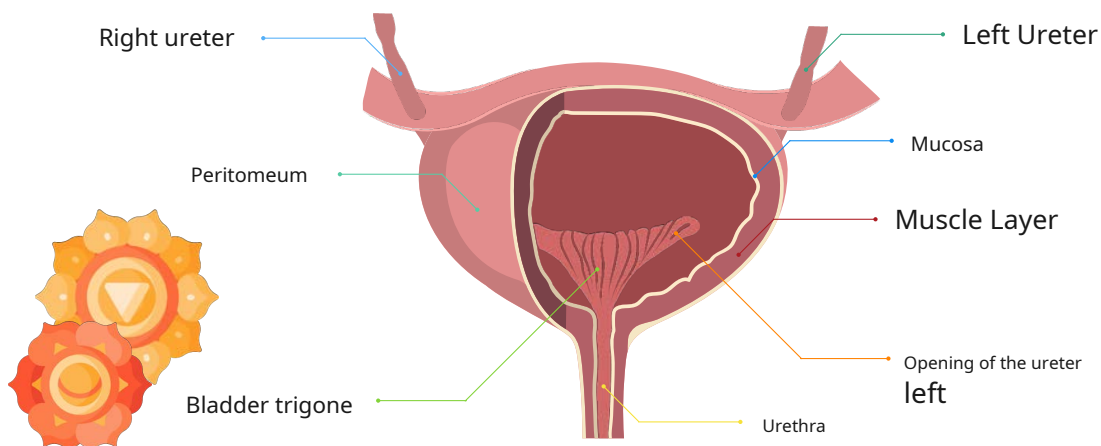
When we observe the anatomy of a pregnant person, we realize the complexity of the energy system in the human body. This is because despite the division demonstrated above into the basic, sacral, solar plexus and heart chakras, it is during pregnancy that the baby also already has its own developed energy points.

# Male reproductive system



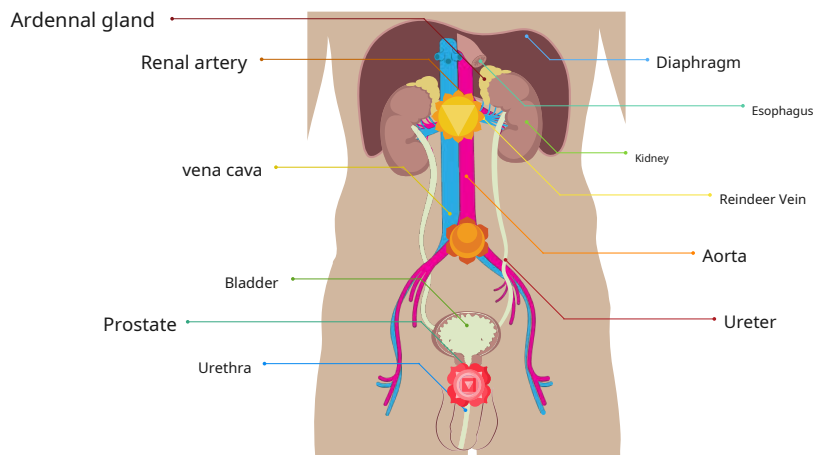
All reproductive health is a function of the chakras (root and sacral). After a doctor has confirmed that there is no clinical problem, the holistic therapist can use certain techniques to treat dysfunctions, fertility, hormone-related problems, etc. Remember: holistic therapies are a complementary tool and help in the process of healing and physical restoration.

# Bladder anatomy



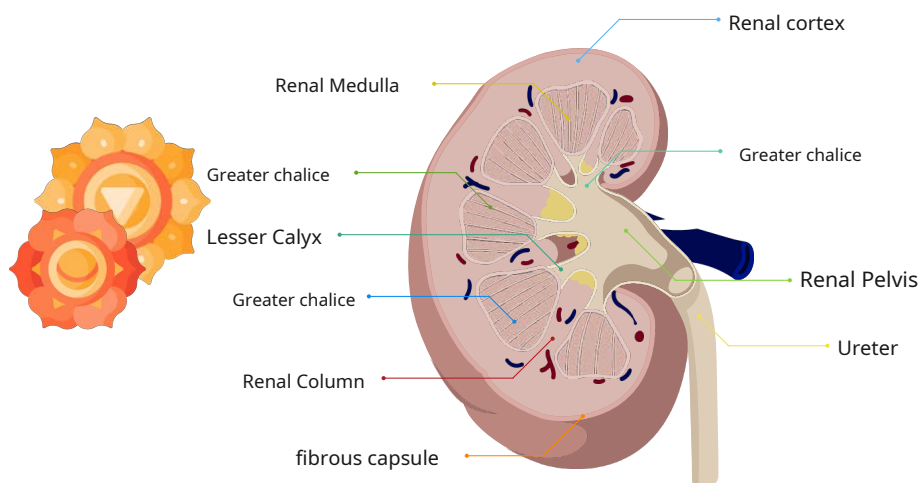
Every human excretory system has a strong relationship with the sacral and solar plexus chakras. Treating these energy points helps in the filtration and elimination of physical and energetic impurities in the body.

# Excretion system



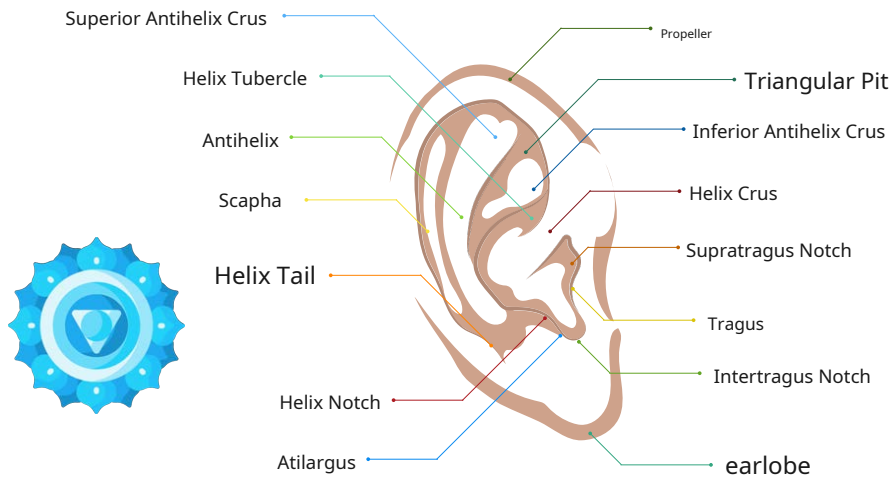
The excretion system is fundamental to the survival and health of the body, because without the elimination of excess waste, the body will become ill and accumulate toxins, which can be fatal.

## Anatomy of the Kidneys



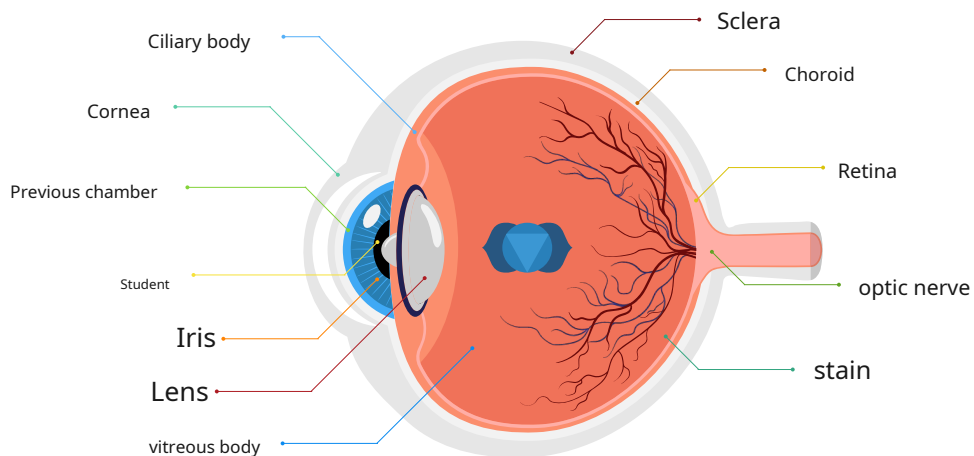
The kidneys are part of the excretory system and are responsible for filtering the blood. Without them, the body would not be able to eliminate toxins through urination.

## Ear anatomy



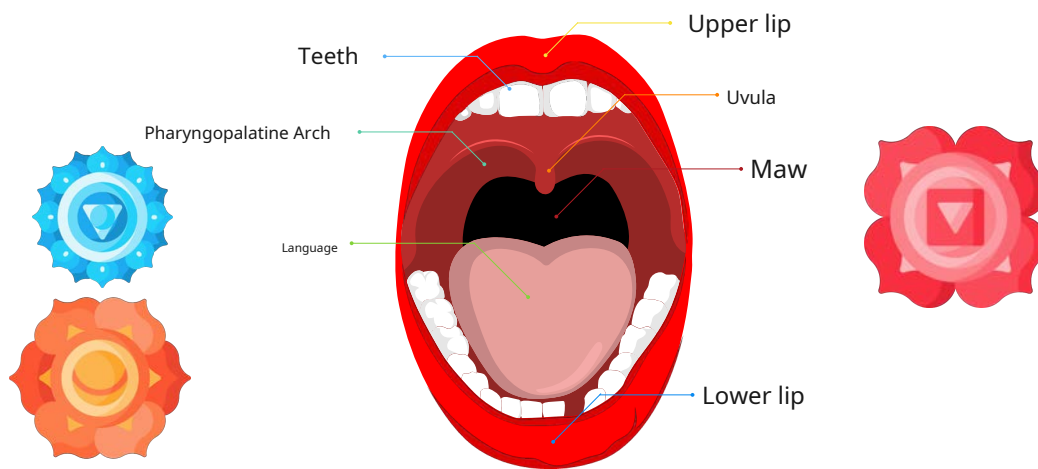
Both the inner and outer parts of the ear are related to the throat chakra. From a holistic point of view, the outer part can be stimulated through reflexology to help relieve and treat pain.

## Anatomy of the eye



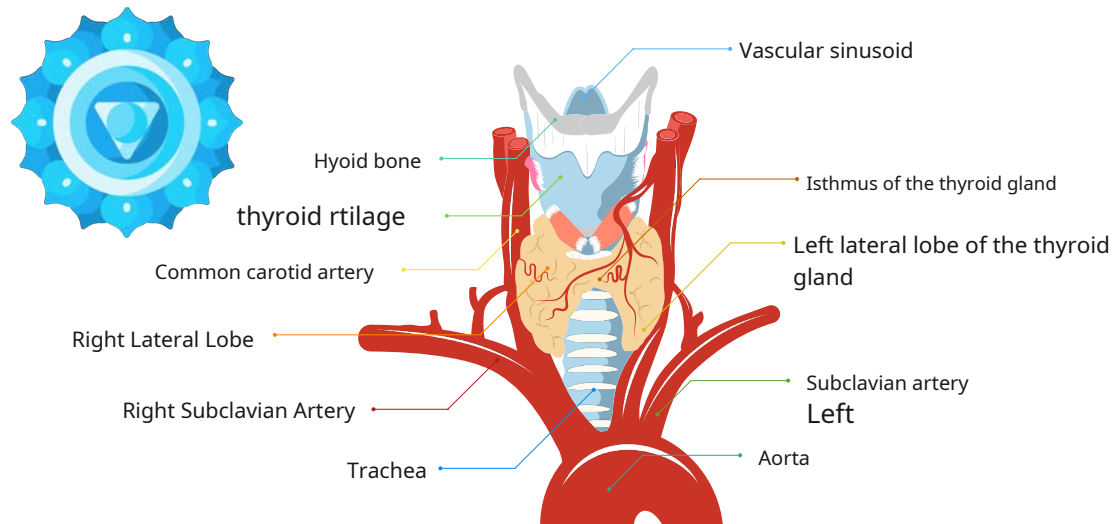
The eye is the organ responsible for capturing all visual information from the world and, for this reason, it has a strong relationship with the third eye chakra and all the other chakras.

## Anatomy of the human mouth



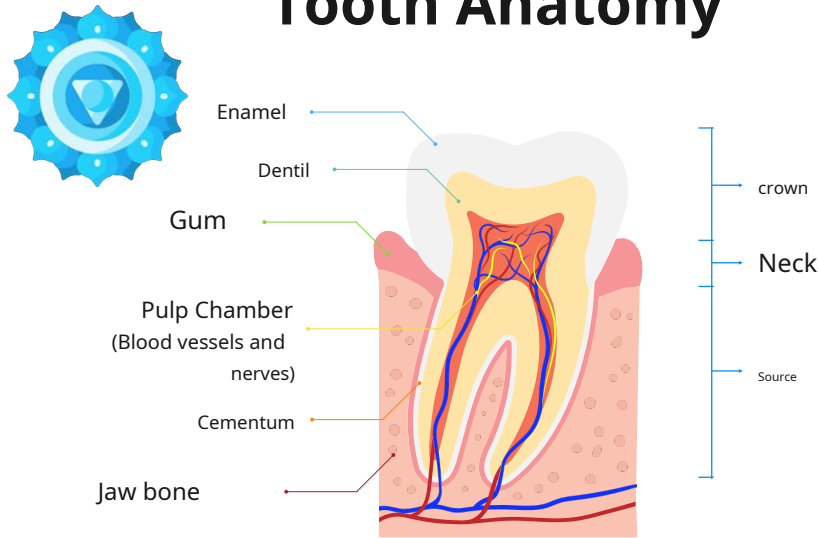
The mouth is a region responsible for both physiological and emotional and energetic functions.

## Anatomy of the thyroid gland



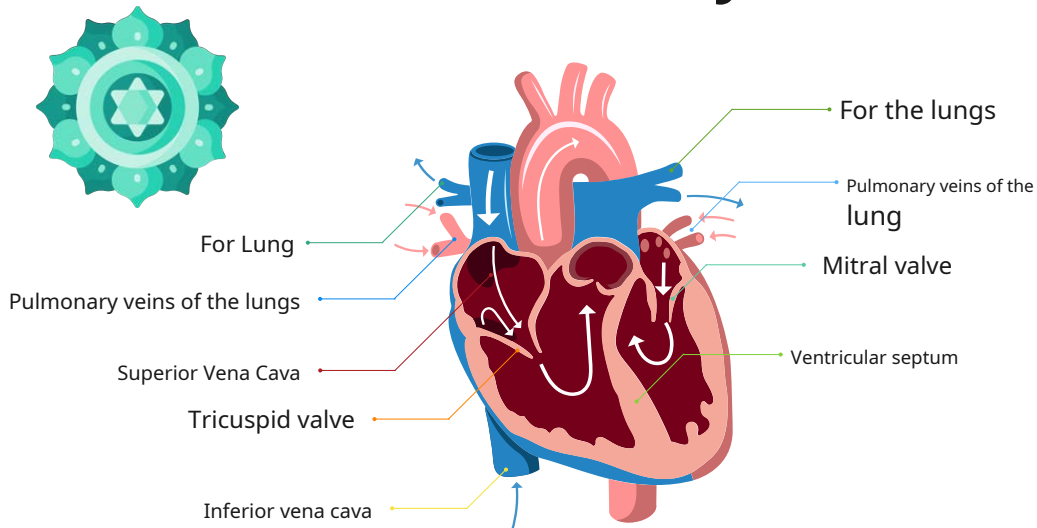
The trachea, as well as all the glands in this region, are related to the laryngeal chakra.

# Tooth Anatomy



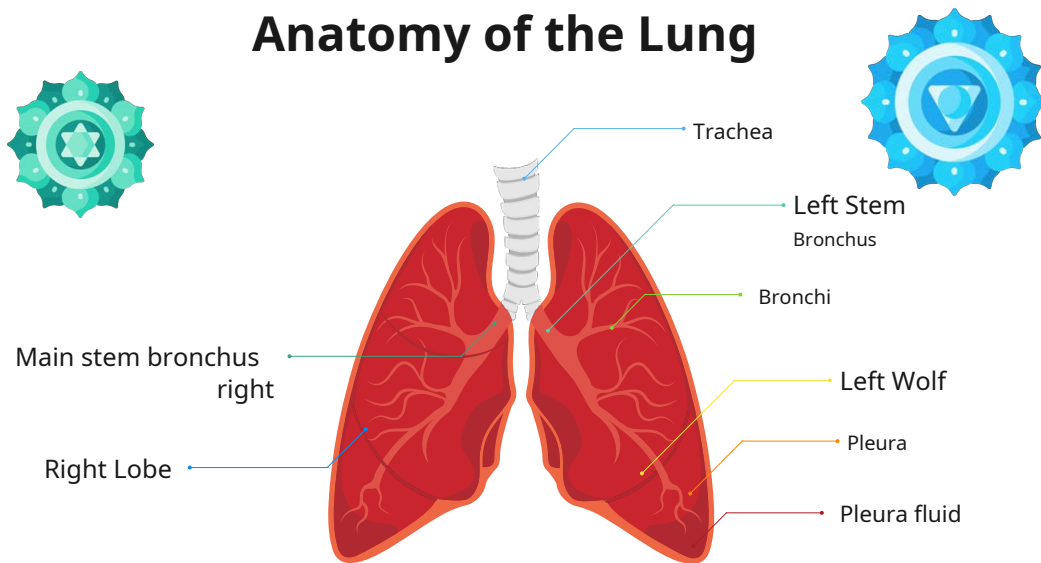
Teeth, gums and all the elements of the inside of the mouth are related to the throat chakra. Constant or chronic pain in this region can lead to eating difficulties.

# Heart conduction system



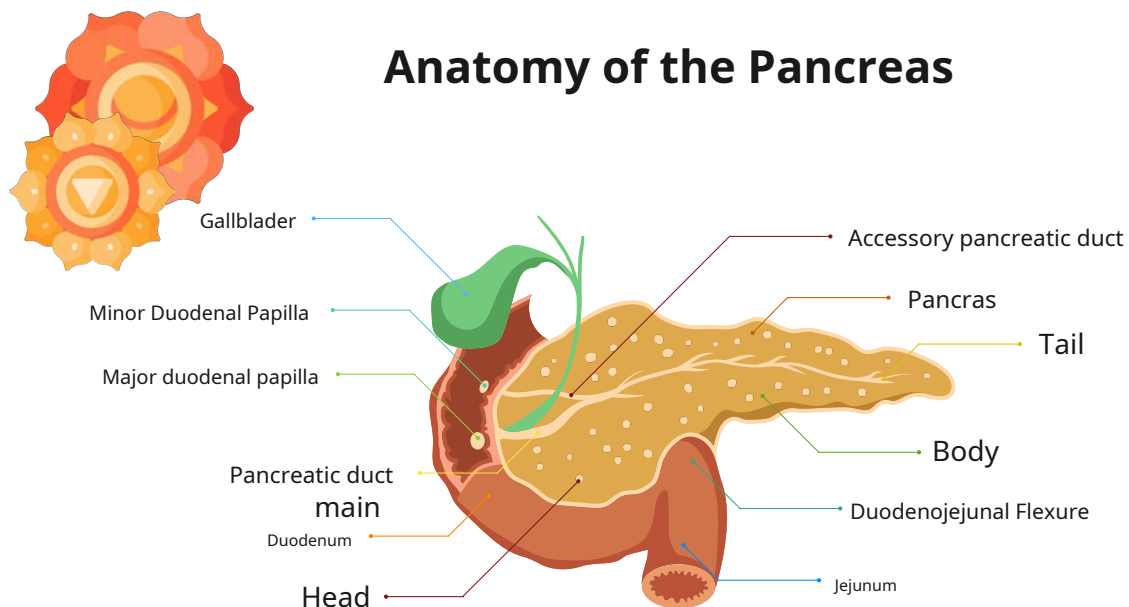
Strongly related to the heart chakra, the conduction system is essential for the energetic propagation of fluids throughout our body. On a physical level, the heart chakra assists in blood flow and the propagation of nutrients, oxygen and information throughout the body. On an energetic level, it allows emotions to be channeled.

## Anatomy of the Lung



The lungs can be understood as the regulatory tool of mental states. Through the lungs and the diaphragm we can control our breathing to achieve states of calm or agitation. It is an organ that is directly related to the throat and heart chakras.

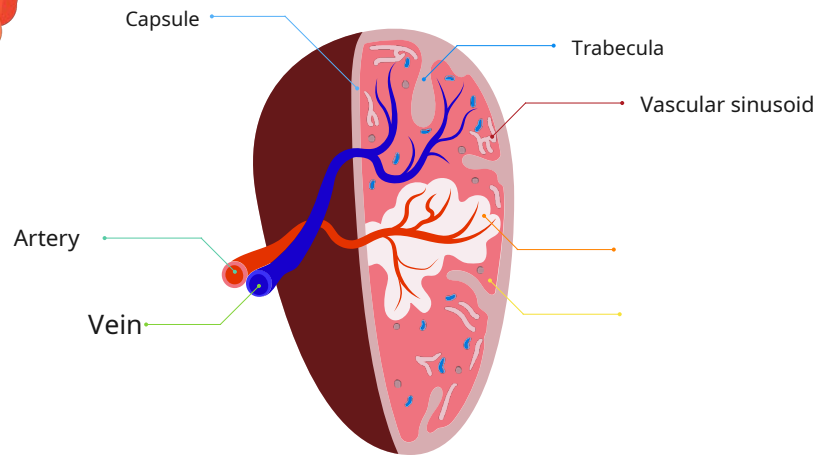
## Anatomy of the Pancreas



The pancreas has a direct synergy with the sacral and solar plexus chakras. It is responsible for the production of some enzymes that aid in the digestive process and also of some hormones.



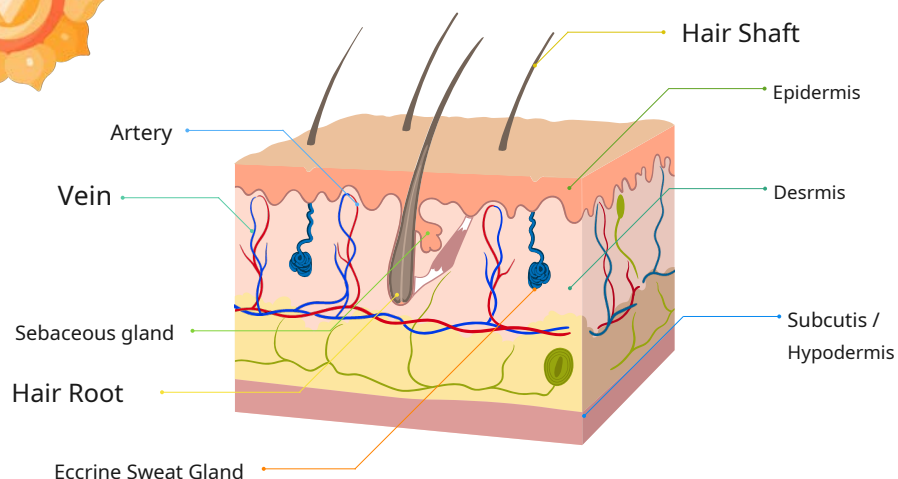
## Anatomy of the Spleen



The spleen is connected to the sacral chakra and solar plexus, is responsible for filtering blood and also holds a “reserve” of blood in case of hemorrhage.

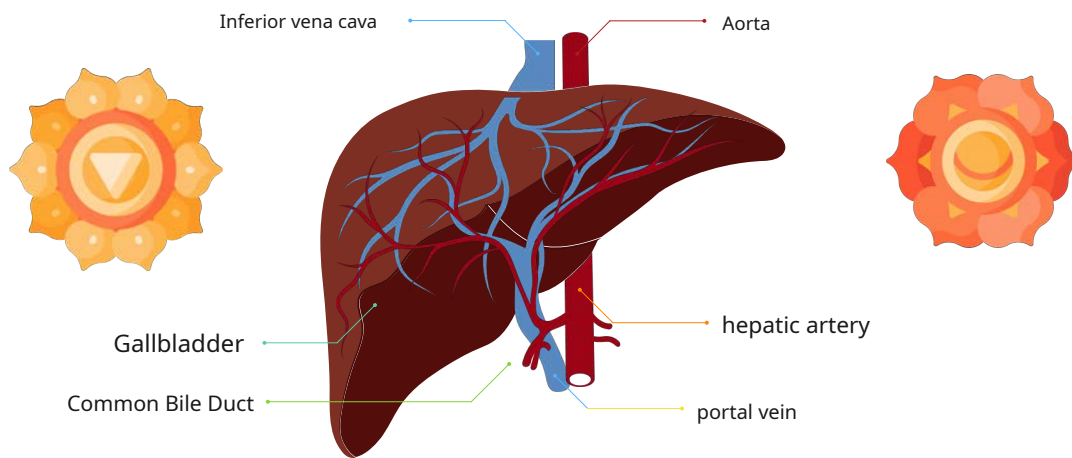


## Skin anatomy



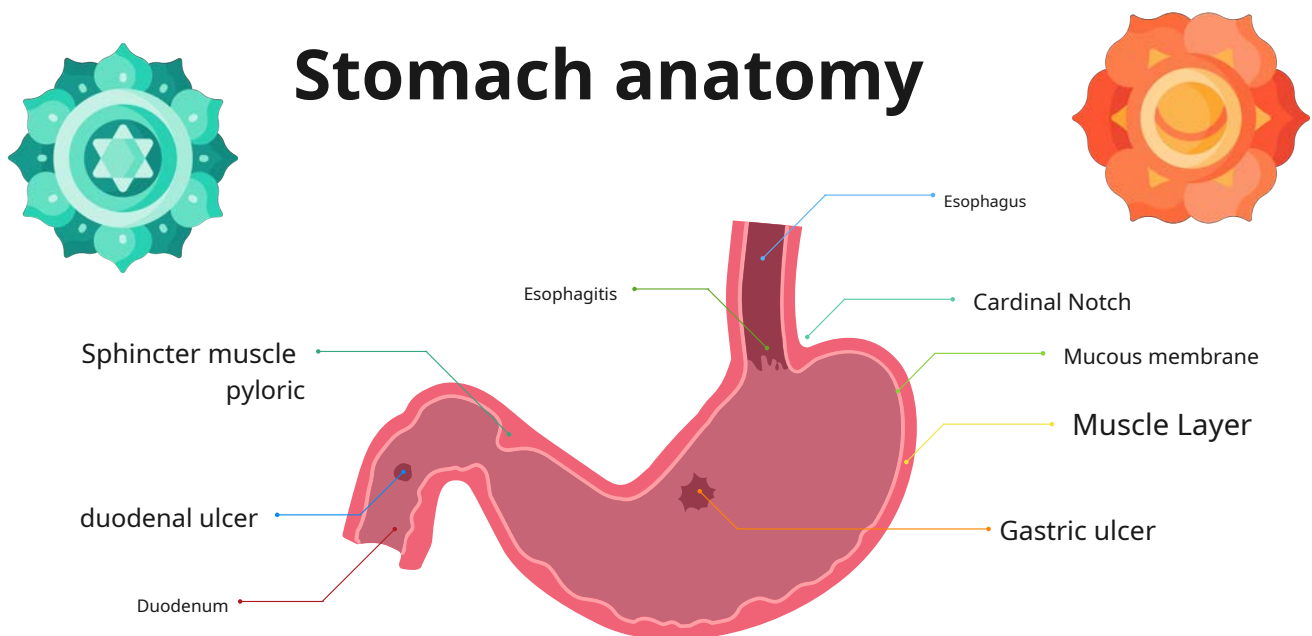
The skin is the largest organ in the human body, capable of capturing countless information from the environment. Its greatest synergy is with the base chakra, but all the other chakras are also related to this organ to a greater or lesser extent.

# Human Liver Anatomy



Responsible for filtration, the liver has synergy with the solar plexus and sacral chakras. It is an organ that has great healing and regeneration powers, being the only transplantable organ capable of reconstituting itself.

# Stomach anatomy



The stomach is part of the digestive system and is responsible for digesting part of the food ingested through gastric juices. It has a direct correlation with the heart and sacral chakras.

## **SYSTEM ENERGY TIC**

## **GENERAL HUMAN**

Now that you understand the correlation between energy points and human anatomy and, mainly, the basic concepts of the health triad, it is time to expand your knowledge and learn about the general human energy system (GHS).

In simplified terms, it is the health triad with a few more elements that also influence the individual's general well-being.

- 1.Hormones
- 2.Mind
- 3.Frequencies

These three elements are often neglected or little observed by holistic therapy professionals.

However, they are fundamental elements to deepen adequate treatment with holistic therapies.

Hormones, for example, determine moods, happiness, sadness, enthusiasm, depression.

This hormonal production, in turn, is directly influenced by the mental states and frequencies we receive.

Thus, we can put our mind in a high or low frequency, and this mental state alters our hormone levels. And vice versa: hormone levels also determine our mood. People with depression, for example, have hormone dysregulation.

It is worth noting that, as in the health triad, there is no point in improving the inputs of one of the elements and not working on the general functioning of the triad.

For this reason, depression medications, which are hormone replacements, do not work in isolation. Psychological monitoring and holistic work are necessary for a deeper transformation, with the change of thought patterns and vibrations, always aiming at the patient's cure.

## **TRI ADE PROCEDURAL**

**HORMONES**

**FREQUENCIES**



**MIND**

Just like the health triad studied in previous chapters, the human energy system triad has a geometric structure that integrates with the geometry of the health triad.

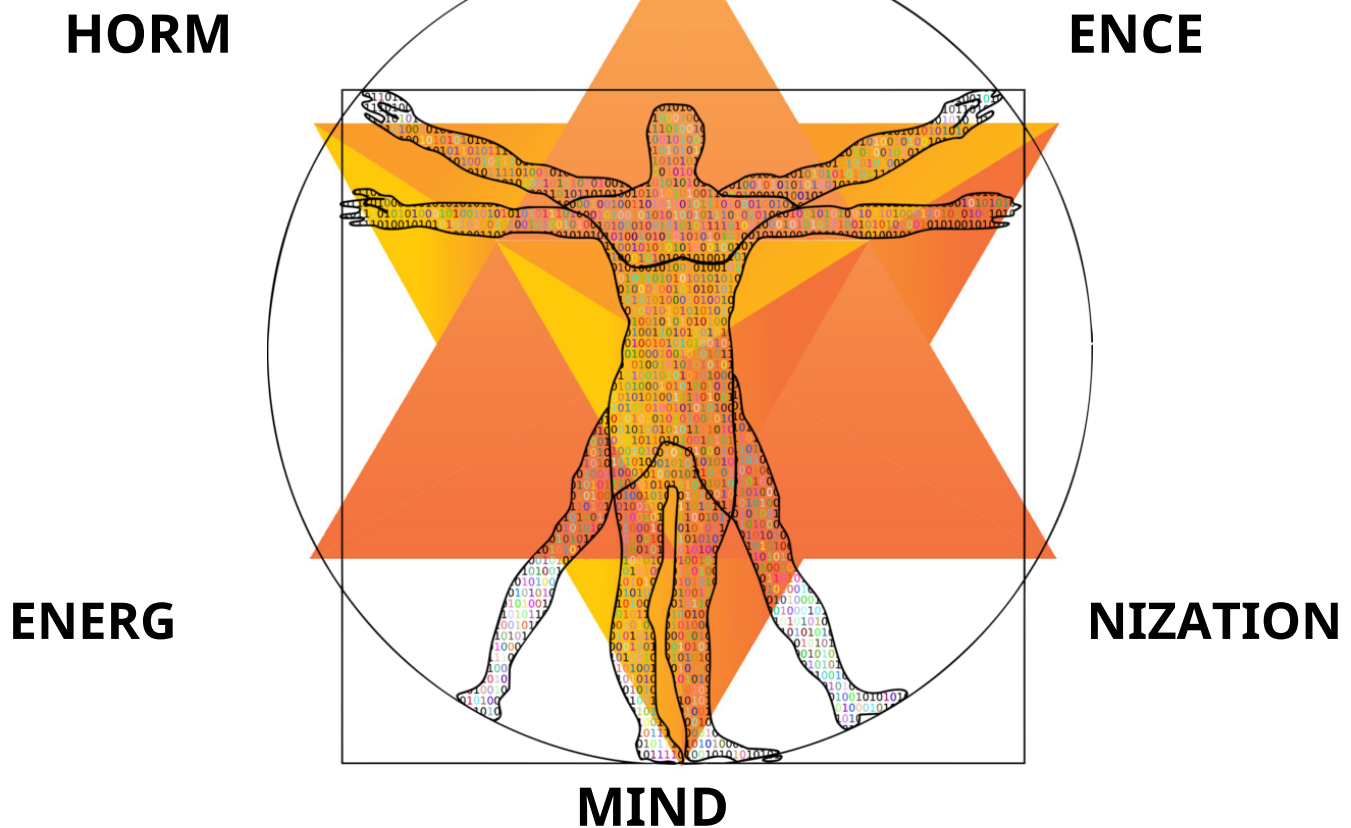
This is because both are parts of the same object/element. The health triad alone is not enough; the same is true of the overall human energy system.

By integrating this knowledge, we have an expanded understanding of human life and the elements that influence personal and collective well-being.

The therapist must be able to see the complexity (holos: whole) for an intelligent analysis of the elements that may be responsible for the symptoms of those seeking help.

# SYSTEM GENERALS HUMAN

## INTELLIGENCE



In this image we can see the complete system, the TSH with the SGEH, integrated and working as one.

The drawing reminds us of the "Vitruvian Man" by Leonardo Da Vinci (1452 – 1519).

The artist's work features the figure of a naked man in the center, with his arms and legs open, symmetrically, illustrating the perfect proportions that make up the human body.

Similarly, the systems created by IBRATH® and demonstrated in this book seek to show the "ideal", in the sense of balance, taking into account all human complexity.

In the way that there is no point in treating, balancing or harmonizing one element and leaving all the others aside... Just as there is a physical proportion and balance, there is also a proportion and balance of these elements demonstrated in the systems of **TSH** and **SGEH**.

For you to be successful in your journey as a therapist, it is essential to always start with the basics by assessing possible disharmonies in your patient's "organization", intelligence and energy. [TSH]

Using holistic therapies to stimulate and improve the inputs of the three elements in your patient. Always through instruction and demonstration of the procedures and knowledge that are being applied.

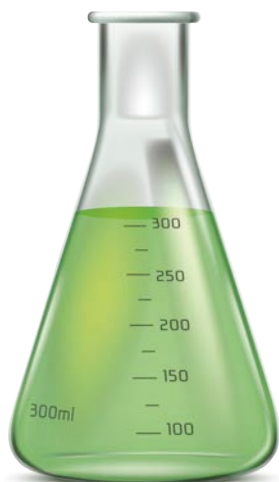
When all the elements of the [HTS] are harmonized, you can then expand to treating the elements of the general human energy system (GHS). Often the patient may have hormonal imbalances (which can only be detected through a medical examination). Or even the patient's mental patterns are so ingrained that they make holistic care difficult.

The general energy system represents the general human complexity. Something that is often not perceived or treated, for example: a person who maintains negative thoughts and patterns over an extended period of time automatically reduces their natural production of serotonin, which generates a hormonal state of sadness and dissatisfaction.

When we are sad and dissatisfied, we attract and experience negative experiences (energy inputs) that strengthen and fortify these states and intensify the reduction in the production of happiness hormones.

We call these events Degrading Cycles.

## IMPORTANCE SEROTONIN

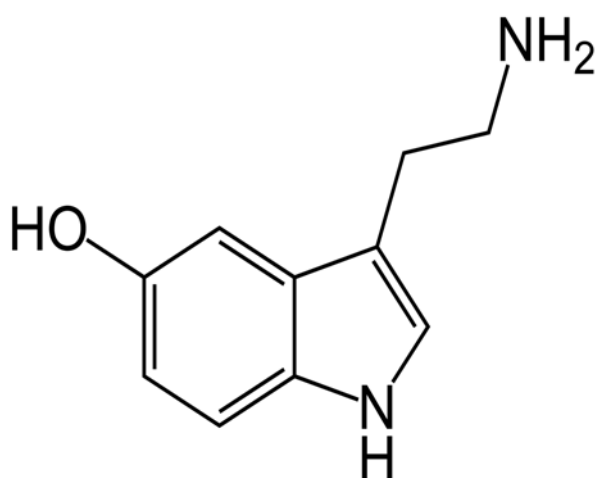


This neurotransmitter is associated with the desire to eat (appetite), mood, sleep and cognition or the process of acquiring knowledge.

Associated with mood, there is a relationship between serotonin and patients suffering from depression. "In these patients, there is a decrease in serotonin production in the brain, in addition to a change in the function of the receptors of this neurotransmitter. Thus, the serotonergic system becomes deficient", explains neurologist Jerusa Smid. According to the Virtual Health Library of the Ministry of Health, in addition to serotonin, there is evidence that there are also changes in norepinephrine and dopamine.

### The main functions of serotonin are:

**1. Regulates mood;** Serotonin acts in the brain to regulate anxiety, increase happiness and improve mood, and therefore, low levels of this molecule can cause anxiety disorders and depression.



**2. Regulates sleep;** Serotonin is a neurotransmitter that also stimulates the regions in the brain that control sleep and wakefulness.

### 3. Acts on bowel movements

Serotonin is found in large quantities in the stomach and intestines, helping to control bowel function and movements.

**4. Regulates nausea;** The production of serotonin levels increase when the body needs to eliminate toxic substances from the intestine, such as in cases of diarrhea. This increase also stimulates a region of the brain that controls nausea.

**5. Blood clotting;** Platelets in the blood release serotonin to help heal wounds. Serotonin causes vasoconstriction, thus facilitating blood clotting.

## **Symptoms of low serotonin**

Low serotonin levels in the body can lead to signs such as:

- Bad mood in the morning;
- Sleepiness during the day;
- Change in sexual desire;
- Desire to eat all the time, especially sweets;
- Difficulty in learning;
- Memory and concentration disorders;
- Irritability.

The patient may complain of tiredness or of losing patience easily.

If these symptoms are present, it is important to consult a doctor to provide the most appropriate treatment, which usually involves a change in diet and the use of tryptophan supplements, in some cases.

In more serious cases, where serotonin deficiency has a major impact on a person's life, causing depression or anxiety disorders, for example, it may be necessary to take more specific medications.

## **Foods to Increase Serotonin**

Some foods rich in tryptophan, which serve to increase the production of serotonin in the body, are:

- dark chocolate;
- Egg;
- Banana;
- Pineapple;
- Tomato;
- Lean and low-fat meats;
- Milk;
- Whole grains;
- Vegetables;
- Spinach;
- Asparagus.

In addition, foods rich in omega-3, such as salmon, sardines, trout and dried fruits, are good sources of serotonin. It is recommended that these foods be included in the daily diet in small portions and several times a day.

A good option is to have a banana smoothie for breakfast, eat a grilled chicken breast with tomato salad for lunch and have a glass of red wine after dinner.

## IMPORTANT DOPAMINE

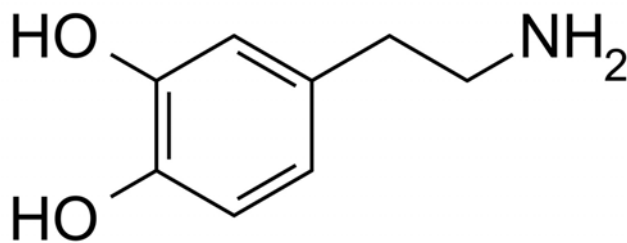


Dopamine is a neurotransmitter responsible for carrying information to various parts of the body and, when released, promotes a feeling of pleasure and increases motivation.

In addition, dopamine is involved in emotions, cognitive processes, movement control, heart function, learning, attention span, and bowel movements. It is also directly related to neurological and psychiatric disorders, such as Parkinson's disease, schizophrenia, and ADHD, for example.

### What is dopamine for?

Dopamine is very important in several bodily functions and, therefore, it is essential to maintain its levels at healthy concentrations. The main functions of dopamine are:



**1. Increases libido:** Dopamine is linked to increased libido. During sexual intercourse, dopamine levels increase, giving a greater feeling of pleasure. Dopamine also stimulates male ejaculation and, in some cases, men who have changes in dopamine and serotonin levels

may not suffer from premature ejaculation.

**2. Promotes increased muscle mass:** Protein-rich foods, recommended for people who want to increase muscle mass, also help increase dopamine, which helps generate pleasure when eating food. Likewise, the exercises that are part of this diet plan also promote the release of dopamine.

**3. May cause changes in perception:** On the other hand, high levels of dopamine can produce mental changes that are linked to disorders such as schizophrenia, for example, causing hallucinations and delusions. In these cases, it is necessary for the person to undergo treatment accompanied by a psychiatrist.

**4. Helps control movements:** Dopamine helps control the coordination of body movements. Dopamine levels even appear to be associated with Parkinson's disease, as people with low levels of dopamine have greater difficulty controlling and coordinating movements, causing tremors.

Treatment for Parkinson's disease may include medications to increase dopamine and thus improve movement control.

**5. Ensures intestinal health:** It has been shown that dopamine levels increase with the consumption of probiotics, since there are some species of bacteria, such as *Coprococcus* and *Dialister*, that live in the intestine and are linked to the production of this neurotransmitter, which promotes good intestinal health.

### **Signs of low dopamine**

When dopamine levels are low, the main symptoms are a lack of motivation and pleasure. In addition, loss of libido, a feeling of tiredness or changes in movement are also common.

### **Which doctor to consult?**

To assess dopamine levels in the body, the ideal is to consult an endocrinologist, who can request blood tests and analyze whether hormone levels are within the norm.

### **Foods that help increase dopamine**

Tyrosine is a precursor to dopamine, so foods rich in tyrosine, such as eggs, fish, meat, beans, nuts, dairy products or soy, help to increase dopamine levels.

### **What is the difference between dopamine and serotonin?**

One of the differences between dopamine and serotonin is the source of their production, since dopamine is produced from tyrosine, while serotonin is produced from an amino acid called tryptophan.

When serotonin levels are high, the amount of dopamine tends to decrease, causing a reduction in libido, for example. On the other hand, low levels of serotonin can cause an excessive increase in dopamine, which causes an increase in libido and the search for activities that cause pleasure.

Low serotonin levels can make a person crave sweets more, while low dopamine levels mean less pleasure and desire to eat.



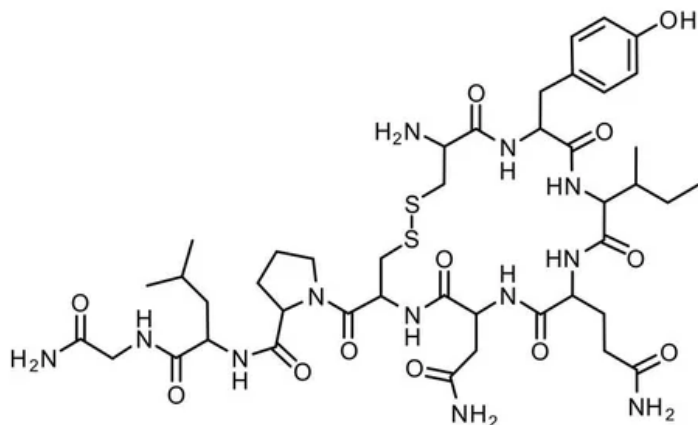
## IMPORTANT OXYTOCIN

Oxytocin is related to a primitive feeling of comfort, being responsible for the sensation of pleasure in sexual relations, improved mood and increased connection between partners, for example.

It is produced in the brain and plays an important role during childbirth and breastfeeding. It can be found in pharmacies in the form of capsules, liquid or spray, as is the case with Syntocinon, for example, and should only be used under medical advice.

It is also known as the love hormone, due to its role in improving mood, social interaction, reducing anxiety and in tune with relationships. In men, this hormone is capable of reducing aggression, making them more kind, generous and social, although its action is

often blocked by the action of testosterone.



### The main functions of oxytocin in the body are:

#### 1. Facilitate childbirth:

Oxytocin helps with labor, being produced naturally to stimulate contractions. Its ingestion via medication is used when it is necessary to induce labor in pregnant women who have not given birth on time, such as those with more

41 weeks of gestation.

It should only be used with the obstetrician's recommendation, and cannot be used on other occasions by pregnant women, due to the risk of miscarriage or premature birth.

**2. Assist with breastfeeding:** Oxytocin is produced naturally by a woman's body due to the baby's sucking stimulus during breastfeeding. The synthetic hormone sold in pharmacies can be used 2 to 5 minutes before each feeding or before expressing milk with a pump, if the

if a woman has difficulty breastfeeding or is an adoptive mother, helping with breastfeeding and the bond between mother and child.

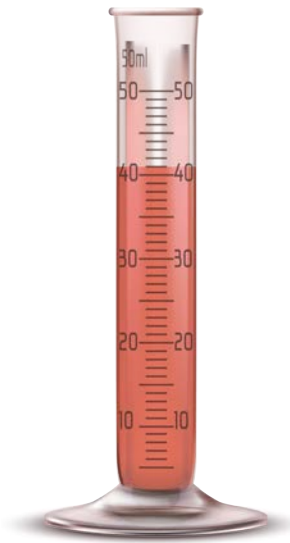
**3. Improve social relations;**Oxytocin plays an important role in social interaction, in the perception of emotional expressions and sensitivity, and is indicated to help in the treatment of patients with autism and schizophrenia, for example, if guided by a psychiatrist.

**4. Help combat depression and anxiety;**This hormone can help with emotional balance, reducing feelings of stress, and in some cases, it can help treat depression, intense anxiety and social phobia. In these cases, the use of oxytocin should also be recommended by a psychiatrist.

**5. Increase pleasure during intimate contact:**It is believed that oxytocin plays a role in improving libido and sexual performance, acting together with testosterone in men and progesterone in women to intensify pleasure and interest in intimate contact, in addition to facilitating vaginal lubrication and achieving orgasm.

Physical contact, not just sexual contact, but also through hugs and affection, are ways to increase oxytocin without needing medication.

## IMPORTANT ADRENALINE



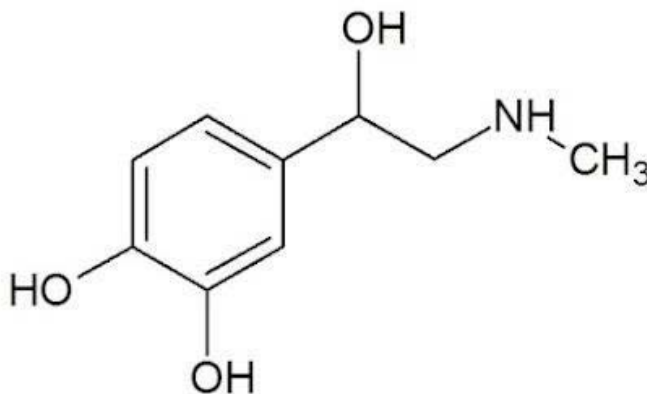
Adrenaline, also known as Epinephrine, is a hormone released into the bloodstream and has the function of acting on the cardiovascular system and keeping the body alert to situations of strong emotions or stress, danger, fight, flight, excitement or fear.

This substance is produced naturally by the adrenal glands, located above the kidneys, which also produce other hormones such as Cortisol, Aldosterone, Androgens, Noradrenaline and Dopamine, which are very important for the body's metabolism and circulation.

### What is it for?

Adrenaline is produced to stimulate the body, helping with quick reactions. Its main effects are:

1. Increase heart rate;
2. Accelerate blood flow to the muscles;



3. Activate the brain, making it more alert, with faster reactions and stimulating memory;
4. Increase the pressure arterial;
5. Accelerate the frequency of breathing;
6. Open the bronchi pulmonary;
7. Dilate the pupils, facilitating vision in dark environments;
8. Stimulate production

extra energy, by transforming glycogen and fat into sugars;

9. Reduce digestion and the production of secretions by the digestive tract, to save energy;
10. Increase sweat production.

These effects are also stimulated by Norepinephrine and Dopamine, other neurotransmitter hormones produced by the adrenal gland, also responsible for various effects on the body and brain.

## **When is it produced?**

Adrenaline production is stimulated whenever any of the following situations occur:

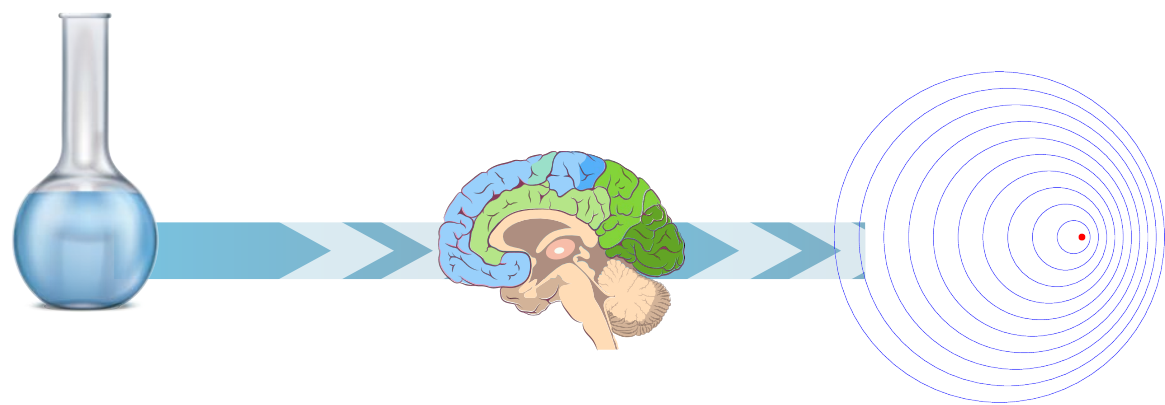
1. Fear of something, so that the body is prepared to fight or flee;
2. Practicing sports, especially extreme sports, such as climbing or jumping;
3. Before important moments, such as taking a test or interview;
4. Moments of strong emotions, such as excitement, anxiety or anger;
5. When there is a decrease in blood sugar, to stimulate the transformation of fats and glycogen into glucose.

Therefore, a person who is constantly stressed lives with high levels of adrenaline, as their body is always in a state of alert. This persistent activation of the body's reaction mechanisms generates a greater risk of developing high blood pressure, cardiac arrhythmias, cardiovascular diseases, as well as autoimmune, endocrine, neurological and psychiatric diseases.

## **Adrenaline as a medicine**

The effects of adrenaline can be harnessed in the form of medication, through the application of its synthetic form in the body. For this reason, this substance is commonly used in medicines with a powerful anti-asthmatic, vasopressor and cardiac stimulant effect, and is most commonly used in emergency situations or in ICUs, with the aim of treating an anaphylactic reaction or to stimulate blood pressure levels, for example.

This medicine is only found in hospital settings, or can only be carried by people who are at high risk of having a serious allergic reaction, and cannot be purchased in pharmacies.



**HORMONES**

**MIND**

**FREQUENCIES**

**PERFORMANCES  
ABOUT**

**HORMONES  
X FREQUENCIES**

It is essential that every holistic therapist understands the power of hormones over our mind and emotions.

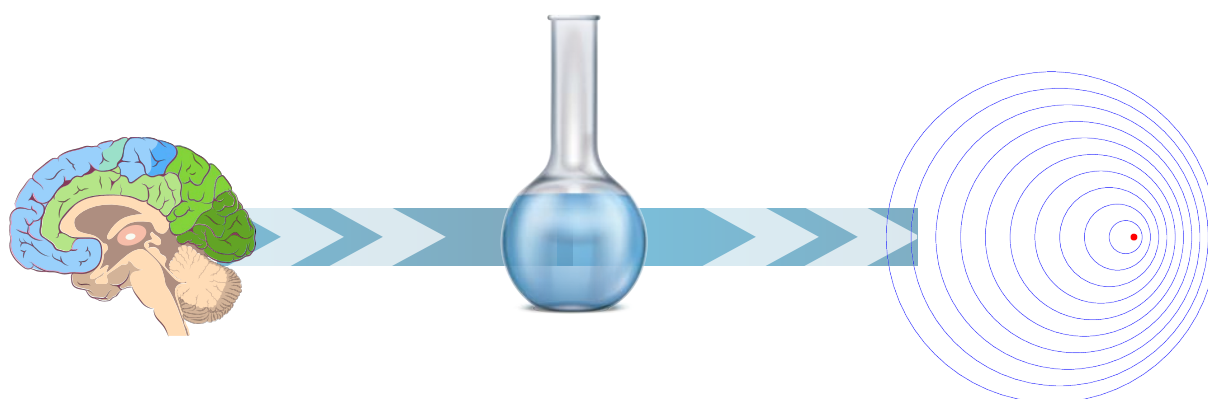
The human body naturally produces hormones that regulate our emotional well-being, while the pharmaceutical industry plays its part in the synthetic production of what our body does not produce on its own.

We already know that a deficiency or excess of one of these elements can directly affect an individual's actions. Insufficient serotonin production, for example, can cause deep states of discouragement, fear, insecurity, sadness and even develop into depression.

The levels of these hormones generate vicious emotional cycles. Once an individual has low serotonin levels, they will see the world through a pessimistic lens, and their experiences will always be perceived negatively.

The repetition of these negative experiences can become a mental state that further reduces serotonin production.

Thus, the production of serotonin, together with the quality of mental states, determines your energetic frequency.



**MIND**

**HORMONES**

**FREQUENCIES**

**AFFECTION OF  
ABOUT HORMONES**

**MIND  
XFREQUENCIES**

Just as hormones play a fundamental role in emotions and mental states, the quality of the mind also influences the production of certain hormones.

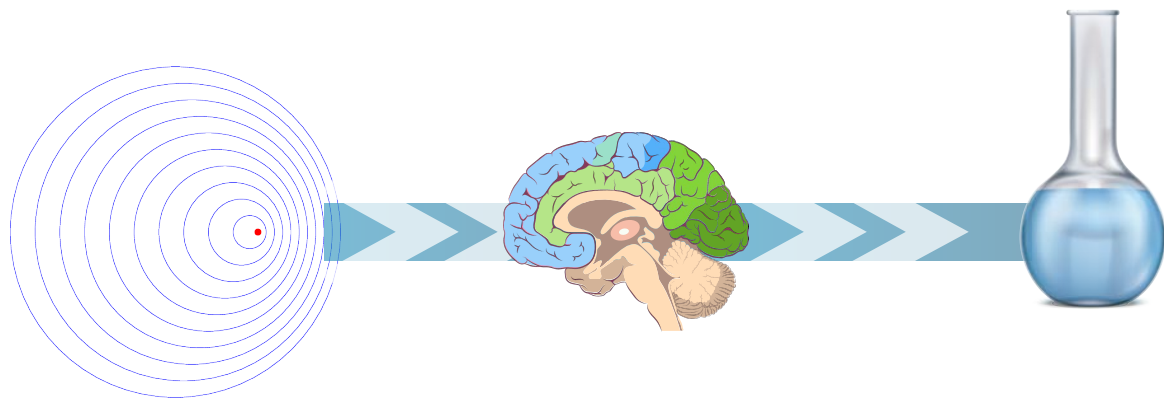
For example, if you are going through difficult times, but always try to see the positive things, not allowing negativity to gain strength or be cultivated in your mind, you are increasing your natural production of serotonin.

Few people still don't understand that the black label medication that will inject an exaggerated and synthetic amount of serotonin into the body is not the solution.

The medication option is a temporary solution, but it is not something that has been achieved. Although the person may feel better momentarily, the traumas, mental maps, influences, addictive behaviors, and frequencies are still there, negatively affecting the patient.

This is the foundation on which the power of holistic therapies lies, seeing the being as a whole and working on the causes of the problem.

By changing our mental patterns and the emotions and thoughts we cultivate internally, we can alter the production of serotonin and other well-being hormones. In this way, we promote new positive experiences that will strengthen our mental maps and attract people, places, experiences and experiences with the same frequency.



**FREQUENCIES**

**MIND**

**HORMONES**

**AFFECTION OF THESE  
ABOUT**

**FREQUENCIES  
X HORMÔNIOS**

Frequency also plays a role in the system, attracting, repelling and even sharing information between individuals.

It can be understood as the propagation of information throughout the universe, cosmic energy, God, collective consciousness or even the law of attraction. It is an invisible, infinite and omnipresent force.

In short, we can say that it is the propagation of our mental states and emotions in the universe. Or the reaction of the universe to these states that we maintain.

Depending on the quality and intensity of our thoughts, we will attract or repel certain types of experiences, people and opportunities.

Ex: If you are a positive person, who believes that the universe is kind and that all the problems in your life are a way/path to development, you will probably have experiences that will strengthen this type of perspective. In the same way, a person who always acts in a negative frequency will attract more experiences with that frequency.

In short, the same situation can be interpreted and felt from different perspectives. Depending on how the moment is absorbed and processed, the individual will be strengthening or weakening their emotional evolution.

## CYCLES BELIEF

How are beliefs created? As we have seen in previous chapters, our hormones affect our mental states, influencing the way we perceive situations in life. Based on these perceptions, we shape our judgment about the world.

This process is called the cycle of beliefs. To understand how trauma, pain, suffering and imbalances are generated, we need to understand how these ideas were established and reinforced in the minds of our patients and in ours.



Look at the image on the side, which shows the process of creating beliefs in a simplified way so that anyone can understand.

**Step 1**(Data capture -BLUE); This is the moment when the information is neutral in quality, it is just information, frequencies captured by the human senses. Here is everything we hear, see and feel.

**Step 2**(Interpretation - RED); This is the moment when all data is processed according to our internal database.

To decide whether that information is good, bad, threatening or joyful, whatever it may be, we use our repertoire of past experiences and especially our current mental maps. This is how we categorize and give meaning to experiences.

Ex: If you are in a positive moment in your life, understanding that even problems come to build you up, you may process a negative moment from a lighter perspective, even generating positive results due to your attitude. This process builds your emotional maturity.

**Step 3**(Reaction (GREEN): After interpretation, which often occurs in a matter of seconds, we react to the world. This reaction can be either positive or negative.



**Step 4**(World Reaction -LOVE IT);

Every action generates a reaction proportionally equal in quality and intensity.

Therefore, if you have processed and reacted in a negative way, the world may react in kind.

For this reason, it is difficult to get out of negative cycles.

Those who are experiencing negative processes experience a cycle of ideas, vibrations, hormones and mental patterns in the same proportion.

In this sense, these people can benefit from the support of a holistic therapist to receive holistic support to harmonize their energies, emotions and mental maps.

Note: Virtuous cycles expand and reinforce themselves over time.



# **REIKI USUI**

# MANUAL

## REIKI

Reiki is a Japanese word that means **universal vital energy**. Currently, this word is being used to identify the Usui System of Natural Healing (Usui Shiki Ryoho), which was named in honor of its discoverer, Mikao Usui.

Rei means universal and refers to the spiritual part, the cosmic energetic essence, which permeates all things and surrounds all places. Ki is the individual vital energy that surrounds our bodies keeping them alive, it is present and flowing in all living organisms; when the Ki energy leaves the body, that body ceases to have life.

This energy is known throughout the world, every culture, philosophy or religion has a name for it:

*Prana (India); Chi (China); Bioplasmic Energy (Russia); Ka (Egypt); Pneuma (Ancient Greece); Vital or Psychic Energy (Rosicrucians); Light or Holy Spirit (Christians); Orgone (Reich); Central Fire (Pythagoras); Inner Fire (Hippocrates); Magnetism (Mesmer); Fluid of Life (Alchemists); Mana (Kahunas); Baraka (Sufis); Ruach (Jews); Pneuma (Gauls); Orenda (American Indians).*

Reiki is a process of meeting these two energies: the universal energy with our physical portion. It occurs after the person undergoes a process of attunement or initiation of the method, carried out by a qualified master. We can say that Reiki is the action of Universal, Cosmic, Divine energy on our individual vital energy, restoring its original harmony.

Reiki is an energy, like radio waves, and can be successfully applied locally or remotely: it is not like electricity, it does not produce short circuits, and it does not destroy nerves or fragile tissues. It is a harmless energy, with no side effects or contraindications, and is compatible with any type of therapy or treatment. It is practical, safe and efficient. Through this technique, it balances the seven chakras or subtle energy centers located between the base of the spine and the top of the head.

When we use Reiki energy, we are spreading our positive emotions and intentions through frequencies, aiming to recover and maintain physical, mental, emotional and spiritual health; it is a natural method of balancing, restoring, perfecting and healing the bodies, creating a state of harmony for the being.

# KING + KI

**ENERGY**  
**TEL Ú RICA**

**ENERGY**  
**UNIVERSAL**

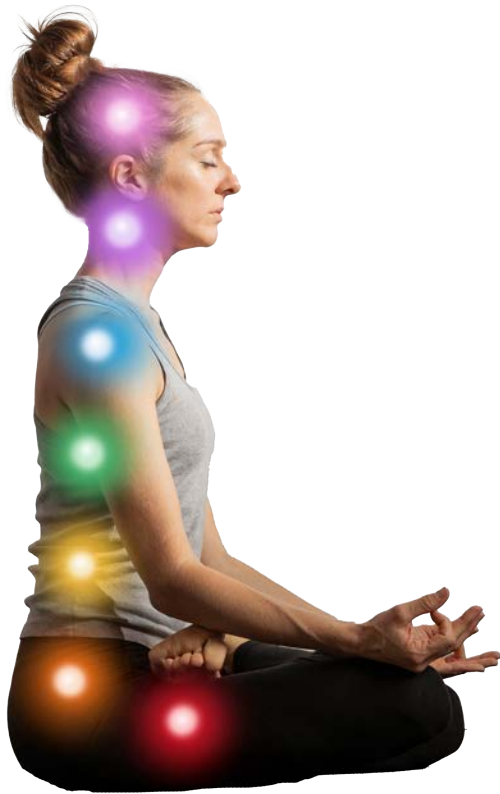
**YIN**

Feminine  
Shadow  
Night  
Moon  
Water  
Cold  
Discreet  
Indirect  
Flexibility  
Calm  
Mental  
Intuition  
Receptive  
Energies  
Internal

**ANG**

Masculine  
Positive Side  
Light  
Day  
Sun  
Heat  
Direct  
Solid  
Active  
Movement  
Exterior  
Logic  
Introvert  
Structured





new age understand that lines and initiation were tools created to limit and prevent reiki from reaching its true potential on earth.

They are “disguised” forms of control and valorization of the master’s EGO.

For this reason, we at IBRATH have developed this innovative methodology, which does not require any type of “lineage” or “initiation” for the person to be able to apply reiki.

## ATTENTION!

Reiki is within everyone's reach, it is essential that you understand that there is no limitation to Reiki!

It is an energy that is already present in all of us, that is not limited by time or space, and can travel between your past, present and future, reaching people who are close to you and those who are miles away.

Reiki is a gift from the universe and is not anyone's possession! Although Mikau Usui discovered (decoded) this information to make it - accessible to everyone, it is still far from being considered complete.

For this reason, in our BRATH methodology, we disregard any type of lineage or initiation.

We believe that professionals in



# ANOVAERADE THERAPISTS REIKIANS

A new era for Reiki therapists is characterized by the publication of this book and the complete formation of the Brazilian Institute of Holistic Therapies.

This is about **#holistic movement** Created by IBRATH. The holistic movement aims to value the professional of holistic therapies and, mainly, to make therapies more accessible to all Brazilians.

Through this movement, we intend to remove the “mysticism” about therapies, prejudices and even criticism regarding the results generated, in addition to promoting good, personal development, spreading love and restoring social harmony.

All these results will be generated by people and professionals trained by IBRATH, who through our methodologies will be able to see beyond paradigms and limitations.

This form, we will be capable of INNOVATE in the therapies holistic, to create new techniques, paths, concepts and professional portion each time more value for the professional from the area.

Remember: we are talking about abstract things, which are felt and perceived differently by each person! That is why we can never say that only one “master” or “guru” is correct! There are many paths to spiritualization!



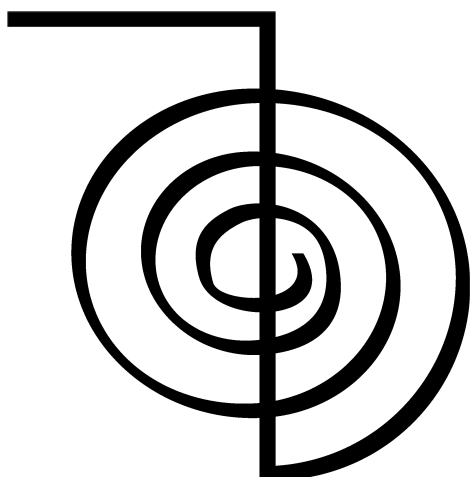
## SYMBOLISM REIKI

I d and the g r the m the

The word Reiki can be written with Japanese ideograms (kanji). Depending on the context, these ideograms can have several meanings:

- 1.Wonderful rain of vital energy;
- 2.Wonderful rain that gives life;
- 3.The idea of something that comes from the cosmos and, when it meets the earth, produces the miracle of life.
- 4.Wonderful rain that produces the miracle of life;
- 5.The communion of a superior energy with an earthly energy that complements it;
- 6.A wonderful energy that is above the others and also within you, so that we all belong to it.

In some cases, this ideogram is reinforced with small shapes that represent grains of rice symbolizing life.



## THE BAMBOO

From nature, Reiki took as its symbol the bamboo which, in its simplicity, resists the wind (when it bends), but is also empty, presents straightness and perfection and can metaphorically represent the functioning of energy. Bamboo is flexible, despite being strong; it reveres the wind that touches it, blowing, it bends to life showing us that the less a being opposes reality, the more resistant it will become to live in fullness. Bamboo is strong, used in

boat building, furniture and civil construction. Similarly, all beings who receive Reiki tend to become strong and resilient.



Between one knot and another, the bamboo is hollow, empty, just like the space between heaven and earth. This represents those who have chosen to be Reiki channels, who begin to function in this void as true "tubes" directing cosmic energy. The unparalleled straightness of the bamboo, the perfection of its upward projection, as well as its knots, which symbolize the different stages of the path, point to the objective of our inner journey: our growth and evolution.

## THECOLOR

The symbolic color of Reiki is green, which is the color of healing, as well as love, and is also related to the heart chakra, responsible for our unconditional love and immune system. Its ideograms are made in gold, as this is the cosmic color: Reiki is light that takes us back to the great Light.



Chromotherapy can be used in different ways during a Reiki session, both through visualization of colors during application, and through LEDs, sticks, towels and other elements in the environment with specific colors.

The use of colors enhances care and can help treat specific aspects of your patient.

## YOUCRYSTALS

Although little explored, crystals play a crucial role in Reiki symbolism and can be used for transmutation, energization and even de-impregnation of environments and patients.

In traditional Reiki, crystals are not addressed as part of the symbolism. However, we at IBRATH understand that crystals are part of the treatment, and are recommended both before, during and after treatment.

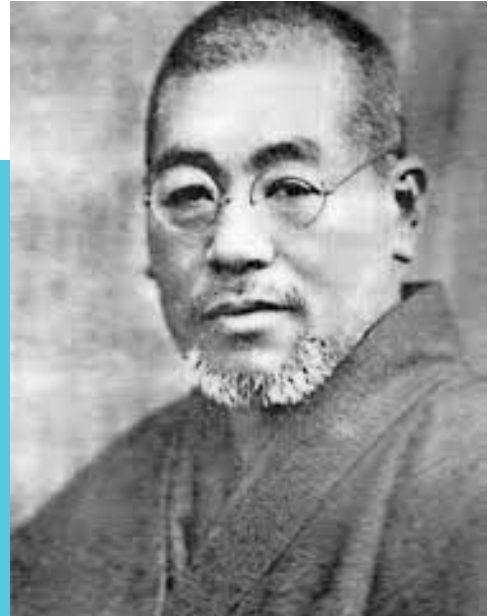


In this manual you will have access to a list of crystals that can be used in reiki treatments and other holistic therapies.

Selecting the correct crystal, along with the application of Reiki, brings benefits to the patient and even to the environment where the procedures are performed.

# Reiki

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## MIKAO USUI

FOUNDER – First creator of REIKI

He was a Buddhist monk with knowledge of various holistic health techniques. As a young man, Usui studied Kiko (the Japanese version of Chi Kung – an art originating from China to improve health through meditation, breathing exercises and movement exercises). The practice took place at the Tendai Buddhist temple on Mount Kurama, north of Kyoto. Many of these practices were known to the samurai and are still used in many Asian countries, and are also growing in popularity in the West.

# THE JOURNEY MIKAOUSUI

Mikao Usui was a Buddhist monk born in Japan on August 15, 1865, in Taniai Mura (present-day Miyamacho). He dedicated his entire life to studying healing methods through spiritual balance.

Also known as Sensei, which in Japanese means “honorable teacher”, Mikao Usui played a fundamental role in ensuring that today, countless people obtain the benefits of the practice of Reiki, widely disseminated worldwide.

Always committed to study of history, medicine, psychology, Buddhism, asceticism, among many others, Mikao Usui reached a significant conclusion:

*“The ultimate purpose of life is to attain a Na-jin Ryu-Mei, which corresponds to a state of complete peace of mind or complete stillness.”*

The Reiki decoder began studying Zen Buddhism with the aim of achieving this mental stillness. However, after failing to achieve the state of full enlightenment, Mikao Usui decided to retreat and fast on Mount Kurama in March 1922.

## **THE**      **Light**      **of**      **Reiki**

According to his biography, during this retreat, Sensei was benefited by the Reiki energy that invaded his body and soul, finally reaching the enlightenment he so longed for.

After seclusion, Mikao Usui moved to Tokyo and founded the

Usui Reiki Ryoho Gakkai (Usui Reiki Treatment Association), with the aim of disseminating the knowledge and experiences acquired.

The seminars given by the Reiki decoder were becoming increasingly popular.

In 1923, the terrible Kanto earthquake devastated Tokyo, killing around 140,000 people and destroying 700,000 homes, leaving a large part of the population homeless.

In the midst of this bleak scenario, Mikao Usui made the decision to offer free treatment to the people and families devastated by the tragedy. This is how the association grew rapidly, necessitating the construction of a new facility, which opened in 1925.

As the practice of Reiki began to spread throughout Japan, branches began to appear in several other locations throughout the country, making Reiki increasingly well-known.

Mikao Usui died due to a collapse in 1925, in Hiroshima, during a trip with the aim of teaching Reiki.

# MEDITATION

## MIKAOUSUI

In 1908, in Japan, Mikao decided to undertake a **twenty-one day period of fasting and meditation**, as the ancient masters did, in order to purify himself in order to receive an enlightened vision. He then left the monastery and retired to Mount Kurama, the sacred mountain located approximately 25 km from Kyoto. He took only the Sutras he had found in Tibet, a goatskin canteen with water and twenty-one stones that served as a calendar, throwing one out each day. In absolute fasting, Mikao sat near a pine tree, listening to the sound of a stream. He began to meditate, pray, chant, read the Sutras and ask the Creator to give him the necessary discernment to use the symbols.

Fasting and meditation expanded the boundaries of his consciousness, and at dawn on the twenty-first day, Mikao had a vision: he glimpsed an intense white light that struck him head-on, projecting him out of his body and making him feel his deep consciousness communicating with his "mental self." When he fully opened his consciousness, he could see many lights in the form of colored bubbles, containing sacred symbols within them. Through the communication he was receiving, he understood the meaning of those symbols and their use.

At that moment, Mikao received his initiation, the knowledge of how to use the symbols and how to activate the power in other people, thus rescuing the ancient method of therapy.

When the trance that brought the vision was over, Dr. Usui felt well, not hungry, full of energy, strong and in total completeness, to the point that he was able to walk back to the monastery. He was very different from the last few days of meditation. He did not feel the efforts of the retreat and the fast. With enthusiasm, he got up - and began to descend the mountain; this was the first miracle of the morning.

# YOU FIRST DEMIKAOUSUI

## STEPS

After his spiritual insight and understanding of the sacred symbols, Mikao Usui dedicated himself to the practice of Reiki and decided to take his discovery beyond the monastery walls. He decided to work in poor neighborhoods where people could not afford to have their health problems treated by herbalists and acupuncturists. He became a street vendor selling vegetables in baskets in order to survive and meet people, and then he became acquainted with the beggars of Kyoto and all the people marginalized by the society of his time, aiming to make them

- make them happier, more productive and more dignified.

His intention was to heal the beggars and panhandlers so that they could receive new names in the temple and reintegrate into society. He first healed the youngest and most skilled and sent them to the city to find work so that they could live better. He did the same with the older ones and instructed them to earn a living without begging. The results were achieved and many were completely cured.

Once this stage was completed, he began to travel through the cities and villages full of homeless and sick people, helping them. - them with the technique he possessed. For three years he worked with the alienated in society and after this pilgrimage through the cities and villages of Japan, he returned to Kyoto where, to his disappointment and sadness, he found that many of those he had helped and induced to remain

having honest work, they had returned to begging, in the same previous conditions of misery. Intrigued, he asked them why, even though they could work, they did not do so. They replied that it was easier to beg than to work hard.

At that moment, he understood that the effort he had made to benefit others, to investigate, discover and donate, had not been enough; he realized that he had cured the physical body of its symptoms, but had not taught them a new way of living. He realized that those people had learned nothing about responsibility and, above all, about gratitude. Healing the spirit, as preached by the monks, was as important as healing the body, since the application of Reiki had only validated and ratified the condition of beggars in those people. The importance of the exchange of energy became clear to him: people needed to give back what they had received or their lives would be worthless.

At this time, Dr. Usui created the five principles of Reiki. Mikao left his work with beggars and decided to teach those who wanted to know more: he taught his disciples how to heal themselves and gave them the principles of Reiki to help them achieve harmony of the physical, emotional, mental and spiritual bodies.



# 1925

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## Chujiro Hayashi

He was one of Mikao's most devoted students.

**Chujiro Hayashi was born on September 15, 1880 and was a doctor and naval officer who graduated in 1902. His life was marked by the Russo-Russian War. - Japanese from 1902 to 1906 and through learning Reiki, of which she became a Master (Shihan) in 1925.**

# IMPORTANCED

## Chujiro Hayashi

Chujiro Hayashi, born in 1878, came from a well-to-do family. - educated people who had considerable wealth and social status. A doctor of medicine, Chujiro spoke English and was a commander in the Imperial Japanese Navy. At the age of 49, already in the Navy reserves, he was looking for a way to help others when, at one of his lectures, he met Dr. Usui. Because he was young and retired, he began to travel with him, accompanying him in his healing work and teachings. Hayashi was one of Mikao's most devoted students, having become deeply involved in the practice of Reiki and received all of the master's teachings.

Around 1920-1930, Dr. Usui, feeling that his life was coming to an end, communicated to the other masters that Hayashi was the person chosen to continue his work, designating him as his successor. Hayashi took on the responsibility of spreading the technique, training new masters and ensuring that Reiki continued as he had practiced it. Thus, Dr. Hayashi was the second great master of Reiki.

Doctor Hayashi, aware of the importance of the method, founded the first Reiki clinic in Tokyo, near the imperial palace. The clinic had eight beds, where two Reiki practitioners treated patients and their problems. At that time, surgical risks were very high, since penicillin was only released worldwide after 1945. Hayashi, in his clinic, did not receive financial support from the government, but managed to keep it going for

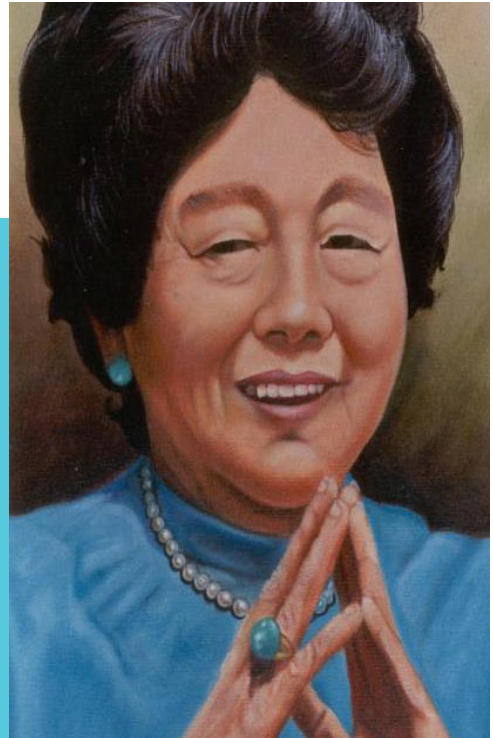
for over twenty years, thanks to the help of those who could afford his treatments and the excellent results he obtained. The clinic came to be recognized as a valid alternative for all types of problems.

The clinic not only healed but also taught new disciples how to practice the method, and new practitioners also went out to heal people who were unable to move around. Hayashi kept detailed records of his treatments, producing extensive documentation that demonstrates that Reiki finds the source of physical symptoms and revitalizes the entire body. He used this information to rethink the positions of application and systematize the levels of Reiki.

In 1938, Dr. Hayashi, who was also a soldier, sensed that a great war was beginning and that many men would die. He decided to appoint his wife, Chie Hayashi, and Mrs. Hawayo Takata as his successor masters. Chujiro Hayashi died on Tuesday, May 10, 1941, and chose Mrs. Takata to continue the spread of Reiki in Japan and other parts of the world. It is worth noting that at that time there were only five living masters, and among them was his own wife, Chie Hayashi.

# 1937

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## HAWAYO TAKATA

Takada was another character in history who dedicated his entire life to the application and development of REIKI.

She was the precursor of a REIKIAN revolution, responsible for making numerous adaptations so that Reiki could be brought to the West.

Takata realized that the traditional concepts of REI-KI were too abstract for Western people to understand and assimilate. For this reason, he created the self-application positions and simplified the concept of Reiki.

# THE IMPORTANT H awayo T akata

Hawaii Takata he was born in  
1900 on the island of Kauai, Hawaii.

She arrived at Dr. Hayashi's clinic suffering from several serious medical conditions that needed to be addressed with Reiki, but had previously sought conventional Western medical treatments for her tumor, kidney stones, and appendicitis. The story goes that on the operating table (before the surgery began), Takata heard a voice that said, "Surgery is not necessary." So she refused the operation and asked her doctor if he knew of any other way to restore her health. So her doctor referred her to Dr. Hayashi and she began receiving treatments.

Takata was quite skeptical about Reiki. She felt so much heat from the healers' hands that she was sure they were using some kind of electrical equipment - perhaps small electric heaters placed in the palms of their hands. She looked in the large sleeves of their kimonos under the treatment table, but of course there was nothing there. Her skepticism turned to conviction after her health problems were resolved and she decided that she would learn Reiki.

Dr. Hayashi wanted to teach Reiki to another woman besides his wife (since a woman would not be called to fight in a war), and since Mrs. Takata was so persistent, he decided to teach her Reiki. For two years she remained in Japan. She returned to Hawaii and a few weeks later received a letter from the

got the Masters when he went to visit - her, which happened in 1938. She was the 13th and probably the last Reiki Master that Dr. Hayashi initiated.

At first, Takata did not teach Reiki, he dedicated himself only to giving treatments. It was only after 40 years, in 1978, that he began teaching, which he did for the next two years. Until his death in 1980, he had trained 22 teachers.

Until recent times, all Reiki Masters and Practitioners in the Western world derived their lineage from her, Dr Hayashi and Mikao Usui.

The tradition of the original 22 Reiki teachers has spread throughout North and South America, Europe, New Zealand and Australia. It is almost impossible to calculate the number of Reiki Masters and practitioners in the world today.

Takata he finished being call of "Main Reiki Master", making a distinction between her and the Masters who trained her. This is a title that was not created by Mikao Usui. Reiki is not based on the idea of gurus or great masters to whom one must pay homage, although this idea is erroneously spread in the West.

# THE 5 PRINCIPLES OF REIKI

The five principles of reiki are:

Just for today...

1.I don't feel angry

2.I don't worry

3.I am grateful

4.I do my work honestly

5.I am kind and loving to all living beings.

We know that our energy is directed towards our focus. If we worry about something, we direct our energy towards that concern. However, it could be used to overcome that challenge. When anxiety and worry are present, dimensions are distorted, and challenges always seem bigger than they really are.

"Preoccupation" will not prevent an event from happening; on the contrary, it can make it worse, since it will already be causing suffering even before it happens. Our life is made up of cycles, so we need to protect our energy from the moment we sow in order to wait for an abundant harvest.

Just today, be thankful for your blessings and be humble. Every day, every moment, we have a reason to express our gratitude.

Every moment has a creative, transformative potential. Even in situations that we now

may seem like a punishment, in the future we will be able to recognize them as a blessing. Each moment is unique and a source of learning. If we have this awareness, we will recognize the "divine gifts".

Humility is the awareness that everything is part of the Whole. Everything in the Universe has the same importance, because we are all manifestations of the same energy. Thus, being humble is about doing our part without worrying about recognition, just for the satisfaction of fulfilling our mission and being aware that our mission is no more or less important than that of our fellow men.

Just today, earn your living Honestly.

Doing what needs to be done is rewarding. Learning to love what we do is a blessing. Being honest in our activities shows our gratitude and acknowledges this blessing. Honesty is a precious seed, and its fruits include peace and abundance. When we work honestly, we are blessed with the provision of all our needs.

# ENERGYCHANNEL REIKI

Remember that the Reiki practitioner is just a channel of cosmic energy, the mediator for healing. He should not be conceited.

- be happy when a cure manifests itself or be sad when it does not, as there are many factors that can prevent this manifestation. Never interfere in medical treatments, unless you are a professional in the field.

Diagnosis is a medical prerogative, so avoid doing it, even

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Does Reiki work?  
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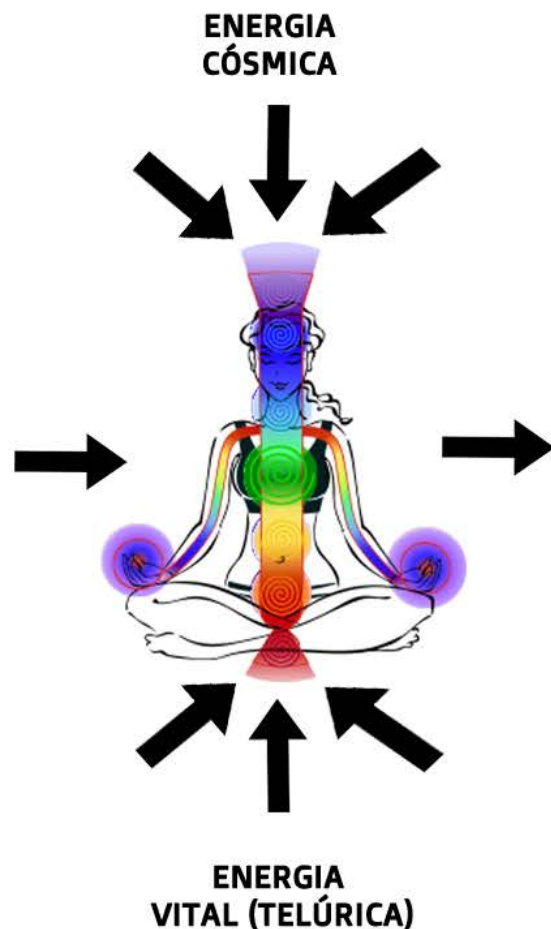
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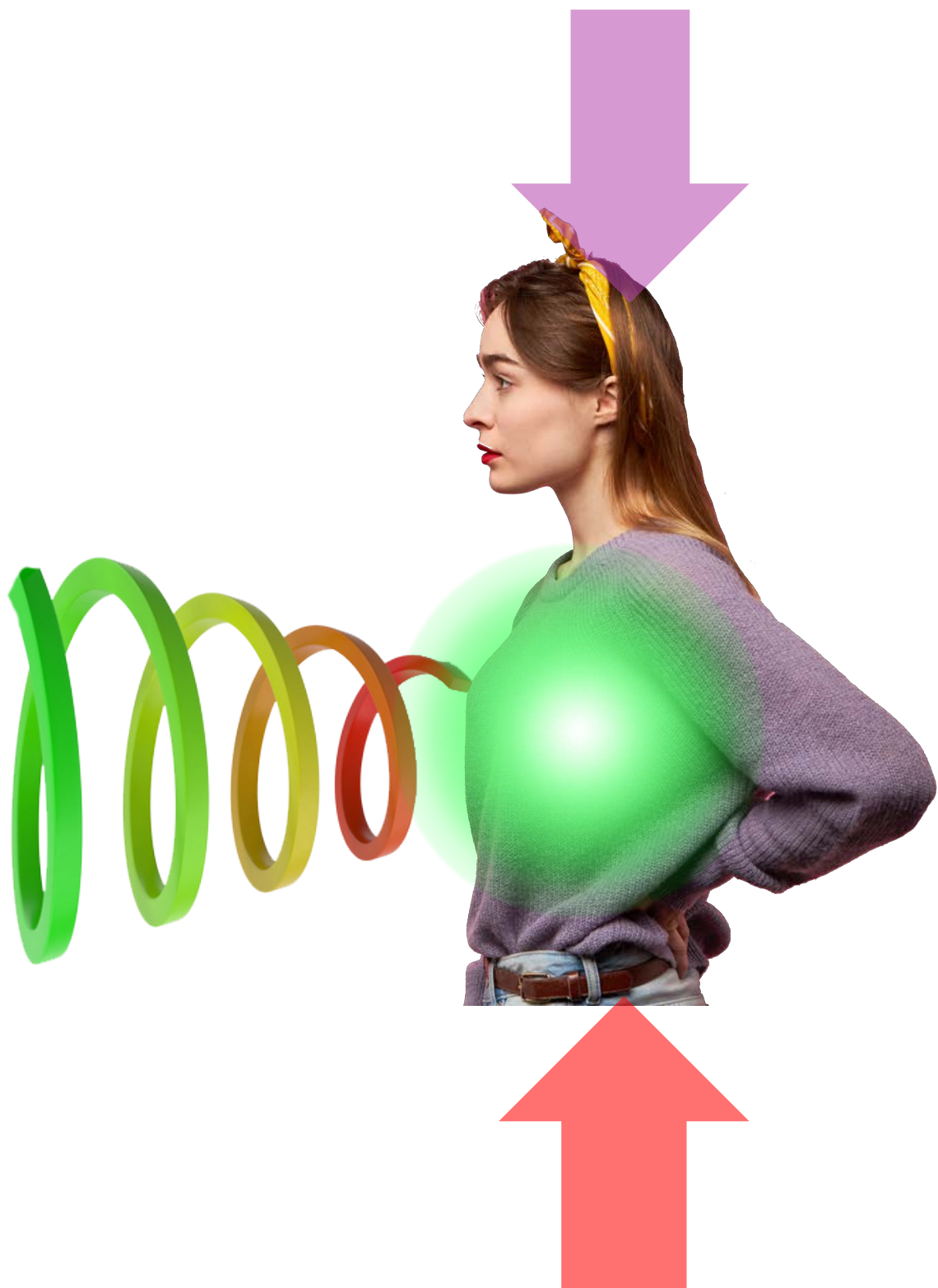
It is common that,  
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receiver of the receipt

In this case, it is advisable that it rests for some time after application.

It is important to end the session with an aura scan, a quick procedure that grounds the receiver. Thank the God of your devotion for the opportunity to share this gift with your fellow man, serving as a channel for the reestablishment of harmony and balance. Wash your hands and advise him/her







## POSITIONING REIKI (HANDS)

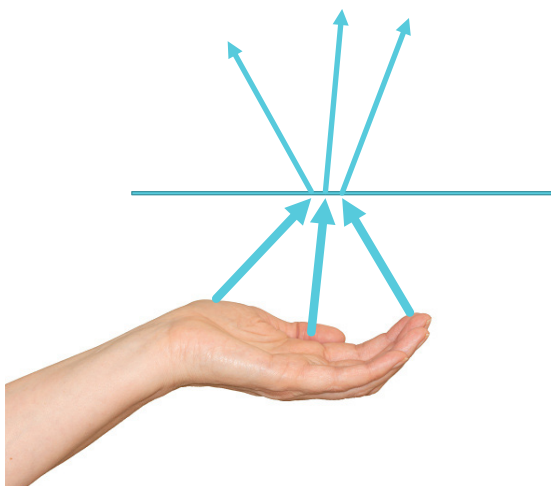
The Reiki practitioner's hands should be cupped (as if we were drinking water from a fountain), with the fingers grouped together. In this position, the Reiki will flow through the palms of the hands. When changing positions, we should do so gently, moving one hand at a time, so that the flow remains constant.

*There is not necessarily a single rule for applying Reiki, since each person feels and propagates energies in different ways. However, for those who are just starting out with Reiki, we strongly recommend that you apply Reiki with your hands cupped in the shape of a cup..*

This position <sup>he does</sup> with what <sup>to the</sup> energies propagated naturally-through your hands are directed to a single point (focus), drastically increasing the efficiency and results of your service.

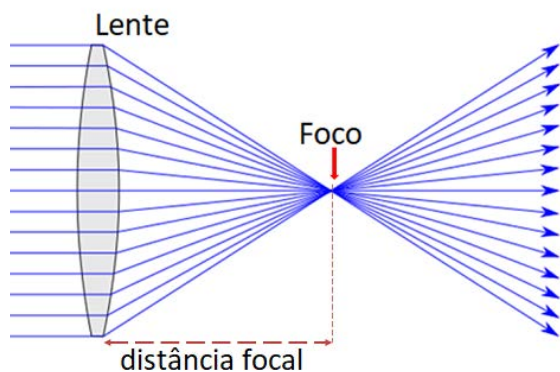


The image on the side demonstrates the for-but how energy is propagated through-through your hands! Always in the shape spiral and in motion.



The energetic propagation of reiki works like a converging lens, that is, it converges and directs all energy to a focal point.

When we cup our hands, we direct our energy to a single, efficient source of our energy on a specific area that needs treatment.

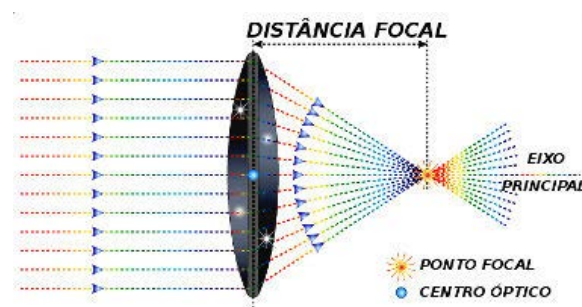


The same goes for our minds. If your thoughts are scattered during your treatment, you won't be able to focus your intentions. To get good results, you need to learn to direct your emotions, feelings, and intentions to a single point.

This physical (through the hands) and mental (through emotions and intentions) direction is crucial for the energy to have the power to generate good results.

A tip for beginners: whenever you apply Reiki, try to think only of a single emotion and nothing else. The greater your focus and your ability to generate the intention you want to propagate internally, the more powerful your Reiki will be.

We recommend that you always choose love, the most powerful emotion that exists.



In all the consultations you provide, try to focus on what matters. Leave all problems, doubts and insecurities for later.

Any intention that is not focused on the present will cause all energy to dissipate.

Remember the analogy: to obtain an efficient result, you must work like a converging lens that directs all energy to a single point. The more focused you are, the more intense your service will be.

## EXERCISES SENSITIVITY

An excellent exercise for developing sensitivity is through hand pairing. This is a simple technique that consists of:

- 1.Place your hands side by side, as shown in the image below.
- 2.Close your eyes and, little by little, bring your hands closer to a point where they almost touch.
- 3.The intention of this exercise is to "feel" the presence of the hands.
- 4.To increase perception, you can make circular movements, zoom in and out, rotate.
- 5.Feel the energy present between your hands. It is as if it were an electromagnetic field that forms as you focus.
- 6.To further enhance this experience, visualize a

7  
8

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S  
ok



# POLARITY REIKI (HANDS)

We all have more open channels for receiving and spreading energy. This structure is something very personal and individual. However, in most cases, we have a pattern that we can follow.

Usually, energy propagation occurs as shown below: our left hand receives and our right hand donates (propagates) energy.



A good exercise to understand this flow is to observe which hand is more active and which is more passive. Usually the more active hand is the one that spreads energy, while the more passive hand is the one responsible for receiving it.

When this mechanism is clear in your mind, you will be able to better direct your care, giving greater focus during propagation to your “active” hand and, in moments of feeling and capturing what your patient is feeling, giving greater focus to the use of your “passive” hand.

Being aware of this simple technique can improve your care by up to 2x.

## THE POWER VIEW

You can take any training you want, learn thousands of techniques from the wisest master in the world. However, if you are not able to develop the power of visualization, you will never be able to use and benefit from Reiki.

Many may question, but the most powerful tool/skill for the Reiki practitioner is the power of visualization. Through visualization, we can create/generate any type of emotion/intention we desire.

This power can be understood as our ability to “shape” our emotional states through the creation of mental scenarios.



# **BREAK OF PARADIGMS OF THE “MASTERS”**

For Reiki practitioners to reach their full potential and be recognized for their competence, many concepts and ideologies must change.

A necessary change is to eliminate the use of the term “master”, as this word refers to and encourages states of overvaluation, distancing and egocentrism of the so-called “master”.

Because of this idealization, the “master” ends up representing a very advanced stage for the student, and one that is almost impossible for him to reach. Furthermore, many self-proclaimed “masters” create a mystical, spiritual persona that is completely distant from the student’s reality. This relationship makes many people not want to continue their studies, because they believe that to become a “Master” they need to speak, act and be a certain way.

Another negative point of the idea of the “master” is the limitation caused in the true understanding of reiki and its energies, since today there is a limiting belief that only the “masters” of certain lineages have the power to initiate, teach, activate and share the knowledge of reiki.

This limiting concept blocks the truth of Reiki, because Reiki is a universal energy that is present in all beings. This energy is infinite and has been active in us since the moment we are born, and for this reason no one has the power to activate or initiate an energy that is already natural to every human being.

For these reasons, we at IBRATH use the term “guide” or “tool” to refer to the so-called “masters”. The “master” is just a tool that will help the student/patient find their own inner paths. He guides the individual to reconnect with this natural energy that has always been present.

Note: Consider, for example, that Mikao Usui did not have “masters”, he discovered the path to access Reiki and all this knowledge on his own. Likewise, there is no need for “masters” or “lineages” to access this power, it is intrinsic and only needs to be awakened.

# WHAT IS TO BE REIKI ?

Being a Reiki practitioner means always seeking development and learning. They are individuals who essentially wish to live their true mission on earth.

Being a Reiki practitioner means understanding that training does not “make you a Reiki practitioner.” It requires an attitude that seeks constant growth and self-development. It means understanding that we have emotional responsibility and that everything we think and intuit affects our lives and the lives of the people we treat.

The Reiki practitioner understands the truth behind people and situations, he lives in tune with love and the mission of helping others. He is a person who is highly present and dedicated to his personal development.

There is no prerequisite, initiation or even merit to become a Reiki practitioner. Being a Reiki practitioner is more connected to a state of presence and constant search for development than necessarily a title.

People who took a Reiki course 5 years ago and never sought to develop themselves again cannot be considered Reiki practitioners.

If you are a person who is always seeking knowledge, aligned with the present and with your true mission on earth, it is likely that you are a potential Reiki practitioner.

During your learning journey, remember that a Reiki practitioner is not a “perfect” being; he or she also makes mistakes, gets hurt, has fears and insecurities. The only difference is that a Reiki practitioner is aware of his or her processes and works hard every day to become a better person.



# WHAT REIKI HE CAN DO ?

Reiki involves the transfer of vital energy to promote balance in the energies of the other person's body, generating a sense of well-being, improving mood and promoting physical health. Meditation techniques and breathing exercises are also used, which result in some benefits, for example:

## **1. Reduces symptoms of stress and anxiety**

This type of therapy can be an excellent ally in treating anxiety, due to the feeling of relaxation and well-being it provides. It can also reduce the symptoms of stress that cause anxiety, replacing them with a feeling of inner peace that stabilizes the body and mind.

Some clinics and Reiki therapists can teach patients how to use Reiki principles in their daily lives, aiming to apply the technique in moments of greater stress and anxiety.

## **2. Helps treat depression**

Through the application of hand-on techniques, it is possible to align the body's vital energy and reduce the symptoms caused by this disease, such as excessive sadness, physical fatigue and loss of energy and interest in activities that previously generated pleasure.

Before starting Reiki sessions, it is important to consult a psychiatrist if symptoms are severe, in order to assess the need for antidepressant medication. Reiki can be used in conjunction with medication treatment and may enhance the positive effects.

## **3. Reduces chronic pain**

The relaxation produced during the practice of Reiki contributes to the treatment of chronic pain, such as back pain and headaches, as it reduces tension and muscle fatigue, for example. In these cases, although medical monitoring with an orthopedist or neurologist is recommended, the therapy can reduce the need for the use of painkillers or muscle relaxants.

Furthermore, the effects of Reiki on chronic pain can be felt in the first sessions, as the Reiki practitioner will slow down the person's energy, changing the vibration and speed, producing aligned waves in the chakras equivalent to the affected organs.

## **4. Relieves symptoms of insomnia**

The feeling of well-being released through the practice of Reiki is capable of increasing

stimulate the production of hormones such as serotonin and endorphins, which are excellent allies in warding off insomnia. In addition, relaxation also contributes to this goal of improving the quality of sleep.

### **5. Improves quality of life**

Reiki therapy greatly improves the quality of life as it releases emotional tensions, cleansing the mind and promoting inner relaxation. Reiki channels feelings of hope, well-being, joy, peace and self-confidence in the person, making it easier to carry out daily tasks with more purpose and enthusiasm.

For all these benefits, it can be said that Reiki is a therapy that improves physical and mental health.

### **Benefits of Reiki during pregnancy**

The relaxation and calm provided by Reiki can be very useful during pregnancy, relieving symptoms of anxiety, insecurity, stress and body aches that are common during this period.

Furthermore, stress control reduces the production of negative hormones, such as cortisol and adrenaline, which can cause an increase in blood pressure, risk of pre-eclampsia and premature birth.



# PROPAGATION ENERGY TIC

Without realizing it, we are constantly spreading energies to the people around us. Every time you think about something and hold that thought for a certain period of time, imagining and visualizing things that are energetically (emotionally) similar, you are automatically spreading energies.

Propagation is something involuntary that occurs at all times, regardless of your desire. It's like breathing, heartbeats, cell division... you don't need to think for this process to occur.

Contrary to what many people think, it is not possible to “stop” or end this propagation. From the moment you are born until the moment you die, you will be propagating energies and intentions to the world around you. In the same way that it is almost impossible to stop your thoughts and emotions.

In this way, the only path left for us as humans is to control or better yet direct this propagation so that it is always linked to the highest frequencies and vibrations. But it must be a conscious propagation that is responsible for the results it is generating.

Ex: When you think about failure, shame and fear, you are automatically spreading this energy around you. This dissipated energy will “invite” and attract similar energies to you. You will automatically have experiences in your life that prove or strengthen the thoughts you had previously.

Likewise, when we apply Reiki, we think of the love or energy/emotion that is missing in our client. We cultivate this feeling deeply and intensely so that it can be overflowed and transmitted through our hands to the person we are serving.

The true healing of Reiki is not in the techniques, but in our ability to generate intense and profound states of love, capable of overflowing internally into our lives and touching the lives of other people.

For this reason, it is not possible to “cure” or help anyone until you are healed and harmonized on a personal level. Before anything else, you need to be aware of this propagation and you must also have full control over it.

# OVERFLOW ENERGY TIC

Many people find Reiki to be something very complex or even mystical, difficult to access and understand.

For us at IBRATH, Reiki is simply the energetic overflow of your emotions, intentions and everything you cultivate internally in your mind. In other words, if you cultivate healing, peace, love, harmony and good things, you will automatically overflow this frequency (energy) to others. The same happens if you cultivate negative frequencies.

Applying Reiki is nothing more than energetically overflowing a mental state of healing in a conscious way.

A great lesson that Reiki gives us is that of energetic responsibility, since through knowledge we are able to generate healing or harm in the lives of people who seek us.



# SYMBOLSREIKIANS

There are several types of symbols, some are natural (sacred geometry), others were created by humans, for example: the cross, reiki, sanskrit, radionic symbols, etc.

Reiki symbols were “created” through the adaptation of the ancient Chinese language and some ancient Sanskrit symbols and manuscripts.

According to the story of the “rediscovery of reiki,” Mikao Usui found ancient Buddhist Sutras containing sacred symbols written by a disciple of Buddha. By meditating on them on Mount Kurama for 21 days, he discovered the key that allowed him to awaken this wonderful healing technique.

Symbols are representations of an aspect of energy. They are powerful sacred tools, composed of yantras (energy drawings) and mantras (energy sounds). They become a key to connecting certain energy patterns. It is not necessary to be in a meditative state for them to work. However, ideally we should be receptive and open to love.

Any type of energy or meaning attributed to the symbol is strictly linked to the individual and not to the symbol itself. The symbol is simply a representation of an energy, meaning and frequencies that already exist within us. Without the existence of the human being, they are not capable of performing any task.

The person who holds the power to activate a symbol's meaning is the therapist or the person who uses it.

If you want to become a professional or use symbols in the best possible way, it is essential that you understand that the power is and always has been within you. Symbols are just a channel that facilitates the expression and focus of all this energy.

No activation or initiation is necessary when it comes to symbols. The power was never in the symbol, but internally within us, stored in our unconscious. In order for holistic therapies and Reiki to be recognized, we need to break some paradigms.

# SYMBOLS ENERGETICS

There is a lot of mysticism, paradigms and misleading information about the cosmic symbols of reiki.

Before beginning your studies on symbols, it is important that you learn the truth about this knowledge.

1. It is not necessary to perform any attunement to use the symbols. Since the true power resides within us, the symbols are just a materialization and a way of channeling this energy.
2. Reiki symbols were invented. Unlike sacred geometry, which is present in nature and is part of creation, Reiki symbols were created by Mikau Usui, who based his work on various manuscripts, ancient languages and mantras.
3. There are no restrictions on the use of symbols.
4. Anyone who has studied the symbols in depth can use them.

In addition to these points, there are numerous paradigms that must be broken for Reiki to reach its true potential.

For many years it has been limited by masters and institutions that have built a dogmatic ideology capable of restricting reiki and its true power.

In this way, IBRATH developed a totally innovative methodology, in accordance with current times.

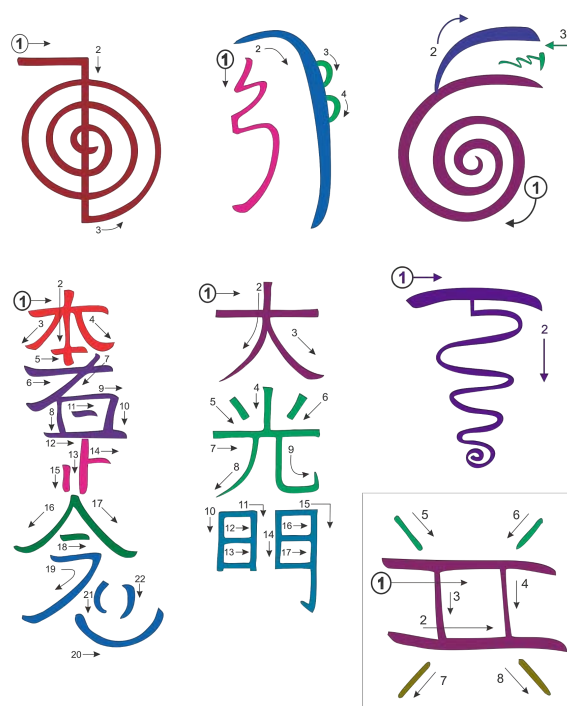
more able to clarify the true power of reiki and symbols.

In this way, the student/professional must understand that the symbols are a tool that, without the Reiki practitioner, have no power whatsoever.

The true power lies in the individual and their ability to direct and intend the power of each energetic symbol.

The more you study the symbol, feel it and use it, the more powerful it will become in your services.

Remember: No one has the power to initiate you or activate something that already exists within you. This concept was created only to limit Reiki and stroke the ego of certain Masters.



# CHOKUREI

Cho Ku Rei is the “Symbol of Power”, but not literally.

It doesn't provide any unique abilities, but it helps you focus a large amount of universal energy in one area.

That's why Cho Ku Rei can be translated as:

*“Putting all the power of the Universe in the here, now.”*

Cho Ku Rei has the following attributes:

- 1.Cleaning;
- 2.Activation;
- 3.Protection;

The symbol acts as a “light switch” before beginning a Reiki treatment and increases your ability to direct the energy where it is needed.

It can also amplify the power of any Reiki symbol.

Generally speaking, you can use it to improve energy flow and cleanse a person, space, or object.

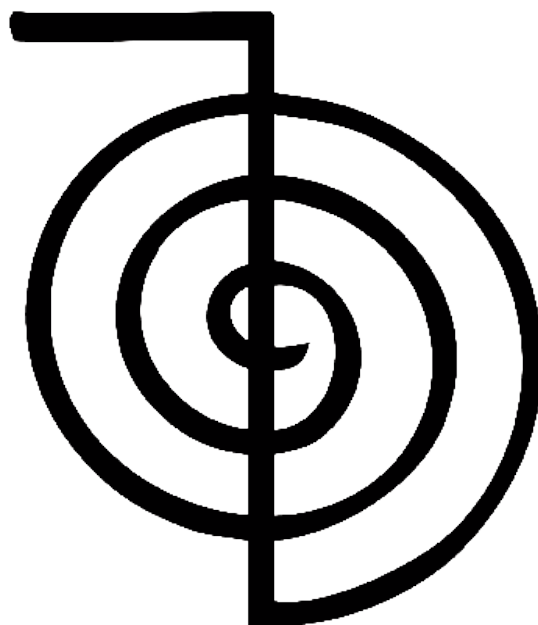
It can be understood as a source of energy, an electrical discharge capable of reactivating all life and the energy points of an individual.

It is the symbol of opening, activation and closings.

## HOW TO USECKR

The Reiki Power Symbol is primarily used to connect with Reiki energy at the beginning of a session and also to help increase Reiki power whenever needed during a session.

Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and strengthen their hands. Using the power symbol over the client's crown chakra helps to create positive energy around them, while using it on the lower back and behind the heart chakra helps to seal the energy at the end of the treatment.



# EXAMPLES OF USE OF CKR

Cho Ku Rei is an all-purpose symbol. Below are some ways in which it can be used.

## **Empowering other Reiki symbols**

Using the Reiki Power Symbol before other Reiki symbols, such as the Mental or Emotional Symbol or the Distant Healing Symbol, has a strengthening effect on them and increases their effectiveness.

**Help treat blemishes** Drawing Cho Ku Rei on a specific part of the body helps to focus the Reiki energies on that specific point, helping to heal especially acute injuries, but also chronic conditions that have localized effects on the body.

## **To clean energies negatives**

Using this symbol mentally is helpful in clearing any stagnant energy during a Reiki session. Similarly, drawing it on the walls of a room clears the negative energy from the room, and drawing it in the atmosphere around a physical space helps to clear the area. The drawing can be physical, such as with ink or pen, or symbolic, with a hand in the air.

## **To improve relationships**

Empower greetings, pre-Seating and business cards with Cho Ku Rei will improve personal and professional relationships, bringing the greatest good to all parties involved. **To supply**

## **protection**

Drawing a large symbol of power in front of a person or on

Each of your chakras acts as a shield and protects the person from negative energies. Reiki works on different levels (physical, emotional, mental or spiritual) and Cho Ku Rei will naturally provide protection on all levels.

## **Make to the meals more healthy and nutritious**

Using this symbol during meals, before starting to eat, helps to remove negative energies present in the food, making it healthier and more nutritious.

## **Increase the effectiveness and reduce the side effects of medication**

Drawing the Reiki power symbol on your medication greatly helps reduce the side effects of drugs, while also helping them to be more effective.

## **Prevent misfortunes**

The Reiki power symbol helps you connect to universal energy instantly, and using it can help you avoid misfortunes or bad events. Misfortunes happen primarily because of disharmonious energies around you; using Cho Ku Rei helps to purify the energy system, making accidents less likely to occur.

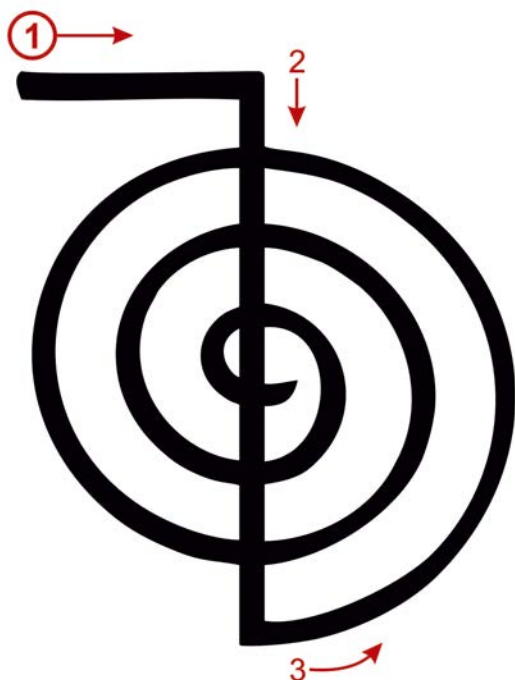
## ASTO DESIGN

1 - Draw an "L" - inverted

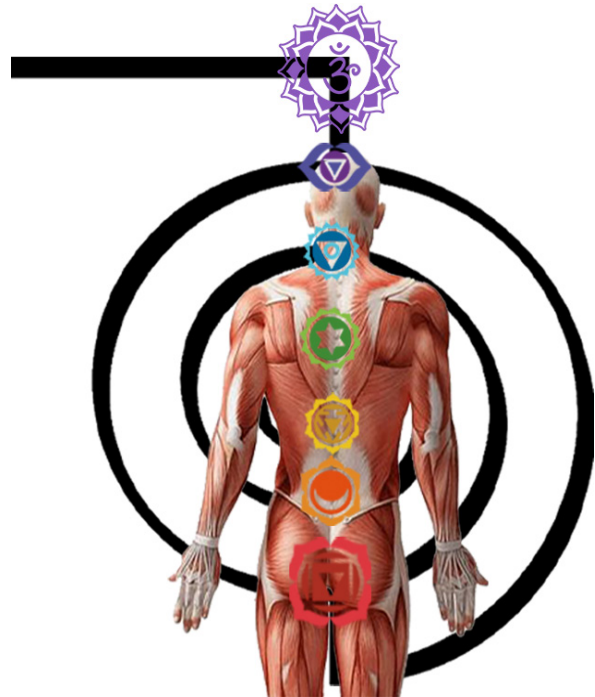
2 - Trace a spiral

- 1.The horizontal line symbolizes the connection with universal energy;
- 2.The vertical line represents the flow of light through the Soul Star Chakra, out to the rest of the body, all the way to the root chakra.
- 3.Finally, you finish the symbol with a spiral crossing the vertical in 7 places, which indicate the presence of the 7 primary chakras.

The SKU can be either visualized, drawn or recited.



## CORRELATIONCKR



SKR has a direct correlation with our body and all our energy points.

Each intersection of the spiral with the vertical line represents one of the 7 energy points that we have, as demonstrated in the image above.

We can freely use this energy symbol to activate, open and energize all our energy points without restriction.

Therefore, during the consultation you can visualize a giant SKR that covers your entire patient, very similar to the one in the illustration on this page.

Through this technique, you will open all energy flow between the chakras.

## Features of Cho Ku Rei

- The Cho Ku Rei appears as a spiral or coil and is drawn in both a clockwise and counterclockwise direction.
- The horizontal line in the Cho Ku Rei represents the Reiki energy source.
- The vertical line reflects the flow of energy
- The spiral indicates the seven main chakras within the body.
- Energy charge symbol
- Activation and Closures
- Release of blockages and energetic knots.
- Holistic Care Enhancer
- Strong connection with telluric energies
- Easy to use
- Connection with the Earth element
- Purifier



# SEI HE KI

Sei Hei Ki is a high-vibrational symbol that works to release mental and emotional blockages that inhibit our energy flow. This symbol means “earth and sky meet” or “man and his creator become one.” You can think of it as the conscious and the subconscious, light and dark, or any duality that represents the two extremes coming together for healing.

The energy of Sei Hei Ki is gentle – and it needs to be – because working on releasing emotional and mental blockages is a difficult process. The vibration of this symbol is one of unity and strength, allowing us to see the cause of our blockages and giving us the courage to let go and start over.

You can use it in conjunction with other symbols in a layered style or interspersed between Cho Ku Rei, for example, to focus Reiki energy where it is needed.

Sei Hei Ki is one of the simplest symbols, consisting of three parts. To help you understand it, below you will find a meditative practice that guides you to draw the symbol, memorize it, and then tune it to the Sei Hei Ki frequency to feel the specific energy of that symbol in your own body.

## HOW TO USE SHK

Sei He Ki is sometimes described as a “portal opener” to certain energies.

When severe pain is bothering you or an energetic blockage is in place, you can use Sei He Ki to remove the unwanted energy from that area. Consider adding Cho Ku Rei and then holding your activated palms above that area for about 10 minutes to support the regeneration process.

If you are in the middle of a fight, a tense argument, or a stressful atmosphere, drawing or simply visualizing Sei He Ki in the center will ease the tension. This is because Sei He Ki is also a symbol of order and peace.

But what do you do if you are in a public place? Simply visualize Sei He Ki in your heart area, forehead, and each of your lungs to combat stress, sadness, or feelings of being overwhelmed.

# EXAMPLES OF USE OF SHK

## How to Use Sei He Ki for Depression

Sei He Ki can help heal low vibrational emotions such as anxiety, fear or depression.

Together with Cho Ku Rei and Shika Sei Ki, the effect can be even stronger.

1. Activate Cho Ku Rei and Sei He Ki in the main energy centers. Cho Ku Rei will "turn on" the energy, while Sei He Ki will open the dimension and release any latent negative presence.
2. Add Shika Sei Ki to the heart area to bring in its cleansing energy, which will help "repair" the substance (the soul).

## Using Sei He Ki to help others

The most common use is to activate the symbol on your palms and use it as you would for Reiki self-treatment. With your permission and consistent practice, it will have a similar effect.

Another thing you can do is activate Sei He Ki between you and another person to facilitate an immediate emotional transference. You will then absorb their current state, which means you will begin to experience their emotions.

## How to Clean a Room with Sei He Ki

It is always good practice to clean the space where we rest.

Without being aware of it, we collect residual energy from the people we meet and the places we visit. We constantly bring these influences back into our lives.

our environment and expose ourselves to them.

Activate Sei He Ki:

1. On every wall
2. At each meeting between walls (top and bottom)
3. On the ceiling
4. On the floor
5. In the center of the room
- 6.

This process will bring serenity to the entire space and make anyone who enters it feel safe.

## How to remove addictions






Sei He Ki can help you break unwanted habits, as our lives are directly influenced by our mental energy field.

Use Reiki hand positions to help clear the negative information that supports these bad habits.

Spend about 10 minutes in each position with the intention of releasing addictions and protecting from future influences.

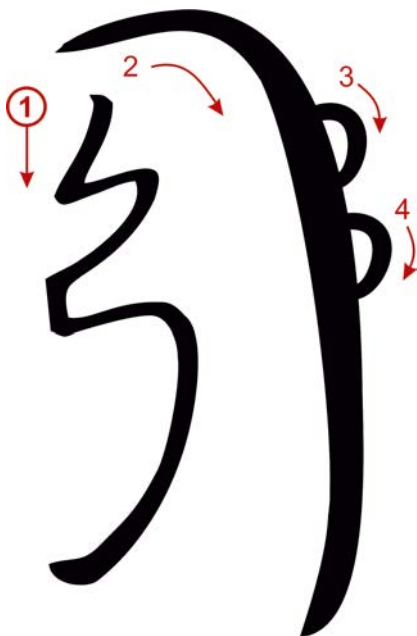
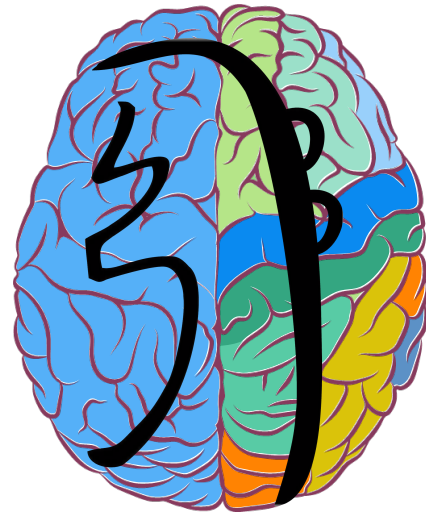
Changes with the use of the symbol can be noticed after a few weeks of constant practice.

## ASTO DESIGN

	- Trace a "<"
	- Trace a "5"
	- Trace a ")"
	- Trace two smaller ")"
	- Or draw the top of a frog's head (tilted)

## CORRELATIONSHR

There are several ways to describe the SHR symbol. Some Reiki practitioners characterize Sei He Ki as a symbolic representation of the cerebral hemispheres, while others see it as a representation of the human face.



**ACEITAÇÃO**  
**IDEIAS , CRENÇAS**  
**INFORMAÇÃO**

**NOVA MEMÓRIA**

**PENSAMENTOS**

**PENSAMENTOS**  
**INTERNOS**

**ANJO GUARDIÃO**

**VISÃO**

**VISÃO INTERNA**

**DIÁLOGO**  
**INTERNO**

**DISCURSO**

**POTENCIAL**  
**CAPACIDADES**  
**DESAPROVADAS**

**INTUIÇÃO**

**SER ELEVADO**

**SER GEUNINO**  
**NATUREZA INATA**

**SUL**

**ESQUERDA**  
**CONSCIENCIA**  
**RAZÃO**

**EMOÇÕES**

**SENTIMENTOS**  
**INTERNOS**

**NORTE**

**DIREITA**  
**INCOSCIENCIA**  
**INTUIÇÃO**

**MEMÓRIAS ANTIGAS**  
**VELHOS PADRÕES**  
**E CRNEÇAS**

**EXPRESSÃO DE**  
**EMOÇÕES , PENSAMENTOS**  
**IDEIAS, OPINIÕES , DESEJOS**



# Hon Sha Ze Sho Nen

Hon Sha Ze Sho Nen is the Reiki symbol for distance healing and the third symbol you learn in the Usui Reiki system.

You can use it to heal your past, support your present, and any future goals you may have.

The vibration of Hon Sha Ze Sho Nen uniquely complements Reiki and expands your practice, allowing you to transcend time and space.

Its energy will increase your connection with other Reiki symbols and increase the flow of universal life force energy.

Hon Sha Ze Sho Nen can help you manifest your full potential in the present by dissolving energetic blockages from the past. This will move beyond daily problems and facilitate a better future.

The symbols can be translated as:

*"There is no past, no present, no future."*

*"Past, present and future are one."*

*"The Divinity in me salutes the Divinity in you."*

"Divinity" is used because Reiki is not linked to any religion, and anyone can use it regardless of their faith.

## HOW TO USE HSZSN

You can use Hon Sha Ze Sho Nen in your Reiki practice along with other symbols, but also in meditations to help improve your connection to universal life force energy.

As a "stand-alone" symbol, it can help you connect to a person or place you miss or would like to see in the future.

Here are some general steps to guide your use of the symbol:

1. Find a quiet place and take some time for yourself;
2. Sit or lie down, close your eyes and take a few deep breaths to relax;
3. Ask your Reiki guides to help you with this meditation;
4. Visualize Hon Sha Ze Sho Nen in front of the place you wish to visit or remember;
5. Dive into this journey slowly and enjoy every moment;
6. When you are ready to return, visualize yourself re-entering your body and then slowly open your eyes;

Use the steps as a reference and adapt them to your needs.

To channel universal energy, you must use it in conjunction with other symbols, having a clear intention.

# EXAMPLES OF USE OF HSZSN

## How to Properly Use Hon Sha Ze Sho Nen to Heal Your Past

Many people wonder - why is sending Reiki into our past a good idea?

Without exception, we have all experienced unpleasant moments at least a few times in our lives. Obviously, some are more serious than others.

Still, these past events often have implications for the present.

You may not be aware of them, and that's okay. Through consistent Reiki practice, you can uncover these blockages, get to the root of the problem, and begin to slowly heal them.

Ignoring their presence can be detrimental to your future.

Unless you have achieved a state of peace and are genuinely connected to divine consciousness, past experiences can strongly impact your development and behavior.

So what actually happens?

Every traumatic event leaves an energetic imprint within our energy fields.

These impressions can manifest themselves through our emotions and actions on the physical plane. Eventually, they will lead to frustrations, fears and negative thoughts.

This is why it is important to consider - purifying and getting rid of these residual energies.

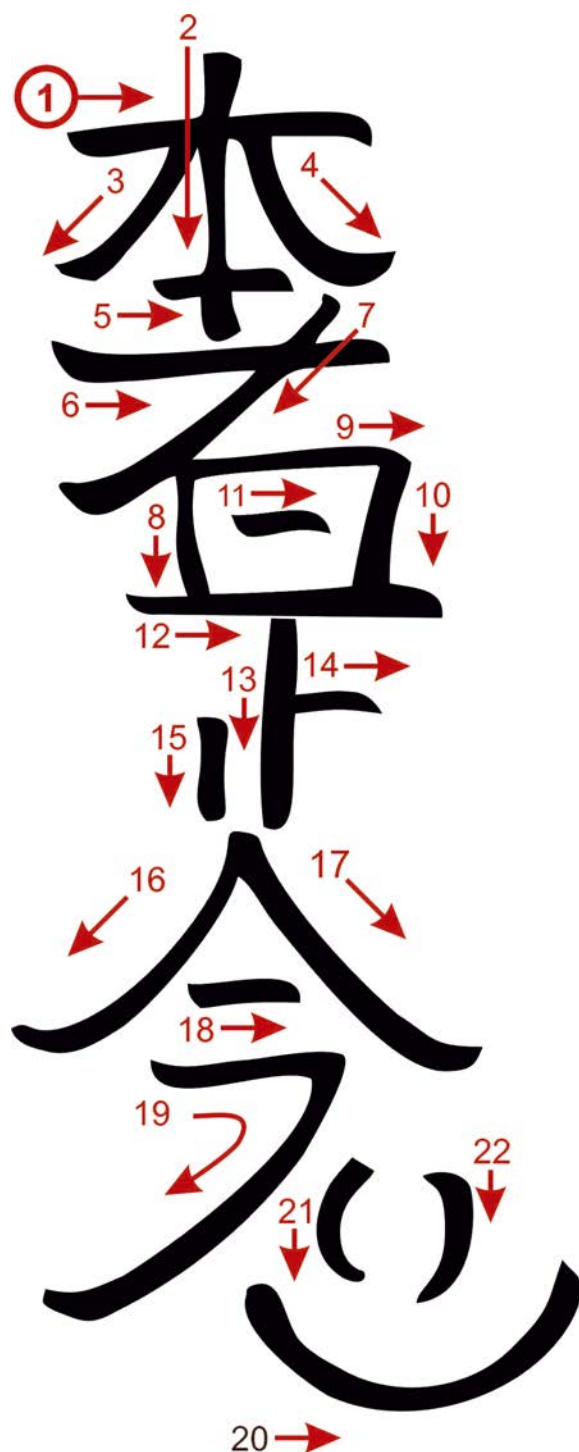
Sending distant Reiki healing for an unpleasant past event has the power to heal a "wound" from its root. As mentioned earlier, this happens when you begin to become aware of the real cause.

Additionally, self-treatment with Reiki will also build a layer of protection, making you more resilient to future negative influences.

But there is another type of protection you should consider.

By sending energy into your past to heal an unfortunate event, you can absorb some of that negative experience. To reduce the chance of being affected, it is ideal to consider energy protection.

The easiest way to build this shield is to activate the Reiki symbols on all the major chakras, as well as on the front and back of the body.



	- Draw a cross, starting horizontally - Draw an "A" - rounded shape
	- Trace a "j" - lowercase, closed
	- Trace an "A" - square
	- Trace an "F"-square with a double dash
	- Trace an "A" - in a triangular shape
	- Trace a capital "J"
	- Draw a "backslash" and a "parenthesis"

HON SHA ZE SHO NEN is the most complex symbol in terms of visual structure. For this reason, it carries a lot of knowledge and guidance for its use.

It can be used for basically any type of holistic care.

There are no restrictions or limitations for this symbol.

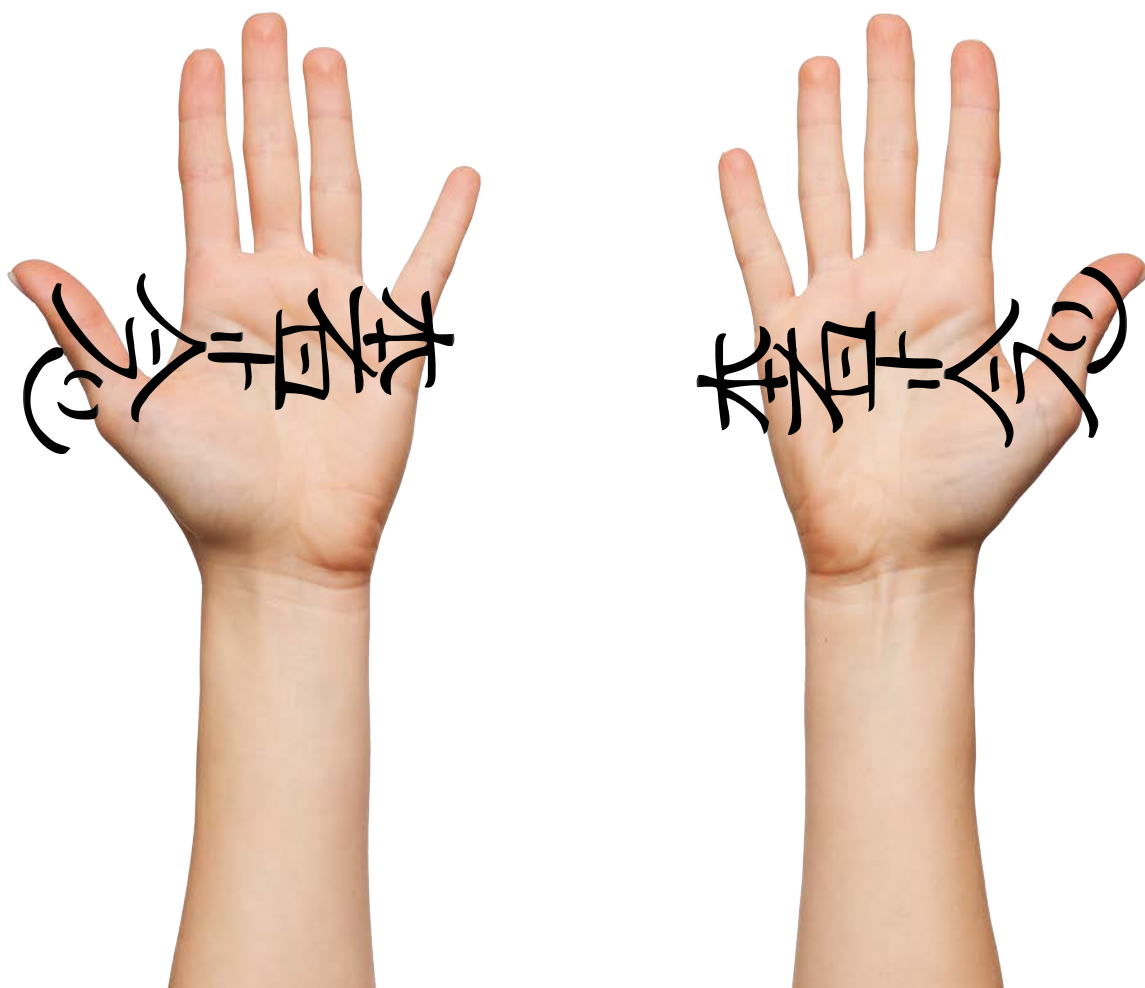
Unlike other symbols, which are easily memorized, HS-ZSN requires the therapist to invest time and practice to perfect and memorize it.

While the Cho Ku Rei is energetically independent, the Hon Sha Ze Sho Nen and Sei He Ki are dependent on the energy of the Cho Ku Rei symbol in order to activate and initiate their specific prerogatives.

If you are unsure about which symbol to use in a treatment, use all three! This way, you will avoid making judgments and diagnoses. It won't hurt to always use all three symbols.

The Reiki symbols, on any occasion, should be used in descending order, that is, first the Hon Sha Ze Sho Nen, then the Sei He Ki – especially when the recipient also has emotional problems – and, lastly, the Cho Ku Rei.

When we clearly perceive that the triggering factor of the imbalance has its focus on a past event and we want to resolve this, programming the energy for the future, we must place both hands on the top of the head (crown chakra) and visualize the symbol Hon Sha Ze Sho Nen.



—	The Sky
	descend to earth
⌒	and creates
⌑	the human being
—	heaven (divine consciousness) is within man
—	man tries to build heaven on earth; live with God on earth)
⌒	heaven comes down to earth through the acts of men
	and man creates the house of God
—	
-	heaven is only inside the house of God
—	heaven only exists because of God's house
⌑	heaven only manifests itself in the house of God
—	only men of God deserve heaven (exodus)
	God sends someone to remind us that we are wrong (heaven comes down to earth outside the house of god)
/	the impure man
\	
—	impure men gain heaven
⌒	the impure man brings heaven to earth
⌑	the death or end of everything
⌒	birth
⌑	salvation to your children's children

# D a y K o M y o

Dai Ko Myo represents an existing level of enlightenment that prevails in the spiritual world and needs to manifest in the physical world.

The Japanese translation is: "Great Bright Light" or "Treasure House of Radiant Light."

You can use Dai Ko Myo for therapeutic purposes as well as a source of inspiration.

Through its energy, you can potentially access a new level of consciousness and access a higher state of awareness.

Dai Ko Myo is the light that shines from high vibrational planes of existence and portrays the higher levels of wisdom and purity to which a person can aspire.

Dai Ko Myo is "The Incarnation of Light".

As a Reiki symbol, it allows you to connect with your higher self and the Divine unconditional love that surrounds and sustains us. As a result, Reiki practitioners view this symbol as the pinnacle of positive, high vibration.

Dai Ko Myo is the pure manifestation of the universal life force energy that keeps our souls whole. It provides us with the ability to radiate light and compassion, clearing the way for our ascension as spiritual entities of light.

## HOW TO USEDKM

Dai Ko Myo opens the energetic portal to pure light. That is why it is present in almost all Reiki initiations.

Its energetic structure allows both the master/teacher and the student to increase their connection with the universal life force energy. This happens when you activate it in the crown chakra.



## EXAMPLES OF USE OF DKM

### Some of the most common uses of Dai Ko Myo:

In self-treatment and in the treatment of others, you can activate Dai Ko Myo and the other symbols on your palms and chakras. You can also include the transpersonal and secondary energy centers at this stage.

Activate Dai Ko Myo on the front and back of your body to create a strong layer of light around you. This will gradually heal your mental, emotional, and spiritual bodies. Of course, it is also a way to create a “shield” that will filter out any residual energies and malevolent intentions you come into contact with. Activate it on your soul star and crown chakras to increase your connection to your higher self and divine energies. Use the sequence: Cho Ku Rei + Sei He Ki + Hon Sha Ze Sho Nen + Dai Ko Myo.

Apply the symbol to your heart chakra to stimulate it and improve the cleansing of your soul. Use the sequence: Cho Ku Rei + Sei He Ki + Shika Sei Ki + Dai Ko Myo.

During meditation, visualize a large Dai Ko Myo in the center and above your head to provide powerful psychic protection. Additionally, this will also raise your vibration to help you manifest divine wisdom.

Draw a large Dai Ko Kyo in front of you and enter the symbol as if you were going through a door. This will clear your energy fields and restore your internal energy structures.

If you have a wound, you can









create a spot of light using Dai Ko Myo. But remember, if it's something serious, like a deep wound, just clean the area and go to the doctor.

You can support healing by combing while applying Sei He Ki to the affected area. This will draw out the negative energy. Then, just as you would use a patch, create a layer of energy around it with the sequence: Cho Ku Rei + Sei He Ki + Dai Ko Myo. Hold your hands together for about 5 to 10 minutes to seal the process.



大光明

## ASTO DESIGN

	Start with a "dash" - horizontal
	Trace an inverted "y"
	Another "dash" - horizontal
	Do you remember your childhood? Draw a headless doll ça, with the crooked leg - start with the trunk, left arm, arm right, left leg and right leg
	Draw a square "A". Pay attention to the order of the strokes, stroke 10 is top to bottom.
	Close the "A"
	Trace one "U" - square/inverted
	Trace a "Z" with a "little tail"

Remember that, like the other symbols, the Day Ko Myo can be visualized, drawn and recited for activation.

Always start drawing from top to bottom from right to left. Try to practice this calligraphy/drawing every day until you develop the skill.

大光明



TRADITIONAL

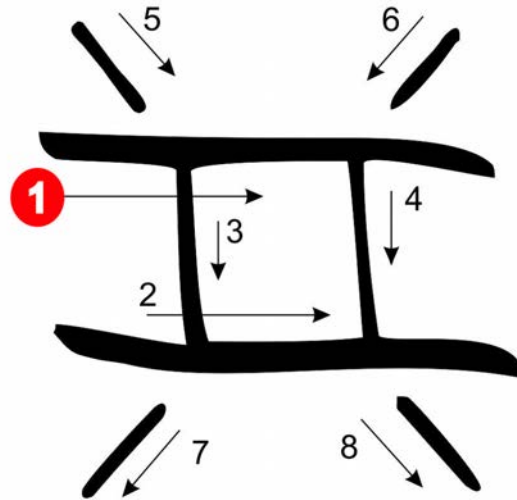
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TIBETAN



# LAHANNANAI



La Hanna Nai means "*Entering or Accessing the Akashic Records*". It is a powerful Tibetan symbol, but it is not considered a Reiki symbol. It allows you to access the ancestral energy records of feelings, thoughts, actions, experiences, knowledge or any other information. It is believed that this is the symbol used by Mikao Usui in his meditation on Mount Kurama to access the knowledge of Reiki. It is not necessary for someone else to tune in to it, you must tune in to it through your own effort. The moment you reach this tuning with its frequency, through meditation, you will be able to access the Akashic records.

# RAKU



The Fire Serpent is a symbol originating from Tibetan Reiki practices. Raku means *“Reestablishing the Cosmic Life Energy Channel”*. It represents the “sleeping serpent” coiled at the base of the spine, the Kundalini Energy. Each of the six curves of the serpent’s body corresponds to the six upper main chakras, while the first chakra (Root Chakra) relates to

- if with the rolled part of the symbol, totaling the seven main energy vortices.

Raku breaks connections of lower energies, unblocks and balances the Crown Chakra, cleanses the Sushumna channel (along the spine) and vitalizes the chakras. It promotes a “sweeping” effect on the body’s electrical channels.

This symbol opens the chakra system, thus allowing Reiki energy to flow into the person receiving the attunement. Kathleen Milner calls it the Fire Dragon. The Fire Serpent is also known as Nin-

- Giz-Zida. To feel some of the energy of the Fire Serpent, slowly follow the “body of the serpent” with your gaze until the end of the spiral and focus on the center of the spiral for a few seconds. Then close your eyes, take a deep breath and keep your eyes closed for a few seconds. The Fire Serpent has many applications. In addition to working to remove blockages and align the chakras, it also helps eliminate back pain, as well as being a healing and meditation tool focused on balance.

Draw or visualize the Fire Serpent with the horizontal line above the head, the wavy line descending and aligning the six upper chakras and the spiral winding around the root chakra. Used in environments, it helps to burn deleterious energies, providing a cleansing effect.

# Application

Now that you have learned about Reiki symbols, procedures, processes and techniques, you are ready to learn the positions for applying and self-applying Reiki.

However, before starting your application studies, it is essential that you understand these points:

1. Be energetically, professionally and emotionally responsible with your patients. We do not recommend that you perform these procedures if you are not well or not confident enough to provide care.
2. We recommend that you complete the complete IBRATH training. In this training, we teach you in detail how to carry out the applications.
3. Before applying it to someone else, test it on yourself! Reiki is a therapy that allows us to perform self-applications. They are excellent for the learning and development of the Reiki practitioner.
4. It is important for the Reiki practitioner to know that energies can be propagated at a distance, there are no limitations for Reiki.
5. There is no sequence or pattern to be followed. The important thing is that the therapist/reiki practitioner knows and feels the reason why he/she is applying reiki to a certain region.
6. There is also no set recipe. The application must be done freely, without a script.

Remember, the application is the moment when you will overflow all that is good in you to your patient. It is a moment of deep connection, focus and empathy for the person you are treating.

This is the moment when you will propagate an intention/emotion that is missing in the patient. Through this energy you will restore harmony and general, emotional, energetic and spiritual well-being.

For this reason, it is essential that you are harmonized, balanced and full of good intentions, because if there is any uncertainty or impurity, it will be propagated and received by your patient.

The holistic professional must be very responsible and respectful when providing care.

You must also always be seeking to develop yourself and resolve your problems, traumas, blockages and negative mental states, as only then will you be able to generate a state capable of healing and harmonizing other people.



This position can be used at the beginning of a session to open the base chakra and the energy “grounding” channels located in our feet. It can also be used to release excess energy.



This position serves to unblock the channels of energetic and emotional release, opening the flow of the feet and releasing all accumulated tension in this region.



This position is responsible for activating all the nerve endings in the feet. By applying Reiki to this region, we activate the reflexology points of the entire body, especially the upper region of the body.



The knees are an area that directly stimulates the root and solar plexus chakras. This position helps people who may have mobility problems or joint problems, including the spine.



This area activates circulation through the various blood terminals in the leg. It is widely used to release toxins and perform lymphatic drainage. It also serves to relax the entire leg and calf region.



This position activates all reproductive organs, reduces lower back and back pain and mainly stimulates fertility and libido in both men and women.



As this is a region where important arteries are located, applying Reiki to this point increases blood flow and allows for greater irrigation of nutrients to the entire leg.



This position is excellent for harmonizing all the chakras and releasing excess "physical" energies to other energy points. It also unblocks and reduces the likelihood of addictions and compulsions (of the most diverse kinds).



This position serves to balance the energies in the lower region of our body, improving the entire energy flow.

It is an excellent application for people who complain of chronic pain or have circulation problems. People who have anxiety or are hyperactive can also benefit from this application.

It is a position that opens the energy channels that lead to the foot, allowing all excess energy to be released through them.



This position releases all tension in the back. It is recommended for patients who have chronic pain, spend all day sitting and also have sciatic problems. It also releases all repressed sexual energy.



It helps to balance the energy of material energies and cosmic energies. Applying Reiki in this position opens the channels for internal dialogue and facilitates self-acceptance.

It is also capable of releasing any energetic blockages or knots that exist in this region.



This is a key point of tension and balance. Applying Reiki in this position helps with motor coordination, stress reduction and kidney activation.

It also helps to release toxins through excretion. It is very good for cases of fluid retention or problems with alcoholic beverages.

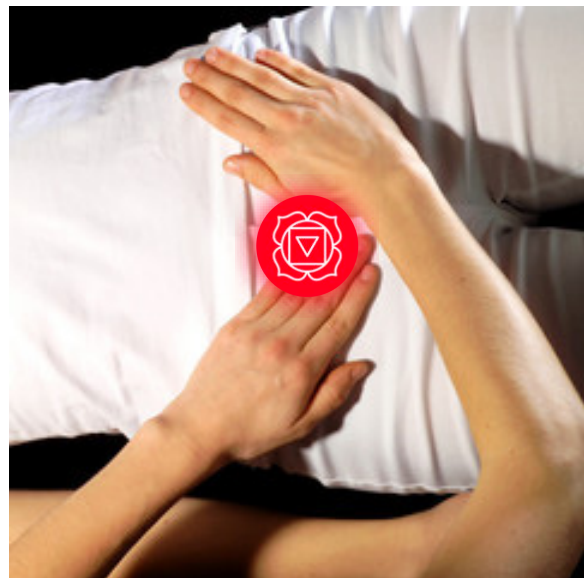


This position is mainly used to activate and revitalize the individual's liver and digestive system.



This position is mainly used to activate fertility in women and men, and can even stimulate the desire for motherhood/fatherhood and caring for the family. It also helps to release any energetic blockages or knots.

in the region.



Harmonizes. This position harmonizes and balances the individual's entire sexuality, allowing him to be kind and vigorous. It helps connect him with his true essence.



This position activates all sexuality and hormonal balance in both men and women. It is a self-application position that allows you to expand your inner connection with your desires, wishes and material inclinations.



This position of self-application allows you to open channels of internal dialogue with your true essence, your mission and purpose on earth.



Cross technique used mainly to remove any type of physical and energetic tension and stress present in the body, in addition to relieving any emotional pressure that the patient is going through.



This cross opening technique aims to channel and energize the heart chakra, with the aim of helping the patient to escape from states of deep depression, sadness or past traumas.



In this position, with 100% relaxation, you send an energetic wave that extends from the heart chakra to the base chakra, relaxing and releasing all excess energies in the body.



Position of self-acceptance and forgiveness. It can be used to release resentment, past pain and emotional blocks. Recommended for people with hurt or resentment left by relationships.



Application for releasing blocked emotions. Excellent for people who have difficulty processing emotions and relating well to others.



Point for activating the power of expression. Helps connect the upper and lower energy points.



Self-application for emotional clarification of relationships and desires. Creates states of emotional clarity, facilitating the evaluation of situations or conflicts in life.



Self-application to activate the power of verbal and energetic expression. Facilitates the individual's internal and external dialogue.



Position often used by people who feel anxious when having to speak in public or express themselves.



Position of hands together. Used to cut negative energetic and spiritual connections.

This position works like a sword that cuts all negative energy sources in the application region.



Crown position. Allows physical relief in the forehead/head area. Excellent for people with sinusitis, migraines or chronic pain.

It also helps to expand consciousness and mental/emotional clarity.





Position used to assist in the connection between mind/emotions and the power of expression.

It is widely used to balance the tensions generated by emotions with the rest of the body's energy points.

It facilitates the internal understanding of the being with its true essence.



This position can be used for several purposes:.

- 1.Reinvigorate the patient
- 2.Reenergization
- 3.Connection
- 4.Energy release
- 5.General healing
- 6.Energy alignment
- 7.Spiritual Liberation
- 8.Reduction of chronic pain
- 9.Mental clarity
- 10.Anxiety reduction
- 11.Sensitivity activation

This is a generic position, which can be used in any service.



This position is the most used by Reiki-ians, it is simple and has excellent results.

Although the application is directed to the head region, the benefits extend throughout the body.

This technique can be used to treat, harmonize and activate any problem or energy point.

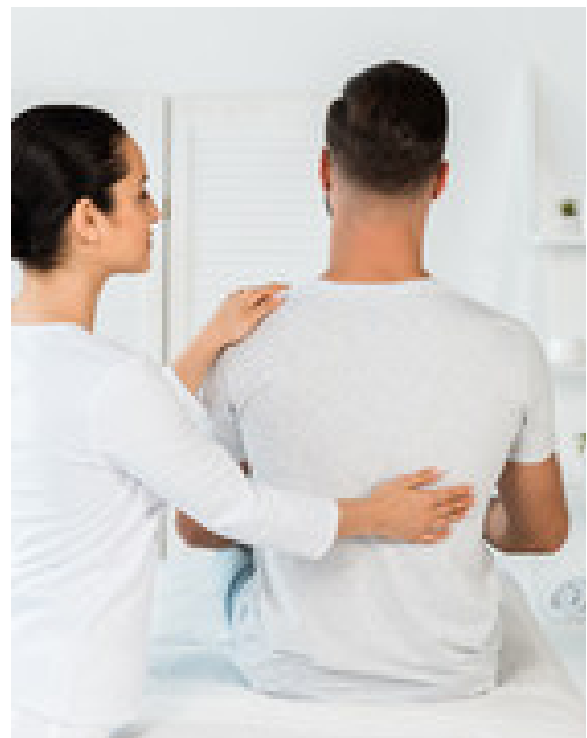
It is an excellent position for beginners, as it activates all chakras and energies that may be blocked.

It is also very powerful in generating clarity and well-being in the patient. It facilitates the identification of negative patterns, processes and habits.



This is a resting position, used as a pause to assess the patient.

Breaks can also be interspersed between applications.



This position facilitates the application of Reiki throughout the cervical region. It activates the heart, sacral and root chakras.



Remember: activations in the head region are never too much. This is a region loaded with mental processes and experiences that propagate in the form of energy.

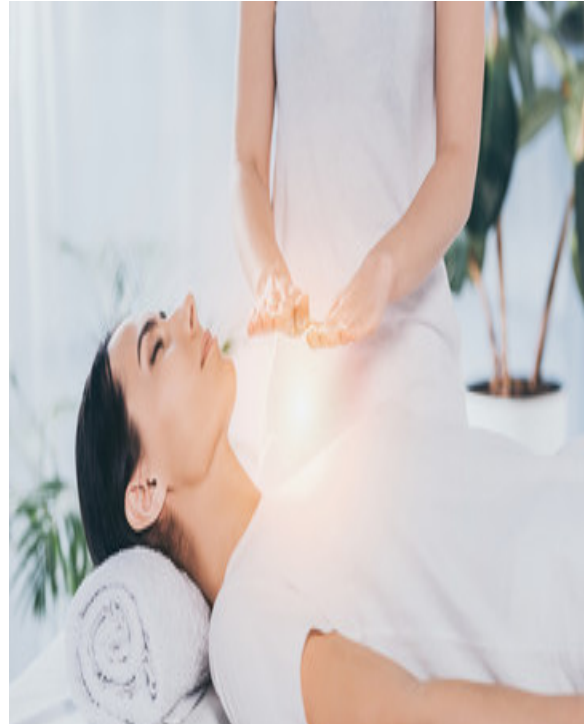


Tip: We can often touch the patient directly. People seek attention, affection, care and even brotherly touches. Touching with love can release energies of resentment and suffering from the past.





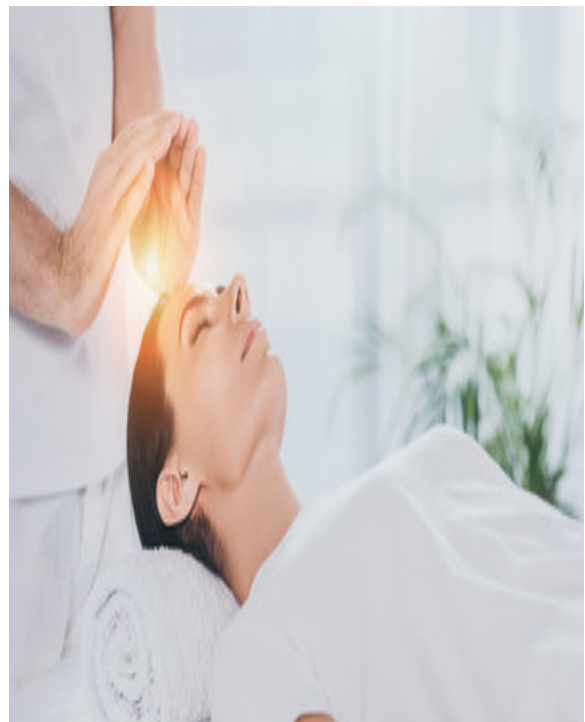
Energized sword. Cuts ties with the past, traumas and negative memories.



Application for releasing the laryngeal chakra and activating the power of expression and listening.



Position for releasing anxiety and restoring personal confidence.



Hand position in the shape of a health triad. Aims to harmonize the individual's physical and spiritual energy elements.



Double tapping is a technique for activating the third eye and sensitivity.



This position restores love to the heart chakra.



This position is also another way to restore love to the heart chakra.



Overlapping hand positions are used in pregnant women.



# **MANUAL CHROMOTHERAPY**

# THE POWER CHROMOTHERAPY

Chromotherapy is a form of therapy that uses color and light to treat certain mental and physical health conditions. We can trace this form of therapy back to the ancient Egyptians. They used sun-filled rooms with colored glass for therapeutic purposes.

Although color therapy has gained some popularity over the years, it is still not a widely accepted form of therapy in Western medicine. Many medical experts consider it pseudoscience or quackery.

At some point, we've all experienced the ways in which colors can affect us. For some people, seeing green in nature on their daily run is an instant mood boost, or they instantly feel a little better wearing a favorite yellow dress. The practice of color therapy can be traced back to Indian Ayurvedic medicine, which claims that applying certain colors can correct imbalances in our body's chakras.

In chromotherapy, it is believed that different colors are capable of impacting the body differently.

**Red :**Red is used to energize or invigorate a person who may be feeling tired or down. However, red can also trigger people who may already be tense.

**Blue:**Color therapists use blue to try to influence depression and pain. Darker shades of blue also appear to have sedative properties and may be tried by people suffering from insomnia or other sleep disorders.

**Green:**Green is the color of nature and, according to color therapists, it can help relieve stress and relax a person.

**Yellow:** Yellow can be used to improve your mood and make you happier and more optimistic.

**Orange :**Orange, like yellow, can be used to evoke happy emotions in people. The warm, bright color is also believed to stimulate appetite and mental activity.

## Techniques

There are two main techniques of chromotherapy. It can be done through vision, that is, by looking at a certain color in the hope that it will provoke the desired response in your body, or by directly reflecting certain colors onto parts of the body.

Color therapists believe that color can enter our bodies through our eyes or skin. Each color we can see has its own unique wavelength and frequency. Each unique frequency has a different effect on people and is used for different purposes. Warm colors are typically used for stimulating effects, while cool colors are used for calming effects.

### **How color therapy can help**

Chromotherapy is considered a type of alternative medicine treatment. It has been proposed to help with a variety of conditions, including:

1. Stress
2. Depression
3. Aggression
4. High blood pressure
5. Sleep disorders
6. Anxiety
7. Certain cancers
8. Skin infections

It is important to note that there is no significant evidence that color therapy is effective for any medical condition. According to the American Cancer Society, available scientific evidence does not support any claims that the use of light or color therapy is effective in treating cancer or any other disease.

### **Benefits of chromotherapy**

Over the decades, chromotherapy has been proposed to provide several benefits ranging from physical to mental, including:

**Stress Relief:** Certain colors, such as blue and green, are believed to have calming effects on people who are stressed or anxious.

**Increase appetite:** Warm, stimulating colors are believed to increase appetite when you're fighting food cravings.

**Seasonal affective disorder:** People mostly suffer from seasonal affective disorder during colder weather due to lack of sunlight. Certain types of bright light therapy have been shown to be beneficial for this mood disorder. Chromotherapy also suggests the unproven idea that warm colors like yellow and orange may also help with this.

**To increase your energy:** Colors like red and yellow are believed to increase your energy and make you more motivated.

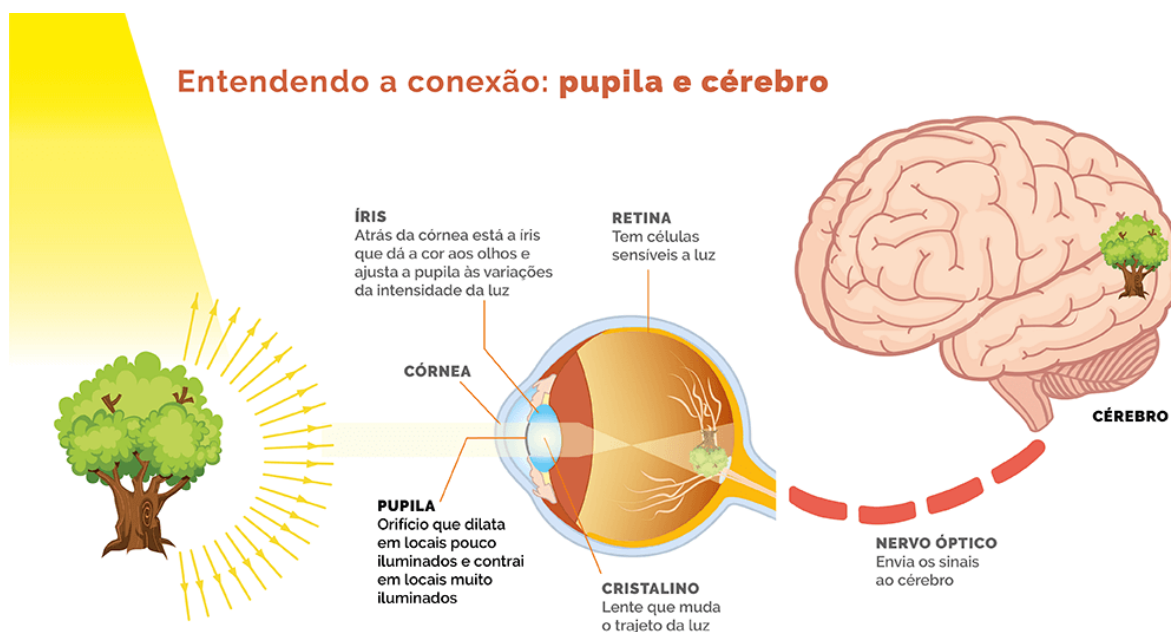
# AS DO WE SEE?

In order to see anything, two facts are essential: first, that our eyes are open and second, that there is light! From there, an entire system composed of the eyes, optic nerves, optical pathways and visual cortex come into action instantly to give us visual perception of everything that is in front of us and that surrounds us.

The mechanism of visual perception begins in the eyes. Light passes through the cornea, which is the first lens of the eye and has a fixed degree (it varies for each person between 39 and 48 degrees or diopters), which converges this light towards the pupil. The pupil is the hole in the middle of the iris, which in turn is the “colored part” of the eyes. The function of the pupil is to regulate the entry of light into the eye: the less light in the environment, the more dilated the pupil becomes.

Just behind the pupil is the crystalline lens, the second lens of the eye, whose degree (diopter) is variable: it changes according to the distance between the eye and the object. Its function is to focus the object we are looking at on the retina.

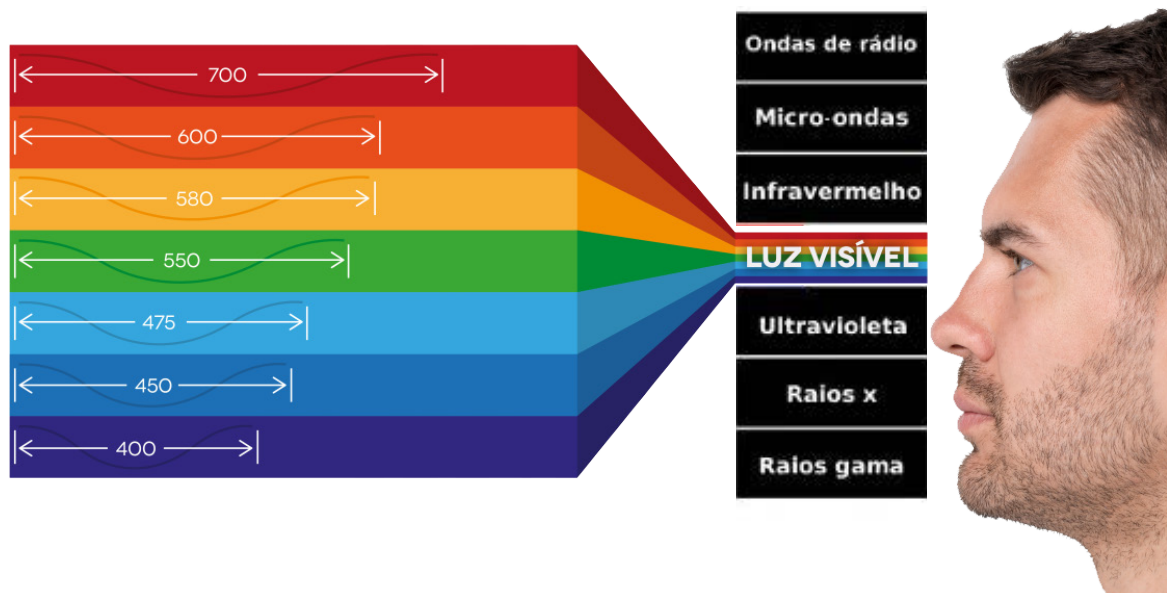
The retina is a very complex tissue in its structure, whose function is to process light and transform its entire range of colors, contrasts and other characteristics into electrical stimuli, which in turn are conducted by the optic nerves and optical pathways to the occipital (visual) cortex, which is the part of the brain that processes and “translates” these stimuli in order to bring visual perception to consciousness. We can therefore say that we see through our brain and not through our eyes.



When we look at an object, the image passes through the cornea and reaches the iris, which regulates the amount of light received through the pupil. The larger the pupil, the more light enters the eye. After passing through the pupil, the image reaches the lens and is “formed” under the retina.

The lens of the eye produces an inverted image, and the brain converts it to the correct position. In the retina, more than a hundred million photoreceptor cells transform light waves into electrochemical impulses, which are decoded by the brain.

Inspired by how the eye works, man created the camera. Therefore, in our eyes, the cornea works like the camera lens, allowing light to enter the eye and the image to form on the retina. Located on the inside of the eye, the retina would be the photographic film, where the image is reproduced.



All the different parts of the eyes work together to fulfill their function.

First, light passes through the cornea (the clear front layer of the eye). The cornea is shaped like a dome and bends light to help the eye focus.

Some of this light enters the eye through an opening called the pupil. The iris (the colored part of the eye) controls how much light the pupil lets in.

The light then passes through the lens (a clear part of the inside of the eye). The lens works together with the cornea to focus the light correctly on the retina. When light hits the retina, which is a layer of light-sensitive tissue at the back of the eye, special cells called photoreceptors convert the light into electrical signals.

These electrical signals travel from the retina through the optic nerve to the brain. The brain then transforms the signals into the images you see.

## REFLECTION TO ODACOR

### WHITE

White is the only color that reflects all colors. Using white brings a feeling of freshness, precisely because all light/energy is reflected back.



What we see on a white surface is the mixture of all colors.

## REFRACTION

### BLACK

Black is the only color that absorbs all colors. Therefore, if you are wearing black on a sunny day, you will probably feel hot, as black will be absorbing all the light received by the sun.

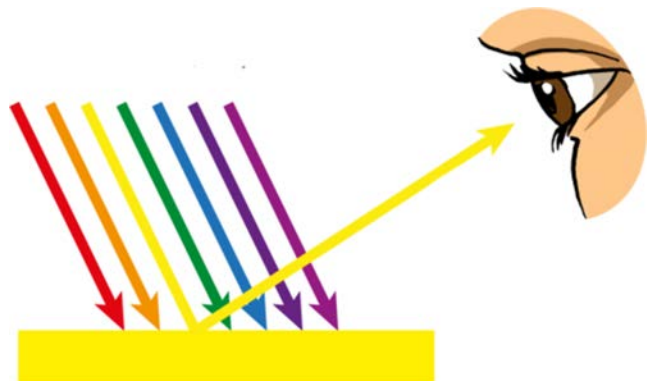


Black is the only color that does not reflect the polychromatic light emitted by the sun. What we see is the absence of color.

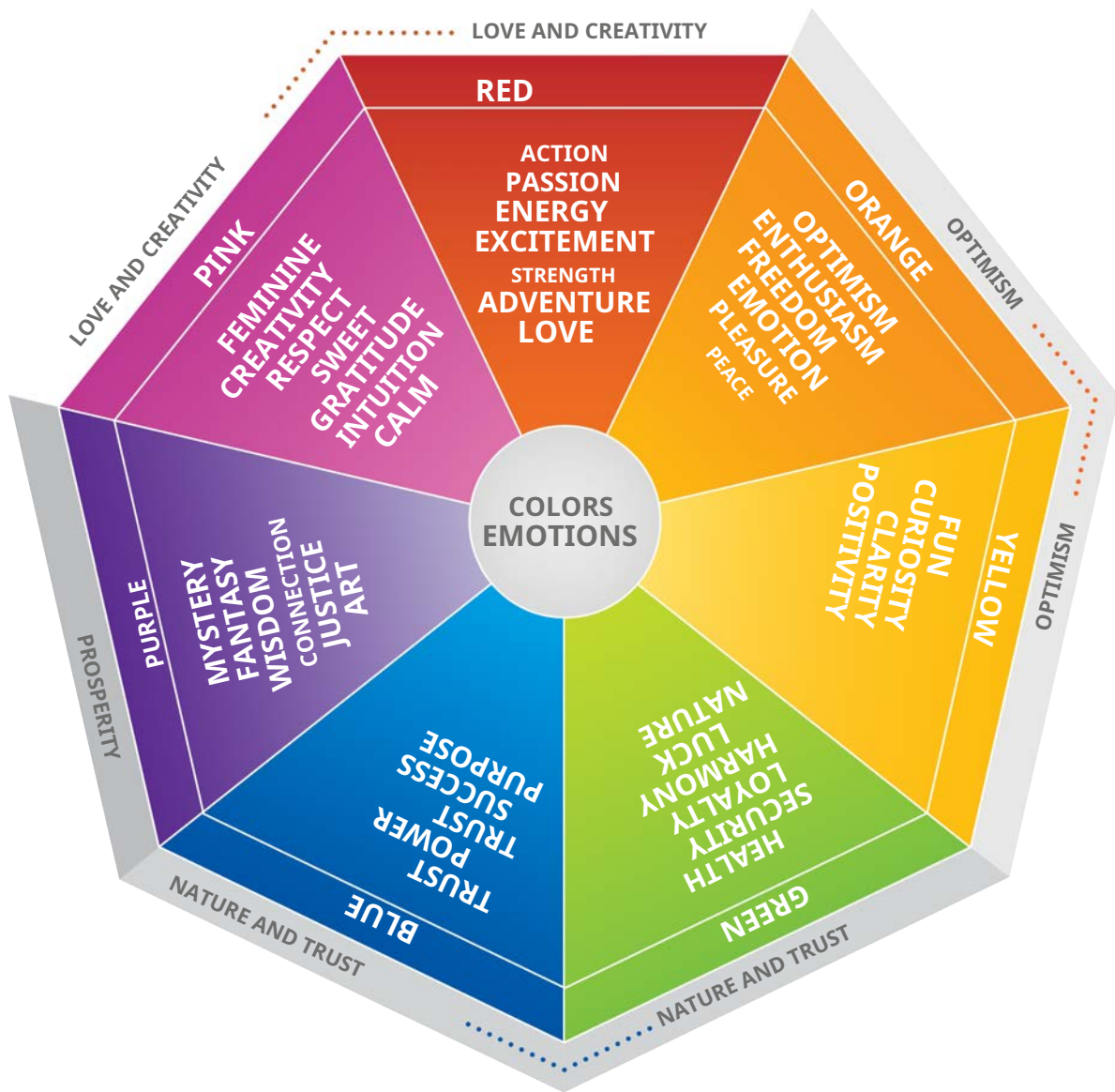
## REFRACTION

### YELLOW

Unlike black and white, other colors reflect their own composition. In other words, the yellow you see is only reflected by surfaces and objects that are yellow.



Thus, the rest of all other colors are absorbed by the yellow object, which reflects only its own color.





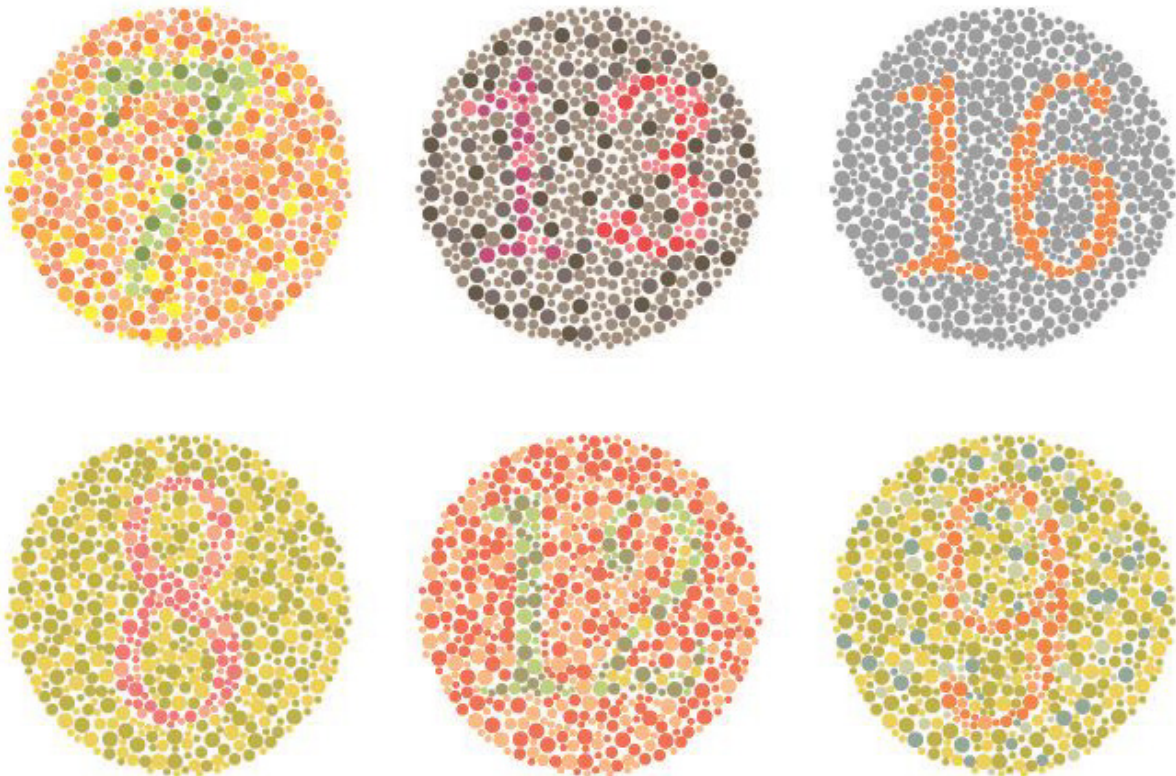
## DIFFERENT PERCEPTIONS

One question that often comes up when we are learning about chromotherapy is how to deal with people who have some kind of vision impairment. Can colorblind and blind people, for example, benefit from chromotherapy?

Chromotherapy works independently of vision, as it is a frequency that propagates through the environment.

Although vision is the main channel for receiving this frequency, our body is capable of capturing light through other sensory channels.

It is important for the therapist to be aware of the particularities of each patient in order to provide appropriate care during chromotherapy treatment. For example, it is important to know that a colorblind person has their own perception of tones depending on the type of color blindness.



# THE POWERS COLORS

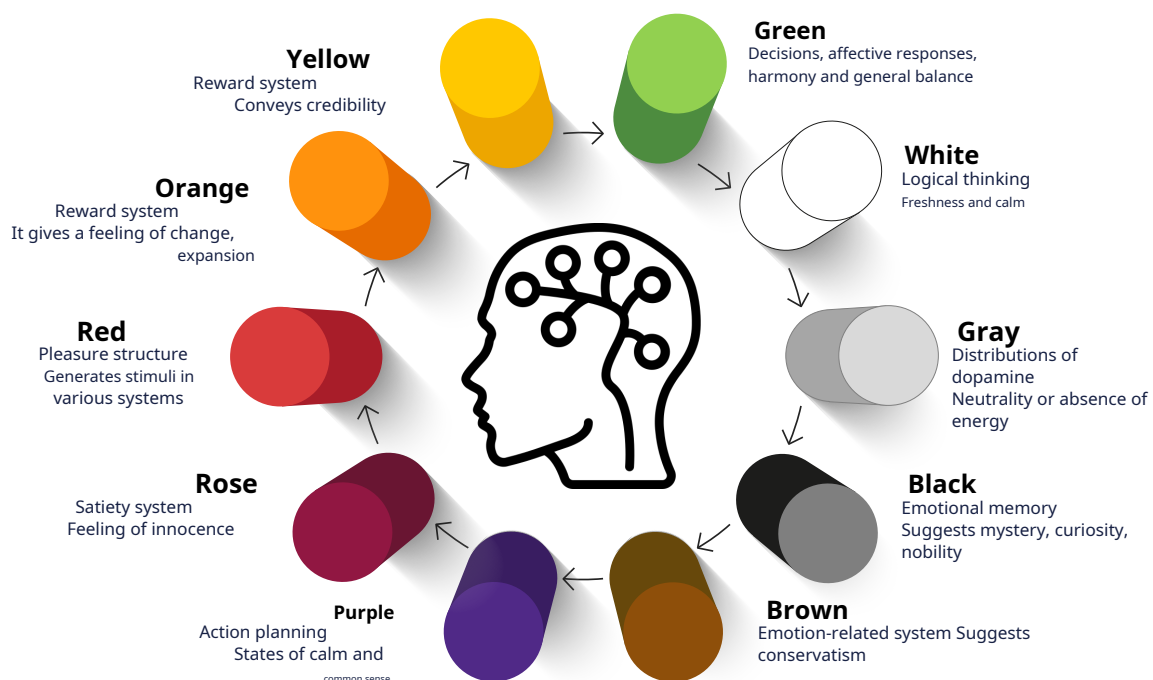
From the point of view of holistic therapy, colors have the power to influence human moods and create a specific aura or energy in the surrounding environment.

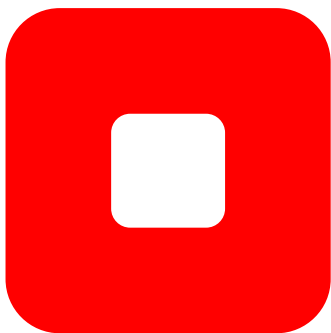
Each variation in hue can affect our mood, emotions and behaviors. It can also be a source of information. While an individual's response to color may derive from personal experience, color science, along with color psychology, argue that there is more to discover.

Numerous studies have been carried out on the relationship between color, including in the areas of advertising, to determine how these variations can influence people's desire to consume.

Here are some of the findings:

- Color influences 85% of purchasing decisions.
- About 62-90% of product evaluation is based on color alone.
- Colors increase brand recognition by 80%.





It is the color closest to infrared and the hottest in the solar spectrum. It brings strength and vigor. It is the color of the heart, blood, muscles and bone marrow. Red is aggressive and quickly tires, as it is very saturating. It is related to the basic chakra, at the base of the spine. The main characteristics of red are action, motivation, stimulus, vitality, depth, intensity, passion, anger, hatred, lust, aggressiveness and agitation.

## PHYSICAL

Accelerate the circulation sanguinea and heart rate, increasing body heat. It also promotes the release of adrenaline. Red is favorable for tissue reconstruction, improving blood supply to the affected region.

## MENTAL

He leaves you thoughts shake- It is great for grounding people who are very airy, dreamy and who live with their heads in the clouds, bringing them back to reality. It transmits a feeling of power in all areas, increasing libido and material desires (sex, acquisition of goods, etc.); it also brings us practicality and makes us objective.

## ENERGY TIC

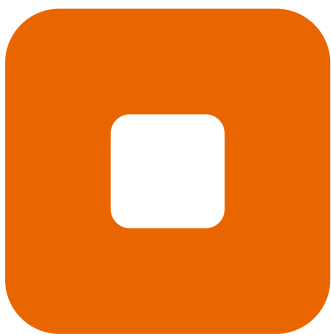
Because it is a very intense color, it quickly stimulates and strengthens, giving us the feeling that we are truly grounded. Another characteristic of the red ray is the vitalization of the aura.

## EMOTIONAL

In some people, it can cause aggression and anger. In certain situations, its excess can cause some irritability and discomfort. However, it also brings a good dose of motivation and the desire to "want to succeed in life". It helps us to make quick decisions and brings us confidence. bail in all respects.

## SPIRITUAL

Because it is associated with sexual desire and materiality, the use of the color red appears to be linked to dense or negative forces in some religions. However, holistic therapy does not work with these religious restrictions. Red has a positive radiance if used correctly and consciously. It is also the color of action, of fulfilling our soul mission and of communication.



It is the second color of the solar spectrum, and is considered a hot and strong ray, but without the intensity of red. Orange is stimulating and gives us a feeling of vitality. This ray has the characteristic of "undoing", "disintegrating", "destroying", etc. It is the color of the sexual chakra, balancing and harmonizing the gonads, stimulating sexuality, but without aggression and intensity. Its main characteristics are joy, energy, creativity, vitality, sexual desire, empathy with others, courage, audacity, and revolution.

## PHYSICAL

AND one color what energy-  
It affects the spleen, gonads, lymphatic system, kidneys and adrenal glands. It aids digestion in general, facilitating the synaptic process between nerve cells. It is indicated in rheumatic and respiratory treatments, but with some caution. It also stimulates the mammary glands.

## MENTAL

Orange makes us more creative, inspired and enthusiastic, and it also harmonizes our thoughts, bringing us hope and improving our perspective for the future. It is the color of self-esteem, positive ideas and business, which helps in decision-making.

## EMOTIONAL

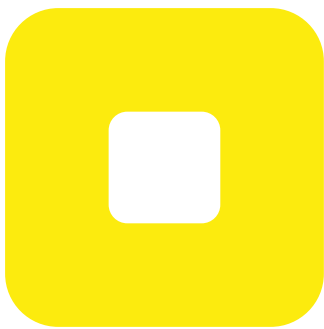
It brings a sense of strength and creativity. It is an excellent color for combating depression, sadness, frustration and fear, making the individual happier and stronger to face adversity. Orange is linked to not only physical pleasure, but also to living life intensely.

## ENERGY TIC

The orange ray is stimulating and vitalizes the subtle bodies, especially the etheric body, unblocks the meridians, nadis (energy channels), chakras, marmas, among other structures of the being, improving and harmonizing energy circulation.

## SPIRITUAL

It is the color that annihilates negative forms and thoughts, as well as miasmas, astral parasites, harmful elementals, among other forms of dense and malevolent energies.



It is a color with a warm vibration, but not as warm as red and orange. Yellow stimulates joy and concentration, and is good for studying. It is a color that is good for the intellect, the digestive system, intelligence, wisdom and good humor. It strengthens the nerves, activates the lymphatic system and benefits the skin. Its main characteristics are joy, memory, thoughts, studies, rationality, intelligence and spirituality.

## PHYSICAL

This ray is good for energizing the skin, pancreas, and digestive system, including the liver and intestines, acting as a cleansing action. This color helps with blood circulation, slightly increasing blood pressure and the lymphatic system. It is excellent for promoting skin cleansing, in cases of blackheads and pimples, for example. It also acts on the nervous system and acts against parasites and worms lodged in the body. On the other hand, its excess can cause gastritis.

## MENTAL

It is an excellent color to stimulate logical reasoning, being an ally in studies and work. When used excessively, it can make the person focus only on making plans, extremely cerebral, curtailing their action. It is also not recommended for people who are very absent-minded (or very mental), as it can cause confusion and mental fatigue.

## EMOTIONAL

It brings joy and happiness, generates good humor, teaches how to deal with the challenges of everyday life, fear, depression and melancholy. It provides encouragement, patience and optimism.

## ENERGETIC

Energizes the body mentally, dust-rem should be used in moderation. This ray is linked to the navel chakra (solar plexus) and, together with the color orange, also helps to eliminate harmful thoughts.

## SPIRITUAL

He has one connection direct- It has the color gold, considered the color of spirituality. Its association with the sun goes back thousands of years, especially in Egyptian culture. It is a color that brings enlightenment, psychic and energetic strengthening.



This ray is in the middle of the solar spectrum, meaning it is neither hot nor cold. This color gives us a feeling of freshness and relief. It is considered the color of healing and can be used in various treatments. It promotes food digestion and stimulates balance, helps with muscle relaxation and refreshes the blood; it stabilizes our energy, thoughts and feelings, in addition to balancing the endocrine system, nervous system and circulatory system. Green relieves daily stress, which is why we feel calmer when we are surrounded by trees and plants. Among its main benefits are balance, healing, homeostasis and anti-stress.

## PHYSICAL

This ray has always been considered an agent in the fight against numerous ailments in the body. It provides balance and gives a feeling of the body in perfect working order. It is a color that benefits the heart, arteries, muscles, nerves, etc. It is the ray that helps restore homeostasis to our body.

## MENTAL

It subtly calms our mind, balancing our thoughts. It helps to heal bad thoughts and realize how wrong we may be in our ways of thinking and acting. However, in excess, this color can cause indecision.

## EMOTIONAL

It stabilizes and harmonizes any and all emotional problems, enabling us to better understand the diversity of life. It is a color that, over time, helps us make wiser decisions, in a balanced and calm manner, balancing the rational with the emotional.

## ENERGETIC

This is the color of the heart chakra, and is widely used in energy healing work, in the subtle bodies, and in other chakras, meridians or nadis, marmas, etc.

## SPIRITUAL

That ray is very used in process-spiritual healing practices, especially in temples, spiritualist and Umbanda centers, also in native rituals, memory regression, among other spiritual centers and ceremonies. It is common to observe, in the recollection of past events, the use of the green ray to bring healing to the extra-physical body, generally you, in a spiritual hospital.



It is the first cool color in the solar spectrum. In a way, it reminds us of the blue of the sky, which is associated with mysticism and spirituality. It is a color that has a wide range of therapeutic properties. This ray works on inner harmony, brings calm and promotes relaxation. It benefits the joints, relaxes the muscles, calms the nervous system and is great for controlling tachycardia and hypertension problems. Blue conveys a sense of protection and hope for better times, as it increases faith. Its main characteristics are tranquility, harmony, communication, sociability, relaxation, protection, faith and spirituality.

## PHYSICAL

It has properties that soften and stabilize blood circulation, relaxes tense muscles, improves the lubrication of several joints that have synovial fluid, lubricates the vocal cords, softens the synaptic action of nerve cells and harmonizes the body's tissues. It is indicated to treat inflammatory and infectious diseases, as well as hearing problems. It also energizes the thyroid gland and helps in the treatment of cancer.

## MENTAL

It calms the mind, encourages inspiration and insights, and breaks negative thought patterns, making us perceive things around us with a calmer outlook. This color should only be avoided by people suffering from depression, as it can worsen the melancholy.

## EMOTIONAL

THE blue helps in the purification of emotions, helping us to realize that we need to connect to a more subtle sphere in order to understand certain manifestations that occur within us.

## ENERGY TIC

This ray is connected to our throat chakra, which is the energetic center of expression. The color soothes any and all vibrational disturbances, creating an atmosphere of protection and comfort around us and conveying a sense of confidence.

## SPIRITUAL

The color blue activates our spiritual side, seeking the reason for many things, bringing a feeling of compassion and understanding. This ray reminds us of the blue cloak of Mother Mary, Saint Michael the Archangel, Iemanjá, among other religious characters. This vibration brings us closer to our higher self, connecting us to beings of light and protectors, showing us the way to strengthen our faith.



This is a cold ray located between the blue and violet rays. It has a stronger tone, with more intense properties than blue, but with some peculiar characteristics. This color is considered the color of wisdom by revelation, in addition to being calming and sedative, cold and astringent, as it relaxes the mind for greater contact with higher spheres, through meditation, for example. It has a strong coagulating effect, is a blood purifier, provides psychic cleansing and relieves the tensions of everyday life. Its main characteristics are awareness, sedation, knowledge, purification and expanded vision.

## PHYSICAL

This ray is indicated for situations in which it is necessary to stop the blood, accelerating the coagulation process in the affected area. It has a powerful anesthetic and sedative effect. It helps purify the body, especially the blood and lymph. It is a cool color that provides calm in any situation. Indigo and blue are great colors for bringing about a peaceful and restful sleep. It helps calm the heart and lower blood pressure, in addition to enhancing hearing, vision and smell. The ray can also be used for stomach problems (such as gastritis), lung diseases, and disorders in the parathyroid and pituitary glands.

## MENTAL

This color makes us uninhibited and courageous to face our fears, cleanses our psychic energies, brings mental expansion, opening our consciousness to look at situations in our life in a holistic way.

## EMOTIONAL

It is the color that encourages us to be practical, but with wisdom. It shows - It gives us the path to understanding which points we need to improve internally, bringing discernment and wisdom to promote transformations in our lives. It helps us to relax and use all our knowledge to overcome everyday challenges.

## ENERGY TIC

This ray is connected to the frontal chakra (third eye), activating vision for that which is more subtle. With this, we can perceive and visualize situations that are blocked.

## SPIRITUAL

It is a color that illuminates consciousness about our earthly experience and astral projections. It activates clairvoyance, as it opens the third eye, considered the "eyes of the spirit". Because of this, visions of the past and the future are facilitated.



This ray is the strongest and coldest of all. It is a color focused purely on high spirituality. Violet is full transformation, and is widely used to transmute any and all processes, from negative to positive, due to its strength and vibration, promoting deep cleansing. It is related to the pineal gland, creating greater contact with the spiritual world. It is considered the color of self-power, of one's essence, and is connected to the spiritual aspects of being. Its main characteristics are spirituality, divinity, luxury, power, selflessness, transformation and healing.

## PHYSICAL

This ray has anti-cancer properties, as it is capable of stopping the growth and development of tumor cells. It purifies the blood and stimulates the production of white blood cells. It has a calming effect on the nervous, cardiac and lymphatic systems. It is ideal for the brain and spinal cord, nourishing the pineal gland. It is used to treat nervous irritation, inflammation, neuroses, and other diseases of the nervous system.

## MENTAL

It balances the mind, eliminates mental clutter and is widely used to treat mental illnesses of any nature. It helps to break harmful psychic bonds, facilitating the development of higher thoughts.

## EMOTIONAL

For artists, or those seeking inspiration from above, it is the ideal color, as it purifies any and all emotional imbalance, bringing calm and peace. It opens our intuition, facilitating meditation or helping when we need to listen to our inner self. It also helps those who need to develop self-love.

## ENERGETIC

This color transmutes any and all dense energy into calmer and more harmonious energies. The color of the ray is linked to the crown chakra, at the top of the head. It refines our energies in the subtle bodies, increasing the degree of spirituality.

## SPIRITUAL

Because it is a purifying and transformative ray of the being, it is the color that connects us to the spiritual world, to beings of light and extreme subtlety and love. It is also related to spiritual cleansing at any level, being the color of the "higher self". Spiritual comprehension and understanding are expanded when this color is in harmony with us.

## VERDELIM

It is a mixture of light green and yellow. It helps remove waste or impurities from the body.

This is the color that encourages us to speak our inner truth and energizes the thymus gland. It renews the body, helps with bone growth, and cleanses the kidneys, liver, etheric body, and blood. It also helps eliminate phlegm in the sinus cavity.



## TURQUOISE

It is a mixture of the color green and blue. It helps to relieve inflammation, activating the immune system.

The ancients understood that the vibration of this color wards off negative energies or the popular “evil eye”. It is also useful for skin treatments. Another important function is to provide a feeling of protection against any and all strange forces, in addition to attracting good fluids.



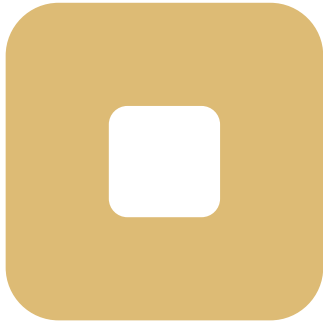
## ORANGE

It is the mixture of red and orange, being the vibration of these two colors.

Here, we see the blending of masculine and feminine energies in action. This is a less strong and aggressive tone, which can be used in place of red only when the person cannot wear that color.

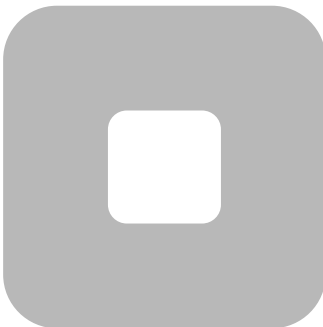


## GOLDEN



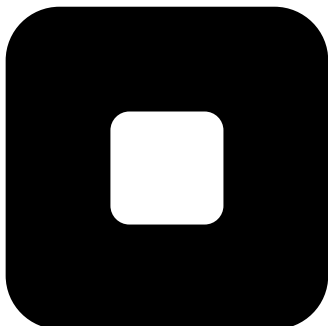
The color gold is associated with the universal spirit, with the God Ra (ancient Egypt), and is linked to the Sun. This vibration is linked to divine or higher aspects, activating the wisdom of the soul that exists within us. Its therapeutic properties include improving blood circulation to energize the skin, treating lupus and skin cancer. It is the ray that combats depression, arthritis, rheumatism, tuberculosis and spinal problems.

## SILVER



Silver or the color silver is a color associated with modernity, new technologies, novelty, and innovation. Silver attributes values related to metal, such as shine, solidity, and value. It conveys stability, success, quality, and distinction, especially when associated with black.

## BLACK



This color is the color of “human non-perception”, that is, it is not detected by rods or cones, which are the cells that capture color waves, transmitting them to our brain for decoding. It is the color of mourning, of the hidden, of isolation and of protection when we do not want to be noticed or seen. Black also represents our shadows, which we should pay close attention to.

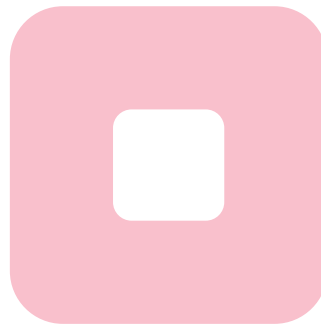
# WHITE

White provides peace and tranquility and can be used in a variety of applications. It is the essence of all other colors, representing purity, peace, the sacred and light. This color is used in work or activities involving donation, healing or charity, or when seeking clarity of ideas, thoughts, connection with the spiritual and feelings that are in communion with the group.

## PINK

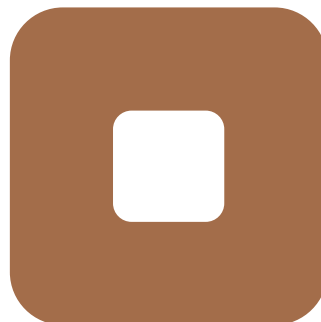
It is the mixture of red and white.

This is a more feminine vibration. It stimulates love in an expansive way. It brings understanding and compassion, helping in the work of forgiveness and self-forgiveness. On the physical side, it is an excellent blood purifier and also helps the kidneys in this process. This color is recommended in the search for inner peace and to develop altruism.



## BROWN

Brown is highly recommended for people who need to ground themselves, who are very spaced out, who live in a world of their own, or who think too much and accomplish nothing. It promotes solidity of personality and encourages conservatism. A variation of this color is beige, which is softer for use in clothing and environments. Beige is a variation of brown in its purpose of conveying serenity and passivity. It is considered classic, warmer than cold, and conveys a feeling of antiquity, little movement, coziness and comfort.





# **MANUAL CRYSTAL THERAPY**



# MANUAL

## CRYSTAL THERAPY

Crystal therapy is a technique that uses crystals and other stones to cure or prevent illness. Holistic practitioners and practitioners believe that crystals act as conduits for healing—allowing positive, healing energy to flow into the body while negative, disease-causing energy flows out.

There is no scientific evidence that crystal healing is effective, precisely because the diagnosis of diseases is not based on the observation of energy flows in the body, an aspect that is so important for holistic understanding. Furthermore, no scientific study has shown that crystals and gemstones can be differentiated by chemical composition or color to treat a specific disease.

However, in our methodology, we direct studies based on experiences of holistic offices and the perception of each patient and professional.

We believe that, just as objects and places are capable of absorbing energetic charges emitted by people and their emotions, crystals also have this power.

In addition to absorbing energy charges, they have their own charges and frequencies, and can energize places, transmute energies and reestablish harmony between places and people.

Knowledge is always changing, and we are evolving scientifically. Therefore, we believe that there is still much to be discovered about the benefits of crystal therapy and several other holistic therapies. Remember that you are a fundamental part of this future.

# To the cat

Made of microscopic quartz crystals with a banded pattern, this is a very stable crystal. Agates are stones that promote energy grounding and provide emotional, physical and intellectual balance. They help to center and stabilize physical energy.

Agate has the power to harmonize yin and yang, the polarities that maintain the balance of the universe, according to Chinese philosophy. As a calming and soothing stone, it has a gradual but powerful action. Its multiple layers can bring hidden information to light. From a psychological point of view, agate promotes the gentle acceptance of one's own self, stimulating self-confidence. It helps with intrapersonal intelligence and the perception of hidden circumstances, leading us to pay attention to any discomfort that is interfering with our well-being.

Agate stabilizes the aura, eliminating and transforming negative energies. Its purifying effect is powerful on both the physical and emotional levels. Placed over the heart, it heals emotional disorders that prevent the acceptance of love. Placed on the abdomen or ingested as an elixir, agate stimulates the digestive process and relieves gastritis. This stone also heals the eyes, stomach and uterus, cleanses the lymphatic system and pancreas, strengthens blood vessels and cures skin problems.

Blue lace agate is a powerful throat healer. Its ability to combat blockages to self-expression indirectly alleviates shoulder and neck problems, thyroid deficiencies, and throat or lymphatic infections. It lowers fevers and removes blockages in the nervous system, and it also treats arthritis and bone deformities, strengthens bones, and helps to solidify weak bones.



# Dendritic Agate

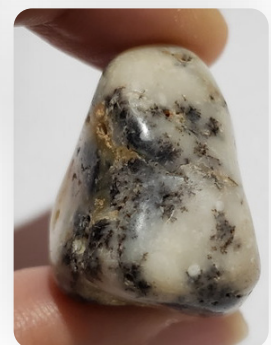
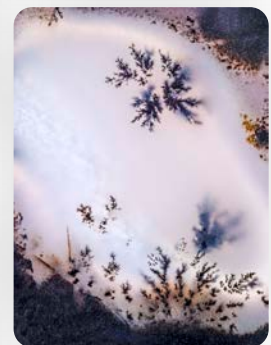
Dendritic agate is known as the stone of abundance. It brings abundance and fulfillment to all areas of life, including business and agriculture. It can be used to ensure bountiful harvests or to maintain the health of greenhouse plants.

capillary regeneration and stimulates the circulatory system. Placed on the site of pain or injury, it has an analgesic effect. It is a useful stone for healing plants and the Earth itself. It stabilizes the vortices within the planet's energy field.

Dendritic agate creates a peaceful environment, both internally and externally, and encourages us to enjoy every moment of life. This crystal has a particularly strong connection with the plant kingdom and can enhance communication with that kingdom. It all depends on our own connection with the earth. This agate, however, has slow effects and takes time to show its full effectiveness.

Psychologically, dendritic agate helps us to stay centered during times of discord, bringing stability. It encourages us to persevere and see difficulties as challenges. Spiritually, dendritic agate encourages us to maintain our connection with our roots. It opens and aligns the chakras, helping them to integrate with higher consciousness.

On a subtle level, dendritic agate heals ailments caused by chakra imbalances. Within the body, it is in tune with everything that has ramifications, such as blood vessels and nerves. It heals the nervous system and diseases such as neuralgia. This stone treats bone problems and realigns the skeleton with our physical reality. Dendritic agate reverses the degeneration of the



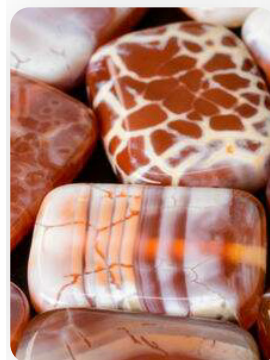
# To the fire cat

He has one connection deep-  
Its connection with the earth and its calming energy creates a feeling of security and protection. With great grounding power, it provides support during difficult times. Fire agate has a strong protective function, especially against the evil eye. It builds a protective shield around the body, sending negative energies back to their source, so that the person understands the harm they are causing. From a physical point of view, fire agate, as the name suggests, is linked to the element Fire and increases libido, "ignites" the base chakra and stimulates vitality on all levels. From a psychological point of view, fire agate dispels fear and instills confidence.

When we hold this stone in our hands, it stimulates introspection, inspiring spontaneous solutions to inner problems. It helps eliminate obsessions and destructive desires and can be useful in treating addictions. From a spiritual point of view, this protective stone promotes relaxation, giving the body the sensation of "softening" and facilitating meditation. Considered the representation of absolute perfection, it energizes spiritual strength and helps in the evolution of consciousness.

This stone helps to heal the stomach, nervous system and endocrine system, as well as circulatory diseases. It benefits the eyes, improves night vision and clarifies inner vision, on intuitive levels, and outer vision, on physical levels. It can be

Applied to this area to restore balance, reducing menopausal hot flashes and cooling the body. Fire agate brings vitality to the body, preventing exhaustion. Placed over the third eye chakra, it restores its normal functions. On a subtle level, fire agate eliminates etheric blockages and energizes the aura.

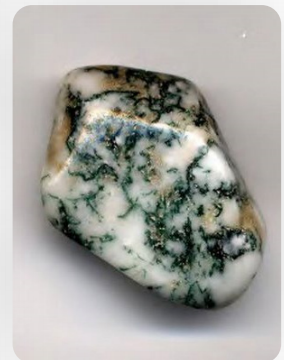


# TO THE MUSGO CAT

A stabilizing stone with a strong connection to nature, moss agate invigorates the soul and inspires people to see beauty in their surroundings. It helps reduce sensitivity to weather and environmental pollutants. It is extremely beneficial for anyone who works in agriculture or botany. A birthstone, moss agate helps midwives in their work, easing labor pains and ensuring a peaceful birth. It is the stone of new beginnings and removes spiritual blockages or ties. A stone associated with wealth, it attracts abundance. Moss agate can serve a dual purpose. It helps the more intellectual to get in touch with their intuitive feelings and, conversely, it helps intuitive people to channel their energy in a practical way.

Psychologically, Moss Agate increases self-esteem and strengthens positive personality traits. It reduces deep-seated fear and stress. It also helps develop personal strength and better relationships with others, as well as encouraging the expansion of personal space and growth. It strengthens the ability to try again, inspiring new ideas after a period of stagnation. Mentally, Moss Agate promotes self-expression and communication. It balances emotions, reduces stress and reduces fear. It encourages confidence and hope, as it is a stone that attracts positivity and optimism. It is useful for anyone suffering from depression or anxiety.

brain imbalances. No matter how difficult the circumstances may be, moss agate sheds light on the reasons behind these sufferings.



# AMAZONITE

Amazonite has a powerful filtering action. On a physical level, it blocks geopathic stress\*, absorbs microwaves and electromagnetic emanations from cell phones, and protects against electromagnetic pollution. It should be placed between the person and the source of pollution or attached to the cell phone with adhesive tape. On a mental level, it filters

information that passes through the brain and combines it with intuition. This is an extremely calming stone. It calms the brain and nervous system, as well as aligning the physical body with the etheric body, maintaining perfect health. It balances masculine and feminine energies and many aspects of the personality. It is a stone that helps us see both sides of a problem or different points of view.

On an emotional level, amazonite soothes emotional trauma, relieving worry and fear. It also soothes negative energies and irritations. From a spiritual perspective, amazonite elixir is extremely beneficial for all levels of consciousness. The stone itself helps in the manifestation of universal love.

Amazonite heals and opens both the throat and heart chakras, enhancing loving communication. It also opens the third eye and stimulates intuition. This stone dissipates negative energy and blockages in the nervous system. It combats osteoporosis, tooth loss, calcium deficiency,

calcium deposits and the metabolic deficiencies that cause these problems. The elixir rectifies calcium-related problems. Amazonite also relieves muscle spasms.



# Â MBAR

Amber is not actually a crystal. It is tree resin that has solidified and become a fossil. Amber has a strong connection to the earth and is a stone that grounds higher energies. It is a powerful healing and purifying agent that “absorbs” the body’s discomfort and promotes the revitalization of tissues. It also purifies the environment and the chakras, absorbs negative energy and transmutes it into positive forces that stimulate the body to heal itself. A powerful protector, amber connects the everyday self to the higher spiritual reality. Psychologically, amber brings stability to life, but also motivation, creating a connection between a desire and the drive to fulfill it. Its warm and bright energies translate into a spontaneous and radiant disposition.

From a mental point of view, amber stimulates the intellect, alleviates depression and promotes a positive mental state and creative self-expression. It brings balance and patience, as well as stimulating decision-making and memory. Its flexibility dissipates opposition. From an emotional point of view, amber inspires tranquility and increases confidence. From a spiritual point of view, it promotes altruism.

Amber is a powerful chakra purifier and healing agent. On a physical level, it imbues the body with vitality and has the power to “absorb” disease from the body. By absorbing pain and negative energy, it allows the body to recover.

balance and heal yourself. Amber also relieves stress. Because it is in tune with the throat, it combats goiter and other throat problems. It treats the stomach, spleen, kidneys, bladder, liver and gallbladder.



# AMETHYST

Amethyst is an extremely powerful and protective stone with a highly spiritual vibration. It protects us against psychic attacks, transmuting energy into love. A natural tranquilizer, amethyst blocks geopathic stress and negative energies from the environment. Its serenity favors meditation and higher states of consciousness. This stone has strong healing and purifying powers, in addition to sharpening spiritual perception. Traditionally, it was used to prevent drunkenness and restore sanity to overindulgent people who were given over to physical passions, promoting sobriety. It combats addictions and blockages of all kinds. Used at a higher level, amethyst opens perception to another reality.

Amethyst is extremely beneficial for the mind, calming or stimulating it as needed. During meditation, it diverts thoughts from mundane matters and inspires tranquility and deeper understanding. Mentally, it helps us feel less distracted, more focused and in control of our mental faculties. This stone facilitates the decision-making process, bringing good judgment and insight. Mentally, it calms and synthesizes, and aids in the transmission of neural signals throughout the brain.

Amethyst stimulates hormone production and regulates the endocrine system and metabolism. It strengthens the organs of

excretion and the immune system.



# ANGELITA

Angelite is one of the New Age “stones of perception.” It represents peace and brotherhood. As the name suggests, angelite facilitates conscious contact with the angelic realm. It encourages telepathic communication and out-of-body travel, while maintaining awareness of reality.

everyday. Angelite is a powerful stone for healers, as it deepens attunement and sharpens perception. It also protects the environment and the body, especially when taken in elixir form. Angelite is formed from compressed stone over millions of years and has the same properties as this stone. Psychologically, angelite helps us express our truth. It also helps us to be more compassionate and tolerant, especially towards that which cannot be changed. It alleviates psychological pain and combats cruelty.

From a mental point of view, Angelite is often used to stimulate astrological understanding and to deepen the understanding of mathematics. From a spiritual point of view, Angelite is full of compassion. It transforms pain and disorder into wholeness and healing, opening the way for spiritual evolution. It evokes a deep sense of peace and tranquility. It facilitates

connection with universal knowledge and increases perception. Angelite also facilitates the process of rebirth and opens doors to psychic channeling.

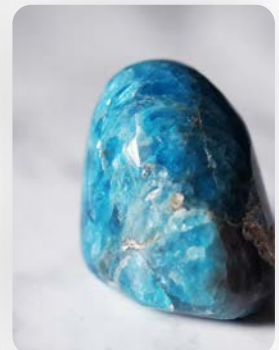
Applied to the feet, angelite unblocks the meridians and energy flows. Attuned to the throat, it relieves inflammation and imbalances in the thyroid and parathyroid glands. This calming stone repairs tissues and blood vessels, regulating fluids within the physical body, and also serves as a diuretic.



# APATITE

Apatite has inspirational properties. Serving as an interface between consciousness and matter, this is a stone that promotes a humanitarian attitude, with a penchant for service. Apatite is in tune with the future; however, it connects you to past lives. It develops psychic gifts and spiritual attunement, deepens meditation, raises kundalini energy\* and facilitates communication and self-expression on all levels. Psychologically, apatite increases motivation and energy reserves. It induces openness and resourcefulness in society, encouraging extroversion and decreasing indifference and alienation. It deflects negativity towards oneself and others and helps hyperactive and autistic children.

By stimulating creativity and intellect, apatite clears up confusion and facilitates access to information that can be used for the good of an individual or the community. It expands knowledge and truth, alleviating suffering, apathy, and anger. It reduces irritability and emotional exhaustion. By releasing energy from the base chakra, it soothes frustration and supports guilt-free passion.



# APOPHYLLITE

This stone has a high water content, which makes it an efficient conductor of energy and a repository of the Akashic Records (the esoteric records of everything that has ever happened and will ever happen, including information about past lives). Because this stone is a powerful transmitter of energy, its presence in a room increases the energies in the environment.

Apophyllite creates a conscious connection between the physical and spiritual realms. During out-of-body travel, it maintains a strong connection with the physical body, allowing information to be transmitted from the spiritual to the physical realm. This spiritual stone stimulates clairvoyance, intuition, and the ability to see into the future. It is an excellent stone for the practice of scribing\*. Psychologically, apophyllite promotes reflection on one's own behavior and the correction of imbalances or mistakes. It reduces pretension and reserved attitudes.

It is a stone of truth, which brings recognition of the true self and allows it to show itself to the world. Mentally, apophyllite has a calming effect. It is an effective stress reducer, as it eliminates mental blocks and negative thought patterns. It also reduces desire. On a spiritual level, apophyllite radiates universal love in the decision-making and analysis processes, attuning the mind to the spirit. Emotionally, apophyllite reduces repressed emotions. It alleviates anxiety, worries and fears.

It calms apprehension and increases tolerance for uncertainty. From a spiritual perspective, this stone calms and grounds the spirit. It has a strong connection to the spiritual realm, while also making us feel comfortable within the body. It facilitates out-of-body travel and spiritual vision. Thanks to its connection to the Akashic Records, it facilitates past-life regression.



# WATER - MARINE

It is the stone of courage. Its calming energies

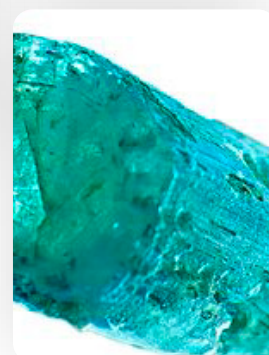
reduce stress and calm the mind. It harmonizes the environment around you and protects against pollutants. In ancient times, it was believed that - It is said that aquamarine fought the forces of darkness and obtained favors from the spirits of light. It was the sailors' talisman against drowning. From a psychological point of view, aquamarine - The sea has an affinity with sensitive people. It has the power to invoke tolerance in people and discourages judgment. It provides support to those who feel overwhelmed by the weight of responsibilities and encourages us to take responsibility for ourselves. It creates a personality full of spirit, persistent and dynamic. It can break the feeling of self-defeat. Water-

- The sea calms the mind and eliminates negative energies captured from other people.

It filters the information that reaches the brain and clears perception, sharpening reasoning. Because of its power to conclude unfinished business, aquamarine is useful for closures on all levels. It facilitates blocked communication and promotes self-expression. This stone facilitates the understanding of underlying emotional states and the interpretation of feelings. It also alleviates fears and increases sensitivity. From a spiritual point of view, aquamarine sharpens intuition and activates clairvoyance. A wonderful stone for meditation, it evokes elevated states of consciousness and perception.

spiritual and encourages service to humanity.

Aquamarine is useful for sore throats, swollen glands and thyroid problems. It harmonizes the pituitary and thyroid, regulates hormones and growth.



# ARAGONITE

Aragonite is a reliable telluric healing agent that grounds energies. Attuned to the Earth goddess, it encourages conservation and recycling. This stone transforms geopathic stress and clears blocked ley lines\*, even from a distance. With its ability to center and ground physical energy, it

It is useful in times of stress. Aragonite stabilizes the base and earth chakras, deepening the connection with the planet. It gently takes us back to childhood or an earlier period, allowing us to explore the past. Psychologically, aragonite teaches patience and acceptance, and combats hypersensitivity. It is great for people who demand a lot from themselves, as it helps them delegate tasks. The practical energy of this stone encourages discipline and reliability, and helps develop a pragmatic approach to life.

From a mental point of view, this stone helps us focus our attention on what we are doing and promotes mental flexibility and tolerance. It also provides us with intuitive insights into the cause of problems and situations. From an emotional point of view, aragonite combats anger and emotional stress, providing strength and support. From a physical point of view, aragonite is the stone that helps us feel comfortable and at ease within our own body. It combats discomfort, especially tremors and spasms resulting from inner restlessness. From a

From a spiritual perspective, aragonite stabilizes spiritual development that is out of control. By calming and centering, it restores harmony and prepares the person for meditation, raising energies to a higher spiritual level and revitalizing the body.



# ATACAMITE

Atacamite is a relatively new crystal, and its properties have not yet been fully explored. If you meditate with an Atacamite crystal, it will tell you how it wants you to work with it. Atacamite is sometimes confused with chrysocolla. What we do know is that Atacamite forces the third eye to open, creating powerful visual images and a strong spiritual connection. It is a stone of great clarity. Used in meditation, it safely takes the soul to the highest possible levels. Atacamite restores lost spiritual confidence and promotes connection with higher guidance. This stone is best held during out-of-body journeys. Atacamite facilitates the opening of the higher heart chakra, inspiring more unconditional love into your life, and stimulates the thymus and immune system.

THE Atacamite also purify- It works on the kidneys, promoting elimination at all levels. It is a powerful purifier for the etheric body and the third eye chakra. It can be used to cure genital infections and increases resistance to herpes and sexually transmitted diseases. Placed on the throat, Atacamite heals the thyroid, opening the throat chakra and removing blocks to self-expression that may be behind hypothyroidism. Thanks to its calming green hue, it is also beneficial for the nervous system, combating stress and shaken nerves on a subtle level.



# AZURITE

Azurite guides psychic and intuitive development. It encourages the soul to achieve enlightenment. It purifies and stimulates the third eye, attuning it to spiritual guidance. This crystal makes out-of-body travel easier and safer. It raises consciousness to higher levels and facilitates control over spiritual unfolding, in addition to inducing a meditative and channeling state. Azurite is a powerful healing stone that aids in understanding the psychosomatic effects of the mind and emotions on the body. Mentally, azurite provides clear understanding, expanding the mind. It eliminates old communication blocks and stimulates memory.

It also challenges beliefs and views of reality, encouraging us to explore the unknown without fear, promoting deeper intuitive insights and a new reality. In this way, old beliefs gently emerge into the conscious mind so that they can be confronted with the truth. Emotionally, azurite alleviates stress, worry, pain and sadness, shedding more light on emotions. It transmutes fear and phobias, and provides an understanding of the reasons that caused them. This stone calms people who talk a lot due to nervousness and stimulates those who have difficulty expressing themselves.

Azurite treats throat problems, arthritis and joint diseases, as well as aligning the spine and acting at the cellular level, eliminating any

blockage or injury to the brain. It cures problems in the kidneys, gallbladder and liver; treats the spleen, thyroid, bones, teeth, skin and also aids in detoxification.



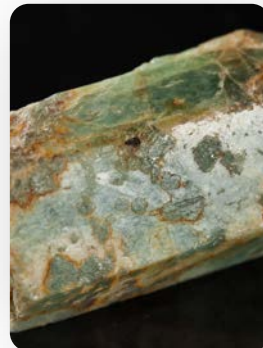
# BERYL

Beryl teaches us to do only what is necessary. It is the perfect stone for those who need to face a stressful life and let go of unnecessary baggage. This crystal helps us to get in tune with the right guidance. Because it represents the purity of being, beryl helps us to realize our potential and is an excellent scribal stone\*, often used in crystal balls. It opens and activates the crown and solar plexus chakras. Psychologically, beryl increases courage, relieves stress and calms the mind.

From a mental point of view, with its ability to reduce distractions and overstimulation, it promotes a positive outlook, while discouraging overly analytical thinking and easing anxiety. From an emotional point of view, beryl awakens the love of couples who love each other but whose relationship is strained.

Beryl favors the organs of elimination, strengthens the respiratory and circulatory systems and increases resistance to toxins and pollutants. It treats the liver, heart, stomach and spine, as well as treating concussions and shocks. Beryl is a sedative stone. As an elixir it can be used to treat throat infections. POSITION. Place it

- in the most appropriate place or use-
- or in the writing\*.



# STONE BLOOD

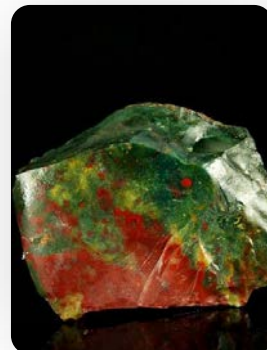
As the name suggests, bloodstone is an excellent purifier and a powerful blood healer. It is believed to have the power to control the weather and banish evil and negativity. In ancient times, bloodstone was an “audible oracle” as it produced sounds as a means of guidance. It heightens intuition and increases creativity.

An excellent stone for anchoring energies and providing protection, bloodstone repels unwanted influences. It stimulates dreams and is a powerful revitalizer. From a psychological point of view, bloodstone gives us courage and teaches us to avoid dangerous situations, teaching us to be flexible or to retreat strategically.

It encourages altruism and idealism and helps us recognize that chaos precedes transformation. It also helps us act in the here and now. Mentally, bloodstone calms the mind, dispels confusion, and speeds up the decision-making process. It can revitalize our minds in cases of mental exhaustion and help us adapt to new situations. Emotionally, bloodstone helps to ground the energy of the heart. It reduces irritability, aggression, and impatience. Spiritually, bloodstone helps us to blend spirituality with our daily lives.

It is an energy purifier and stimulant.

Immune stimulant that helps fight acute infections. It stimulates lymphatic flow and metabolic processes, revitalizes and re-energizes the tired body and mind, purifies the blood and detoxifies the liver, intestines, kidneys, spleen and bladder.



# CALCITE

Calcite is a powerful energy amplifier and purifier. The mere presence of calcite in a room is enough to transmute negative energies in the environment and elevate our energy. Within the body, it removes stagnant energies. The spectrum of colors purifies the physical body and the subtle bodies. Calcite is an active crystal that accelerates development and growth. This is a spiritual stone linked to higher consciousness, which facilitates the opening of higher perception and psychic faculties, as well as channeling and out-of-body experiences. It accelerates spiritual development and allows the soul to remember its experiences upon returning to the body. From a psychological point of view, calcite connects emotions to the intellect, intensifying emotional intelligence.

Calcite has a positive effect, especially when we lose hope or motivation. It combats laziness, helping us to have more energy on all levels. Mentally, calcite calms the mind, teaches discernment and analysis, stimulates intuitive insights and increases memory. It also helps us to identify important information and retain it in our memory. Calcite helps us to translate ideas into action. It is a very useful stone for studies. Calcite relieves emotional stress and brings serenity. It is a stabilizing stone, which increases self-confidence and the ability to overcome obstacles.

to overcome obstacles. On a subtle level, the various colors of calcite purify, balance and revitalize all the chakras when arranged appropriately over each one.



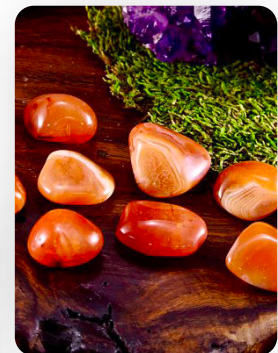
# CARNELIAN

Carnelian grounds and anchors energies in the present reality. A high-energy stabilizing stone, it is excellent for restoring vitality and motivation, and for stimulating creativity. It is also an ally when trying to achieve difficult goals. Carnelian has the power to cleanse other stones. Psychologically, carnelian helps in accepting the cycle of life and eliminates the fear of death. In ancient times, it was used to protect the dead on their journey to the other world. It gives courage, encourages positive changes in life, eliminates apathy and motivates us to achieve success in business and other matters. Carnelian is useful in helping to overcome abuse of any kind.

This stone helps us trust ourselves and our perceptions. It helps us better understand what makes our heart beat, combats negative conditioning and encourages perseverance. Mentally, carnelian stimulates analytical ability and clarifies perception. It removes scattered thoughts in meditation and attunes us to consciousness. It sharpens concentration and dispels mental lethargy. Emotionally, this stone is a powerful protector against envy, hatred and resentment, both our own and those of others. It calms anger and banishes emotional negativity, replacing it with a love of life.

Carnelian is full of vital force and stimulates metabolism. It activates the base chakra, influences the organs

female reproductive organs and increases fertility. This stone combats frigidity and impotence, cures lower back pain, rheumatism, arthritis, neuralgia and depression, especially in the elderly. It regulates body fluids and kidney function, accelerates the healing of bones and ligaments and stops bleeding.



# CELESTITE

Celestite, a stone with a high vibration, is a master of the New Age. Imbued with divine energies, it inspires in us the infinite peace of the spiritual world and contact with the angelic realms. It triggers spiritual development and drives us to seek enlightenment. It is a useful stone for stimulating clairvoyant communication, dream recall and out-of-body travel. This beautiful crystal promotes purity of heart and attracts luck. It also heals the aura and reveals the truth. It is a stone that promotes balance and alignment. Peace

The deep energy it inspires helps us find solutions to conflicts and maintain harmony in times of tension. Celestite can improve problematic relationships, opening the way for peaceful negotiation. Celestite is a creative stone, especially useful in the arts.

Psychologically, it inspires a gentle strength and great inner peace, while encouraging us to open ourselves to new experiences. It teaches us to trust in the infinite wisdom of the divine and, with its calming effect, can soothe heightened emotions. Emotionally, celestite calms and sharpens the mind, dispels worries and promotes mental clarity and fluent communication. It also helps in the analysis of complex ideas and harmonizes the intellect and instincts, promoting mental harmony. Placed over the third eye, celestite promotes connection with universal energies. It enables the vision of a harmonious coexistence.

peaceful relationship with the whole of creation.

Celestite is an excellent healing stone that dissipates pain and inspires love. It treats eye and ear problems, eliminates toxins and promotes cellular order. Its soothing influence relaxes muscular tension and calms mental restlessness.



# CHALCEDONIA

Chalcedony is a nurturing stone that promotes brotherhood and goodwill, increasing the stability of groups. It can be used to aid thought transmission and telepathy. It is a stone that absorbs negative energy and then dissipates it, preventing it from being transmitted. In ancient times, chalices made of chalcedony and lined with silver were used to prevent poisoning. Chalcedony harmonizes the mind, body, emotions and spirit. It inspires feelings of benevolence and generosity.

It reduces hostility and transforms melancholy into joy. From a psychological point of view, chalcedony reduces self-doubt and facilitates constructive reflection. It creates a more open and enthusiastic persona. It also absorbs and dissipates negative thoughts and emotions and wards off bad dreams.

THE chalcedony and very effi- Effective for cleaning, including open wounds. It stimulates the maternal instinct and increases lactation. It promotes the assimilation of mineral salts and combats the accumulation of these mineral salts in the blood vessels. Chalcedony alleviates the effects of dementia and aging, increases physical energy and balances the body, emotions, mind and spirit, in addition to being an excellent stone for healing the eyes, gallbladder, bones, spleen, blood and circulatory system.

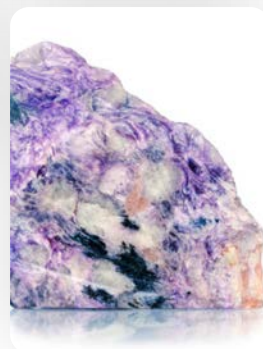


# DEAR ÍTA

Charoite is a stone of transformation. It is the stone of the soul that overcomes fear. Charoite stimulates inner vision and spiritual revelations and helps in adapting to major changes on a spiritual level. To facilitate this transition, it unifies the heart and crown chakras, cleanses the aura and stimulates unconditional love. This stone stimulates vibrational change and establishes a connection with higher realities. At the same time, it promotes physical and emotional healing, helping us to make peace with the present. From a psychological point of view, Charoite integrates “negative qualities” and helps us to accept other people more easily.

It alleviates deep-seated fears and is particularly useful for those who want to overcome their own resistance or see things in perspective. It gives us drive, vigor and spontaneity and is able to reduce stress and worry, inspiring a relaxed attitude. Charoite can be used to overcome compulsions and obsessions. Because it harmonizes the crown chakra, it helps us overcome feelings of alienation and frustration. Mentally, Charoite stimulates observation and analysis and helps us use them to make quick decisions. It helps people who are getting carried away by the thoughts and programs of others, forgetting their own identity. Spiritually, Charoite anchors the spiritual self in the reality of everyday life and encourages a path of service to humanity.

This stone opens and balances the crown chakra, enabling revelatory visions. past life stories and suggests ways to approach karma on a personal and collective level.



# CHRYSOCOLLA

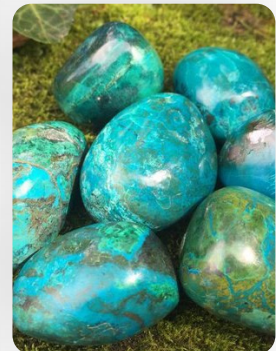
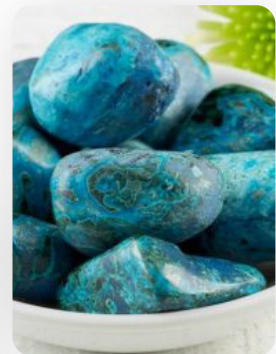
Chrysocolla is a serene stone that gives us support. It favors meditation and communication. Inside the home, chrysocolla absorbs energies

negative emotions of all kinds. It can help us to accept changes with serenity, strengthening our resilience. It is beneficial for relationships that have become unstable, bringing stability to both the domestic environment and personal interactions. Chrysocolla calms, purifies and invigorates all chakras and attunes them to divine energies. In the solar plexus chakra, it absorbs negative emotions (such as guilt, for example) and reverses destructive emotional programming. In the heart chakra, it heals hurts and increases the capacity to love.

In the throat chakra, it improves communication and helps us know when it is time to shut up. In the third eye, it opens psychic vision. Psychologically, chrysocolla promotes self-awareness and inner balance, and inspires confidence and sensitivity. It increases personal power and stimulates creativity. It helps overcome phobias, absorbs negativity, and gives more motivation to those who have let themselves be carried away by discouragement. Mentally, chrysocolla reduces mental tension and helps us keep a cool head. It promotes the expression of truth and impartiality. Emotionally, chrysocolla alleviates guilt and brings joy.

From a physical point of view, chrysocolla treats arthritis, bone diseases,

so, the spasms muscle aches, poor digestion, ulcers, blood diseases and lung problems. It detoxifies the liver, kidneys and intestines. It oxygenates the blood and the cellular structure of the lungs, increasing their respiratory capacity; it regenerates the pancreas, regulates insulin production and normalizes the blood.



# CITRINE

Citrine is a powerful purifier and regenerator. Charged with the energy of the sun, it is an extremely beneficial stone. It warms, revitalizes and is highly creative. It is one of the crystals that never needs to be cleansed. It absorbs, transmutes, dissipates and anchors negative energy, in addition to being an excellent protector of the environment. Citrine energizes all levels of life. As an auric protector, it acts as an alert system so that we can take steps to protect ourselves. It has the property of purifying the chakras, especially those of the solar plexus and navel. It activates the crown chakra and opens intuition. It purifies and balances the subtle bodies, aligning them with the physical body. Citrine is one of the stones of abundance. This dynamic stone teaches how to manifest and attract wealth and prosperity, success and all the good things in life. Citrine is a stone of happiness and generosity, and encourages us to share what we have while still preserving our possessions. It has the power to transmit joy to all who gaze upon it. Discouragement and negativity have no place with citrine. It is

- It is a useful stone to ease discord within a group or family.

From a psychological point of view, citrine increases self-esteem and self-confidence and combats destructive tendencies. It accentuates individuality, increases motivation, activates creativity and encourages self-expression.

ourselves. It makes us less sensitive, especially to criticism, and encourages us to act on constructive criticism. It helps us develop a positive attitude and look to the future with optimism, going with the flow, instead of getting stuck in the past.



# DIAMOND

The diamond is a symbol of purity. Its immaculate white light can help us transform our lives into a cohesive whole. It strengthens relationships, stimulating love and clarity in a partnership. Diamonds are believed to increase love between couples, as they are a sign of fidelity and commitment. Diamonds have been a symbol of wealth for thousands of years and are one of the stones that attract abundance. The larger the diamond, the greater the abundance. Large diamonds are also excellent for blocking geopathic\* or electromagnetic stress and for neutralizing the harmful effects of cell phone radiation. Diamonds are an energy amplifier. They are one of the few stones that never need to be recharged. On a subtle level, they fill "holes" in the aura, giving

- it gives you energy. From a psychological point of view, the diamond confers qualities such as fearlessness, invincibility and firmness. However, the diamond's merciful light highlights everything that is negative and in need of transformation.

Diamond eliminates emotional and mental pain, reduces fear and enables new beginnings. It is a highly creative stone that stimulates enlightenment and inventiveness. Mentally, diamond promotes a link between the intellect and the higher mind. It brings mental clarity and aids in enlightenment. On a spiritual level, the day keeps the aura clean of anything that is covering our inner light, allowing the light of our soul to shine. It reminds us of our aspirations.

of our soul and helps in our spiritual evolution. Diamond also activates the crown chakra, connecting it to divine light. Traditionally, it is used as an antidote to poisons.



# EMERALD

Emerald is a stone of inspiration and infinite patience. It is vibrant and has great integrity. Known as the “stone of successful love,” it brings domestic happiness and loyalty. It promotes unity, unconditional love, partnership, and friendship. Emerald keeps relationships in balance. If it changes color, it is said to be a sign of infidelity. Emerald opens the heart chakra and calms emotions. This stone ensures physical, emotional, and mental balance. It eliminates negativity and inspires positive attitudes, focusing attention and raising awareness. It intensifies psychic faculties, opens clairvoyance, and stimulates the search for wisdom in the mental planes. Traditionally, emerald is considered a stone with powers to predict the future and combat enchantments and magical works. From a psychological point of view, emerald gives us strength of character to endure life’s misfortunes. It is the ped of regeneration and rediscovery and can eliminate negative emotions.

It increases our ability to enjoy life to the fullest and helps in cases of claustrophobia. It provides mental clarity, strengthens memory and inspires deep inner knowledge, in addition to expanding vision. It is the stone of wisdom, which promotes discernment of truth and facilitates the expression of emotion. It helps to bring to the surface what is in the unconscious mind. This stone is extremely beneficial.

for harmony in groups, as it encourages cooperation.



# FLUORITE

Fluorite is a stone that provides great protection, especially on a psychic level. It helps us to perceive when external influences are affecting our behavior and to combat psychic manipulation. This stone purifies and stabilizes the aura. It is extremely effective against electromagnetic stress and electromagnetic radiation from computers. When positioned properly, it blocks geopathic stress. Used in healing, fluorite repels negative energies of all kinds. It cleanses, purifies and disperses everything that is not in perfect order within the body. It is the best crystal for eliminating any type of disorganization. Fluorite grounds and integrates spiritual energies. It promotes impartiality without prejudice and heightens intuitive powers; it increases awareness of higher spiritual realities and accelerates spiritual awakening, in addition to focusing the mind and connecting it to the universal mind. Fluorite brings stability to groups by connecting them to a common purpose. Fluorite is associated with progress on many levels, giving structure to daily life.

This stone can combat chaos and reorganize the physical, emotional, and mental bodies. From a psychological standpoint, fluorite dissolves fixed patterns of behavior and gently opens the doors of the subconscious, bringing repressed feelings to the surface so they can be processed. It increases self-confidence and intelligence. This stone improves

It improves physical and mental coordination and combats mental disorders. By dissolving fixed ideas, it helps us overcome narrow-mindedness and broadens our horizons. It dispels illusions and reveals the truth, connecting old knowledge with new learning.



# HEMATITE

Hematite is particularly effective when used for grounding energies and as protection. It harmonizes the mind, body, and spirit. Used during out-of-body travel, it protects the soul and brings it back to the body. This stone has a very strong yang, masculine energy. It balances the body's meridians, especially when there is excess yin energy. It prevents negative energies from attaching themselves to the aura, restoring peace and harmony to the body. It is believed to

- Hematite is known to be beneficial in legal matters. From a psychological point of view, hematite is strong. It gives strength to shy women, strengthens self-esteem and the survival instinct, increases willpower, confidence and security. This stone eliminates self-limitation and promotes expansion. It is a useful stone for overcoming compulsions and addictions. Hematite turns attention to our unsatisfied desires that negatively affect our lives. It treats compulsive eating, smoking and any type of harmful habit.



# PYRITE

Pyrite is an excellent energy shield. It blocks negative energies and pollutants at all levels, including infectious diseases. Worn around the neck, it protects all the subtle bodies and the physical body, repelling danger and evil. Pyrite is a very positive stone. It combats inertia and feelings of inadequacy. It facilitates the realization of our potential and the development of our talents, in addition to stimulating the flow of ideas. A piece of pyrite on the desk is enough to energize the entire environment. It is useful in planning big business deals. This stone teaches us to see what is behind facades and promotes diplomacy. From a psychological point of view, pyrite relieves anxiety and frustration and increases self-esteem and confidence. It is useful for men who feel inferior, as it strengthens confidence in themselves and their masculinity. However, it can accentuate the aggressiveness of very virile or macho men, which can lead to abusive behavior. It helps women overcome servile temperament and inferiority complexes. Mental activity is accelerated by pyrite, as this stone increases blood flow to the brain. It stimulates memory.

The pyrite cube, in particular, expands and structures the mental faculties, balancing instinct and intuition, creativity and analysis. Emotionally, pyrite combats deep melancholy and despair. Physically, it increases

vigor and reduces fatigue, preventing the physical body and aura from losing energy. Pyrite increases the supply of oxygen in the blood and strengthens the circulatory system. It is a stone that radiates the ideal of perfection in relation to health and well-being.



# JADE

Jade is a symbol of purity and serenity. Much appreciated in the East, it symbolizes wisdom accumulated with tranquility. Jade is associated with the heart chakra, love and affection. It is a protective stone, protecting its wearer from danger and bringing harmony. It is believed to attract luck and friendships. From a psychological point of view, jade stabilizes the personality and integrates the mind and body, promoting self-sufficiency. From a mental point of view, jade alleviates negative thoughts and calms the mind. It stimulates ideas and makes tasks seem less complex, so that they can be completed without delay. From an emotional point of view, jade is the "dream stone". Placed on the forehead, it provokes revealing dreams. It helps to release feelings, especially anger. From a spiritual point of view, jade helps us recognize ourselves as spiritual beings on a human journey and awakens our consciousness. From a physical point of view, jade is a purification stone, which helps the organs of the body responsible for filtering and excreting harmful substances. Jade treats the kidneys and glands

It works on the adrenal glands, eliminates toxins, rebuilds cells and bones, and cures acute pain. It increases fertility and aids in childbirth. It acts on the hips and the spleen. This stone also regulates body fluids and adjusts the body's acid-alkaline balance.



# JASPER

Jasper is known as “the ultimate nurturing stone.” It provides support and sustenance during times of stress and brings tranquility and wholeness. Used in healing, it unifies all aspects of our lives. Jasper reminds people to help one another. This stone aligns the chakras and can be used over each one. Each color is appropriate for a different chakra. Jasper facilitates shamanic journeys and dream recall. It provides protection and grounds the energies of the body. It absorbs negative energy from the body and cleanses and aligns the physical, emotional, and mental bodies with the etheric realm. It eliminates electromagnetic and environmental pollution, including radiation, and can be used in dowsing. Psychologically, jasper gives determination in all endeavors. It inspires courage to deal with problems more assertively and encourages honesty about ourselves.

This stone helps during necessary conflicts. Mentally, jasper stimulates quick thinking and promotes organizational skills and project visualization. It stimulates the imagination and transforms ideas into action. Physically, jasper prolongs sexual pleasure. It provides support during periods of prolonged illness or hospitalization and invigorates the body.

Jasper benefits the circulatory and digestive systems, and the sexual organs. It also balances the amount of

of mineral salts in the body. It is particularly useful in the form of a stone elixir, as it does not overstimulate the body.



# PENCIL - LAZ Ú LI

THE lapis lazuli open the third-eye and balance the throat chakra. It stimulates enlightenment and enhances dream work and psychic abilities, facilitating astral travel and increasing personal and spiritual power. This stone quickly releases stress, bringing deep peace. It possesses enormous serenity and is the key to spiritual fulfillment. Lapis lazuli is a protective stone that facilitates contact with spiritual guardians. This stone recognizes a psychic attack\*, blocks it and returns the energy to its source. It teaches the power of the spoken word and reverses curses or ailments caused by the inability to express ourselves verbally. This stone harmonizes the physical, emotional, mental and spiritual levels. It promotes balance between these levels, preventing depression, ailments and lack of purpose. Harmony between these levels enables deep self-knowledge. Lapis lazuli stimulates our willingness to take responsibility for our life.

It reveals inner truth, promotes self-awareness and encourages self-expression. If repressed anger causes throat problems or hinders communication, lapis lazuli facilitates its release. It also promotes qualities such as honesty, compassion and righteousness. Lapis lazuli is a powerful thought amplifier. It stimulates the faculties of the brain.

higher powers of the mind, bringing objectivity and lucidity. It stimulates creativity through attunement with the source. This stone helps us to confront the truth, whenever it may be, and accept what it teaches.



# MAGNESITE

THE magnesite provide-  
in the a deep peace, propi-  
for meditation and relaxation. Placed  
over the third eye, this stone favors  
visualization and the formation of  
images. It opens the heart chakra and  
stimulates sincere love, including for  
oneself, which is necessary for us to  
love others.

other people. Magnesite can be very  
helpful in practicing unconditional love  
in situations where relationships with  
others are difficult due to behavioral  
patterns or addictions. It helps

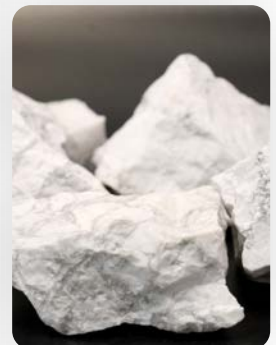
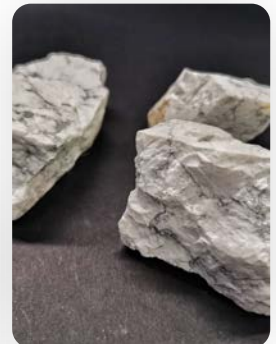
- helps us to stay centered, attentive,  
but calm and allowing the other  
person to be simply who they are,  
without masks. From a psychological  
point of view, magnesite brings to the  
surface all forms of illusion about  
ourselves. It helps us to recognize  
thoughts, feelings

unconscious and explore the reason  
for them, going back to the past if  
necessary. It induces a positive attitude  
in life.

It helps self-centered people overcome  
their desire to be the center of  
attention and teaches how to listen to  
others attentively. The cerebroid form  
of magnesite has the power to affect  
the mind, causing the two hemispheres  
to harmonize, stimulating ideas and  
suggesting ways to apply them.

- them. Magnesite produces a calming  
effect on emotions, promoting greater  
resistance against emotional stress. It  
helps people

who suffer from nerves or are afraid to  
overcome irritability and intolerance.



# MALACHITE

It should be placed in the home of anyone living near sources of nuclear or natural radiation. This stone also eliminates electromagnetic pollution and heals earth energies. It has a strong affinity with nature and devic forces\*. This stone aligns and activates the chakras and promotes attunement to spiritual guidance. Placed over the third eye, it activates visualization and psychic vision. Placed over the heart, it brings balance and harmony. It also opens the heart to unconditional love. Malachite can be used for creation\* or to reach other worlds, whether inner or outer. Visualizing its concentric patterns helps to calm the mind and stimulate the imagination. It can help us receive intuitive insights from the subconscious or messages from the future. Psychologically, malachite is a stone of transformation. Life is lived more intensely under the influence of this adventurous stone, which encourages the courage to take risks and make changes. She relentlessly shows us what blocks our spiritual growth.

Mentally, malachite gets to the heart of problems by enhancing intuition and spiritual insight. It helps alleviate mental disorders, including psychiatric illnesses and dyslexia. It strengthens the ability to absorb and process information, making us more observant and helping us understand complex concepts. Placed

On the solar plexus, malachite facilitates deep emotional healing. It soothes negative experiences and past traumas, bringing repressed feelings to the surface and restoring the ability to breathe deeply.

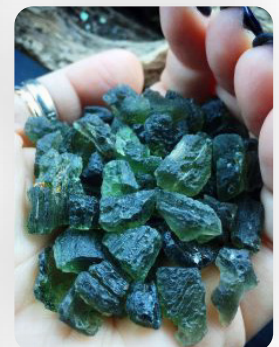
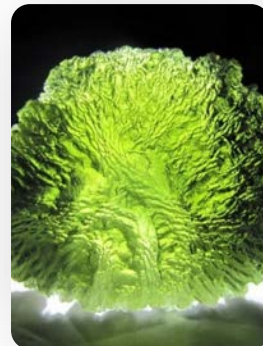


# MOLDAVITE

THE moldavite and other foot-  
dr. of the New It was. It is about-  
- is a form of tektite, supposedly of  
extraterrestrial origin, formed from the  
remains of a large meteorite that fell to  
Earth. The heat of the impact caused a  
metamorphosis in the surrounding  
rocks and produced an effect that threw  
the resulting crystals for miles around.  
Moldavite is therefore a fusion of  
extraterrestrial energies with Mother  
Earth. It is a rare stone. It is now found  
along the banks of the Vltava River in  
Prague (Czech Republic) and is unlikely  
to be found in other parts of the world.  
The crystal is at risk of extinction.  
Moldavite has been used since the  
Stone Age as a talisman, amulet of good  
luck and fertility. Many people believe  
that it will help in the transition of the  
Earth in its healing, and that the time  
has come to use the energies of this  
stone wisely. It is able to amplify the  
effect of other crystals, raising the  
vibrations of these stones. Moldavite  
favors communication with the higher  
world and with extraterrestrials. He has  
his own cosmic oversoul\*, which can  
put us in touch with Ascended Masters\*  
and cosmic messengers.

It can alter our state of consciousness  
when viewed against the light. This  
stone transports us to higher spiritual  
dimensions and facilitates the ascension  
process. It needs to be grounded,  
otherwise it can make us airy and  
despondent.

uprooted. After going through spiritual  
experiences with the mold-  
davite, hold two Boji stones to gently  
ground your energies; clear quartz also  
stabilizes the effects of this stone.  
Moldavite has an extremely high  
vibration, which opens and aligns the  
chakras and clears blockages.



# MOONSTONE

Moonstone is a stone of “new beginnings.”

As its name suggests, it has a strong connection with the Moon and intuition. Like the Moon, this stone is reflective and reminds us that, just as the Moon wanes and waxes, everything is part of a cycle of change. Its most powerful effect is to calm emotions. Moonstone brings what is in the unconscious to consciousness and promotes intuition and empathy. It stimulates lucid dreaming, especially during the full moon. Moonstone is traditionally used to enhance psychic abilities and increase clairvoyance. It can be worn as a pendant to facilitate the acceptance of psychic gifts. Psychologically, moonstone calms overreactions to situations and emotional triggers. Moonstone has a receptive, passive and feminine energy. It balances feminine and masculine energies and helps men who want to get in touch with their feminine side.

Mentally, moonstone opens the mind to sudden and irrational impulses, to the ability to make important discoveries by chance, and to synchronicity. Care must be taken so that this stone does not lead us into illusions by making us confuse desire with reality. Emotionally, moonstone soothes emotional instability and stress and stabilizes emotions. It increases emotional intelligence. Placed on the solar plexus, it shows patterns

obsolete emotions so that they can be understood and then eliminated.



# OBSIDIAN

Obsidian is molten lava, cooled so quickly that it has not had time to crystallize. It is a stone without boundaries or limitations. As a result, it acts very quickly and with great power. Its reflective qualities, capable of revealing the truth, expose flaws, weaknesses and blockages without mercy. Nothing can hide from this stone. By showing us how to overcome destructive or depriving behaviors, obsidian compels us to grow and provides us with solid support as we do so. It needs to be handled with care and preferably with the guidance of a qualified therapist, as it can bring up negative emotions and unpleasant truths. With qualified guidance, its cathartic qualities are extremely valuable. It promotes deep healing of the soul. This stone can facilitate the return to past lives, healing emotions or traumas that affect the present. Obsidian is an extremely protective stone that serves as a shield against negativity. It provides a grounding cord that runs from the base chakra to the center of the earth, absorbing negative energies from the environment and strengthening us in times of need.

It is useful for extremely sensitive people. It blocks psychic attacks\* and eliminates negative spiritual influences. A large obsidian stone can be extremely effective in blocking geopathic stress.

or combat environmental pollution, but its propensity to expose the truth must be taken into account. Many people find the effects of this stone too powerful and prefer to choose a softer stone to perform this task.



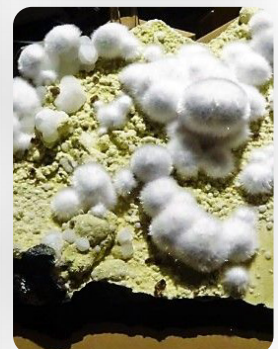
# OKENITA

Okenite has a soft, cotton-like energy and is one of the new age stones. People often want to touch it.

- it, but this tangles the fibers or causes them to break. Okenite is connected to the higher self and supports the conscious manifestation of its energies on the earthly plane. Okenite removes obstacles from our path and gives us the stamina to complete our tasks in life. This crystal helps us to accept this incarnation and to see the reasons for our present experiences. It shows us our karmic debts and the opportunities that help us grow. By helping us to understand how the karmic past produced the present and how the present will create the future, Okenite facilitates deep karmic healing on all levels. Okenite can be used to prepare us for channeling. It purifies the chakras of the physical body and the subtle bodies, unifying their energies. This crystal has a dual action. As the stone of truth, Okenite helps us to be more honest with ourselves and others, and protects us from the harshness with which other people sometimes express their truth.

It helps us to accept other people's comments with love and to see if there is any truth in them. Psychologically, Okenite helps us to deeply forgive ourselves. It promotes the completion of karmic cycles by transporting us back to past lives so that we can make amends.

It helps us to make amends for our mistakes and alleviate our guilt. This is the stone of karmic grace. It teaches us that everything is part of the cycle of learning karmic lessons and that therefore nothing needs to last forever. Once you have done all you can, you can walk away from the situation without attracting more karmic debts.



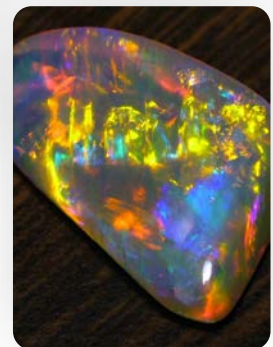
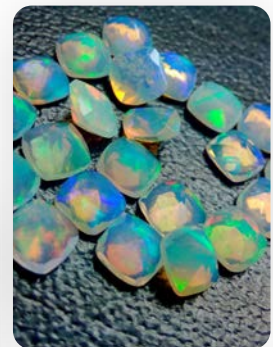
# OPAL

Opal is a delicate stone with a subtle vibration. It heightens cosmic consciousness and induces psychic and mystical visions. By stimulating originality and dynamic creativity, this stone helps us to get in touch with our true selves and express them. Opal is a stone that absorbs and reflects energy. It captures thoughts and feelings, amplifies them, and sends them back to their source. This is a karmic stone that teaches us that we reap what we sow. It is a protective stone that, when properly programmed, makes us invisible or unnoticeable. It can be used on excursions to dangerous places and in shamanic work, when maximum discretion is required. Psychologically, opal accentuates personality traits and brings these characteristics to the surface for transformation. By stimulating our sense of self-worth, it helps us to realize our full potential. Mentally, opal provides lucidity and spontaneity. It also stimulates our interest in the arts. From an emotional point of view, opal is always associated with love and passion, desire and eroticism.

It is a seductive stone, which intensifies the emotional state and decreases inhibitions. Although it can be used as an emotional stabilizer, before using this stone to induce or explore feelings we need to be very well centered or have other stones

that help us in this integration, as it can disperse energies. Opal shows us what our emotional state was in the past, especially in past lives, and teaches us how to take responsibility for what we feel. It stimulates

- us to express positive emotions.

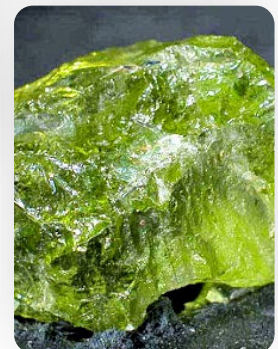
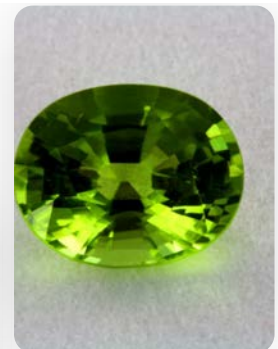


# PERIDOT

In ancient times it was believed-  
- Peridot was said to ward off evil spirits. It was considered a stone with the power to protect the aura. This stone is a powerful purifier. By eliminating and neutralizing toxins on all levels, it purifies the subtle and physical bodies, as well as the mind. It opens, purifies and activates the heart and solar plexus chakras, eliminating "old emotional baggage". It also eliminates guilt, obsessions and emotional burdens. Peridot teaches us that holding on to people or the past is counterproductive. This stone shows us how to let go of external influences and seek guidance from the uplifting energies of our own higher self. This stone eliminates negative patterns and obsolete vibrations, helping us to get in touch with a new frequency. If we do our part psychologically, peridot helps us to move forward quickly. This visionary crystal helps us understand our destiny and spiritual purpose. It is particularly useful for healers.

Psychologically, peridot soothes jealousy, resentment, spite and anger, and reduces stress. It increases self-confidence and assertiveness without aggression. By motivating growth, peridot helps us make necessary changes. It also helps us forgive ourselves and look back to discover the gifts that our experiences represent. This stone

Peridot promotes lucidity and well-being. It encourages the search for spiritual truth and regulates the cycles of life. From a mental point of view, peridot sharpens the mind and opens it to new levels of consciousness. It combats lethargy, leading us to pay attention to all the things we consciously or unconsciously neglect.



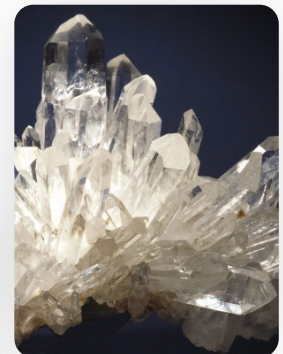
# QUARTZ

Quartz is one of the most powerful healing agents and energy amplifiers on the planet, thanks to its unique spiral and helical crystal form. Found all over the world, it absorbs, stores, radiates and regulates energy and is also an excellent tool for unblocking it. When acupuncture needles are coated with quartz, their effects are increased by 10%.

When we hold a quartz crystal in our hand, our biomagnetic field doubles in size. It intensifies muscle strength and protects against radiation. Quartz generates electromagnetism and dissipates static electricity. This crystal acts on a vibrational level and attunes the specific energy required by the person who needs healing or who is doing spiritual work. The crystal takes the energy to its most perfect state possible, returning to the point immediately before the onset of the disease. Quartz purifies the subtle organs and bodies and acts as a deep soul purifier, connecting the physical dimension with the mental. On a spiritual level, this crystal raises energy to the highest possible level.

Colorless quartz works on all levels of the being. Storing information like a natural computer, this crystal is a spiritual library at our disposal. Quartz has the ability to eliminate karmic seeds. It enhances psychic abilities and attunes us to our spiritual purpose. Used in

In meditation, quartz eliminates distractions. This crystal is the most efficient receiver for programming. On a mental level, quartz helps with concentration and unlocks memory.



# QUARTZ

Rose quartz is the stone of unconditional love and infinite peace. It is the most important crystal for the heart and heart chakra, teaching the true essence of love. It purifies and opens the heart on all levels and inspires deep inner healing and self-love. It is calming, comforting and an excellent stone for trauma or times of crisis. If you want to attract love, choose Rose quartz. It gently repels negative energy and replaces it with loving vibrations. It strengthens empathy and sensitivity, and helps with the acceptance of necessary changes. It is an excellent stone for midlife crises.

Placed on your bed or in the Relationship Area of your home, it is so effective in attracting love and relationships that it is often necessary to use an amethyst to alleviate its effects. In existing relationships, this crystal restores trust and harmony, stimulating unconditional love.



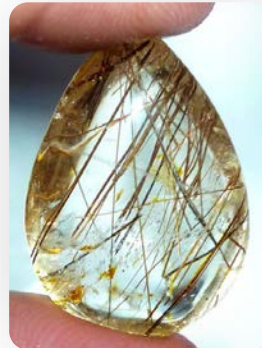
# QUARTZ RUTILATED

Rutilated quartz is an efficient energy integrator on all levels. It enhances the energetic impulses of quartz and is a very efficient vibrational healing agent. From a spiritual point of view, it supposedly presents the perfect balance of cosmic light and has the power to illuminate the soul, promoting spiritual growth. It purifies and energizes the aura, favors astral travel, scribeation and channeling. It facilitates contact with higher spiritual guidance. It repels negative energy and breaks down barriers that impede progress.

spiritual, helping us to leave the past behind. Rutilated quartz is a useful tool for therapists and counselors, as it filters the client's negative energy and at the same time protects their energy field as they vent their emotions and confront the dark aspects of their psyche. This crystal also provides protection against psychic attacks.

Rutilated quartz can be used in past life therapy, as it eliminates old ailments and helps in understanding past events that interfere in the present. This crystal also helps us to investigate the core of our lives to discover the causes of the actions we take. It also connects the lessons of the soul with the earthly plane. From a psychological point of view, rutilated quartz shows the roots of problems and facilitates transitions.

From an emotional point of view, this crystal soothes melancholic moods and acts as an antidepressant. It alleviates fears, phobias and anxiety, reducing the limitations we impose on ourselves.



# SMOKY

THE quartz smoke- Smoky quartz is one of the most effective stones for grounding and anchoring energies. At the same time, it helps to raise vibrations during meditation. This protective stone has a strong connection with the Earth and the base chakras, so it promotes concern for the environment and ecological solutions. This stone is an unbeatable antidote to stress. It helps us overcome difficult times with courage, increasing our ability to find solutions. Grounding spiritual energy and gently neutralizing negative vibrations, this crystal blocks geopathic stress\*, absorbs electromagnetic haze\* and facilitates elimination and detoxification on all levels. It radiates a positive vibration that fills the environment. Smoky quartz teaches us to let go of anything that no longer serves us. It can be used to protect the earth chakra beneath our feet and its grounding chakra, when

We are in an area where there is disturbance in the telluric energy. From a psychological point of view, smoky quartz alleviates fear and depression and promotes calm. It also alleviates suicidal tendencies and ambivalence regarding the incarnation.

This crystal helps us accept our physical body and sexual nature by increasing virility and purifying the base chakra so that sexual energy can flow naturally. It combats nightmares and helps manifest dreams.

When it comes into contact with negative emotions, it tends to gently dissolve them. Mentally, smoky quartz promotes positive and pragmatic thinking and can be used in writing to provide clear insights and neutralize the fear of failure.



# RHODOCHROSITE

Rhodochrosite represents selfless love and compassion. It expands consciousness and integrates spiritual and material energies. This stone also inspires Soulmates are people who help us learn our lessons in life. While this is not always a pleasant experience, it moves us toward our highest good. Rhodochrosite prevents denial and teaches the heart to accept painful feelings without closing itself off. This stone purifies the solar plexus and base chakras, gently bringing repressed feelings to the surface so they can be acknowledged and

then spilled out. Rhodochroosis helps identify current patterns and shows the purpose behind the experience. This is a stone that insists that we face the truth about ourselves and others, without excuses or evasion, but with a loving attitude.

A dynamic and positive attitude. Rhodochrosite is an excellent stone for the heart and relationships, especially for people who feel unloved. It is the stone par excellence for healing the trauma caused by sexual abuse. Rhodochrosite attracts a soul mate, although this may not be the wonderful experience we expect.



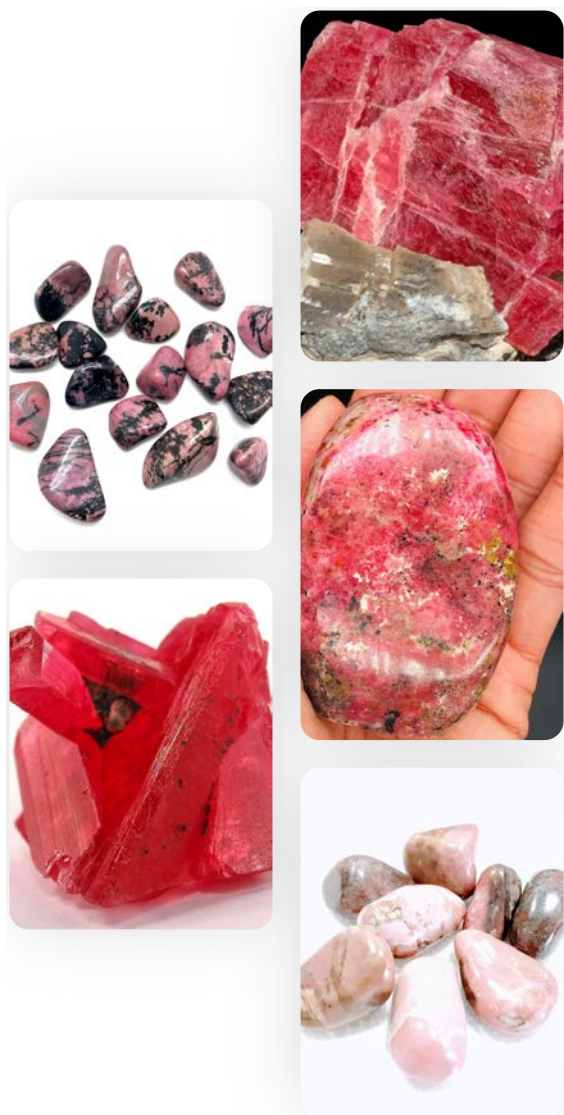
# RHODONITE

Rhodonite is an emotional balancer that inspires love and fosters brotherhood among human beings. It has the ability to show both sides of an issue. This stone stimulates, purifies and activates the heart and heart chakra. It grounds energy, balances yin and yang energies and helps in the realization of our highest potential. This stone is said to intensify mantra meditation, increasing the attunement between the soul and the vibration of the mantra. A useful stone for providing "first aid", rhodonite heals emotional shocks and panic, radiating an energy that supports the soul during the process. It is an extremely beneficial stone and cases of emotional self-destruction, codependency and abuse. Rhodonite heals emotional wounds and scars from the past.

past – whenever this is possible  
– and causes the transformation of painful emotions such as resentment or anger.

This stone has a strong connection with forgiveness and helps in reconciliation after a long period of abuse. It can be used in past life therapy to heal wounds caused by abandonment or betrayal. Thanks to its ability to promote selfless love and forgiveness, it helps us to see projections that accuse our partner of what is actually within our own selves. Rhodonite is a useful stone for repelling insults and avoiding retaliation. It makes us recognize that revenge is self-inflicted.

Rhodonite is a powerful anti-destructive energy and helps us stay calm in unstable or dangerous situations. Rhodonite balances and integrates physical and mental energies, as well as stimulating confidence and combating mental confusion.



# RUBY

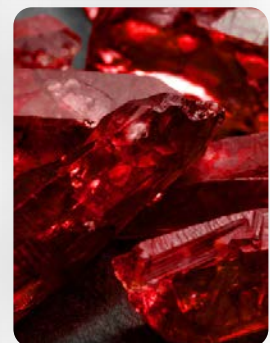
Ruby is an excellent stone for energy. It gives more vigor, energy and balance. However, it can be overly stimulating for

Delicate or irritable people. Ruby stimulates passion for life, but never in a destructive way. It increases motivation and helps us set realistic goals. Ruby stimulates the heart chakra and balances this organ. It encourages the practice of “following our joy”. This stone is a powerful shield against psychic attacks and vampirism in relation to the energy of the heart. It promotes positive dreams and clear visualizations, and stimulates the pineal gland. Ruby is one of the stones of abundance and therefore helps us to preserve our material goods and also our bonds of affection. From a psychological point of view, ruby brings out anger or negative energy,

so that they are transmuted, and encourages the removal of anything negative from our path.

It also promotes dynamic leadership. Mentally, ruby stimulates a positive and fearless state of mind. Under the influence of this stone, the mind becomes sharper, perception is heightened and concentration improves. Due to its protective effect, ruby makes us stronger during disputes or controversies. Emotionally, ruby is dynamic. It stimulates passion and enthusiasm. This is a sociable stone that also stimulates sexual activity. Physically,

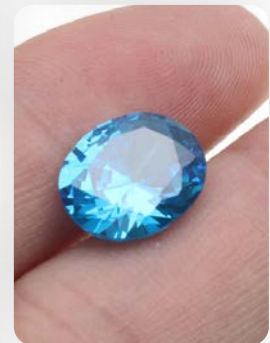
Ruby combats exhaustion and lethargy, giving power and vigor. On the other hand, it reduces hyperactivity.



# SAPPHIRE

Sapphire is known as the stone of wisdom, and each of yours Colors hold a particular wisdom. It focuses and calms the mind and helps to ward off unwanted thoughts and mental tension. Bringing peace of mind and serenity, sapphire aligns the physical, mental and spiritual planes and restores balance within the body. This stone alleviates depression and spiritual confusion and stimulates concentration. It promotes prosperity and attracts gifts of all kinds. Placed on the throat, sapphire reduces frustration and facilitates self-expression.

Sapphire calms overactive body systems and regulates functioning of the glands. It heals the eyes, removes impurities and relieves stress. It treats blood problems, prevents hemorrhages, strengthens the veins and improves elasticity.



# SELENITE

Translucent selenite, with its very subtle vibration, increases the lucidity, opens the crown and higher crown chakras and leads to angelic consciousness and higher guidance. Pure selenite has a connection with the light body\*, helping to ground it - it in the earthly vibration. Selenite is a serene stone that instills deep peace and is therefore excellent for meditation and spiritual work. Telepathy is favored if each person holds a piece of this pure vibration stone in their hand. The translucent selenite of the purest white has an ethereal quality and is believed to inhabit a plane between light and matter. An ancient stone, it is one of the most powerful crystals for anchoring new vibrations on Earth. Selenite can be used to form a protective grid around the home, creating a safe and peaceful space where outside influences do not enter. To do this, simply use it internally in the corners of the home and it will guarantee an atmosphere of peace. The selenite wand can be used to free entities trapped in the aura or to prevent the mind from being affected by outside influences.

Because it contains a record of everything that has ever happened in the world, this stone transports us to other lives and is very useful for checking our progress and reaching the plane where we spent the period between lives. It points out the lessons and issues that we are still working on and shows how they can be resolved. Selenite can be used for creation,

to read the future or to check what happened in the past. From a psychological point of view, selenite helps in judgments and understanding.



# SODALITE

Sodalite combines logic with intuition and activates spiritual perception, bringing information from the higher mind to the physical level. This stone stimulates the pineal gland and the third eye, facilitating deeper meditations. When used in meditation, it helps to bring clarity to the present. It is useful for people who are sensitive to “sick building syndrome” or electromagnetic haze. This is a particularly useful stone for group work, as it brings harmony and solidarity to the purpose. It stimulates trust and camaraderie among group members, encouraging interdependence. It is also excellent for eliminating mental confusion and intellectual servitude. It stimulates rational thinking, objectivity, truth and intuitive perception, as well as the verbalization of feelings.

Sodalite encourages us to seek truth and maintain our idealism, doing our best to be true to our own truth and to stand up for our beliefs. Sodalite eliminates electromagnetic pollution and can be placed on a computer to block its emanations.



# SULFUR

Sulfur has a negative electrical charge and is extremely useful for absorbing negative energies, emanations and emotions. Placed in the environment, it

It absorbs negativity of any kind and removes barriers to progress. Produced by volcanoes, this is an excellent stone for any type of eruption, whether it be of feelings, violence, skin or fevers. It can also be useful in bringing latent psychic abilities to the surface. From a psychological point of view, sulfur softens stubbornness and helps in identifying negative personality traits. It affects the rebellious, obstinate and disorderly part of the personality, which insists on disobeying instructions and tends to do the opposite of what is suggested, especially when it is "for the best". Sulfur softens this attitude and helps the person to recognize its consequences, paving the way for conscious change.

Mentally, sulfur blocks repetitive thought patterns that impede concentration. Because it inspires the imagination, it helps reasoning and fixes thought processes in the here and now. Physically, sulfur is useful in revitalizing after a period of exhaustion or serious illness. It can also stimulate creativity. Sulfur is toxic and should not be ingested. The elixir is most effective when made in crystalline form by the indirect method and applied externally only.

mind.

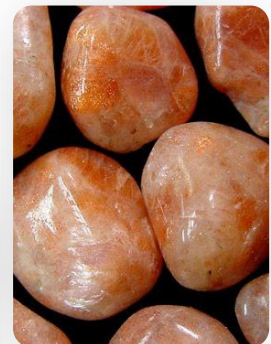


# SUNSTONES

It is a vibrant, inspiring and enlightening stone. It stimulates the joy of living and a benevolent nature, as well as intensifying intuition. If life has lost its sweetness, sunstone restores it and helps us to take care of ourselves. By clarifying all the chakras and bringing light and energy, this stone allows the true self to shine more joyfully. Traditionally, sunstone is associated with benevolent gods, luck and fortune. This is an alchemical stone that creates a deep connection with the light and regenerative power of the Sun during meditation and in everyday life. Sunstone is extremely useful for untying ties with other people, whether they are in the chakras or in the aura. These ties that have the effect of draining our energy can be on a mental or emotional level and come from parents, children or lovers. Sunstone gently reestablishes contact with another person and breaks those bonds. Keep this stone with you if you find it difficult to say “no” and live by making sacrifices for others. By eliminating codependency, it helps us take ownership of our personal power and have independence and vitality. If you have a habit of procrastinating, Sunstone will help you overcome this tendency.

From an emotional point of view, sunstone acts as an antidepressant and eliminates melancholy. It is particularly effective in cases of winter-related depression, as

It compensates for the lack of sunlight during this time of year. It helps us not to feel discriminated against, disadvantaged or abandoned. By eliminating inhibitions and attachments, sunstone reverses feelings of failure and increases self-esteem and confidence.



# TIGEREYE

Tiger's eye combines the energy of the Earth with the energies of the Sun to create a high vibrational state, but anchored in the Earth, flooding the planet with spiritual energies. Placed over the third eye\*, it intensifies the psychic abilities of people more connected to the material plane and balances the lower chakras, stimulating the rise of the kundalini energy. Tiger's eye is a protective stone that, by tradition, is used as a talisman against curses and evil spirits. It shows the correct use of power and stimulates integrity. It helps us achieve goals, leading us to

- helps us recognize our inner resources and promotes clarity of intention. Placed on the navel chakra, tiger's eye is excellent for fickle people who have difficulty keeping commitments. It also grounds energy and facilitates the manifestation of will. Tiger's eye grounds change in the physical body. This stone is useful for recognizing our own needs and those of others. It helps us distinguish what we want from what we really need. Mentally, tiger's eye integrates the hemispheres of the brain and increases practical perception. It helps us gather scattered information and consider it

- them together.

It is useful for resolving internal dilemmas and conflicts, especially those caused by pride and stubbornness. Tiger's eye is particularly useful for healing mental disorders.

such as personality disorders. From a psychological point of view, tiger's eye heals problems of self-depreciation, self-criticism and blocked creativity. It helps us to recognize our talents and abilities and also the deficiencies that we need to overcome.

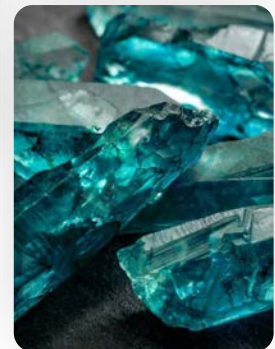


# TOP TO ZIO

Topaz is a gentle, empathic stone that directs energy where it is needed most. It soothes, heals, stimulates, recharges and aligns the meridians of the body. Topaz promotes truth and forgiveness. It helps to illuminate our path, enhances our goals and helps us discover our inner resources. This crystal encourages a trust in the universe that helps us to “be” rather than “do”. It eliminates doubt and uncertainty. The vibrant energy of the crystal brings joy, generosity, abundance and health. Traditionally it is known as the stone of love and luck, helping us to achieve our goals. It is extremely effective in supporting affirmations, manifestations and visualizations. The facets and ends of the topaz crystal are said to have positive and negative energies, through which a request to the universe can be focused and then manifested on the earthly plane. Excellent for cleansing the aura and inducing relaxation, topaz releases tension at any level and can accelerate spiritual development when it is hindered.

Psychologically, topaz helps us discover our own inner riches. It helps us feel confident and philanthropic, willing to share our good fortune and spread light wherever we go. Negativity cannot survive near cheerful topaz. This stone promotes openness and honesty, the fulfillment of our dreams, and the fulfillment of our dreams.

purpose, self-control and the search for inner wisdom. Mentally, topaz aids in problem-solving and is particularly useful for those involved in the arts. It helps us realize the influence we have and the knowledge we have gained through hard work and life experiences.



# TOURMALINE

Tourmaline cleanses, purifies and transforms dense energy, producing a lighter vibration. It grounds spiritual energy, clears and balances all chakras and forms a protective shield around the body. Tourmaline is a shamanic stone that provides protection during rituals. It can be used for writing and was traditionally used to point out a culprit or the cause of a problem in times of conflict. Tourmaline has a strong affinity with devic energies\* and is extremely beneficial for the garden and plants. It can serve as a natural insecticide, keeping insects away, and when buried in the soil, it stimulates the growth and health of all crops.

This stone also indicates the “best” direction to follow. The natural tourmaline wand is useful as a healing tool. It cleanses the aura, removes blockages, disperses negative energy and points out solutions to specific problems. It is excellent for balancing and connecting chakras\*. On a physical level, it rebalances the meridians\*.



# TURQUOISE

Turquoise is one of the most effective healing agents, comforting the spirit and promoting the well-being of the body. It is a protective stone that has been used as an amulet since time immemorial. It was believed that it changed color to signal danger and infidelity. Turquoise promotes spiritual attunement and intensifies communication with the physical and spiritual worlds. Placed over the third eye, it favors intuition and meditation. In the throat chakra, it eliminates old oaths, inhibitions and prohibitions and stimulates free expression. It explores past lives and shows that our "destiny" is constantly changing and depends on what we do at each moment. Turquoise is a purification stone. It disperses negative energy and eliminates electromagnetic haze, providing protection against pollutants in the air. It balances and aligns all the chakras with the subtle bodies and attunes the physical to the spiritual level.

According to tradition, turquoise unites heaven and earth, integrating masculine and feminine energies. This stone promotes empathy and balance. By promoting the achievement of our goals, it helps solve problems and calms the nerves of those who need to speak in public. From a psychological point of view, turquoise is a strengthening stone. It dispels the martyr attitude or sabotage against ourselves. From a mental point of view, turquoise provides inner calm and keeps us alert, benefiting creative expression. From a psychological point of view,

Emotionally, this stone stabilizes mood swings and brings inner calm. It stimulates romantic love. Physically, turquoise is an excellent stone for exhaustion, depression or panic attacks. One of its functions is to protect against external influences or pollutants in the atmosphere.



# VANADINITE

Vanadinite is an excellent stone for people who have difficulty accepting life in the physical body. It has a strong connection with the earth chakra, which is located below the feet. Because it grounds the soul in the body and helps it feel comfortable on the physical plane, vanadinite teaches how to conserve energy on a physical level. Vanadinite can aid meditation. By reducing the inner chatter of the mind, it facilitates a state of presence, and can be used to direct the

Consciously perceives psychic vision and astral travel. It has the power to open an internal channel within the body to accept the influx of universal energy. This energy aligns the chakras and brings the higher self into the physical body, facilitating deep meditation.

Mentally, vanadinite bridges the gap between thought and intellect. It helps us set and achieve goals and quiet the inner chatter of the mind, allowing understanding and rational thought to combine into a guiding inner voice. This stone has the beneficial property of inhibiting excessive spending. Keep a small stone in your home or carry a small stone in your purse to avoid the temptation to spend.



# ZINCITE

Zincite is a powerful stone that boosts physical energy and personal power for creativity. This fiery stone can aid in the manifestation process and re-energize depleted systems. It removes energy blockages from the body and allows the life force to flow. Psychologically, zincite heals shock and trauma and increases courage to deal with traumatic situations. It soothes depression and painful memories so that they can be healed. If you suffer from lethargy or have a habit of procrastinating, this stone will help you realize your full potential and make necessary changes.

This stone attracts abundance on both a physical and spiritual level and can be used to safely ground the light body in the physical realm. Zincite re-attunes to the lower chakras\*, re-energizing the entire body and stimulating creativity and fertility. It stimulates the rising of the kundalini energy\*, instinctual feelings and intuition. This stone promotes confidence and the ability to find one's own strength.





# **AROMA THERAPY**

# INFLUENCED AROMAS

Aromatherapy is an integral part of alternative medicine and is a complementary therapy used to promote and maintain health and physical and mental balance. We can say that it is a complement to allopathic or homeopathic treatments and aims to achieve the complete well-being of the individual and their personal needs. The application of aromatherapy is personal and specific, that is, for each patient to be treated it is necessary to carry out physical and psychological assessments before defining the most appropriate methods.

Through smell, our body sends messages to a part of the nervous system that is responsible for emotions. When the brain begins to smell an aroma, it reacts and begins to change our mood and state of mind. A certain aroma has the power to awaken childhood memories in some people, the same smell of a certain food can whet the appetite in some and cause nausea in others.

It is very common for a sad person to become a little happier after undergoing aromatherapy treatment. The same goes for other behavioral profiles, for example, aggressive people who become more relaxed and calm when they come into contact with a specific aroma.

The oils used in aromatherapy are 100% natural and are extracted from plants, flowers, roots, leaves, seeds, herbs, wood and resins. They are then mixed with other substances, such as oil, alcohol or lotion, to enable their practical use.

It is important to highlight the difference between aromatherapy and aromachology. Aromachology is the science that studies the effect of aromas on our mind. Studies conducted by aromachology have confirmed what traditional medicine has already said, through aromatherapy, that aromas can cause intense effects on the human body, especially on the brain.

In short, aromatherapy uses natural oils to treat specific illnesses of an individual, while aromachology is the use of aromas (natural and synthetic) to influence our feelings and awaken emotions.

Oil	Aroma	Effect
Anise	Spicy licorice	Uplifting, balanced, comforting you
Atlas Cedar	Sweet, woody	Grounding, centralization, equilibrium
Balsam Fir	Nice, woody-rado	Empowering, balancing, strengthening-reading
Basil	Hot, spicy	Uplifting, energizing, purifying
Bergamot	Fruity sweet	Lively, inspiring, uplifting
Pepper black	Dry, spicy, strong	Warming up, stimulating, focusing-cleaning, cleaning
Camphor	Penetrating, medicinal-nal	Purifying, energizing, invigorating ranting
Cardamom	Spicy, hot	Revitalizing, warming
Seed of carrot	Earthy, woody, sweet	Calming, rejuvenating, grounding pain
Wood of cedar	Warm, woody, balsamic	Stress relief, strengthening, training
Chamomile	Intensely sweet, delicious	Relaxing, calming, revitalizing
bark of cinnamon	Hot, spicy	Warming, comforting, energizing zante
Cinnamon Cassia	Hot, spicy	Warming, stimulating, refreshing you
Citronella	Pungent, musky-of, citrus	Clarifying, renewing, purifying-when

Sage scal- reia	Herbaceous, similar- you the lavender	Focusing, stimulating, balancing soft
Key	Hot, pungent	Warming, soothing, comforting you
Cypress	Sweet balsamic, tones warm pine / juniper	Balance, clarify, center
Eucalyptus	Strong aromatic, fresh camphorous, camphor,	Revitalizing, invigorating, clarifying early
Eucalyptus Radiata	Slightly sweet and minty	Repelling, clarifying, cleaning
Incense	Light and citrusy camphor	Relax, focus, center
Geranium	Subtly sweet, floral	Purifying, calming, normalizing pain
Red-haired	Spicy, hot	Balancing, clarifying, stabilising using
Grapefruit	Sweet, citrusy	Purifying, joyful, uplifting
Hyssop	Similar to cancer outside	Enlightening, invigorating, purifying pain
Juniper Ber- ry/Juniper	Floral	Restoring, empowering, balancing soft
Lavender	Floral	Calming, normalizing, balancing soft
Lemon	Fresh lemon peel here	Refreshing, cheerful, uplifting

Lemon eucalypto	Similar to citron with nuances of subtle florals	Refreshing, purifying, stimulating lance
Lemongrass	Strong, lemon-like	Purifying, stimulating, purifying pain
File	Fresh citrus lemon	Uplifting, invigorating, exultant
Marjoram	Camphor, slightly medicinal	Normalizing, comforting, warming cendo
Myrrh	Musky, warm	Focusing, centering, meditative
Nutfly- from the	Spicy aroma, of nuts, soft and sweet	Energizing, stimulating, warming pain
Orange	Orange peel sweet and fresh	Refreshing, uplifting, invigorating you
Oregano	Spicy, camphorous	Purifying, comforting, invigorating ranting
Patchouli	Musky, earthy	Romantic, calming, stimulating
Pennyroyal	Fresh, minty	Repelling, stimulating
Peppermint mint	Strong and fresh mint	Revitalizing, invigorating, refreshing sing
Pine	Balsamic, aroma of pine	Purifying, refreshing
Rosemary	Hot, camphorated	Purifying, uplifting
Wise	Hot, camphorated	Normalizing, balancing, calming keep
Mint	Refreshing, minty-side	Refreshing, invigorating, stimulating lance



# **MANUAL REFLEXOLOGY**

# HOW ARE REFLEXOLOGY DOES IT WORK?

Reflexology is a massage technique that uses pressure on specific points on the feet, hands and ears that correspond to organs and other areas of the body. Practitioners often use charts to guide them to the specific areas that correspond and how to touch them.

Suitable for everyone, the reflexology technique should not be confused with a basic massage, as its function is to look for energy imbalances that manifest as sensitivity at the point. In a simple, natural and non-invasive way, reflexology aims to stimulate the body's healing forces, providing emotional and physical well-being.

The technique is divided into four points that correspond to the region where the massage will be performed. Each point works like a map of the body. They are:

1. **Foot reflexology:** aims to stimulate specific points on the soles of the feet, which can provide pain relief, relaxation and improved blood circulation.
2. **Hand reflexology:** directly linked to the points on the hands, hand reflexology promotes physical and mental relaxation.
3. **Facial reflexology:** relaxes and tones the muscles of the face; may or may not include the ears and contributes to the proper functioning of organs and joints.
4. **Auricular:** Works in the ear region, stimulating specific points of tension and energetic, emotional and physical release.

Integrative medicine aims to place the patient as the main actor in their care, which also includes the responsibility of seeking out the appropriate professionals and methods to compose their treatment. Associated with traditional medicine, integrative medicine allows interdisciplinarity with other philosophies, combining meditative practices and reflexology, for example.

It is important that reflexology does not replace any clinical treatment, but rather aids in healing. Integrated with traditional medicine, the technique can reduce body pain, eliminate inflammation, control gastrointestinal problems, improve stress, anxiety and even depression.

Reflexology does not cure, it merely balances the body's systems so that they can perform this function. It stimulates an underactive area and relaxes an overactive area, thus being harmless to areas of the body that are functioning correctly. Several studies point to the effectiveness of this technique, which has been gaining more and more space in complementary medicine.

# REFLEXOLOGICAL POINTS

## DAFACE

The basis of facial reflexology and foot reflexology are the same. Both stimulate nerve endings, triggering physical-physical reactions.

- chemicals in nerve cells and neurons that conduct electricity to the brain.

However, stimulating the face is more advantageous, explains Lone Sorensen. The impulse generated is much stronger when it reaches the brain, because the nerve endings are not only closer to this organ, but the impulses are twice as fast and more efficient than those generated by stimulating the feet.

The focus, the expert adds, is on what happens inside the body, with the aim of acting on the causes. We cannot always cure, but at least we can provide better living conditions.

With the aim of producing therapeutic results, facial reflexology improves the appearance of the face and the functioning of the body as a whole. Considering the importance of these techniques for the relief of various problems, Terra Flor, a company that constantly works to expand this area of therapeutic knowledge, has gathered some of the main benefits of facial reflexology. Check them out below:

- Nervous System: facial reflexology treatments can support and optimize the outcome of treatments for brain injuries, neuralgia, epilepsy, facial paralysis and dyslexia;

- Joints: facial reflexology can help relieve tension and rheumatic problems, such as joint inflammation, nervous tension, muscle spasms in the back, neck and lower back, as well as reducing stress;

- Functioning of internal organs: facial reflexology can help regulate the functioning of hormonal glands, circulation, relief from gastritis and ulcers, functioning of the digestive, urinary and cardiac systems, among others;

- Aesthetics: facial reflexology techniques have a great rejuvenating effect on the face, improving circulation and collagen production. Therefore, the skin will look more flushed and nourished, in addition to improving skin hydration, reducing the appearance of wrinkles, swelling and blemishes caused by toxins.

Auriculotherapy is indicated to aid in the treatment of:

1. Pain from muscle sprains, contractures or strains;
2. Sciatic pain;
3. Anxiety or depression;
4. Insomnia;
5. Migraine or headache;
6. Binge eating;
7. Weight loss;
8. Hormonal disorders;
9. PMS or menstrual cramps;
10. Allergies, Asthma, Bronchitis
11. Flu or cough;
12. Smoking;
13. Fluid retention;
14. Urinary tract infection;
15. Respiratory problems, such as allergies, asthma or bronchitis;
16. Heart problems;
17. Digestive problems;
18. Temporomandibular disorder.

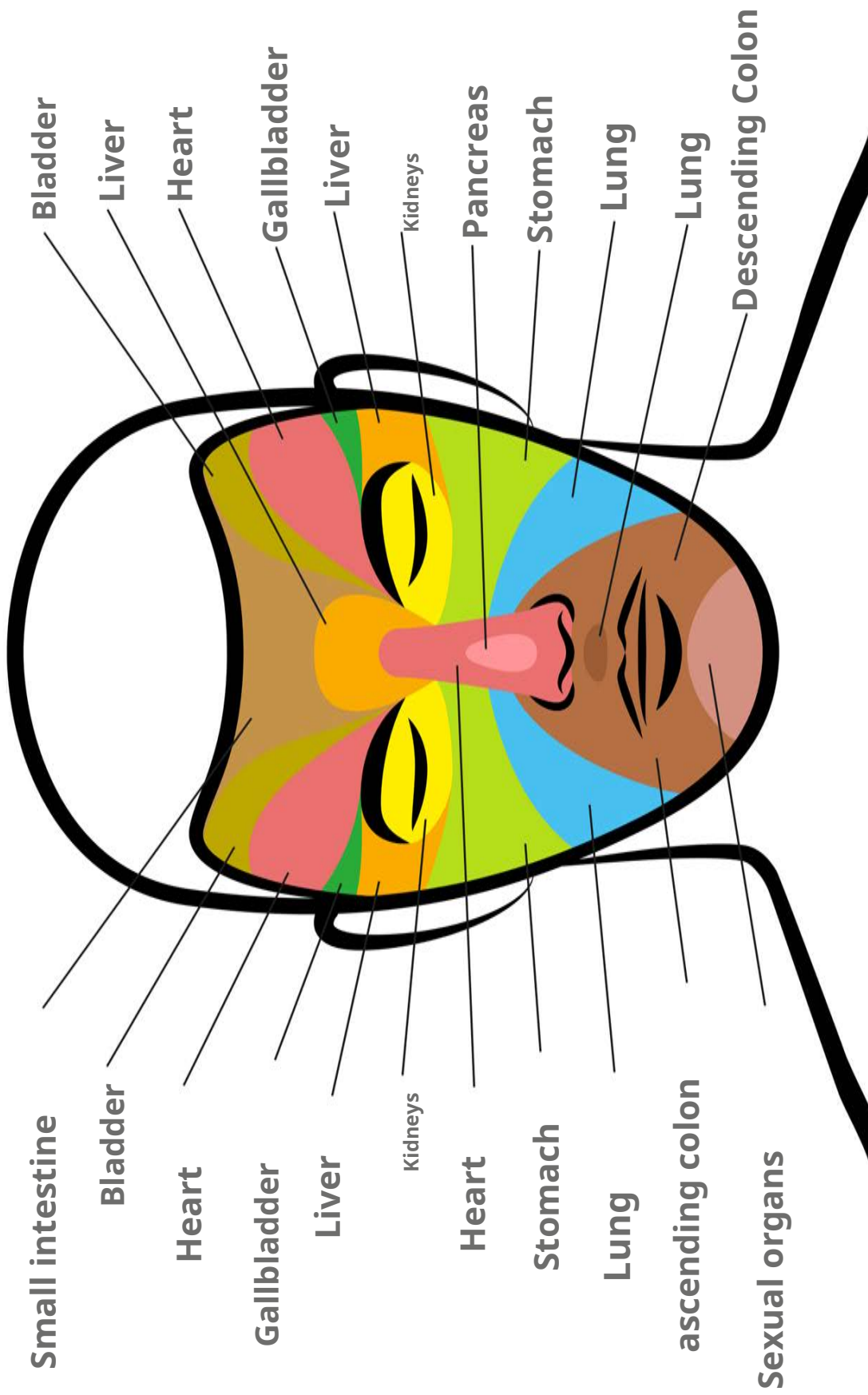
How is auriculotherapy performed?

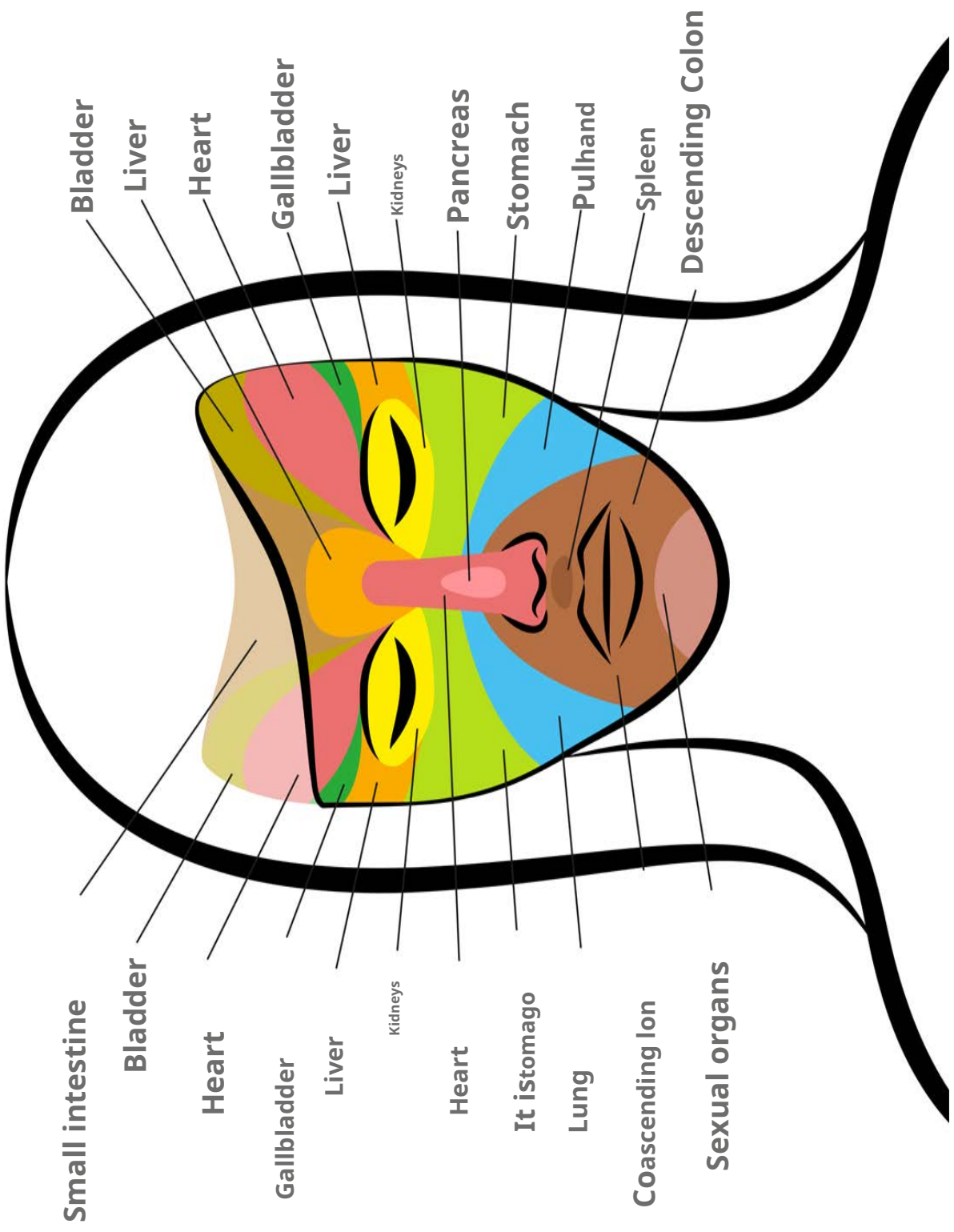
Before starting auriculotherapy treatment, it is very important to consult an acupuncturist or a therapist specialized in acupuncture to identify the main symptoms and which organs may be affected.

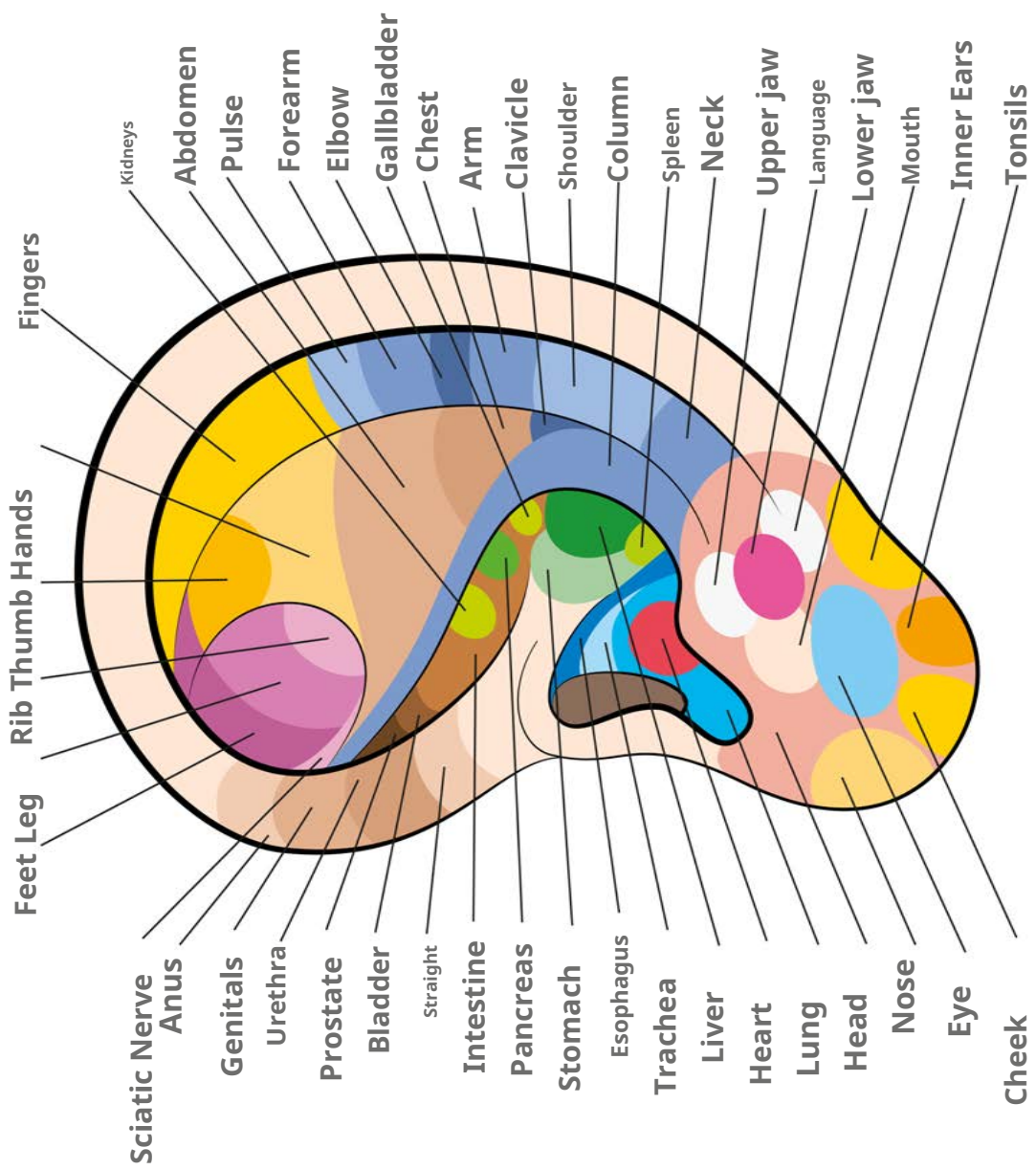
After this, the doctor or therapist selects the most suitable points and applies pressure to the point. Pressure can be applied using:

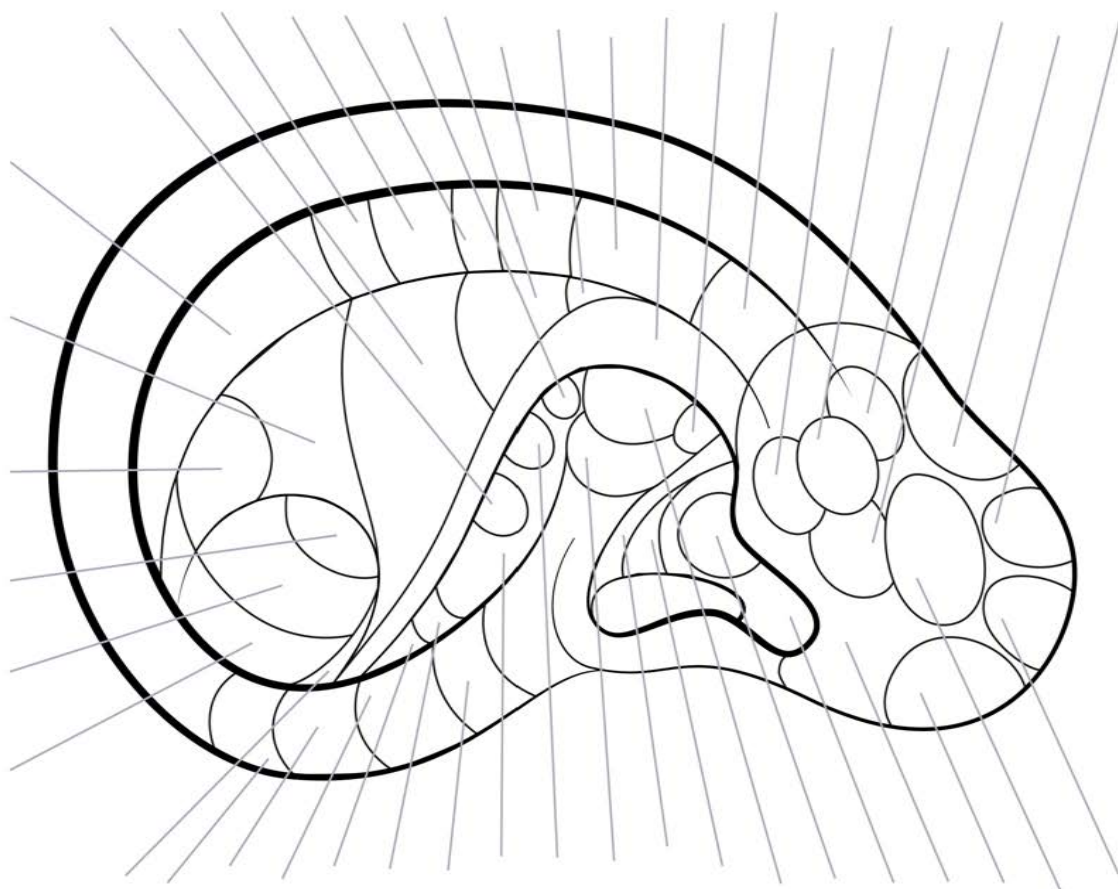
Filiform needles: are applied under the stitches for 10 to 30 minutes; Intradermal needles: are placed under the skin for about 7 days; Magnetic spheres: are glued to the skin for about 5 days; Mustard seeds: can be heated or not, and are glued to the skin for 5 days.

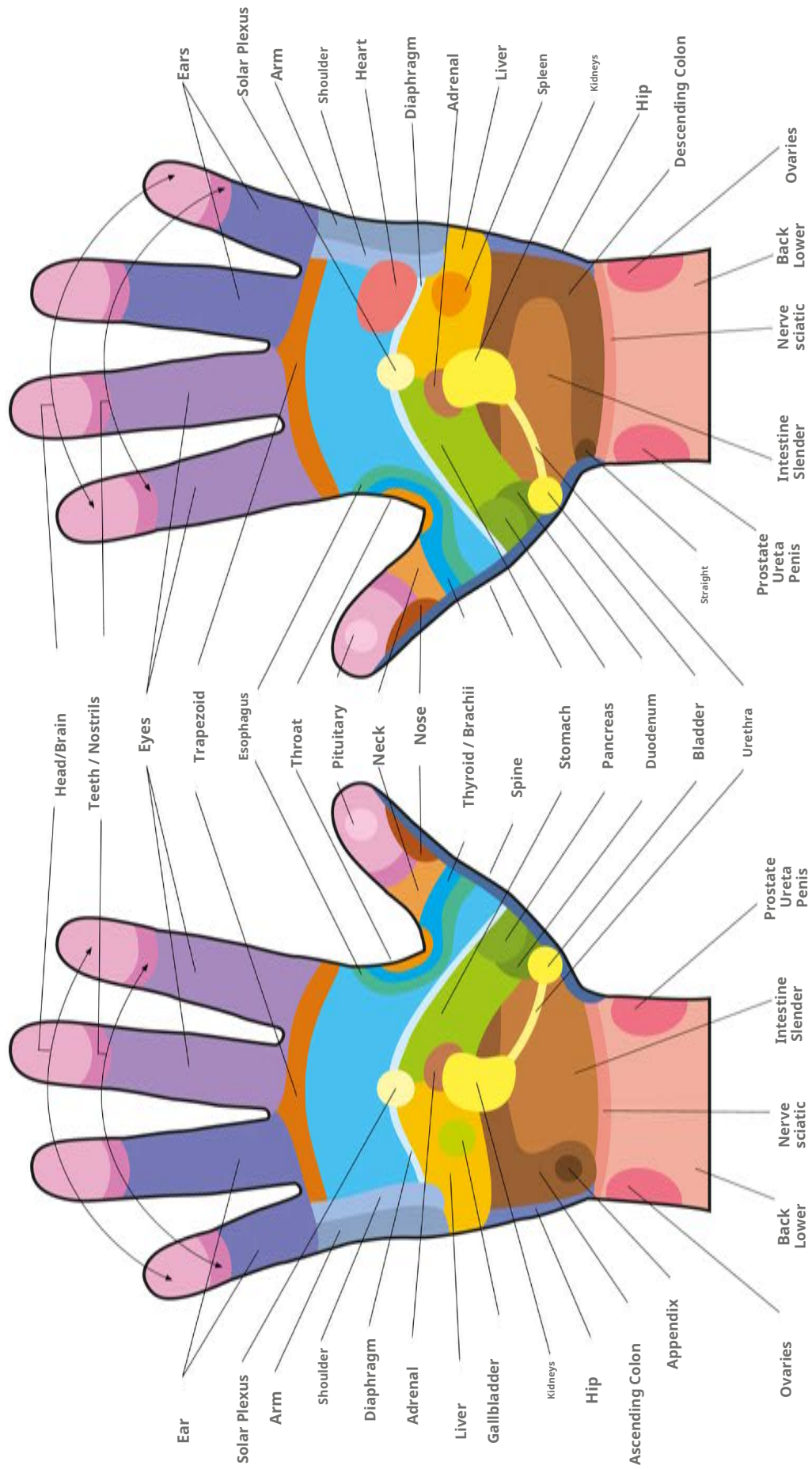
Stimulating specific points on the ear is a very useful technique for relieving pain or treating various physical or psychological problems, such as anxiety, migraines, obesity or contractures, for example.

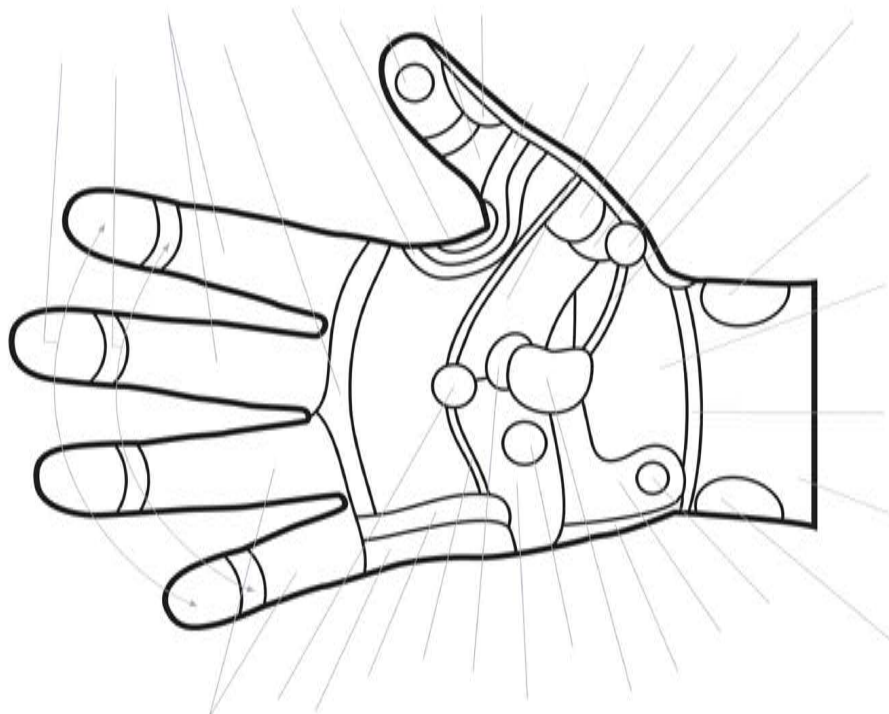
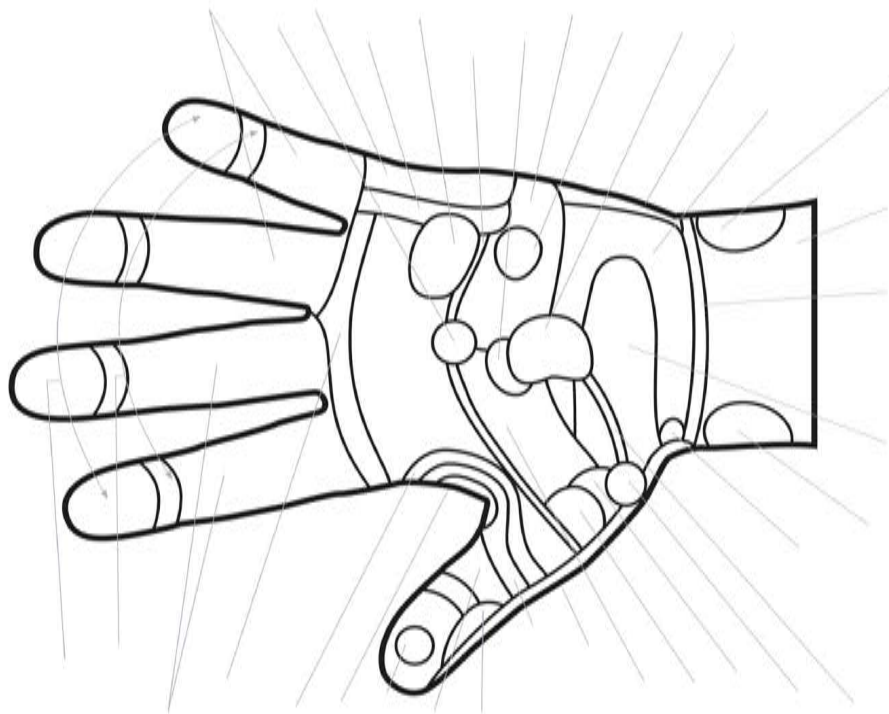


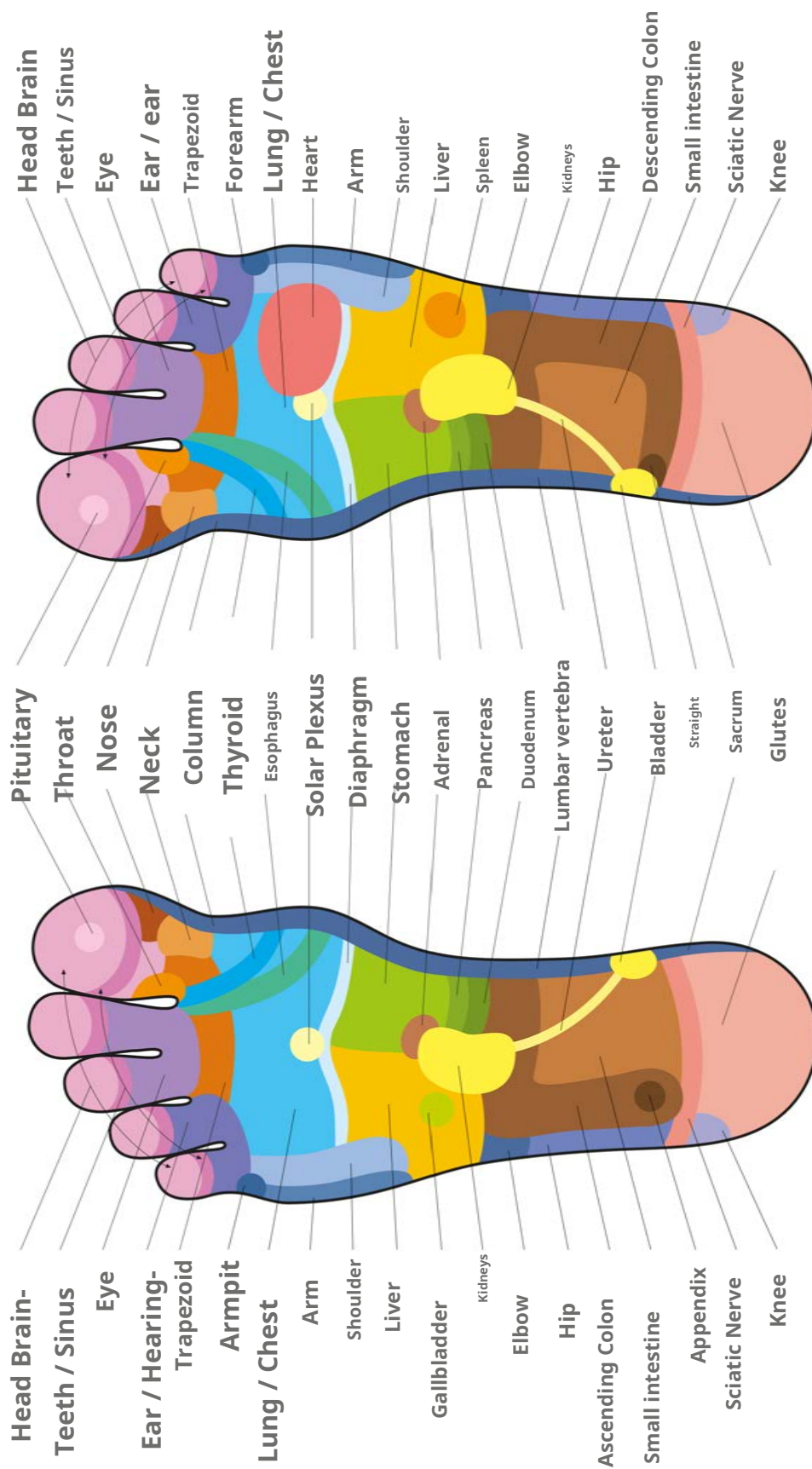


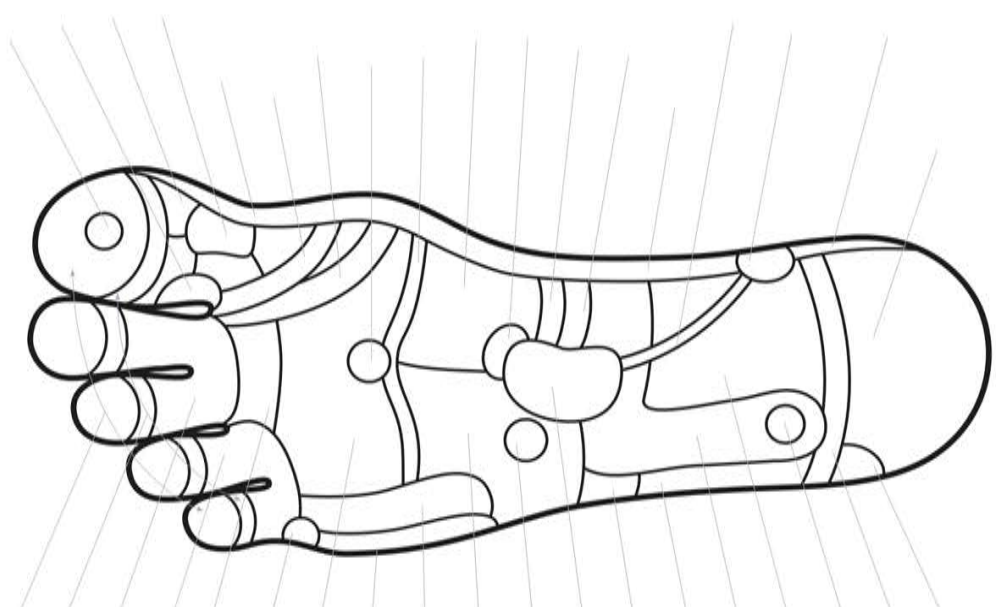
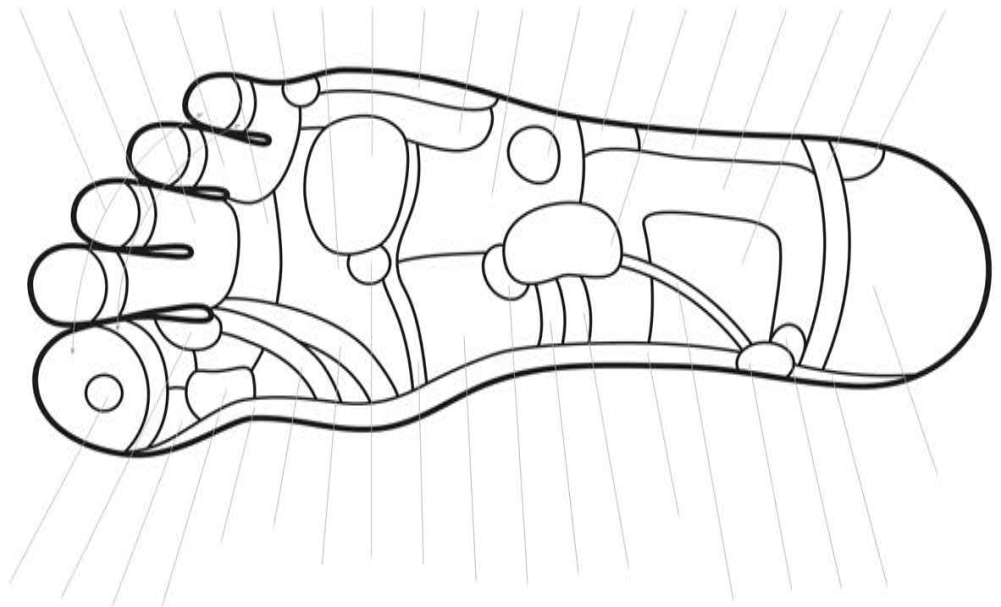


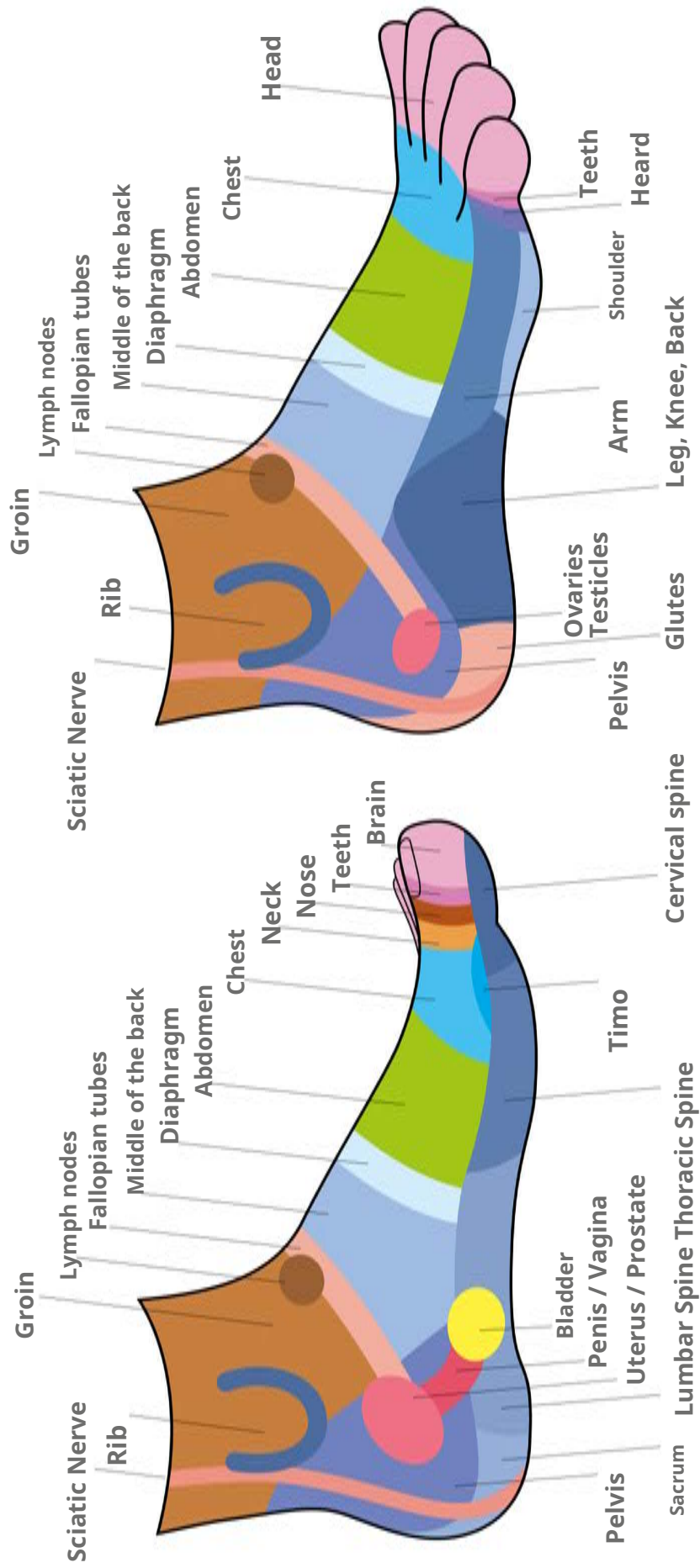


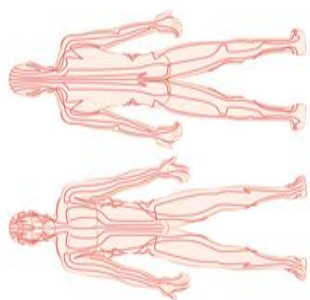




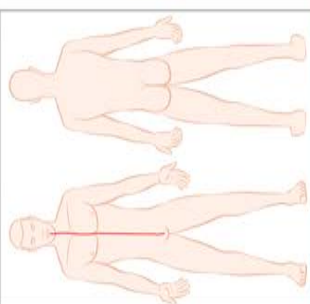




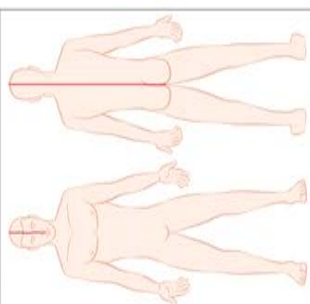




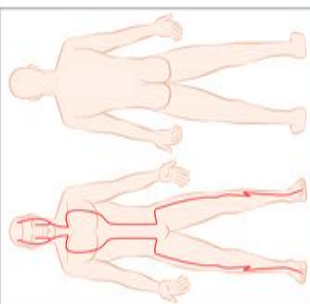
## MERIDIANS



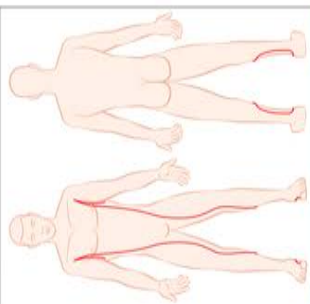
## Harmonization



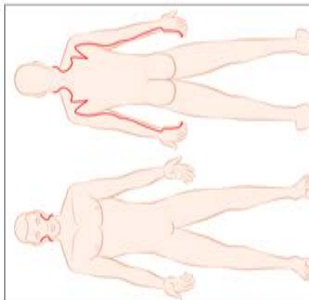
## Energy Activation



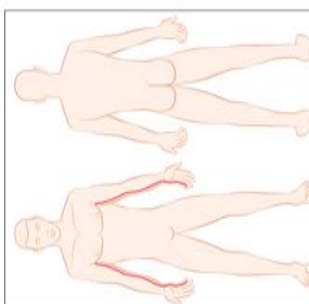
## Stomach



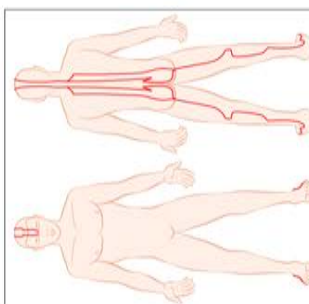
## Spleen



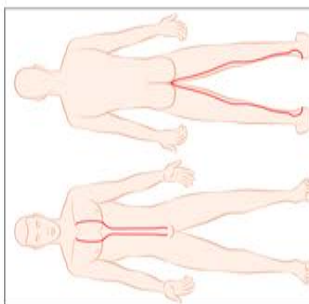
## Small intestine



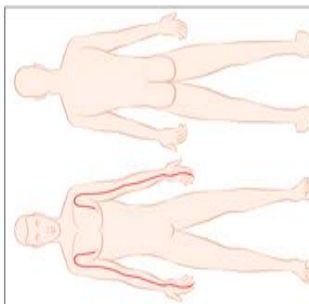
## Heart



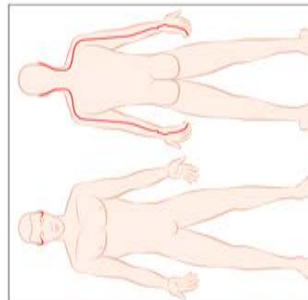
## Bladder



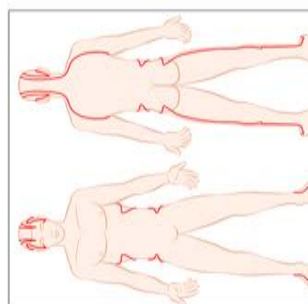
## Kidneys



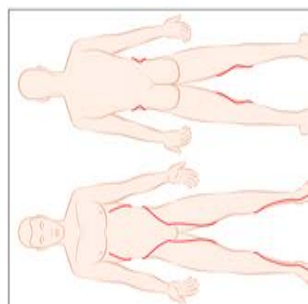
## Pericardium



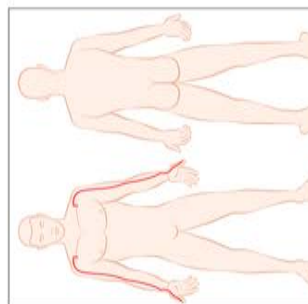
## Heat Releaser



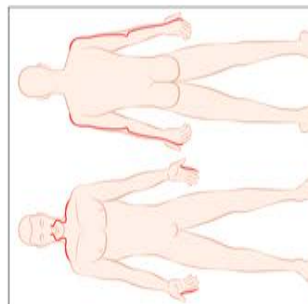
## Gallbladder



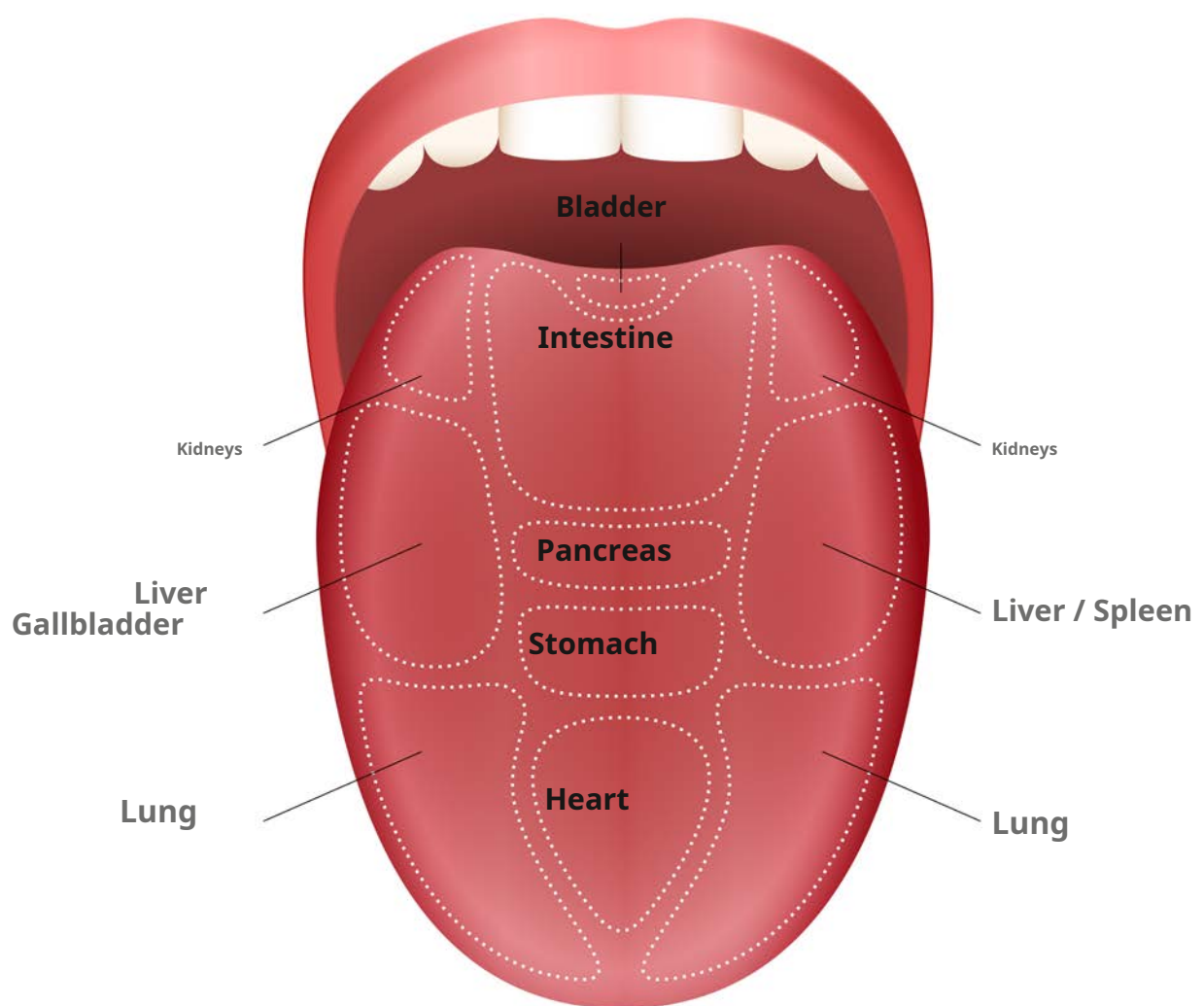
## Liver



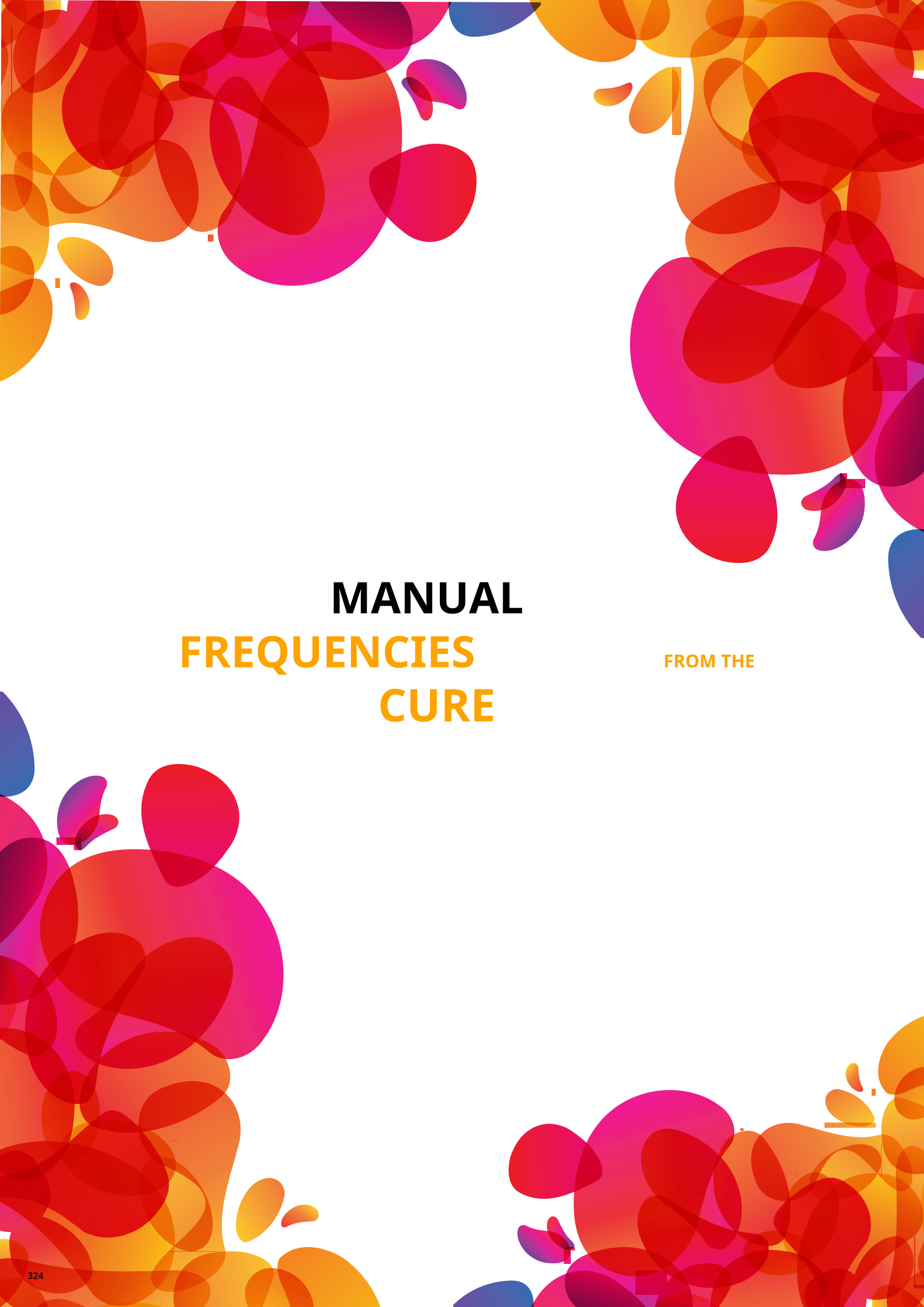
## Lungs



## Large intestine







# MANUAL FREQUENCIES CURE

FROM THE

The elevated spiritual state that people so desperately seek is only possible through the experience of their own consciousness (the Self). If we live in an unsophisticated spiritual state and lack a context for understanding true consciousness, we naively believe that it is created from something external to us (such as a guru, music, drugs, transcendental sexual experiences, etc.). But what really happens is that these special circumstances merely serve as catalysts for experiencing our own inner reality.

Most people live so dissociated from their states of pure consciousness that they do not recognize it when they experience it, because they identify with their lower ego states.

A negative self-image dulls the joyful glow of your true essence, making it difficult to recognize. Facilitating access to this joyful, peaceful, and fulfilling state, your inner essence, has been the basic principle of every great spiritual teacher (taking as a basis, for example, the idea that “the kingdom of God is within you”).

A raised frequency is any state of consciousness above the usual level of awareness. So for a person who lives in tune with fear, shifting to courage is an evolution. For people who live in desperate apathy, anger is a frequency rise.

Each level of consciousness has a healing frequency (measured in Hz), as well as an awakening emotion, a vision of life, a vision of God, and a process. In this logic, fear has a higher frequency than despair, while pride has a higher frequency than fear. Acceptance is much more comfortable than courage; and love makes any lower state seem unattractive. While joy surpasses all lesser human emotions, ecstasy is an emotion rarely felt. The most sublime experience of all is the state of infinite peace, so profound that it defies all attempts at description.

The higher the level of these states, the greater their power to reprogram the subject's entire life. Just a few moments in a state with a high frequency can completely change a person's orientation towards life, as well as their goals and values. It can be said that a new person is born from the experience. This is the mechanism of spiritual evolution, achieved with difficulty and dedication.

In this way, it is proven that everything in our life is related to our mental states and what we cultivate internally in our intimate relationships with ourselves. Reality becomes a simple reflection of these emotional states that propagate in the form of frequency to the world.

It is the states of consciousness that materialize processes, opportunities, experiences. What you cultivate becomes part of your reality.

This is the true power of frequencies and holistic therapies. Any “holistic” work involves directly or indirectly the propagation of what you cultivate internally.

Reiki, for example, is nothing more than the “energetic overflow” of positive emotions and intentions that will be transmitted to your patient and those close to you.

In our teaching methodology, we believe that being a therapist goes far beyond the moment of care. Being a therapist means being aware that there is always an opportunity to help others and spread good energy to everyone around you.

It is about having emotional and energetic responsibility. Realizing that everything you cultivate, think and keep in your mind directly affects the lives of other people. Even if it is not verbalized, your thoughts are propagating  
- if, touching people, situations and places near and far from you.

For this reason, it is essential that you incorporate the knowledge provided in the following table into your life.

It was developed exclusively so that everyone can understand the emotions they carry, their effects, processes, emotions and, mainly, the level of consciousness generated in each circumstance.

As a therapist and participant in **#Holistic Movement**, you should always seek to raise your consciousness, allowing only high emotions and frequencies to be in your mind.

As long as you maintain low-level energies, the negative processes you experience will continue to repeat themselves and even expand.

Changing your life is not difficult, you just need to change the mental patterns and emotions that you allow to live within you. The difficult part is being aware of these emotions and being able to eternally guide your mind towards higher frequencies and emotions.

It's like an exercise for you to develop anything in your life, you need to exercise, work and dedicate yourself constantly.

Nível de Consciência	Frequência (Hz) - Log		Emoção	Visão de Vida	Visão de Deus	Processo
Iluminação	700-1000	↑	Indescritível	Eu sou	Eu	Plena Consciência
Paz	600	↑	Felicidade	Perfeito	Onipresença	Iluminação
Alegria	540	↑	Serenidade	Completo	Unidade	Transmutação
Amor	500	↑	Reverência	Benigno	Amoroso	Revelação
Razão	400	↑	Compreensão	Significativo	Sábio	Abstração
Aceitação	350	↑	Perdão	Harmonioso	Misericordioso	Transcendência
Boa vontade	310	↑	Otimista	Esperançoso	Inspirador	Intenção
Neutralidade	250	↑	Verdadeiro	Satisfatório	Autorizador	Libertação
Coragem	200	↓↑	Afirmação	Possível	Permissor	Empoderamento
Orgulho	175	↓	Desprezo	Exigente	Indiferente	Inflação
Riva	150	↓	Ódio	Antagônico	Rancoroso	Agressão
Desejo	125	↓	Desejo	Desapontador	Negador	Escravidão
Medo	100	↓	Ansiedade	Assustador	Punitivo	Evazão
Tristeza	75	↓	Arrependimento	Trágico	Desrespeitador	Desânimo
Apatia	50	↓	Desespero	Desesperançoso	Condenador	Abdicação
Culpa	30	↓	Ofensa	Infortuno	Vingativo	Destruição
Vergonha	20	↓	Humilhação	Miserável	Desprezador	Eliminação

The graph above demonstrates the levels of consciousness and the processes that each of them promotes in our lives. In other words, depending on the emotion that we maintain and cultivate in our minds on a daily basis, we develop a “level of consciousness” that triggers an energetic process in our lives.

Therefore, if you are experiencing destructive processes, problems or negative things in general, it is possibly because you are just cultivating and allowing negative energies in your mind.

All the results, good or bad, that unfold in our lives can be understood through the table above.

The moment you are able to cultivate only love, empathy and enthusiasm in your mind, through the holistic therapies and various techniques that IBRATH teaches, all areas of your life will be transformed.

Become more aware of your thoughts, understand the processes and paths that unfold in your life. The “healing frequencies” are nothing more than understanding the power of our mind.

It's about understanding the true power of our thoughts, even those we never verbalize or tell anyone. Everything counts, including what has been omitted or disguised, all resentment, all pain, trauma and negative thoughts.

All thoughts directly affect our lives, even if they are kept under lock and key within us.

Even if people do not have a developed "sensitivity", they indirectly and unconsciously capture all these influences that we propagate.

The "healing frequencies" also help us understand that we are responsible for everything that happens in our lives.

For this reason, it is essential that every human being studies and learns about holistic therapies, as they provide a series of tools, techniques and knowledge capable of helping in the management of internal emotions and, mainly, in the development of higher states of consciousness.

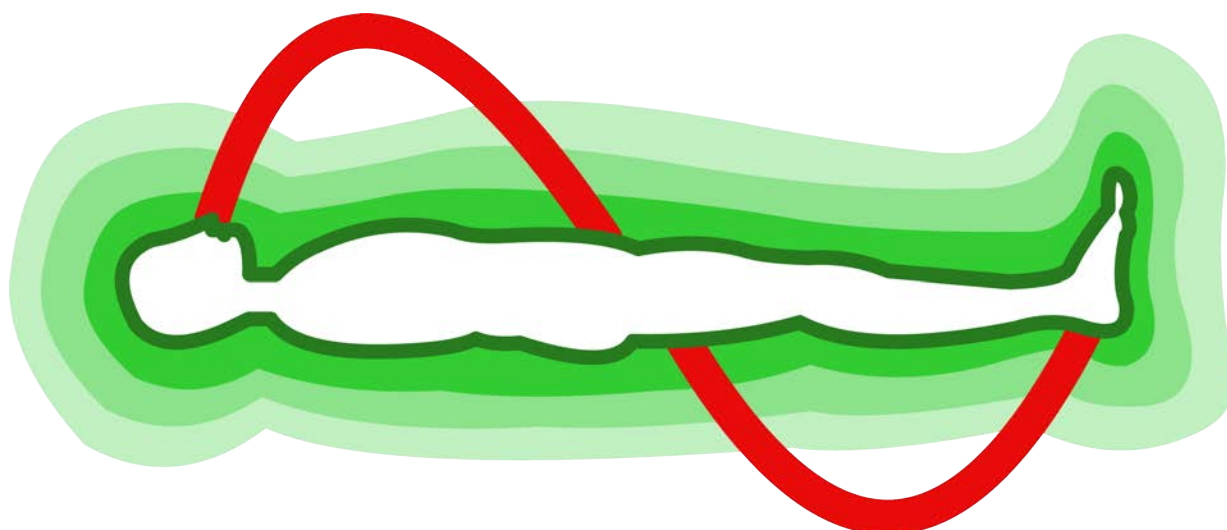
Through holistic therapies, we are able to understand our mind and more easily guide our emotions and thoughts.

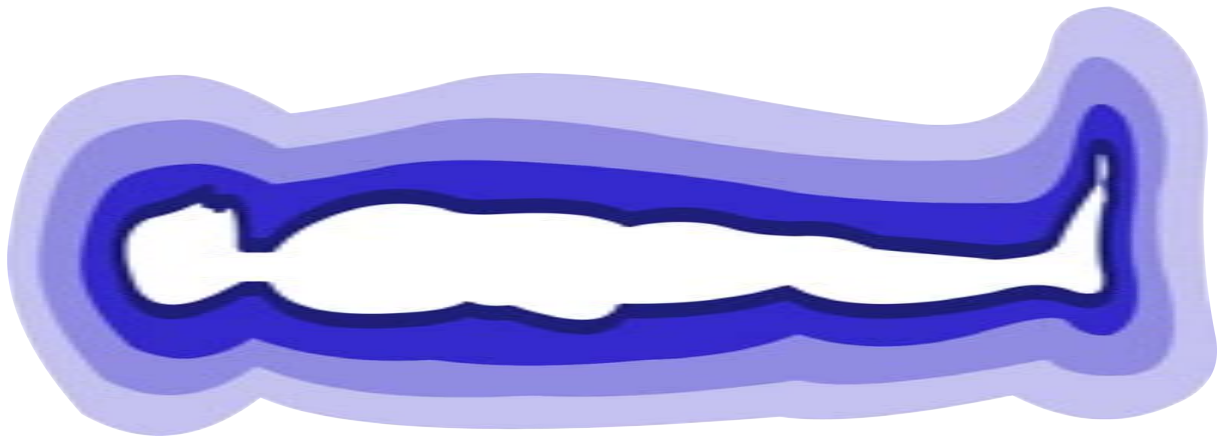
We at IBRATH strongly recommend that you carry this table and all the knowledge in this manual into your life and into the treatment of your patients.

The table has great power as a personal healing tool.

Remember that a good therapist needs to be well! Holistic care is nothing more than an energetic exchange between a therapist who is charged with healing energies, positive energies and elevated states of consciousness, for people who are in negative states and cycles.

Overflow with love, joy and good energy wherever you are!





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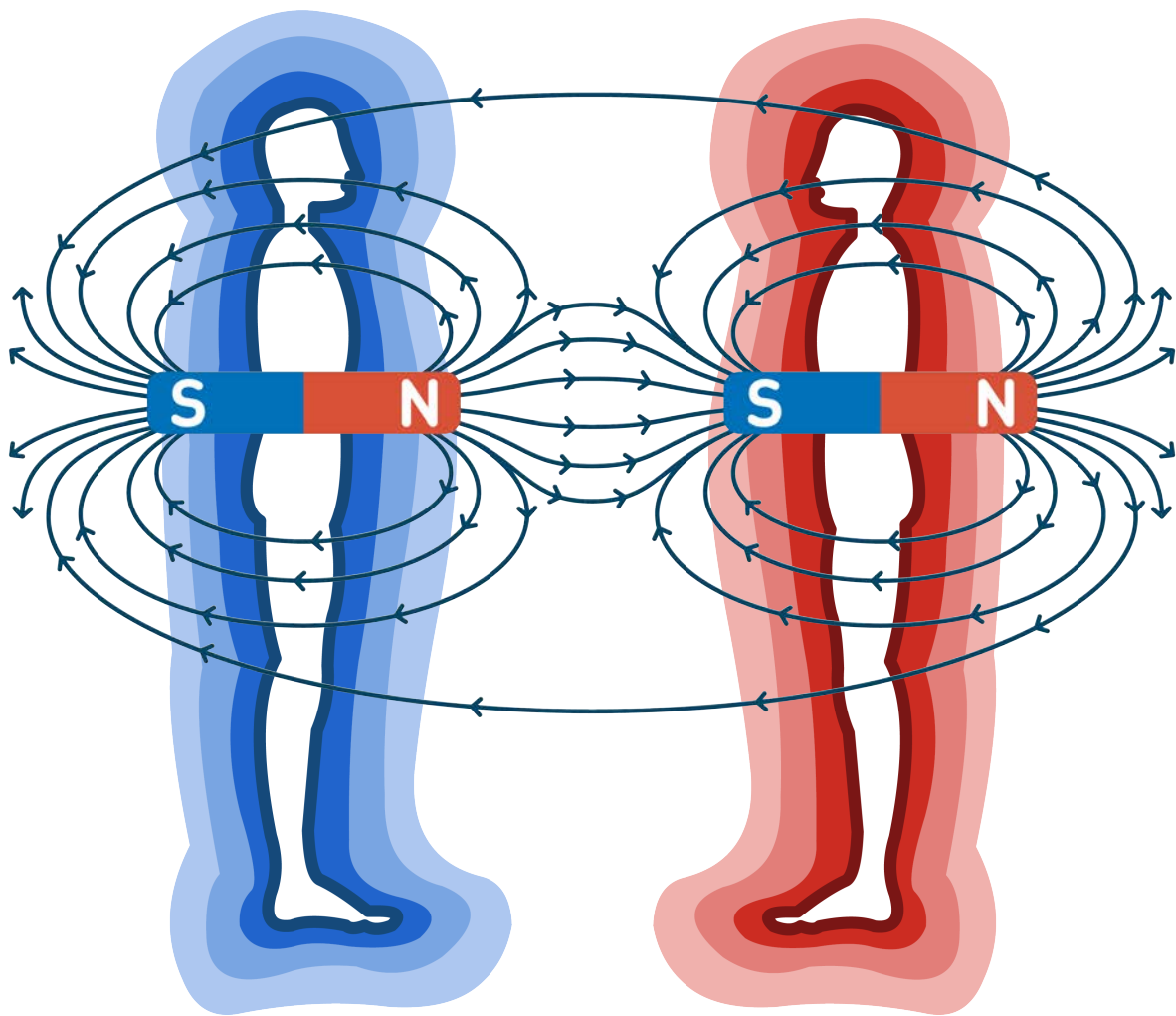
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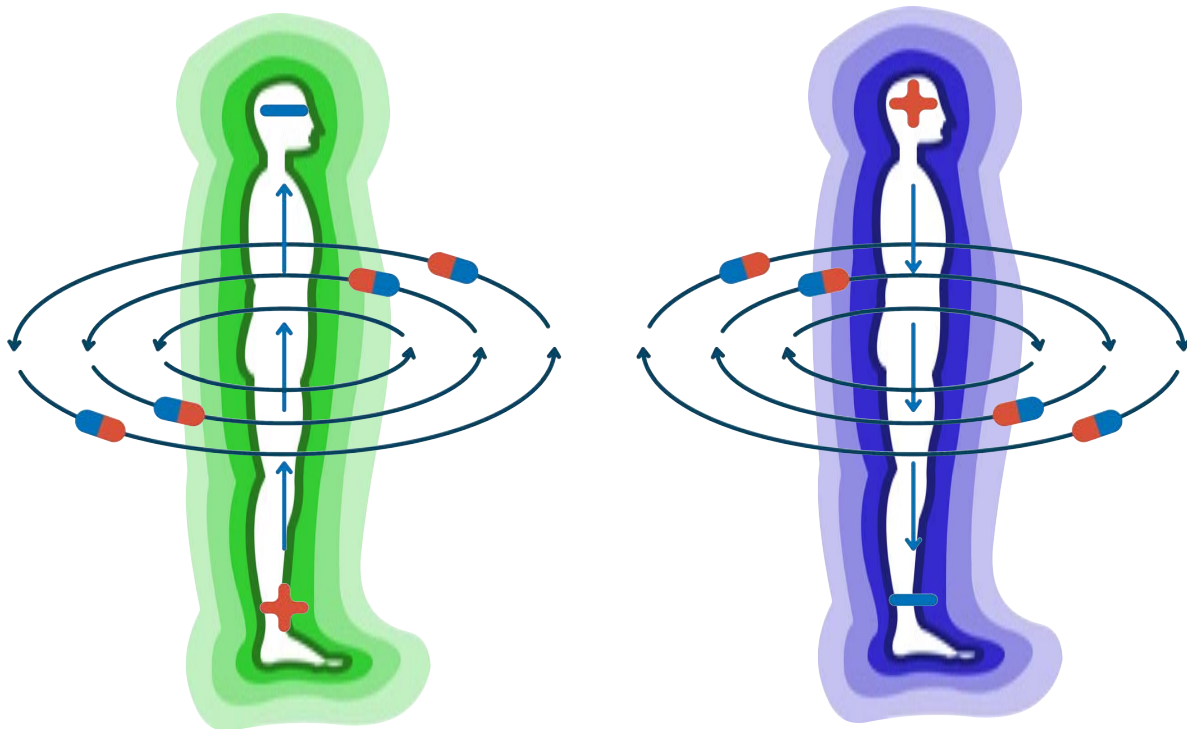


As you have already seen in the chapter on “subtle bodies”, we have an energy field that is around us at all times, attracting and repelling people, energies, opportunities, frequencies, and experiences into our lives.

The example above demonstrates how this process occurs. Depending on your level of consciousness and the emotion you cultivate (according to the table), you automatically generate a magnetic field with a polarity resonant with the emotion generated. This emotion sends a signal that propagates into the universe seeking “resonant” signals, which are attracted regardless of distance.

These attracted signs are nothing more than similar energies that complement each other negatively or positively. It is as if you were a gigantic magnet capable of attracting everything that you cultivate in your mind.

Note: This attraction is not limited to people, but also to opportunities, places, experiences and achievements... It is nothing more than the pure law of attraction.



These energy fields rotate around us in all directions from top to bottom and horizontally, generating the well-known subtle body around us.

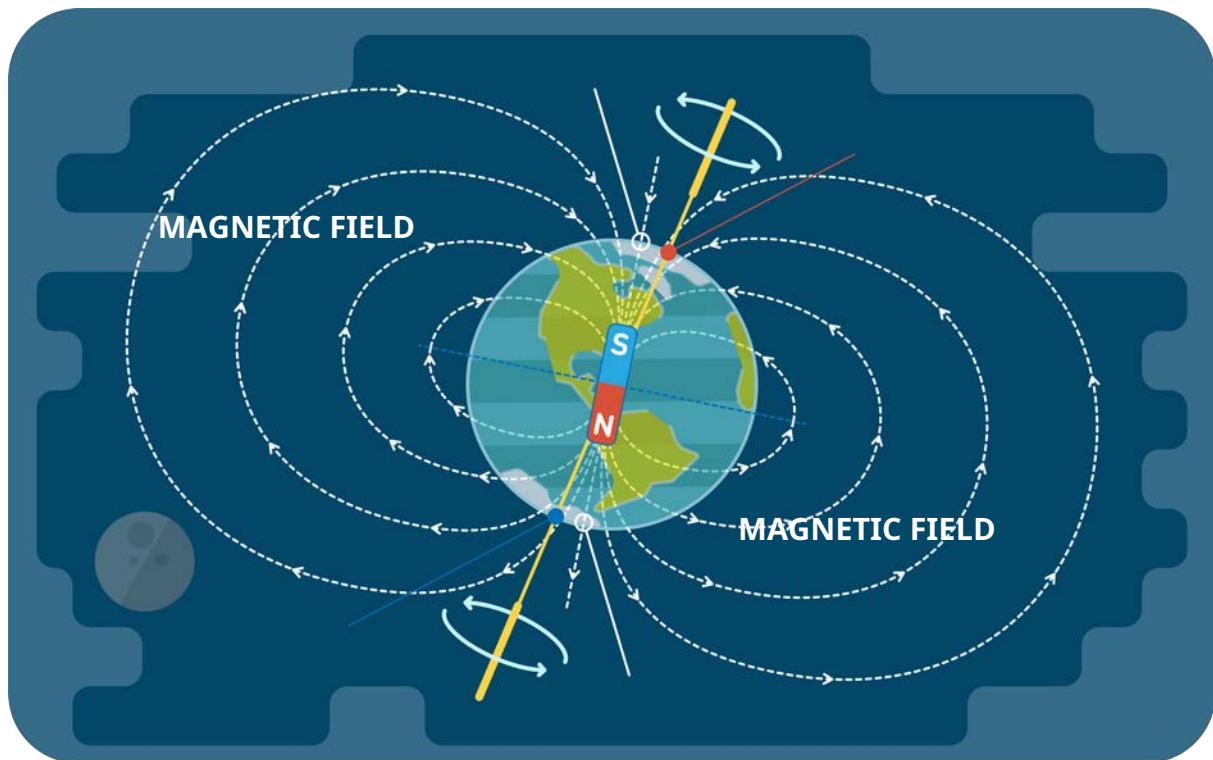
The polarity and direction of rotation shown in the images above is merely an illustration. This type of movement is something totally individual to each person. The only way to “discover” these movements in detail is through self-knowledge and the continuous study of Holistic Therapies.

Another important point about these magnetic fields is their ability to synergize with other fields.

Ex: A person who naturally has a horizontal rotation of their magnetic field counterclockwise will automatically have a great affinity with people who have a clockwise magnetic rotation. This occurs due to the fact that all creation is always in search of completeness, similarity and what is “missing”.

It's as if it were the perfect fit, this also occurs in situations such as jobs, professions, life missions, habits, tasks, thoughts, etc.

Remember, everything produces a frequency; every thought is an energy that propagates and affects everything around you. For this reason, it is essential that you take emotional and energetic responsibility for what you cultivate internally.



In addition to humans, animals and the earth also have their own magnetic fields, which perform the same functions as human magnetic fields.

In the case of the Earth, the magnetic field is responsible for protecting the Earth against asteroids, solar radiation and mainly because of these fields the moon is perfectly aligned with the Earth. It is also for this reason that we can use a compass to always locate ourselves anywhere on Earth.

This knowledge allows us to understand how we are integrated into systems and subsystems that work together for the existence of life. Nothing works in isolation in this system.

Everything has a reason for happening, everything attracts and repels and communicates through frequencies and energy fields that are created by thoughts, intuitions and mental patterns.

For this reason, from today onwards, you must take emotional responsibility for your thoughts, actions and feelings... Since everything you cultivate is propagated into the universe, affecting everyone positively or negatively.

You are responsible for the reality you create! Whatever good or bad is materializing in your life, no matter how difficult it may be to accept, you are energetically responsible for all of this.

Change your frequency and change your life!

# TABLES

## EMOTIONS

To further simplify learning about emotions and healing frequencies, we will teach about the hierarchy of emotions.

This methodology was created and developed by IBRATH and aims to facilitate the understanding of the mental construction of emotions.

For example, the emotion love. Empathy, affection, enchantment, passion can be generated from love... In other words, countless secondary emotions can be generated from a single primary emotion.

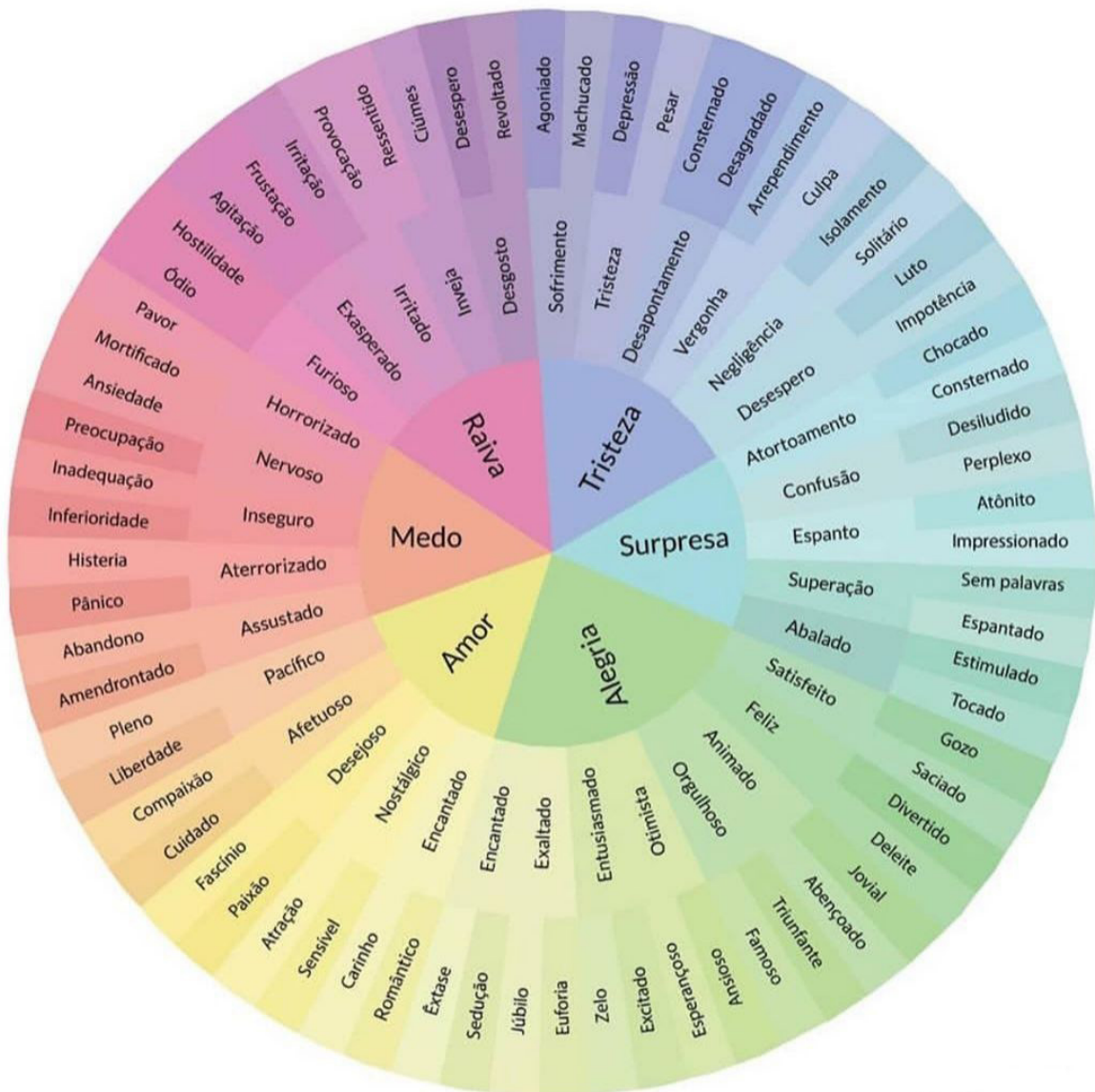
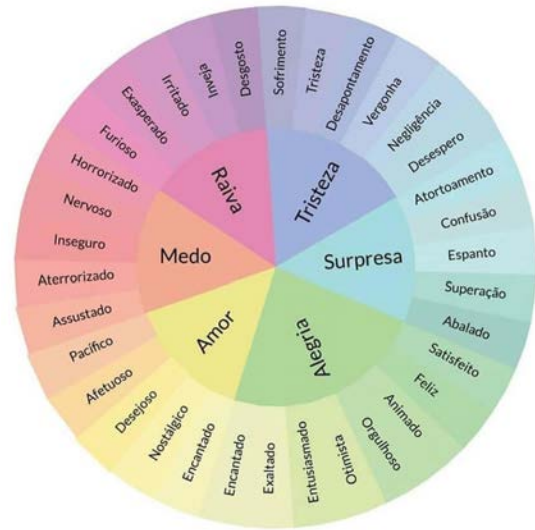
This understanding helps the therapist to more easily establish positive mental states, since he does not need to specifically seek to generate an emotion, but rather a primary emotion.

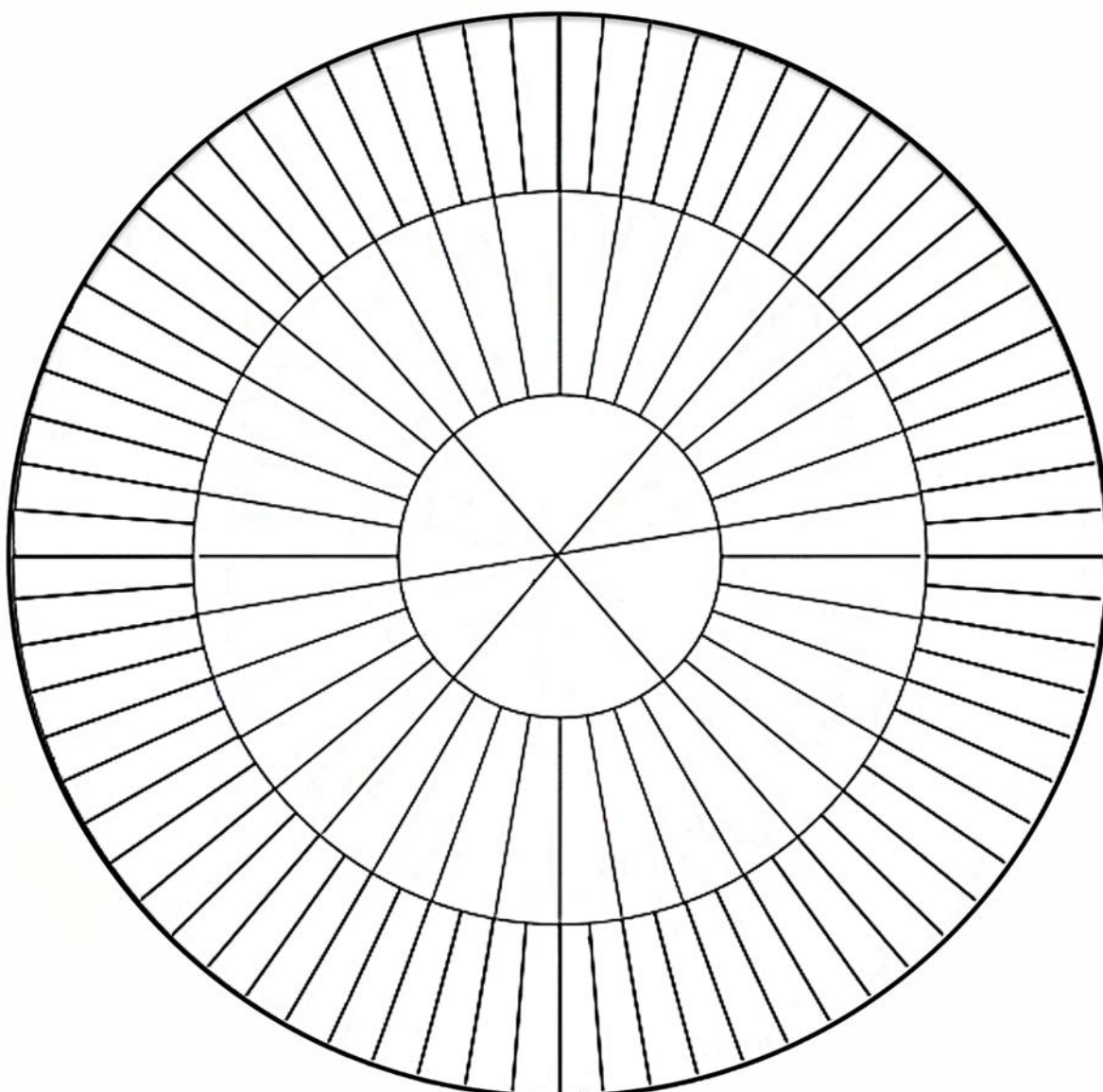
Remember that emotions are constructed and can vary from person to person. For some, love may be a primary emotion, as it carries a high emotional and meaningful charge. For others, empathy or forgiveness may be primary emotions for the same reasons.

Primary emotions are triggered by words that carry high value and meaning for us or our patients. By understanding this framework, we can more easily connect with ourselves and our patients.

Once you become capable of aligning your speech with each person's individual meanings, this simple knowledge is a technique that opens doors and deepens conversations, therapies and moments of sharing, in addition to simplifying the propagation and establishment of energetic emotional energy for the therapist. Thus, you do not necessarily need to generate specific emotions for each patient and service. You just need to understand their structures and generate the primary emotion that contains all the secondary emotions you desire.

Tip: Always try to simplify and simplify processes. True results come from simplicity, not complexity. The clearer, more direct and simpler your service is, the more profound and impactful your results will be.

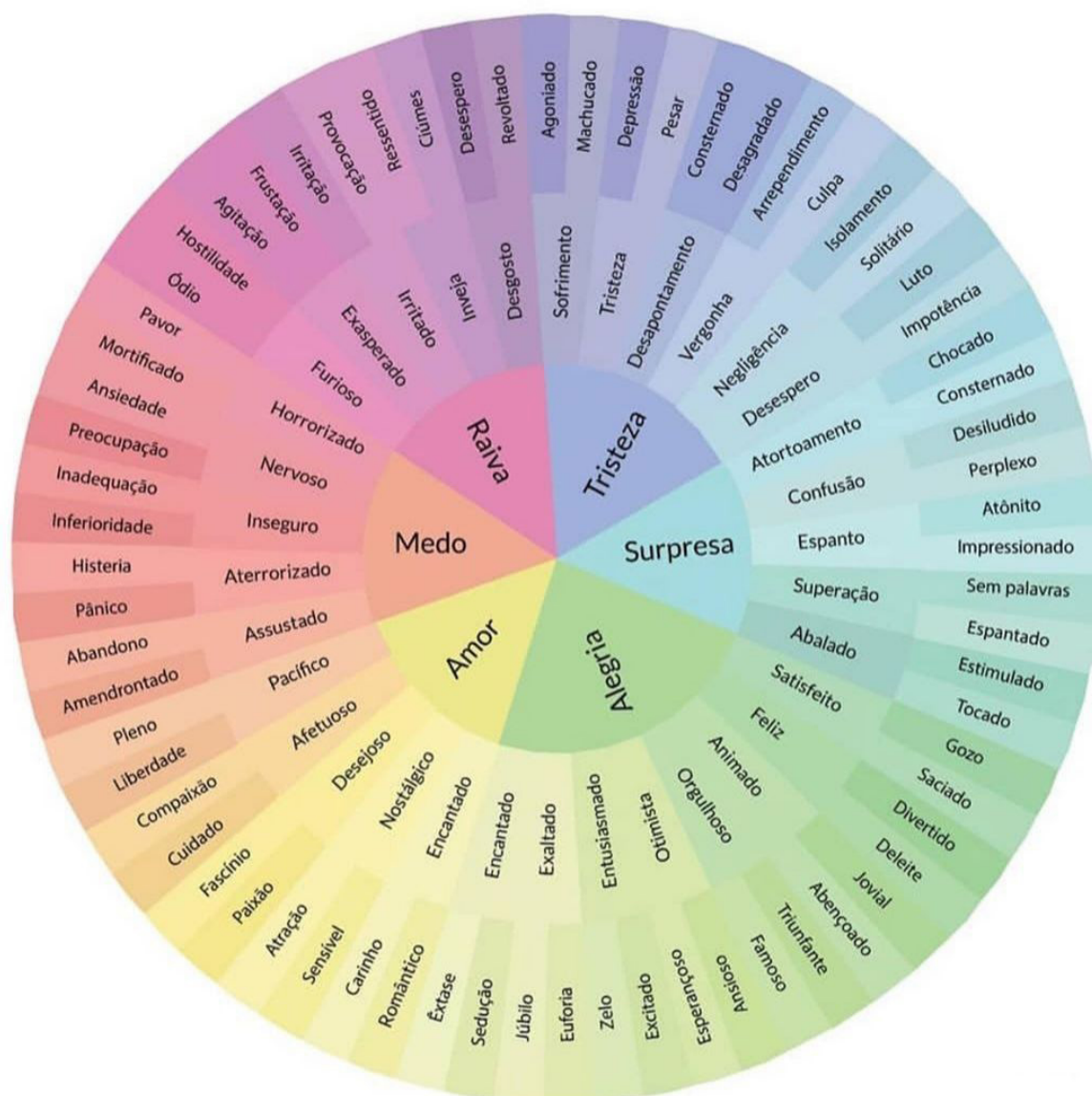




As a holistic therapist, you should develop your own mandala following the idea of the emotions chart. As a daily task and exercise, it is recommended that you fill in the chart above with your primary emotions in the center and your secondary and tertiary emotions in sequence.

It is possible to fill it with only positive emotions or in a mixed way: 50% positive and 50% negative.

The main function of this exercise is to expand awareness of how emotions develop in our mind, simplifying the entire process of harmonization and energetic propagation. Through practice, it becomes easier to understand that we do not need to spend unnecessary energy trying to harmonize a very specific emotion; we just need to harmonize a primary emotion and all other emotions will be automatically balanced.



Remember that the wheel of the hierarchy of emotions that we bring as an example is just a suggestion so that you can create your own, with the emotions and colors that you want.

It is a resource that reveals our mental maps, the emotions we give more or less value to and mainly the emotional structure we have.

It is an excellent tool to help your patients gain insight into how emotions overlap, clarifying questions about the causes behind the emotions they are feeling at a given moment in their lives.

Always keep in mind: each person has a unique hierarchy of emotions.

# PROCESS TABLES

## EMOTIONAL

In addition to emotions, with their very specific levels of frequency, consciousness and hierarchy, we also have the processes that these emotions can generate in our lives.

Emotional processes can be diverse and operate in polarities: positive and negative, control and lack of control, active and passive, conductive and obstructive.

Depending on what we keep inside us, we can generate and propagate the most varied processes, which generate experiences and instigate certain reactions in people and in the world.

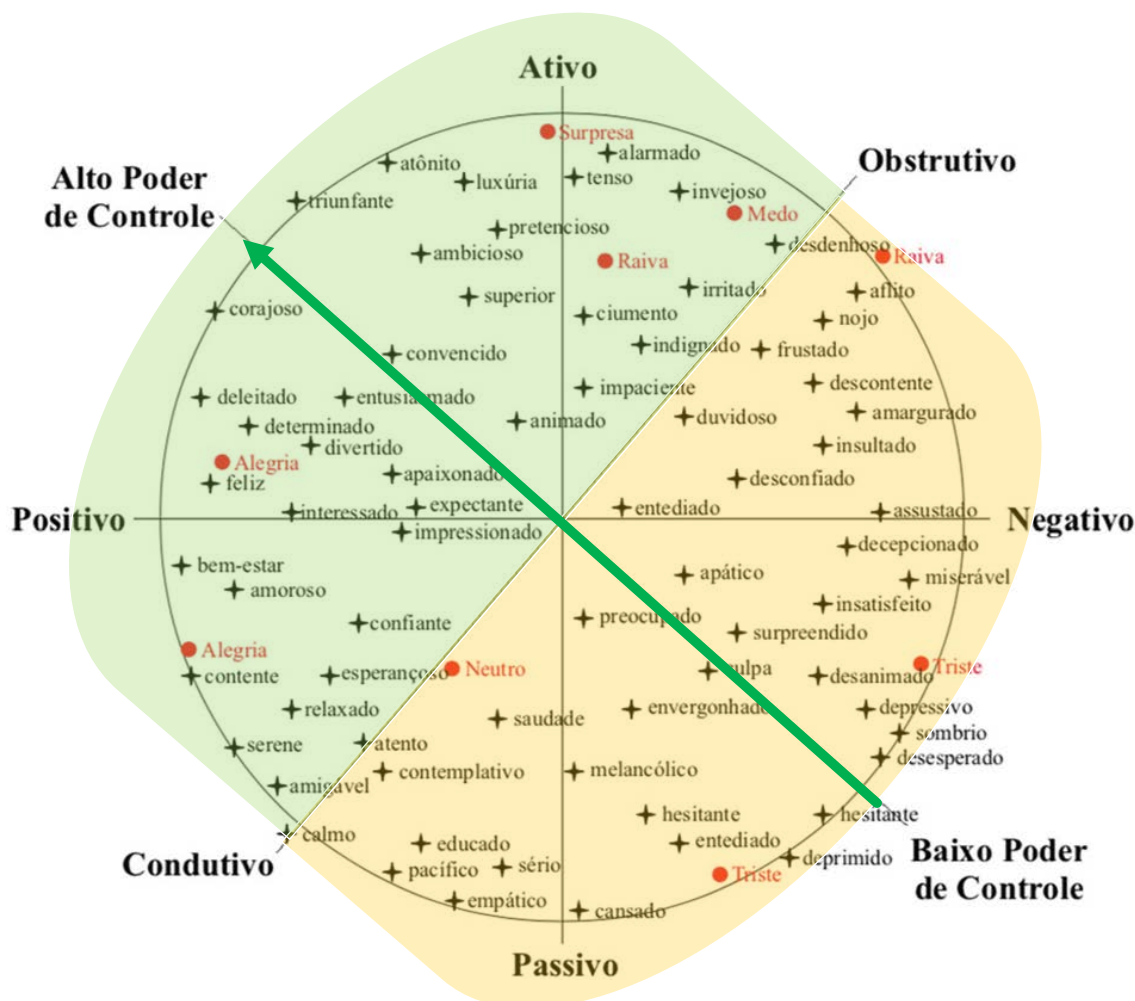
For example, courage is an emotion that can be classified by its characteristics, namely: positive, active and with a high power of control. This means that a person who cultivates this type of energy produces positive states and situations in his life, of proactivity, over which he is able to have a great power of control.

Within this same structure, each emotion will have its own composition and its own process, which can be either something that builds and expands, or something that limits and destroys.

Mental processes can be understood as the structures through which an individual makes decisions, and also the way in which he or she sees life and the situations around him or her. Thus, depending on the individual's emotional process, life can be seen and experienced in either a positive or negative way.

In this case, the IBRATH Therapist's job is to identify these emotional processes of the client so that he/she can select the correct therapy, technique and indication for each emotional process identified.

# TABLED CONTROLPOWER



This table is used to assess the level of emotional control that you or your patient has.

In the green area, there are emotions that propagate and develop a high level of emotional control over life. The yellow area, on the other hand, contains emotions that instigate and promote low levels of control.

In both cases, "control" can be understood as the ability to guide life in a positive, prosperous, harmonious direction that is in accordance with good principles.

Remember that we never have total "control" over life and situations, only through development do we become capable of guiding our emotions and actions towards positive processes, which will build our lives and the lives of everyone around us.

## TABLED NEGATIVEXPOSITIVE

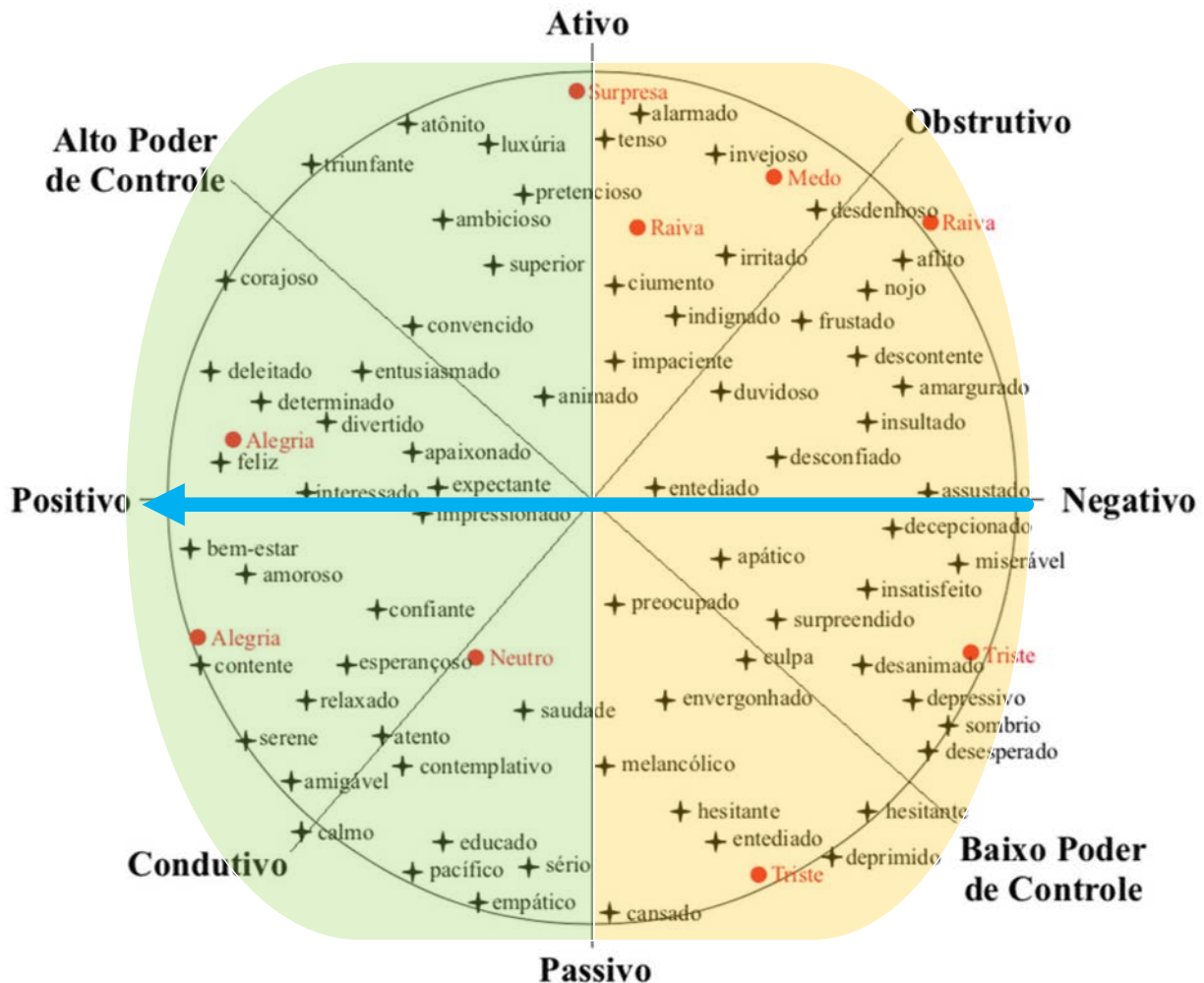


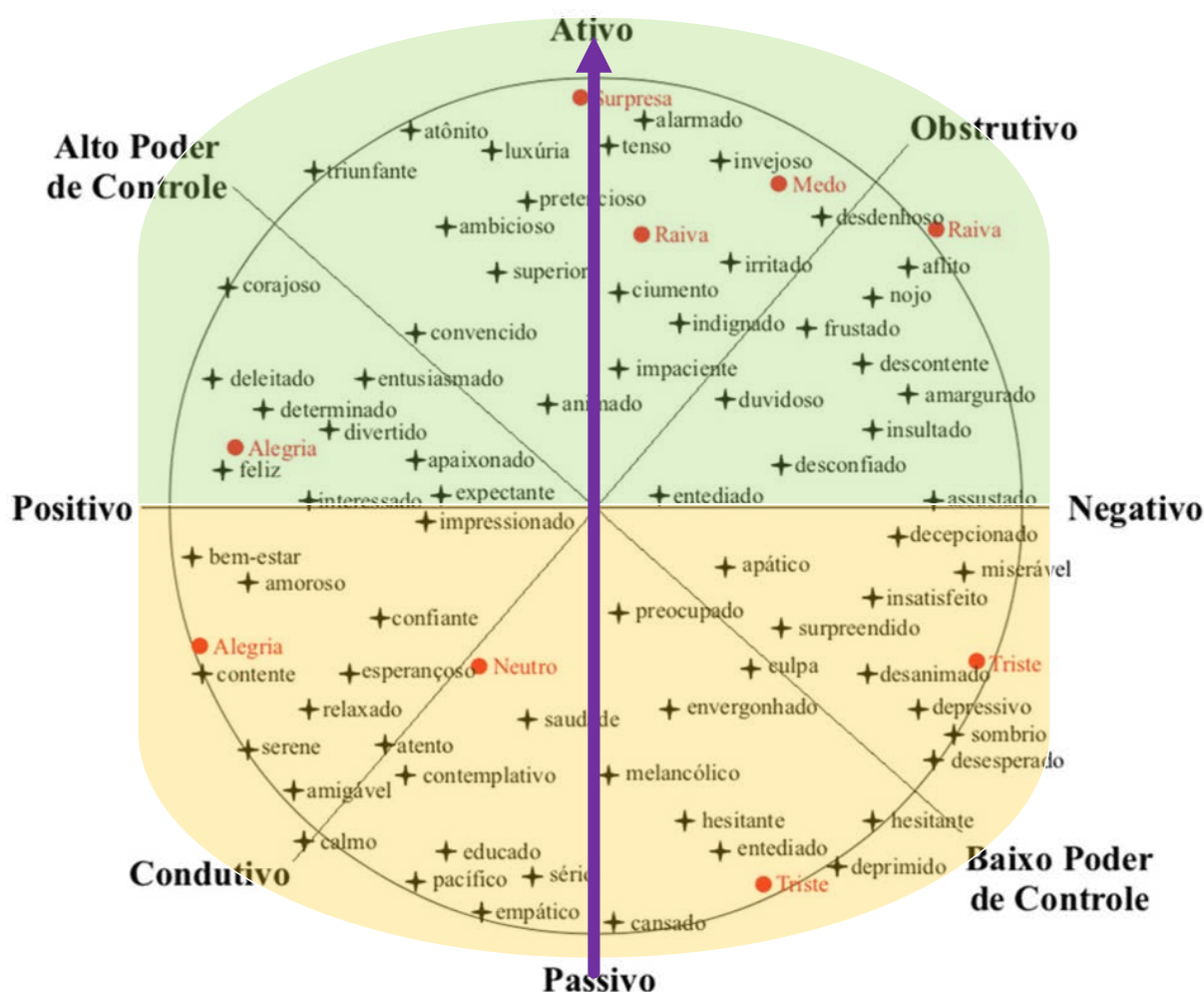
table serves to indicate the positive and negative emotional and energetic processes that unfold from certain emotions.

In the green area, there are emotions that aim to develop positive processes and cycles that nourish, expand and generate the general well-being of the individual. Emotions located on the yellow side aim at destruction, stagnation and emotional illusion.

The therapist must be able to identify its location on the chart, so that he can choose the appropriate procedures to regulate and direct it towards the positive side.

The aim is always that positive processes can unfold in both the therapist's and the patient's life.

## TABLED ASSETS x LIABILITIES



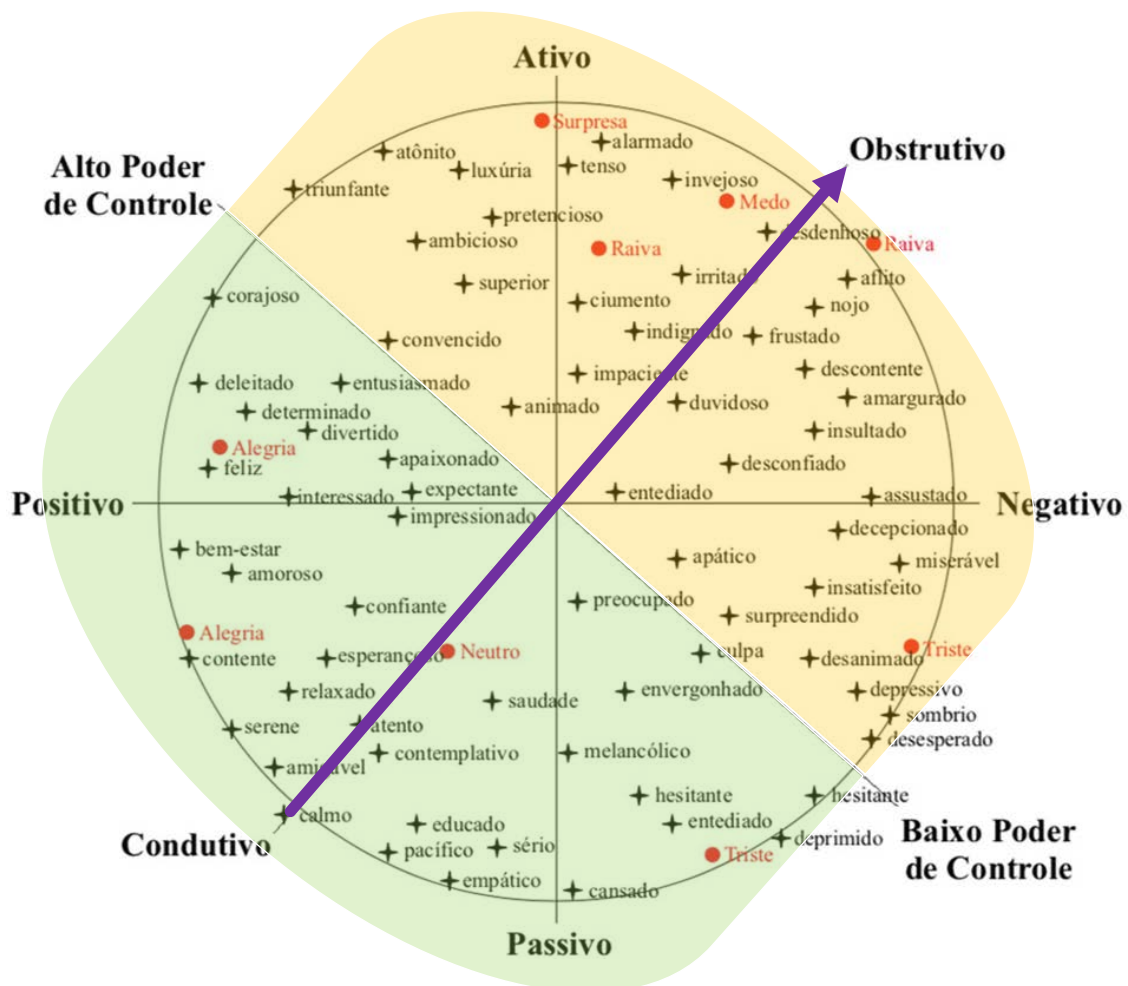
The asset vs. liability table serves to assess the individual's level of proactivity, indicating which actions and possible emotions impede the natural flow of life.

On the green side of the graph, we have emotions that promote action, activity, construction and the movement of energies. On the yellow side, we have neutral emotions of stagnation, procrastination and limitation.

Note that an intention can be "active," but it is not necessarily positive or highly controllable. In the same way, a passive intention can be highly positive, but it cannot be as controlling as active emotions.

For this reason, we must always analyze exactly what we are looking for and what type of emotion and process you or your patient is needing.

# TABLED CONDUCTIVEXOBSTRUCTIVE



In this image we can evaluate the quality of the process. Whether it is fluid (conductive) or limited/blocked (obstructive).

Unlike passive and active, this graph aims to inform the therapist about the processes and flow of emotion, since they are inversely proportional measurements. If an emotion is conductive, it will necessarily have a more passive characteristic. This occurs because passivity is more fluid in the sense of being “driven” by external influences.

Obstructive emotions are usually more active, since decision-making comes strictly from the individual, who is in control to generate the desired results.

In this graph there is no “better or worse” side, just processes in which both sides are essential to human development.

# MANUAL

## DEPRESSION

### MAIN FEATURES

Depression is characterized by feelings of sadness, despondency, pessimism, and a general loss of interest in life, combined with a feeling of physical malaise and generalized incapacity. People with depression generally have a negative view of themselves, their environment, and the future.

tecolaminergics (noradrenergic and dopaminergic) glutamatergic and serotonergic (5-hydroxytryptamine). Neuroendocrine dysregulation may be a factor, with particular emphasis on 3 axes: hypothalamic-  
- pituitary-adrenal, hypothalamus-  
- pituitary-thyroid and hypothalamus-pituitary-growth hormone.

Psychosocial factors also appear to be involved. Major life stressors, especially separations and losses, commonly precede episodes of major depression; however, such events do not usually cause severe, long-lasting depression, except in people predisposed to a mood disorder.

### PROCESS DEPRESSIVE

The exact cause of depressive disorders is unknown, but genetic and environmental factors contribute.

Heredity explains about half of the causes (less so in late-onset depression). Thus, depression is more common among first-degree relatives of depressed patients, and concordance among identical twins is high. In addition, genetic factors probably influence the development of depressive responses to adverse events.

People who have had an episode of major depression are at higher risk for subsequent episodes. People who are less resilient and/or have anxious tendencies may be more likely to develop major depressive disorder. Often, such people have not developed the social skills to adjust to the pressures of life. The presence of other mental disorders increases the risk of major depressive disorder.

Other theories focus on changes in neurotransmitter levels, such as dysregulation of cholinergic neurotransmitters, ca-

# MANUAL

## ANXIETY

### MAIN FEATURES

1. Feeling of anguish or despair;
2. Exaggerated fear;
3. Suffocation;
4. Tachycardia;
5. Tremors;
6. Strong palpitations;
7. Feeling of drowning;
8. Chest tightness or discomfort;
9. Increased body temperature;
10. Sweating (excessive sweating);
11. Feeling of unreality;
12. Fear of losing control or co-knowledge and even death.

### PROCESS ANXIOUS

It is not known exactly why one person may be more prone to an anxiety attack than another. The fact is that many factors may be involved, including in combination. Let's look at the main ones below.

#### Traumatic event

Anxiety can be in our genes and can also arise unexpectedly. A serious traffic accident, a robbery, an earthquake or any event that really impacts a person's psychological structure can trigger this problem.

Stressful situations generated by expectations

Do you know what the first day of work, marriage and financial problems have in common? Possibly anxiety. These situations that generate a lot of expectation or bad predictions can change our normal emotional framework and cause us to have crises of this emotion.

#### Physical illnesses

Some diseases that affect our body can interfere with our mind, generating anxiety — such as cardiovascular problems (cardiac arrhythmias) and hormonal diseases (hyperthyroidism or hyperadrenocorticism).

#### Childhood traumas

Often, what causes anxiety are problems that occurred during childhood and caused some permanent trauma. This depends a lot on the event, how much it affected the person and the combination of other factors, such as genetics. Therefore, it is essential that the individual seeks to treat this shock.

#### Substance abuse

Likewise, when a person recurrently uses substances, such as alcohol, cigarettes, some medications and, especially, illicit drugs, they should seek treatment for this problem.

# MANUAL

## INSECURITY

### MAIN FEATURES

Increasingly present in today's society, the roots that sustain the feeling of insecurity appear in the form of various limiting beliefs.

So, these beliefs, based on our interpersonal relationships and the environment in which we live, put us in an emotional state of fear and apathy, causing the individual to lose pleasure in daily activities.

### PROCESS INSECURITY

Generally, insecurity is linked to stressful situations present in the family context or in the environment in which the child lives.

Therefore, a good connection that can be made is: insecurity is closely connected with fear, so that situations that produce this emotion are potential generators of insecurity.

Family context of domestic violence

In this case, the child feels very afraid when he witnesses the violent situations that occur in his home, an environment in which he should supposedly feel good and comfortable.

This can lead you to internalize fears that end up appearing in adult life, whether in professional or romantic relationships, etc.

Bullying in the school environment  
Here, the idea of how fear can make a person feel less confident in themselves becomes more palpable.

Bullying can lead children to internalize the fact that they are not accepted for their characteristics and believe that they are inferior, incomplete, and incapable.

Contrary to what it may seem, situations in which there is no stress can also generate insecurity.

A good example of this is parental overprotection: in this situation, the child spends most of his life being spared from experiencing stress and frustration, and there is always someone to do it for him.

So, the fear that exists is that of not being able to deal with your problems, of not being able to solve them so well, of failing when you don't have help.

# MANUAL

## FEARS

### MAIN FEATURES

Many situations can trigger this emotion, from seeing a cockroach to having a gun pointed at your head. The brain is involuntarily activated when it experiences such stressful stimuli, releasing substances that make the heart beat faster, make breathing difficult and muscles contract. This is the well-known fight or flight reaction, after all, fear is associated with the survival instinct.

### PROCESS FEAR

Fear is a completely natural emotion that arises in many different situations. It is a protective mechanism that keeps us alive. However, when this fear evolves and begins to compromise your daily life and relationships, there is a risk that it has become a phobia.

Unlike fear, a phobia is something extreme. According to a survey conducted by ISMA-BR, an international non-profit association, 23% of people stop doing something during their day due to an excessive level of fear.

A phobia is a disproportionate and exaggerated fear. There are people who have a phobia of animals, objects or situations.

There are several types of phobias, so in these cases, it is necessary to seek treatment, such as therapy, to better understand the situation and how to work on the causes and symptoms.

Fear can be considered a primary emotion, that is, from it various types of emotions can be manifested such as:

1. Anxiety
2. Compulsions
3. Anxiety
4. Insecurities
5. Obsessive Disorders
6. TOC

This happens due to the defense mechanism present in this emotion. When a person is "afraid" they seek shelter, hide, create mental contexts that over time become truths.

Fear is usually something that grows and expands over time when left untreated. In this way, a simple fear can, over the years, become a serious phobia or even, in some more serious cases, depression or some mental disorder.

For this reason, it is essential that the therapist identifies this as soon as possible and is able to treat this fear through holistic therapies.

# MANUAL

## ANGER

### MAIN FEATURES

Anger is a normal and usually healthy human emotion. Problems arise when it becomes uncontrolled and destructive, and can affect work, school, personal relationships and overall quality of life. Lack of control leads to a feeling of vulnerability in the face of an unpredictable and powerful emotion.

hostility, anger, resentment. Indirect signs: excessive sleep, chronic fatigue, anxiety, numbness, depression, boredom, exaggeration, loss of appetite, crying, constant criticism, mean or hostile jokes, alcohol or drug abuse.

Many people experience these general signs of anger. Knowing how to recognize them is the first step to better managing them. Some feelings and thoughts occur when anger arises; others arise as anger builds.

### PROCESS ANGER

When people feel angry, they tend to experience a variety of thoughts, feelings, and physical reactions. For some, the feelings become so overwhelming that they feel like they are "about to explode." Others may not know they are very angry about a situation, but they feel sick, guilty, or overreact to other situations. The following are some direct and indirect expressions of anger.

To identify how your symptoms develop, try to think about past situations in which anger was present and try to remember what feelings and thoughts accompanied it. It can be very helpful to think about situations in which you have experienced different levels of anger, so that you can better understand how your feelings, thoughts and physical symptoms arose.

Note: anger generates internal defense states that overload the nervous system and gradually increase the production of certain harmful hormones and chemicals in our body.

Direct signs: raising of the volume of voice, cursing, headaches, stomach pains, tightness in the throat, increased heart rate, increased blood pressure, clenched fists, threats, violence, pressure,



# **MANUAL**

## **PLANNING**

## **HO -**

## **LISTICS**

# 1 # ESTABLISHING YOUR MISSION

In this step we will establish our professional and personal mission and guide the process of discovering the mission for our patients.

It is a very important part of your future as a professional, as through this process you will be able to organize the steps to achieve this goal.

Many professionals even provide good customer service and naturally know how to retain and attract customers. However, they have no knowledge whatsoever about management, planning, business models and structuring objectives.

In this way, they are at the mercy of events. They react as things happen and are never prepared to act in the face of possible obstacles.

Without a "STRUCTURED PLAN" you won't get anywhere. The professional is like a boat adrift, without direction.

This also happens with your patients and in your personal life. Without a clear plan, mission, vision and values, you will remain eternally stagnant and stuck in your limiting patterns and blocks, increasing the risk of being deceived by your mind.

Our mind is powerful and can either elevate us or trap us. If you do not have a vision of your mission and goals, you may fall into the traps of

islands of the mind, creating the illusion that you are moving forward in life and developing as a person. However, the truth is that you have not moved forward.

This is where the use of indicators comes in, elements that we will use to analyze whether or not we are on the path to development.

It is your purpose. It should not be simply linked to therapeutic service, but rather to the essence, to something that is inherent in your soul. Why do you exist?

## **Professional Scope**

To understand your professional goals, reflect: what is your mission on earth? Why are you alive and doing what you do? Why do you seek to become a Therapeutic Specialist?

For example, a good therapist would respond that his purpose is to transform people's lives through holistic therapies.

A bad therapist would say that his goal is only to be able to provide Reiki treatments.

## 2 # ESTABLISHING VISION

It is your dream - it differs from a goal, due to its ambitious and long-term nature. A THERAPIST could have as a goal, for example, to increase revenue by 10% in the following year, but that would never be a vision.

The vision would be something more aspirational, like becoming the largest THERAPIST in the state within 10 years.

Vision can be seen as the PLACE where you want to go. This is about image that appears when you close your eyes and sketch in your mind the future you want to live. Who will be with you, how long it will take, who you will be. What life you will be living, where you will be....

Close your eyes for a few seconds and visualize this moment, how do you want to be in 5 to 10 years?

This exercise can also be applied to your patients at the end of each appointment.

Remember to write down everything that comes to your mind!

It may seem like a simple exercise and one that many of us have already done at some point. The difference this time is that you WILL WRITE DOWN THIS VISION. And in addition, you will learn the tools, techniques, procedures and indicators to stay firm on the road that will lead to this outline (vision).

Unfortunately, nowadays many people dream and visualize the future they want. However, due to the countless opportunities and obstacles that life puts in front of us, many people leave the road that led them to their vision.

The lack of congruence and commitment is one of the biggest villains in professional and personal development.

That's why it's so important that you clarify things for your patients and make it clear that holistic therapies are very powerful and life-changing! But only if they are also committed to them and their entire healing process.

## 3# ESTABLISHING VALUES

Values need to be shared by the entire team and put into practice so that they can lead the company to its vision. For example, to form a team of committed holistic therapists, it would not make sense to hire people who are individualistic or unconcerned about the harmony of the environment and with other people. The most important thing, in the case of values, is to define what they mean within the company. For example, HARMONY. The word is beautiful, but what do you want to see in people in relation to it?

Defining your values is important to establish your principles. This will make it easier to make decisions in difficult times, as it acts as a guide. Values will also strengthen your direction on your personal and professional journey.

Ex: IBRATH has developed values and principles to help it maintain its integrity and direction of its objectives and paths in the long term. These values help and facilitate decision-making and also the resolution of possible internal and external conflicts and problems.

Note, a person or institution that has no values or principles is subject to making decisions and following incongruent, disconnected paths that will lead nowhere. There is no success or advancement without principles, it is as if you are going around in circles.

However, the moment you establish values, your decisions become assertive, targeted and congruent. You become a relentless person/institution because regardless of the difficulty/problem, you know exactly which path to follow... The one that is aligned with your values.

Furthermore, values are excellent for motivating and aligning people around you. Through values, you are able to demonstrate to people what your project is about and what you/the company believes in.

## 4 # ESTABLISHING OBJECTIVES AND STRATEGIES

The second major step in a strategic plan is developing strategic objectives. Each of these major objectives should be broken down into smaller (so-called tactical) objectives, and the tactical objectives should have action plans tied to them that can be marked as completed.

It is a sequenced chain of tasks, steps, that must be followed in order to achieve your goals and ascend in life and spiritually.

These steps are extremely important for the professional's development and for the success of your clinic and business.

### SMART Goals

**SMART** is a tool used to define goals and objectives within a project. Used not only by companies, but also by people. Some features are:

1. **Specific:** Always be specific in what you want to achieve. (S) specific

2. **Measurable:** It is the ability to measure a goal. How many customers do you want to have? How much do you want to increase your revenue? (M) measurable

3. **Achievable:** Having a goal that is bigger than the capacity of a business becomes irrelevant to achieving it.

(A) attainable

4. **Relevant:** How important is such an action? What will such action add to the company? At this point, the objectives must be aligned with the company's current reality in the market. (R) Relevant

5. **Time-based:** Time to start a certain action and time for a certain objective to be achieved. Setting a time limit for these factors is essential for the success of a project. (T) Time

Practical example of SMART Goals: Let's look at the example of a therapist who wants to increase her clientele by 35% in one year.

- Specific: Increase Customer Base
- Measurable: 35%
- Achievable: Within the therapist's reality, growth currently reaches 22% per year, so it is possible to reach 35% with marketing actions and the creation of new products, for example.
- Relevant: 35% will represent the therapist's largest clientele in the last 5 years. Thus, by breaking down the objectives using SMART goals, it is possible to obtain a vision of how and when the goals will be achieved.

## 5 # ESTABLISHING EXECUTION

This is the hands-on moment. Let's draw up our action plan.

For this task, it is worth knowing one of the most interesting methods of action control, the 5W2H methodology, which transforms strategy into an action plan. The acronym, in English, refers to the following concepts:

**1- What? (What):** Refers to the task to be performed (problem to be solved).

**2- Why? (Why):** Reason that motivates the task to be performed.

**3- How? (How):** Refers to how the action will be executed and completed.

**4- Who? (Who):** Who will perform the task. If it is something that requires a larger number of people, then it should be - if you think about which team will be responsible.

**5- When? (When):** Define the time required to complete the task. At this point, it is recommended to plan the start, middle and end dates, which will make it easier to measure accuracy and efficiency.

**6- Where? (Where):** Specifies the location where the task will be executed.

**7- How much?** At this stage, you must assess whether there will be expenses to carry out the task.

Obviously, you don't need to pre-

Always fill in all these fields, just keep in mind what is most important to you. In the case of planning for holistic therapy, we only include what (action), who (area responsible), when (deadlines) and progress.

These questions provide clarification and guidance. They can be applied in both personal and professional life.

These are questions that also have a therapeutic character, as they encourage the patient to reflect on their position in relation to the world, their habits, friendships, development and aspirations.

5W2H can be used at the end or beginning of each session, as it brings the patient to a state of reflection and plasticity by inducing indications, intentions and holistic treatments.

WRITE IT DOWN! Planning is a one of the most fundamental parts of every process and, if done well, saves time, energy, money and makes everything more efficient.

However, if there is no action, THERE WILL BE NO RESULTS. It is common for many people who acquire this training to not complete it, because at some point they did not pay attention to some of the fundamental elements taught in this chapter.

## 6 # ESTABLISHING DATA

Our entire life process, actions and thoughts, generate data and information. Every experience and every moment is basically information that will be processed by our mind.

ACTION – REACTION – Any project, technique or service you perform will always have a result and generate data. These can be either positive or negative, and they provide support for evaluating the procedures and strategies you are using.

When the data indicates that the chosen path is not the correct one, adjustments need to be made so that the objective is achieved.

Data is raw information (ENERGY) that when analyzed by the mind (INTELLIGENCE) provides direction for action.

Through data we are able to truly analyze and understand the energetic and mental processes of our patients.

Acting professionally is closely related to the correct handling of data. Many therapists fail to produce satisfactory results because they do not carefully evaluate this information.

Therefore, it is crucial that the therapist studies each patient, observes their difficulties, strengths, dispositions and, most importantly, what is working and what is not.

Remember that without data and analysis there is no quality result.

## 7 # ESTABLISHING ASSESSMENT

After collecting data through the anamnesis form, the care and documentation of the entire process, the next step is to evaluate the material generated.

An essential factor for a good assessment is organization. If the information observed about the patient is not organized, you will not be able to process it in the best way.

With the information in hand, we can establish constant evaluation processes, before, during and after each service.

Before providing care, we must prepare ourselves for each case and patient that will be treated, wisely evaluating which therapies, tools and techniques will be used.

During the consultation, it is recommended that the professional be present and attentive to physical and energetic signs, constantly evaluating the patient's condition.

It is essential that the therapist also evaluates during the consultation what is working, which areas need more attention and which techniques are producing the best results.

Based on this assessment, the professional is able to identify exactly how much time they need to spend on each region and is also able to quickly change the technique or even the therapy used in order to improve the efficiency of the service.

Without evaluation, there is also no development or improvement.

This stage is crucial both for the service and for the personal and professional development of the therapist, as every day we must carry out a self-assessment of our attitudes, points that we can improve and mistakes to be avoided.

Evaluation is a process that should never cease, without it there is no edification or expansion. We become stagnant and are unable to improve our techniques, services and results.

**TIP:** Constantly evaluate your services and personal processes. This way, every day you will become a more qualified professional and a better person.

## 8 # ESTABLISHING REVISION

Just as important as execution are reviews. We know that not everything that is planned goes the way we would like and is completed on time, within budget or in the desired way.

Sometimes, the whole scenario can change suddenly and, at these times, it is important to be attentive and review your actions to know how to reschedule your plans.

Therefore, we consider that periodic reviews are key to aligning any deviations that occur along the way.

The required frequency of reviews must be determined according to each company.

Therefore, there is no rule to be followed regarding the number or frequency of planning reviews, as what really matters is doing them when necessary.

Remember that every step on this journey is extremely important to the final result.

You must learn to be flexible, to constantly adapt and improve your techniques, procedures and knowledge along the way.

You are the future of holistic therapies. You are the precursors of change, of a new vision. To achieve this, you need to be able to adapt and transform much of the knowledge that has been passed down over the years.

Only by updating this knowledge to the current world and its needs will we, as a community, be able to make holistic therapies globally recognized as a tool for transformation and healing.

## 4 # ESTABLISHING MAINTENANCE

In addition to the ability to review and adapt to life situations, you must also be able to have congruence and consistency in the projects you undertake.

In the case of holistic therapies or care, we can see this step as the moment when the results have already been obtained, when the patient can already see and experience the benefits of the treatment in their life.

However, profound transformations require constant work and, if this maintenance is not carried out, previous problems and symptoms may return.

This can also be applied to your studies, career, dreams, and other areas of life. If you are not able to maintain consistency and take care of the processes you have developed, the results will certainly become obsolete over time.

The frequency of maintenance can be established according to the function or project.

Therefore, the frequency for strategic planning of studies and personal development will not be the same as the frequency for maintaining a therapeutic project.

### **Suggestions on maintenance frequency:**

1. For personal projects: three times a week.
2. Professional projects: every day.
3. Therapeutic projects (patient): a few times a month, depending on each case.

# ANALYSIS

## SWOT

SWOT analysis, or FOFA, is a strategic planning tool in project management, used to analyze scenarios and support decision-making. It is often used by companies before implementing a project that will have an impact on the business.

The analysis provides a complete diagnosis of the company's own situation and the environments that affect it, aiming to help it take fewer risks and take advantage of opportunities.

It is believed that this method was created in the 1960s by business consultant Albert S. Humphrey, as part of a project at the Stanford Research Institute, funded by the largest companies of the time.

Of course, years after its creation, the SWOT analysis has undergone several reformulations to adapt to the needs of each project. The method has become very popular, as it is simple and quick to apply and brings effective results for planning.

But what does SWOT mean? It is the acronym formed by the initials of the words Strengths, Weaknesses, Opportunities and Threats. In Portuguese, many people call it SWOT analysis (Strengths, Opportunities, Weaknesses and Threats).

The acronym already indicates which analyses are carried out: strengths and weaknesses refer to the internal analysis, that is, the positive and negative points of the company or project that you want to implement.

These are factors that, for the most part, are under the company's control and can be modified by it. External influences are analyzed in terms of opportunities and threats. They include analysis of the market, competitors, suppliers and even the political, economic, social and cultural macro-environment.

## Strengths FORCES

It is very important that the therapist is aware of what his/her STRENGTHS and unique abilities are.

To become EXPERTS, we need to know which therapies we are most comfortable with, in which areas and with which patient profiles. We recommend that you reflect on this throughout the course: What am I good at? With which ease?

Even if it is n about all the those with the more affinity helps dedication and study to become.

You can compare identification of patients, shows we have a bad life know what our contribution is

Discover your view  
the days... Why why  
are people with  
you? What is your  
goal/s

It is worth mentioning that only of the forces one, but everything that strengthens dreams.

Ex: People who have it and are willing



WRITE DOWN **HERE** TO THE **FORCES** **DO**  
**YOUR BUSINESS**

[illegible]

## Weaknesses

Just like recognizing our strengths, knowing our weaknesses is also extremely important for quality strategic planning. Before carrying out any type of treatment, cure or holistic therapy, we need to know what is wrong, where the problem lies, and what needs to be improved.

It is likely that, service, sur the ones that present problems, but aware of the roots that comes to you, are the complaints trump is knowing if suffering.

It's up to the therapist  
which area is the  
patient in this pr  
cement of their  
they affect vision.

Just creating  
must be improved  
particular data  
make a plan expect  
success and develop

Set aside 30 minutes  
reflect on your  
you may be  
returning these po



**WRITE DOWN YOUR BUSINESS' WEAKNESSES HERE**

[illegible]

# The opportunities

By being aware of your and your patients' strengths and weaknesses, you will be prepared to see a world of opportunities.

The universe is constantly giving us opportunities to prosper and achieve our goals. However, many of us are lost and adrift, just reacting and never taking action.

When you

company of these processes  
is to be seen only in  
perspective. What  
becomes viable; the  
helped, now  
if everything conspires  
plans.

Remember to take  
so for your patients  
what happens to you  
patients.

Lack of money  
knowledge, be it  
sorry... Independent  
current state, there  
is a path to  
achieve your goal

You need to  
opportunity that  
return. Only then will it  
be possible to achieve  
objective.



**NOTE HERE THE OPPORTUNITIES-  
OF YOUR BUSINESS**

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

# Threats

To complete the SWOT analysis, we need to recognize the possible threats that surround us. To do this, it is essential to understand the environment in which we operate and the situations that may interfere with our plan.

When you start developing the therapeutic PROJECT with your patients, you should analyze the possible

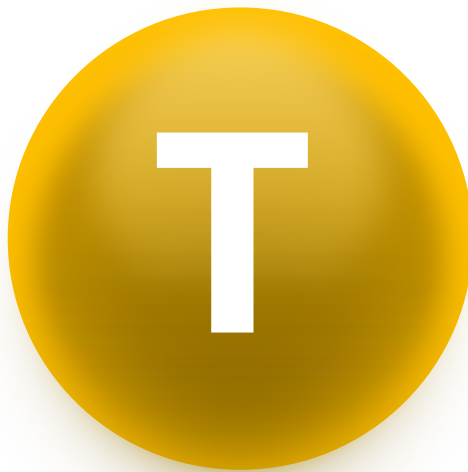
can occur at  
of them. Possible  
but and divergence  
must be included

If you are going to use the professional scope look at everyone close, difficulty financial, family others) that may of your service

Already in personal life  
threats can co  
harm your eq  
of mental energy  
service.

Write down what the situations, places are that can generate the conditions for success

Ex; Your insecurity  
can be a  
friends and family  
tam... The competition  
it really makes sense  
write it down next to it.

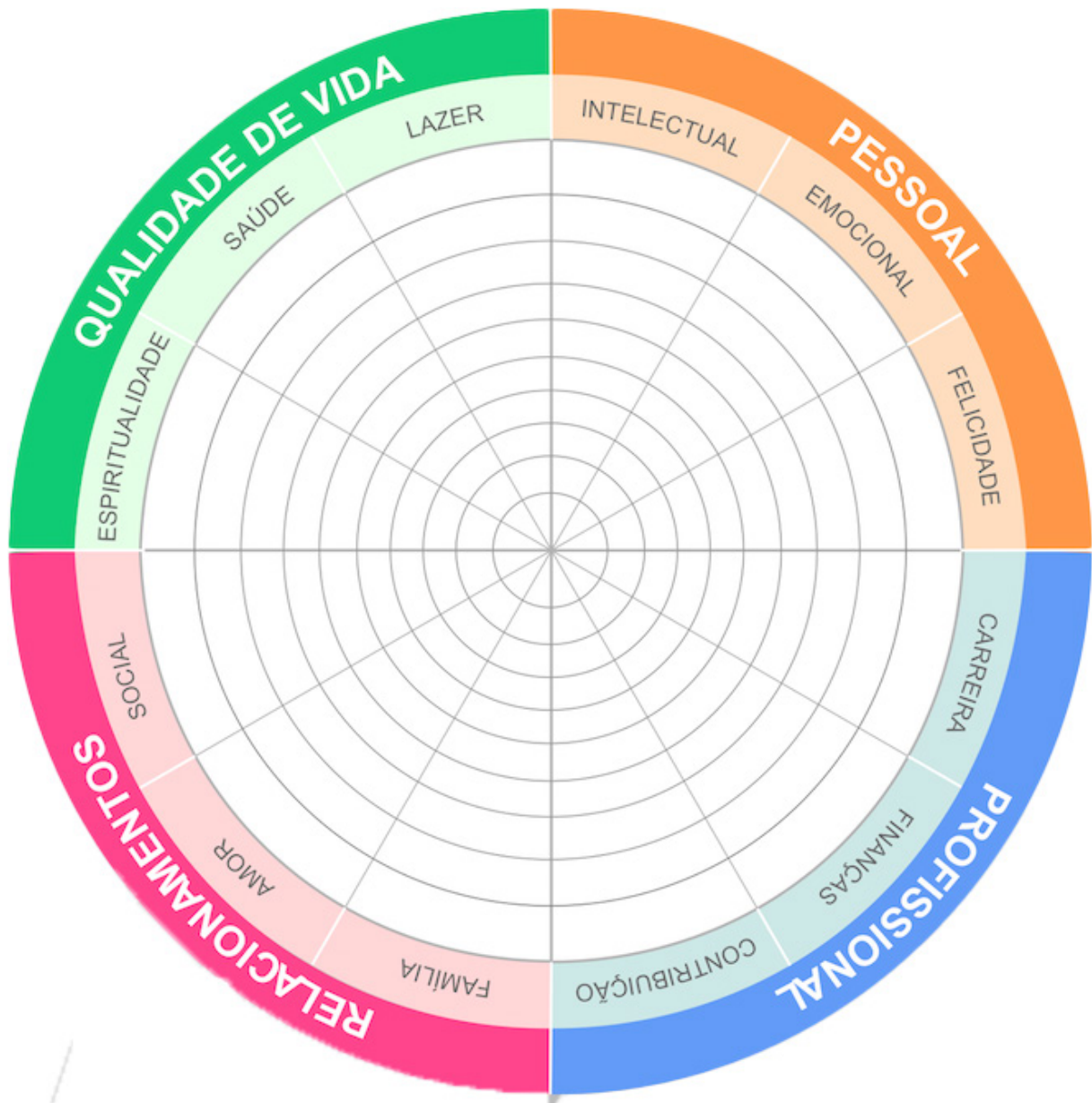


**NOTE HERE  
YOUR BUSINESS**

## THE THREATS OF

[illegible]

## GRAPHICS AND TOOLS



The background of the page is decorated with abstract, overlapping geometric shapes, primarily circles and ovals, in a vibrant color palette of red, orange, and yellow. These shapes are scattered across the corners and sides, creating a dynamic and modern aesthetic. The central text is positioned in the middle of the page, surrounded by this abstract pattern.

# **GEOMETRY SACRED**

# WHAT IS GEOMETRY SACRED ?

Sacred geometry is essentially the study of the spiritual meaning of various shapes. It can be applied to the shapes, numbers and patterns seen throughout the natural world.

The spiral of a snail's shell, the captivating pattern of a single snowflake, and the branches of a tree can all be examples of sacred geometry. Sacred geometry is also believed to exist beyond the naked eye, both at a cellular level and in orbiting stars and planets.

The idea that the universe follows a complex equation dates back to ancient Egyptian and Mesopotamian cultures. It received more attention centuries later in ancient Greece, popularized by philosophers such as Pythagoras and Plato.

*"Ingrained in its nature is the understanding that nothing is isolated; everything is connected," explains Jemma Foster.*

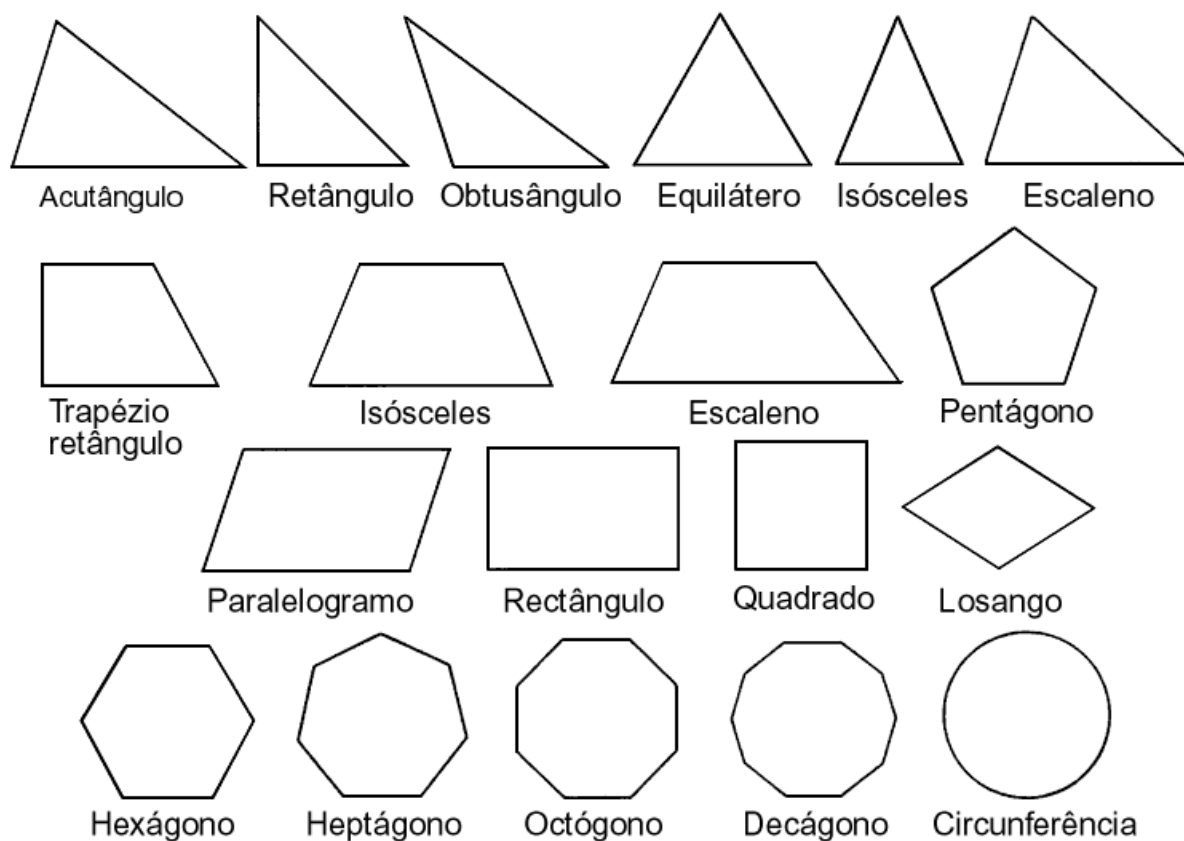
*Sacred geometry advocates the idea that everything is connected. And simply observing these patterns unfolding in our lives can be very comforting. As The Soul Searcher's Handbook author Emma Mildon explains to mbg, "Sacred geometry is all about this sense of natural alignment."*

*To more actively introduce this principle into your life, you can also work with talismans and symbols of sacred geometry.*

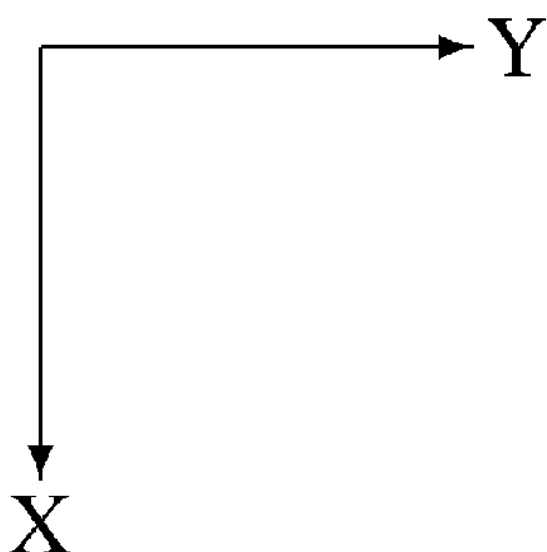
*"Different patterns formed from sacred geometry offer focal points for meditative states, such as mandalas and Sri Yantras," Mildon adds. To activate these states, you can wear sacred geometric symbols as jewelry or arrange your crystals in geometric patterns on a crystal grid (here's a video to walk you through this process).*

If you're curious to see sacred geometry unfold before your eyes, simply take a walk in nature. "Natural patterns are all around us," says Mildon. "Look at the center of a sunflower. A snowflake. You're observing, sensing, or responding to repeating vibrations and energy patterns."

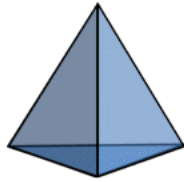
As Foster adds, the living spiral of a nautilus shell or the horn of a sheep, the interlocking hexagons of a beehive, the subterranean formation of crystals, the swirling of a spider's web, and the formations of migratory birds – these are all designs and patterns that are much more than just aesthetics.



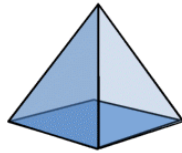
Through sacred geometry we can understand reality and the world we live in. In geometry, a two-dimensional shape can be defined as a flat figure or a shape that has two dimensions: length and width. Two-dimensional or 2D shapes have no thickness and can be measured on only two sides. We can classify figures based on the dimensions they have. Thus, when we refer to a 2D “dimension”, we are referring to the simplest of dimensions, which only has elements  $Y+X$ .



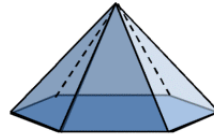
2D



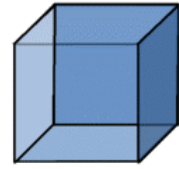
Tetrahedron



Pyramid  
Square



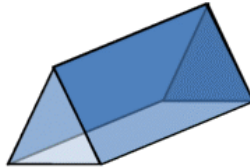
Pyramid  
hexagonal



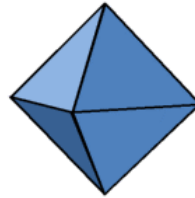
Cube



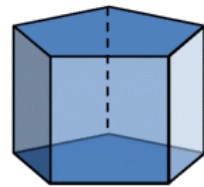
Cuboid



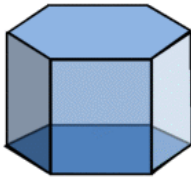
Prism  
Triangular



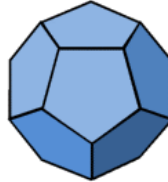
Octahedron



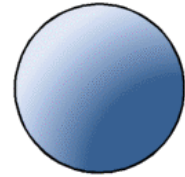
Cousins  
Pentagonal



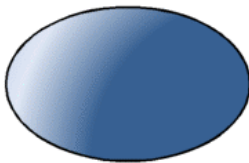
Hexagonal Prism



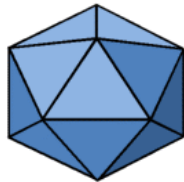
Dodecahedron



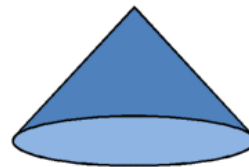
Ball



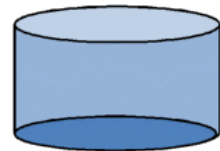
Ellipsoid



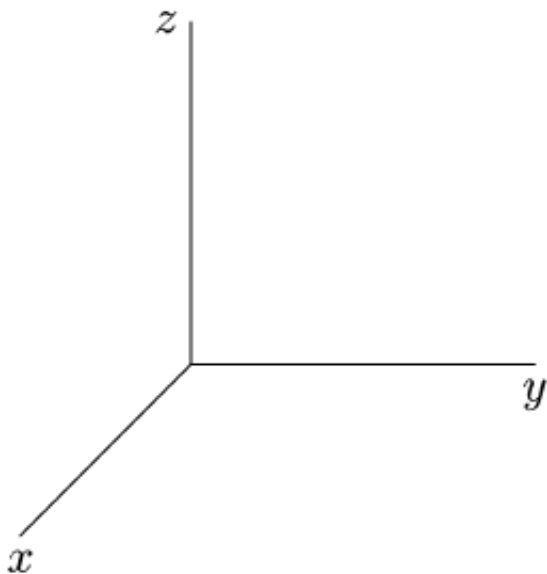
Icosahedron



Cone



Cylinder



# 3D

Our universe, as we can see, has three spatial dimensions and one temporal dimension. Humans are three-dimensional beings. Objects in 3D space have different lengths, different heights, and different widths. Certain theories of physics suggest that our universe may have additional, higher dimensions. Humans, being three-dimensional organisms, cannot sense or perceive these dimensions.

To get a rough idea about dimensions, let's start with a point. A point has zero dimension, i.e., it has no length, height, or width. To enter the first dimension, extrude the point in any desired direction - you get a line. A line has only one dimension, i.e., length. Now, to enter the second dimension, extrude the line in a direction perpendicular to the original direction - you get a plane. To enter the third dimension, extrude the plane in a direction perpendicular to both the original directions - you get a cube.

Now you must be wondering, what about the fourth dimension? What is it like? Can we perceive or understand it? And the answer is no... As much as human beings try to understand this dimension, our consciousness and perception are limited and do not allow for a complete understanding of this dimension.

Ex: Hypothetically, if there were beings living in a 2D dimension on the surface of a table... You, as a 3D being, decide to position a ball on the dimension of these beings. At this moment, the only perception that these beings can have is of a single point and not of the ball that was positioned on the table.

Since your perception is limited to everything that occurs between distance and width...

Spirituality can also be understood in this way. We can feel it, see it and even be aware of it. However, no matter what we do, our perception will never be complete, as we are limited to the 2D dimension.

# 4D?



## Triangle

### Keywords:

Creativity, Creation, Manifestation, Harmony, Balance, Divine Connection, Intuition, Psychic Abilities, Inspiration, Increases Energy, Releases Energy, Protection

### Numerical vibration:3

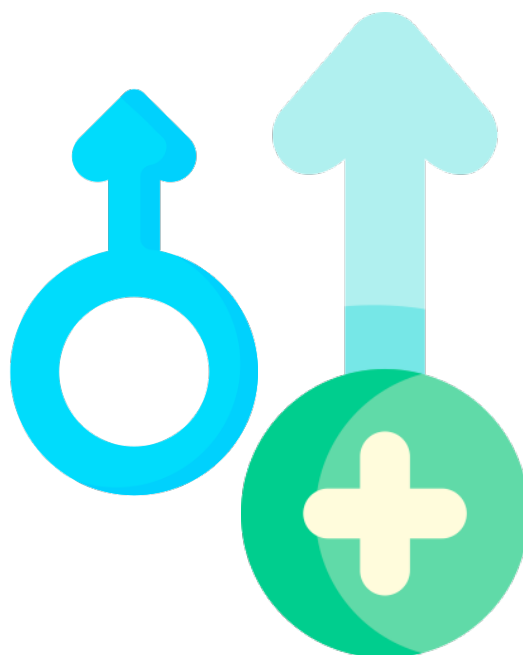
History and Symbolism: This is one of the most mystical shapes. The Triangle is created by three lines and has three points, making it a representation of a trinity. This could be the Mind, Body and Spirit, the Triple Goddess or the Holy Trinity. It is formed when two separate points create and are balanced by a third point.

It can be seen within the Sanskrit symbol for the Third Eye Chakra. When pointing upward, a triangle is a symbol of a flame and fire, or a torch that illuminates the darkness. It becomes a masculine symbol that raises energy upward and connects with

the divine. When inverted, a triangle becomes a cup containing water or a vessel of spirit. It then becomes a feminine symbol, which anchors energy or receives spiritual information.

### Equilateral Triangle Pointing Upwards

With three equal sides, it represents the masculine and the fire element for many ancient peoples, such as those who practiced alchemy. For the Hittite people, it symbolized health and well-being, in addition to being linked to the Sun and fertility. For the Mayans, it represented the sacred mountain in Pueblo art.



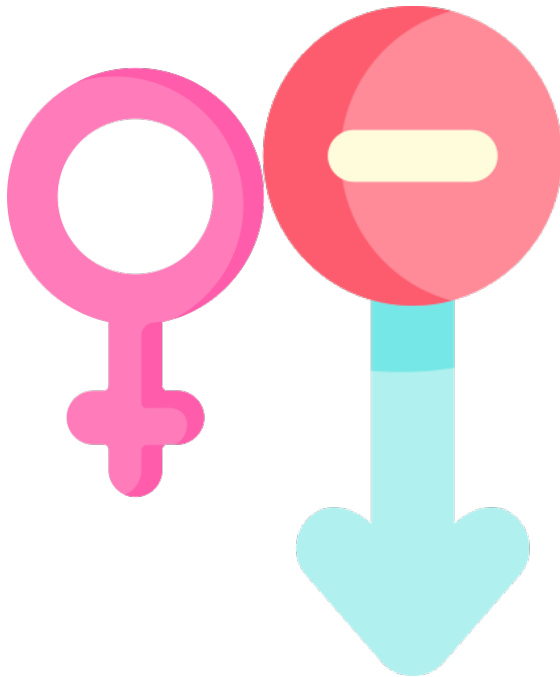


### Downward Equilateral Triangle

As a symbol of women, it represented the female genital organ in ancient India, Greece and Rome. It also symbolized the water element.



It was often used in constructions, mathematical methods or even applied to spiritual problems, representing ethics and accuracy, as the key to science and wisdom so that the mysteries of life could be solved.



When two triangles were placed end to end, they symbolized masculine and feminine, Earth and Heaven when they touched.

Symbolism of the triangle in Egyptian, Norse and Greek culture. The triangle

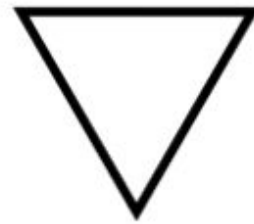
The Egyptian pyramids were based on the triangle and were designed based on this design. They were a symbol of ascension, elevation, and being connected to the divine.

Another finding of the triangle is in the composition of the Nordic figure called Valknut, which dates back to the Viking Age. This symbol represents death and refers to the god Odin.

The letter delta of the Greek alphabet is represented as a triangle and is used in various mathematical calculations. It symbolizes the four elements, as well as representing totality and perfection.



**Fogo**



**Água**



**Ar**



**Terra**

## ELEMENTS NATURE

In Alchemy, the four elements are represented by equilateral triangles (with three equal sides):

1. **The triangle that points upwards:** symbolizes fire;
2. **The triangle that points upwards and is cut by a horizontal line:** symbolizes air;
3. **The downward pointing triangle:** symbolizes water;
4. **The triangle that points downwards and is cut by a horizontal line:** symbolizes the earth.

Thus, the four symbols of the elements are combined in the Pentagram, a powerful symbol of Alchemy.



## Right Triangle

This figure has an internal angle of 90 degrees and symbolizes humanity. For Freemasonry it refers to the element of water.

### Masonic Triangle

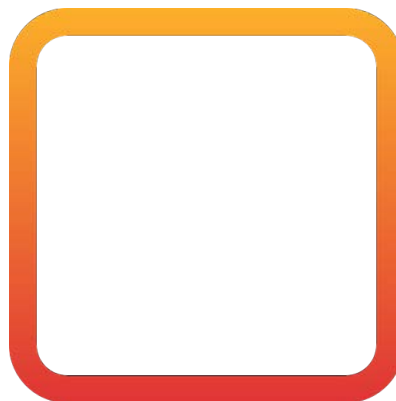
The Freemasonry triangle symbolizes spiritual development and maturation, with its base representing duration and its sides representing light and darkness. It also symbolizes faith, hope and charity.

For this secret society, triangles have the following meaning:

**Right Triangle:** symbolizes the water element;

**Triangle Isosceles** (two sides equals): symbolizes the fire element;

**Scalene Triangle** (three different sides): symbolizes the air element.



## Square

The square symbolizes pause and cessation, reflecting stability and perfection. Many spaces bear the shape of this geometric figure, such as altars and temples, and for many cultures it represents the Earth and the cardinal points.

In Islam, this symbol represents the heart, since each side is an influence of what this organ suffers: divine, angelic, human and diabolical. For Pythagoras, the square represents perfection and, in Christian art, it is a reference to the four evangelists. Magic Square. The magic square reveals a secret meaning of power.

The square is divided and in each square within it there is a number whose sum in columns is always equal, which is called a "constant". It is used in many cultures as a talisman, and is believed to have various powers of divination, including with regard to people's longevity and health. The best known is called Lo Shu and was part of the Chinese divination system.

Keywords: Stability, Strong Foundations, Strength, Resistance, Limits, Material

Manifestation, The Four Directions, Seasons and Elements, Physical World, Environment, Grounding

**Numerical vibration:**4

**History and Symbolism:**The square is one of the strongest geometric shapes. It can be seen in some crystals like pyrite and other natural rock formations. Think of it as a castle or fortress seen from above, or the bricks that make up a house or wall.

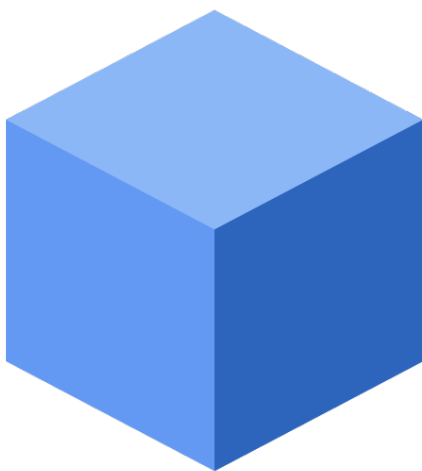
Since diamond is one of the hardest stones, it is also a symbol of strength and endurance. Both four-sided shapes represent the four directions of the compass, the four seasons, and the four elements, fire, earth, water, and air. The square is also a symbol of the earth element itself and the physical world.

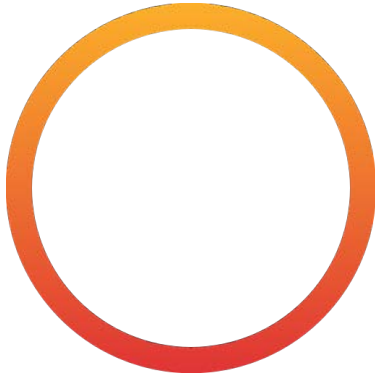
It is the image of eternity due to its solid character. It symbolizes stability and mystically it is a symbol of wisdom, truth and perfection. For Muslims, the Kaaba (cube) erected in the center of the Great Mosque in the city of Mecca holds the Black Stone given to Abraham by the Archangel Gabriel. It is one of the most sacred relics of Islam.

The cube is a three-dimensional SQUARE; it is a symbol of stability and permanence, of geometric perfection. It represents the final stage of a cycle of immobility, it can be seen as the truth because it looks the same from any perspective, it is commonly thought of as the counterpart of the sphere.

The cube is, in essence, the quadrature of a circle. Scientifically, the cube usually represents salt. It is the earth: a square plus the four elements plus three dimensions. It often forms allegories with solidity and persistence of virtues, hence its relation to thrones or chariots.

## Cube





## Circle

The circle represents eternity, perfection and divinity because it has no beginning or end. In this way we perceive its proximity to God, which is why it is used in many religions.

It is also a representation of the cycle of life; for Hindus, as well as Buddhists, it symbolizes birth, death and rebirth. The circle is present in several religions, where this shape is compared to the celestial sphere.

In the symbolism of forms, the circle is associated with the point and both can be considered as supreme signs of perfection, union and plenitude. The circle is also synonymous with movement, expansion and time. ... It also represents the sky, the firmament and the cosmic order in astrology.

### **Keywords:**

Protection, Wholeness, Renewal, Continuous Flow, Cosmic Support, Commitment, Focus, Unity

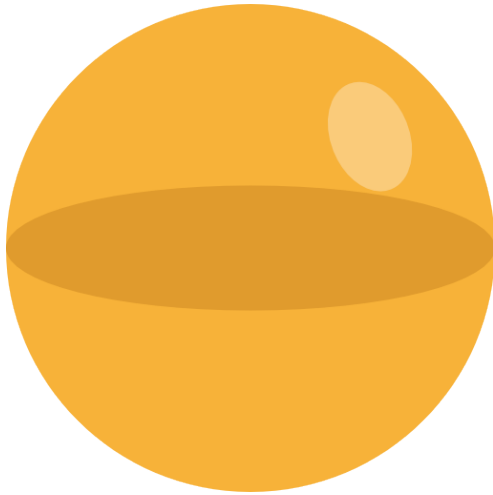
**Numerical vibration:**1, infinity

**History and Symbolism:**The circle is believed to be the oldest symbol used by humans and has been used by all cultures throughout the ages.

The Circle has no beginning or end, representing eternity. It can be drawn with a single line. Circular shapes can be seen in the celestial bodies of the Sun, Moon, planets and Earth. This ring shape is used as a sign of commitment in a wedding ring.

The Circle was also used to mark a clear boundary of protection for the ancients.

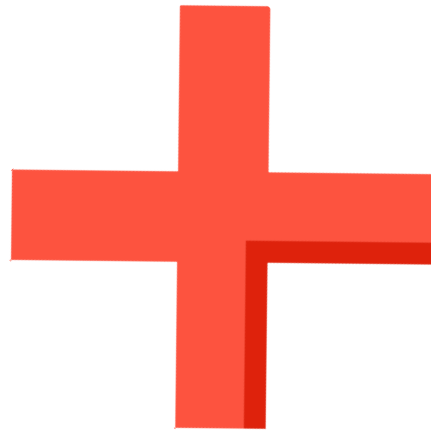
This symbol is used in many protective amulets and talismans. Bracelets, beads, and necklaces all use this continuous shape as a base. It can be seen in Stone Circles at sacred sites in Europe and around the world. You will find the Circle used for protection almost everywhere, even today.



**And sphere**

The sphere is a symbol of the totality of the Universe and of God. It represents perfection, power and expansion and, for this reason, it was chosen as the symbol of emperors and kings in many nations, as was the case of the armillary sphere as the symbol of Portugal.

The sphere expresses Heaven, while, by opposition and complement, the square is the symbol of Earth. Its symbolism is very similar to that of the circle, since its shape corresponds to volume in three dimensions.



**Cross**

**Keywords:**

Protection, Physical and Spiritual Union, The Four Directions, Seasons and Elements, The Earth, The Solar Year, New Opportunities

**Numerical vibration:**4

**History and Symbolism:**

The cross can be found all over the world and in many forms. Two simple lines

Create four paths in four opposite directions. Like the square, it can represent the four elements, four seasons, and the four directions of the compass. It can also mark the two equinoxes and two solstices of the solar year. In some traditions, a crossroads is considered a magical place between our world and the Spirit World.

The horizontal line can symbolize the Earth and the Physical World. The vertical line is like a ray of divine light piercing the earth. Together, they form

one way this shows the physical and spiritual worlds merging to become one. The Cross has been used as a symbol of spiritual protection in various ancient cultures for thousands of years.



## Five Pointed Star

The pentagram is a five-pointed star of uncertain origin that has been present in the evolution of several cultures. The symbol is associated with mystery and magic, as well as astronomical and religious aspects.

Because it is related to the number 5, the figure symbolizes union, harmony, balance, in addition to representing the sacred and the divine.

The first uses of the pentagram were discovered in Ancient Mesopotamia, on fragments of broken pottery vessels. In Mesopotamian art it symbolized imperial power.

In relation to geometry, the pentagram was considered by the Pythagoreans - followers of the concepts and doctrines

of the Greek philosopher Pythagoras - the emblem of perfection. The star represents the five elements that make up man: fire, water, air, earth and spirit. Also referring to geometry, the pentagram appears in the painting of the "Vitruvian Man", by Leonardo da Vinci (1452-1519), inside a circle, representing perfect proportions, the sacred alignment between man and the universe.

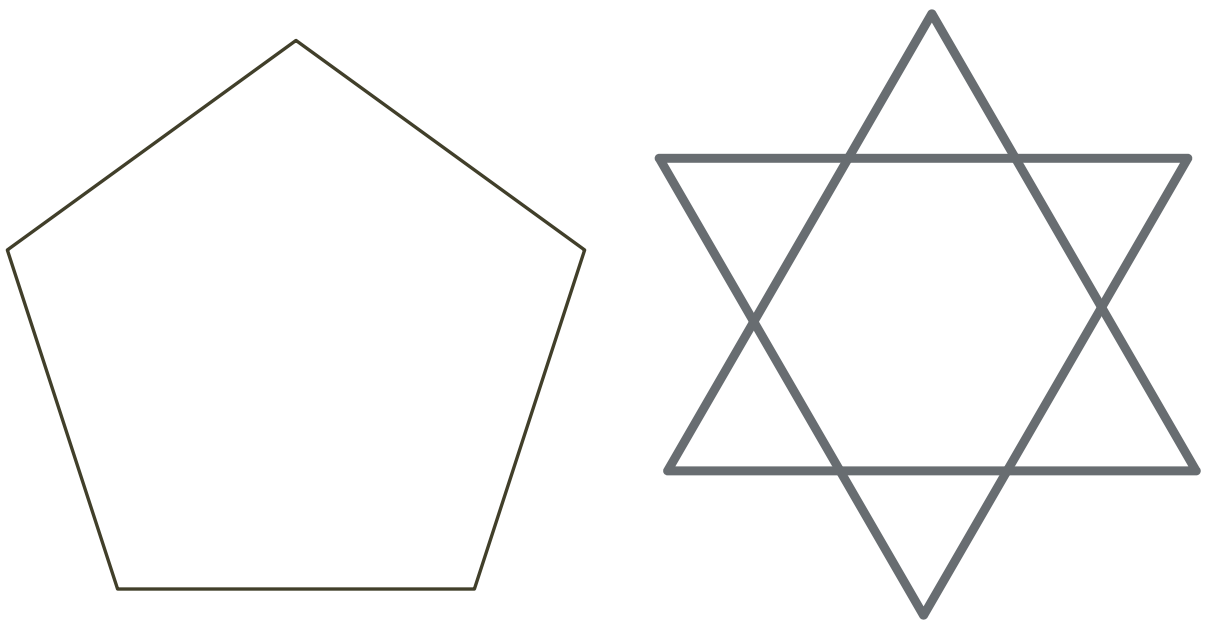
For the Druids, Indo-European peoples, the pentagram symbolized the divine, more precisely, the head of God. For the Celts, it represented the deity Morrighan, goddess of love and war. In relation to paganism and esotericism, specifically neopagan groups and those who follow the Wicca religion, they currently use the pentagram for rituals and ceremonies.

The figure also symbolizes the five primordial elements: fire, water, air, earth and spirit, as well as representing the union between humanity and the spirit realm.

**Keywords:** Rebirth, Renewal, Protection, Change, Freedom, New Beginnings, Four Elements and Spirit, Goddess

**Numerical vibration:** 5

**History and Symbolism:** Five-pointed stars were used in ancient Egypt to illustrate the stars in the night sky. The geometric shape of the Pentagram was later used by Middle Eastern mystics and astrologers, long before it was brought to Europe. You can see pentagonal geometry in the petals of many flowers, in the seeds in apples, and even in the human body.



## Star of David and H ex agon

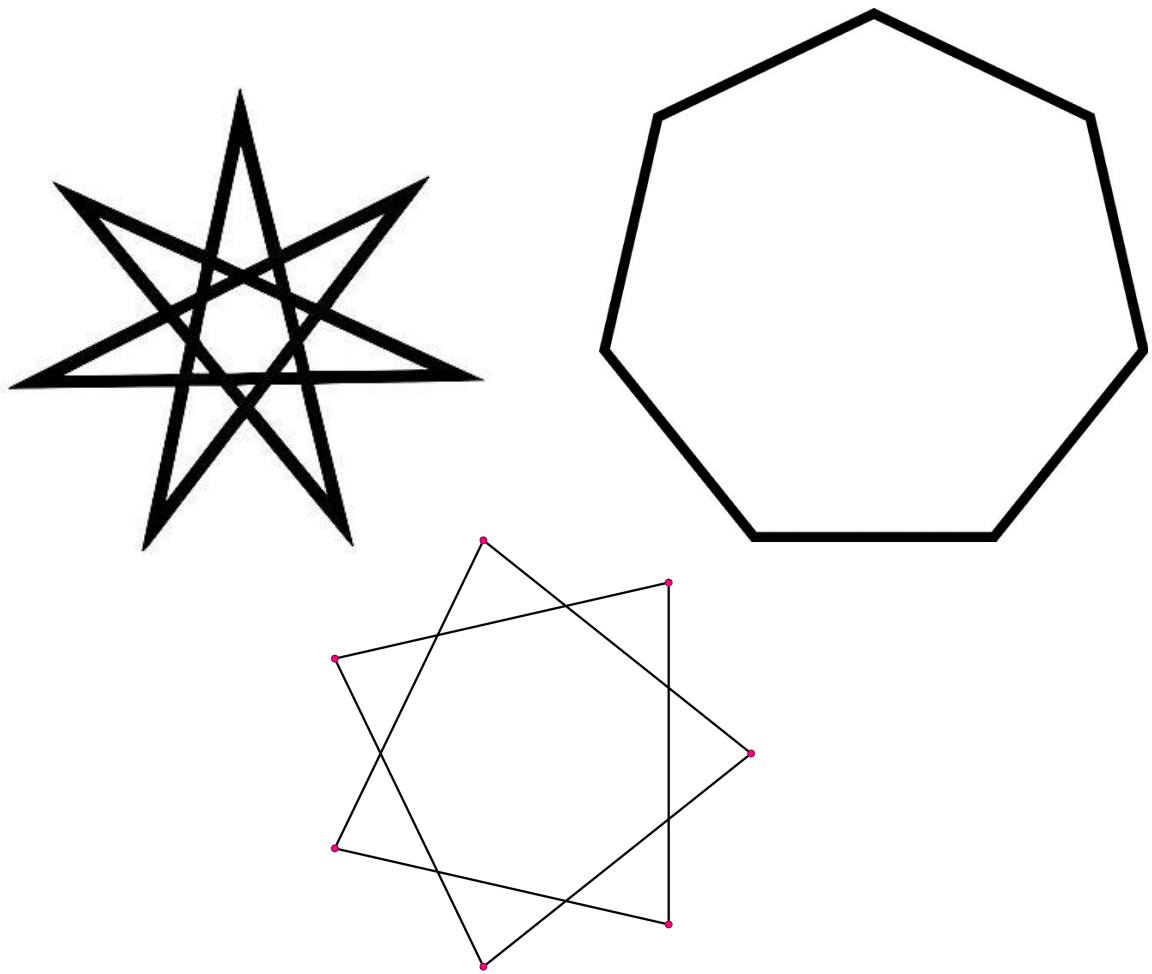
### Keywords:

Balance, Harmony, Cooperation, Partnerships, Protection, Spiritual Union, Divine Connection, Cosmic Alignment, Life Purpose, New Opportunities, Mastery, Light Body Activation, Transmutation, Karmic Balance, Justice

### Numerical vibration:6

**History and Symbolism:** Also known as the Shield of David, Seal of Solomon, or Hexagram, most people know the Star of David as a Jewish symbol, associated with the royal line of King David and King Solomon. This star symbol is also found in other cultures such as Tibet and India. The hexagonal geometry can be seen in many natural minerals and crystals, including quartz. It can also be found in the structure of honeycomb.

The Star of David is made up of two interlocking triangles. One pointing upwards and the other downwards, symbolizing the union of opposites in perfect harmony. The symbol can also be used to create the four alchemical symbols of the elements. Combined, they become the star of the fifth element of spirit. The six-pointed star has a long history as a powerful symbol of protection against evil.



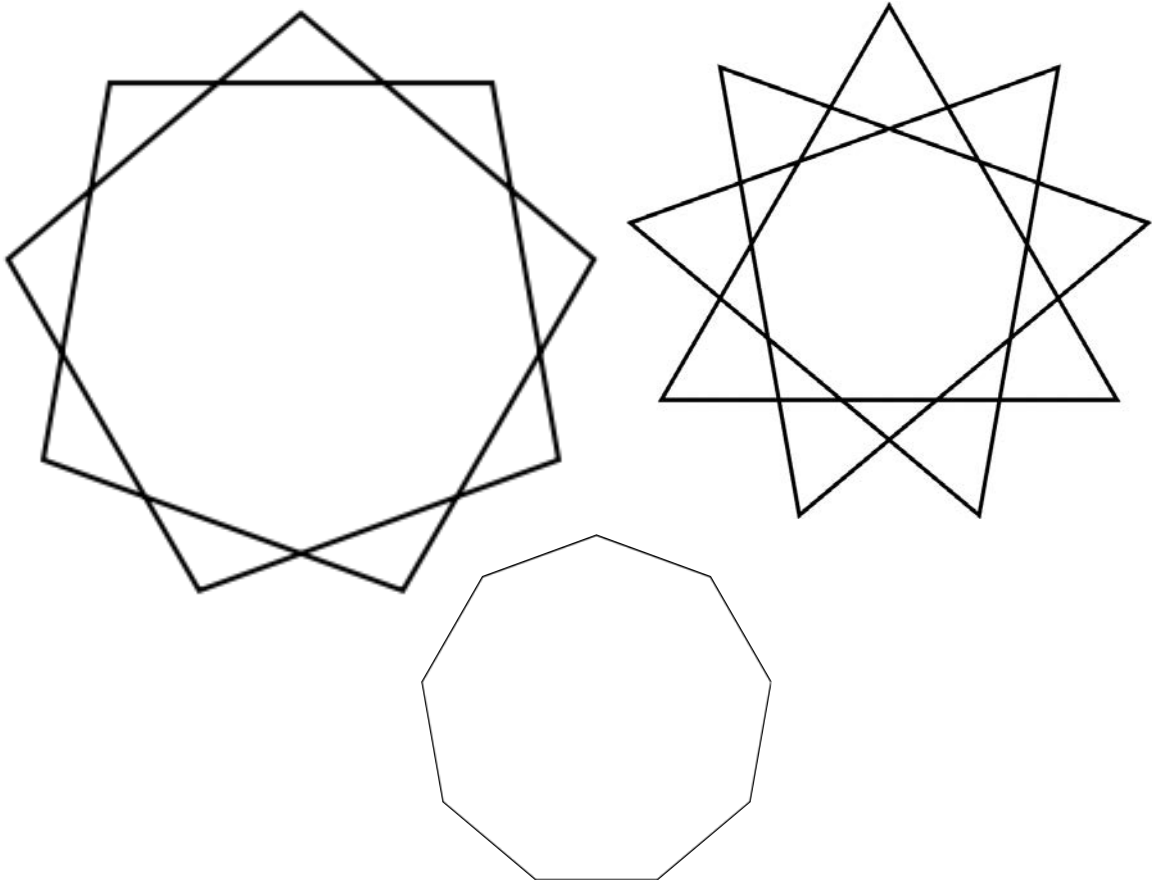
## Septagram and Septagon

**Keywords:**Victory, Success, Wisdom, Knowledge, Study, Spirituality, Esoteric Knowledge, Elementals, Angelic Connection, Main Chakras

**Numerical vibration:**7

**History and Symbolism:**The star shown with long points is also known as the Elven Star or Pleiadian Star. The Septagram represents many sacred sevens from around the world. The seven classical planets of astrology, the seven archangels, the seven stars of the Pleiades constellation, the seven days of the week, the seven Main Chakras and the seven metals of the Alchemists. This is where it gets its association with ancient knowledge and spiritual wisdom.

In Kabbalah, the seven-pointed star is connected to the sphere of Netzach, which represents victory. In Tarot, the seventh card is The Chariot, also associated with victory and success. Sphinxes sometimes appear on this card. In mythology, the Sphinx is considered a guardian of secret knowledge. For many, the Septagram is associated with elemental beings also known as nature spirits.



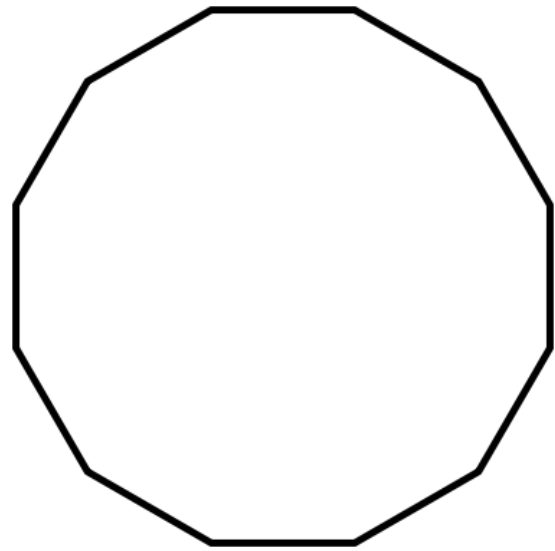
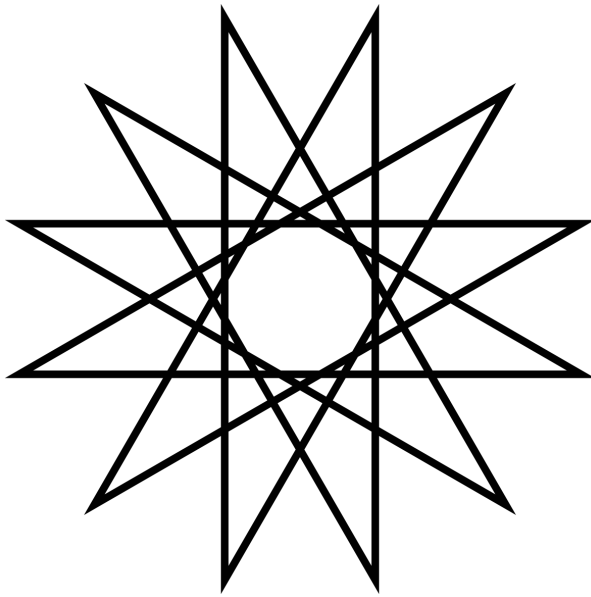
## And neagramae And neagono

**Keywords:** Completion, Achievement, Unity, Peace, Compassion, Humanity, Talents and Skills

**Numerical vibration:**9

**History and Symbolism:**The Enneagram and Enneagon are made up of nine points. Nine is the number of completion, being the last single-digit number. It contains all nine digits used to create all other numbers with the addition of zero.

A similar shape is used in the Enneagram System to represent the nine personality types. It takes about nine months for a human baby to grow and be born. Three times three equals nine, which makes it a magical number for many people. In Hinduism, nine is associated with Lord Brahma, the creator God. This geometric shape can be seen as inclusive of many different energies together.



## Dodecagram and Dodecagon

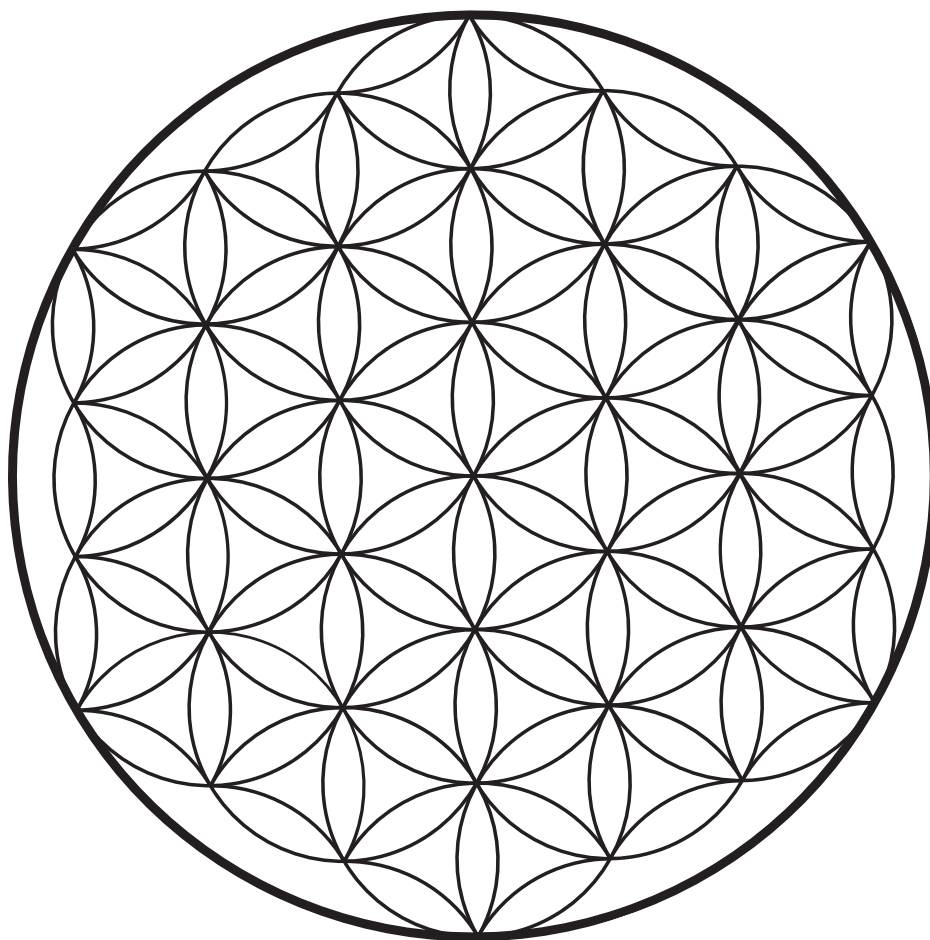
### Keywords:

Celestial Connection, Astrological Alignment, The Zodiac, Perfection, The Universe, Life Purpose, Destiny, Twelve Chakra System, DNA Activation

### Numerical vibration:12

**History and Symbolism:**The twelve-pointed Dodecagram can be formed by four interconnected triangles, two Stars of David, or two hexagons. Historically, it appears in an ancient Kabbalistic book on the order of creation as the symbol Sefer Yetzirah. The twelve-sided geometry corresponds to the twelve signs of the Western, Vedic, and Chinese zodiacs. In Western astrology, the twelve signs of the zodiac are divided into four groups of three, which are governed by the four elements. There are twelve months in the solar year.

The Dodecagram can be seen as a symbolic representation of the astrological and cosmic order of our planet. Historically, twelve appears repeatedly as the twelve Knights of the Round Table, the Twelve Apostles and the twelve Tribes of Israel. In numerology, twelve is seen as a representation of perfection.



## Flower of life

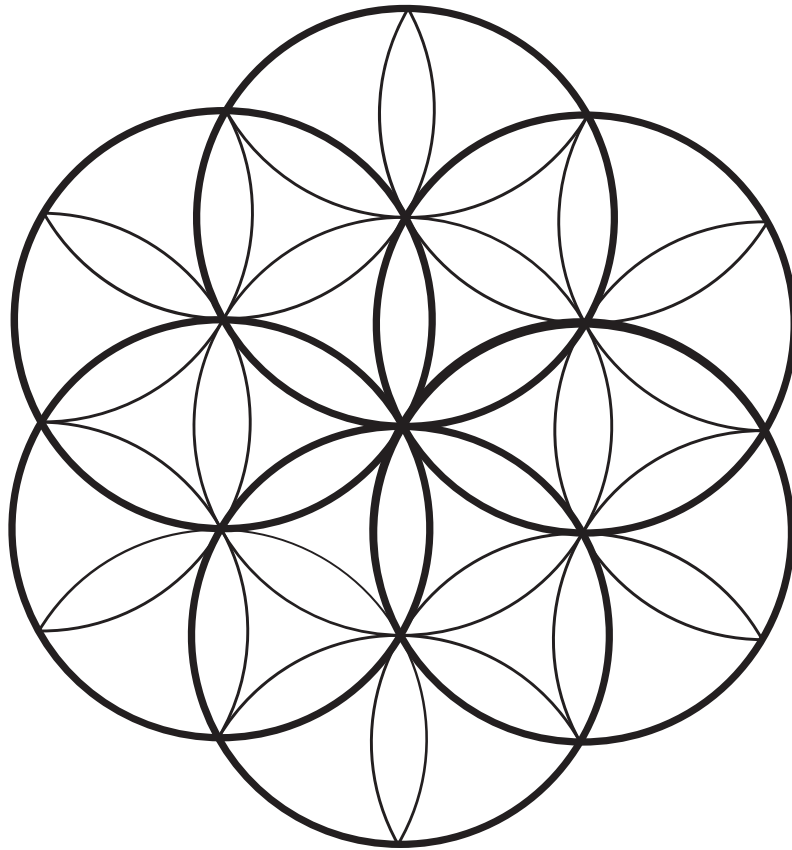
**Keywords:**All purposes, balance, harmony, renewal, manifestation, creation, creativity, the universe

**Numerical vibration:**6, infinity

**History and Symbolism:** The Flower of Life is a symbol of mysterious origins. It can be found all over the world, from Ancient Egypt, India, and Japan. It continues to be found in new places all the time.

It is made up of 19 interconnected circles, which create overlapping flowers in the shape of Vesica Piscis. Many, if not all, of the symbols of sacred geometry and even entire alphabets can be found embedded in its structure. The hexagonal geometries of the Flower of Life can be seen in the formation of crystals such as Quartz, Rubies, Emeralds and Sapphires for example.

It is also seen hidden in nature within fruits, flowers, cells and snowflakes. The Flower of Life has been described as holding the blueprint of the entire Universe.



## Seed of Life

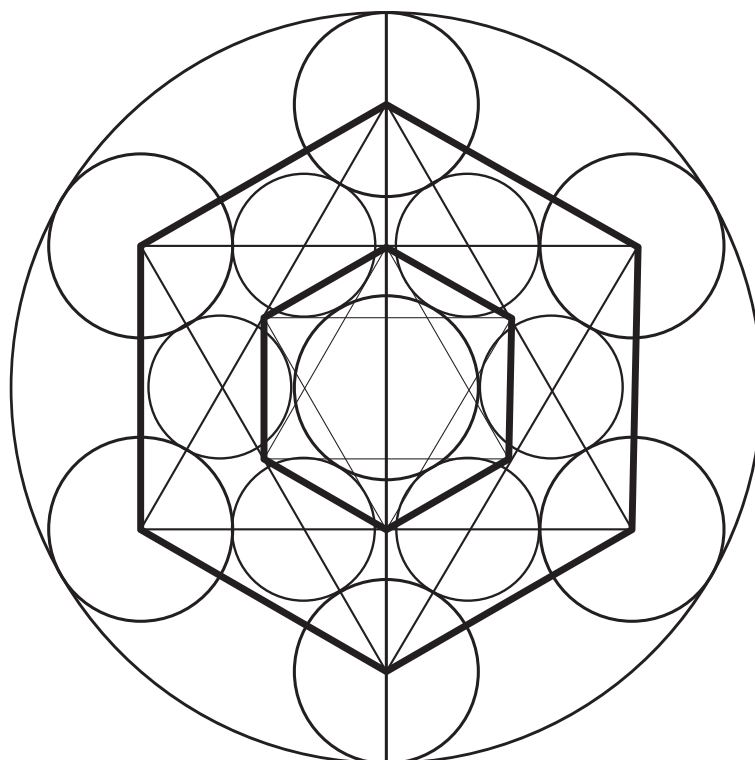
**Keywords:** Creation, Creativity, Development, Growth, New Beginnings

**Numerical vibration:** 7

**History and Symbolism:** The Seed of Life can be found at the center of the Flower of Life symbol. This flower shape is created by seven overlapping circles, sometimes also bordered by an eighth, as shown here. Like its parent symbol, the Flower of Life, these geometries can be seen in crystals, flowers, and fruits.

The Seed of Life symbol has been found in many places, including ancient Egyptian temples, medieval English churches, sketches by Leonardo da Vinci, and the tombstone of a Knight Templar.

The Seed of Life is associated with the seven days of creation and the seven days of the week. As a component of the Flower of Life, the Seed of Life represents the beginning of a creative cycle. It is the seed of the flower, containing within it the potential and energy to reach full flowering.



## Metatron Cube

**Keywords:** Purification, Protection, Esoteric Knowledge, Wisdom, Spirituality, Angelic Connection, Akashic Records

**Numerical vibration:** 6, 13

### History and Symbolism:

This is another sacred geometry symbol that contains many spiritually significant geometric shapes. These include the Star of David, the Circle, the Merkaba, and the cube. Metatron's Cube is often depicted in three-dimensional form, but as a two-dimensional symbol, as shown here, it contains thirteen circles.

This complex geometric shape is named after Archangel Metatron. He is a powerful angel who records all of history in a sacred book. Archangel Metatron is associated with divine knowledge and wisdom. The five Platonic solids can be found in this multidimensional symbol. Many of the geometric shapes that make up Metatron's Cube are considered powerful symbols of protection throughout the world.



**STATEMENTS**  
**POWERFUL**

1. My thoughts flow freely and easily. I change my mind easily.
2. I decide to be me. I approve of myself as I am.
3. I am at home in the Universe. I am safe and protected and understood.
4. I love and approve of myself. I am at peace. I am calm. All is well.
5. I create a joyful and peaceful world to live in.
6. I increase my awareness of good and good is what I now attract.
7. I am the very center of Life and I am totally connected in Love.
8. I love every part of my body; I am healthy, happy and whole.
9. My loving thoughts connect with like-minded people and together we bless the world.
10. I relax completely because now I know I am safe.
12. I trust in Life and in myself.
13. I only create joyful experiences in my life.
14. I am grateful for life's generosity to me. I am blessed.
15. I am totally safe in the Universe. I am at peace everywhere. I trust in Life.
16. Divine protection. Security. Peace. The Intelligence of the Universe operates at all levels of life.
17. I live according to my highest standards with love and joy, by loving and approving of myself.
18. I release the pattern in my consciousness that created this condition.
19. I am willing to change. I love and approve of myself.
20. I am at home in my body.
21. Others reflect the love and self-approval I have for myself.
22. I am safe. I love my life.
23. I create my own experiences.
24. As I love and approve of myself and others, my experiences become better and better.
25. I am my own authority. I love and approve of myself. Life is good.
26. I am safe and nurtured by the love of the Universe itself.
27. I balance my masculine/feminine energy easily and effortlessly.
28. I love and approve of myself. No person,

place or thing has power over me. I am free.

29. I stand tall and free. I love and approve of myself.

30. My life is not every day completely.

32. I become young again.

33. I am the living, loving, joyful expression of life. I am my own person.

34. I move for my highest good.

35. My good is everywhere, I am safe and protected.

36. I enjoy my sexuality.

37. I stand in truth and move and live with joy. I love life and moving freely.

38. I accept my sexuality and its expression with love and joy.

39. I only accept thoughts that support me and make me feel good.

40. I lovingly allow JOY to flow freely into my life. I love myself.

41. I love and approve of myself.

42. I am at peace with the process of life.

43. I lovingly surround myself with thoughts of joy and peace.

44. The past is forgiven and forgotten. I am free in this present moment.

45. Life supports all my thoughts, therefore I love and approve of myself and

everything is fine.

46. I release everything that is different from love and joy in my mind.

47. I move from the past to the new, fresh and vital.

48. I trust my inner voice. I am strong, wise and powerful.

49. I release all restrictions and am free to be myself.

50. I express my emotions in a happy and positive way.

51. I let go, I relax and I let go. I am secure in life.

52. It is safe for me to live.

53. Life will always provide for me. All is well.

54. I release all fears. I now trust the process of life. I know that life is for me.

55. I walk with my head held high and with love.

56. I release all guilt and accept the peace and joy of life.

57. I am supported by Life.
58. I love and approve of myself. I trust that
59. process of life will be there for me.
60. I am safe. Everything is fine.
61. I trust that the process of life will lead me only to my highest good. I am at peace.
62. I trust the process of life.
63. I am always in the right place, doing the right thing, at the right time. I love and approve of myself.
64. It is safe to see other points of view.
65. I am secure enough to be flexible in my mind.
66. I navigate life with ease.
67. Life agrees with me. I assimilate the new in every moment of every day. All is well.
68. Others only reflect the good feelings I have about myself.
69. I love and approve of all that I am.
70. I make my decisions based on the principles of truth.
71. I rest secure in the knowledge that only the right action is happening in my life.
72. I am relaxed and at peace because I trust the process of life. All is well in my world.
73. I choose to allow all my experiences to be joyful and loving.
74. This child lives and breathes the joy of life and is nourished by love.
75. God performs miracles every day.
76. I am strong and healthy. I am well structured.
77. It feels safe to be me.
78. I allow the love of my own heart to flow through me and cleanse and heal every part of my body and my emotions.
79. I open my heart and sing the joys of love.
80. I go beyond old limitations and now allow myself to express myself freely and creatively.
81. I accept my decisions with love, knowing that I am free to change. I am safe.
82. I am approved by all Life. All is well. I am safe.
83. I trust my Higher Self. I listen with love to my inner voice.
84. I release everything that is different from the action of love.
85. I rejoice in all the generous gifts in my life.

86. My good now flows freely. Divine ideas express themselves through me. I am at peace.

87. I am surrounded and inhabited with peace.

87. It is my birthright to express myself creatively in ways that are deeply rewarding to me. 88. I have fun today.

91. I look forward to the day's adventures.

92. I learn to love and support myself and others, and my path becomes easier.

93. I love my work. My creativity is fulfilled with joy, because I love what I do and the money comes after.

94. I am willing to let miracles happen in my life. I appreciate it when they do.

95. Life is change and I adapt easily to the new. I accept life - past, present and future.

96. I am free to speak for myself. I am now safe to see everything and everyone with joy and love.

98. I live in the totality of possibilities. There is always another way. I am safe.

99. I calm my thoughts and am serene.

Harmony surrounds me.

100. I love and approve of myself now. It's safe to be me. I express who I am.

101. I have the power, strength and knowledge to handle everything in my life.

102. I am protected by Divine Love. I am always safe and secure.

103. I am willing to grow up and take responsibility for my life.

104. I forgive others and now create my own life the way I want. I am safe.

105. I rejoice in my femininity. I love being a woman. I love my body.

106. I am loving peacefully.

107. I release all control to the Universe.

108. I am at peace with myself and with life.

109. My concept of God supports me. I am normal and natural.

110. I rejoice in my own sexuality and my own body.

111. I am wonderful.

112. I think and speak only words of love. I am at peace with life.

113. My understanding is clear and I am willing to change with the times.

114. I move forward with confidence and ease, knowing that all is well in my future.

115. I have the Divine right to be fulfilled in all avenues of life.

116. I am worthy of success and I accept it now.  
117. I am a determined person. I follow and support myself with love.  
118. I am the love and beauty of life in full expression.  
119. I open my consciousness to the expansion of life.  
120. Advance in life, with joy and ease.  
121. It is safe for me to enjoy my own body. I am happy with my gender identity.

122. I live in the present moment, joyfully and freely. There is a joyful release from the past. Life  
It's sweet and so am I.

123. I am perfectly happy being me. I am good enough just the way I am. I am

I love and approve of myself.

124. I am expressing and receiving joy.  
125. I am at peace right where I am.  
126. I accept my good, knowing that all my needs and desires will be met.

carried out.

127. I am willing to change all standards of criticism. I love and approve of myself.

128. I feel tolerance, compassion and love for all people, including myself.

129. I am willing to change the patterns in myself that created this condition. I love myself and  
I approve.

130. I am safe.

131. I easily flow with change. My life is divinely guided and I am always

going in the best direction.

132. I create all my experiences. I am the power. I rejoice in my creation.

masculinity/femininity. I am free.

133. I choose to live through the open space in my heart.

134. I look for love and find it everywhere.

135. I am safe. I trust that life is here for me. I express myself with

freedom and joy.

136. I live life in perfect balance.

137. I have the capacity to absorb the fullness of life. I live life with love for the

maximum.

138. I am flexible and fluent.

139. Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well.

good.

140. There is plenty of room for me to grow and change.

141. It is safe for me to be alive and happy.

142. I forgive willingly. I breathe life into my vision and see with compassion.

passion and

understanding.

143. I create peace in my mind and my body reflects it.

144. I am the power and authority in my world.

145. I am at peace.

146. I am full of life, energy and joy of living.

147. I love my body. I love myself. I love all my cycles. All is well.

148. I listen with love and tenderness.

149. Harmony and peace, love and joy surround me and dwell within me. I am safe and

protected.

150. I willingly release the past. It is safe for me to let go. I am free now.

151. I flow easily with new experiences, new directions, and new changes.

152. I am powerful and desirable. It is wonderful to be a woman. I love myself and I am fulfilled.

153. I choose to see life as eternal and joyful. I am eternal, joyful, and at peace.

154. I see with love and joy.

155. Now I create a life that I love to look at.

156. I am now willing to see my own beauty and magnificence.

157. Life is eternal and full of joy.

158. It is safe for me to create all the love I want.

159. I feed myself with spiritual food and am satisfied and free.

160. I am willing to forgive the past. It is safe for me to move beyond the limitations of the past.

my parents.

161. I see my parent as an unloving child and I forgive them easily. Both

we are free.

162. I am excited about life and full of energy and enthusiasm.

163. Harmony, joy, beauty and security now surround this child.

164. It is safe for me to see. I am at peace.

165. I am safe here and now. I see this clearly.

166. I see with love.

167. I accept Divine guidance and am always safe.

168. I now choose to support myself in a loving and joyful way.

169. All the details take care of themselves. It is safe to be.

170. I deal with all my experiences with wisdom, with love and with care.

171. I forgive myself and choose to love myself.

172. I accept myself as a beautiful and loved person. I am safe.

173. I am the calm and peaceful expression of peace and love.

174. I release the pattern in me that attracted this experience. I create only good things in

my life.

175. I am at peace with the details of life.

176. My mind is at peace.  
 177. I am safe.  
 178. I am comfortable with my sexuality.  
 179. I am myself with the family of Life.  
 180. I am secure. I trust completely in the process of life. Life is for me.  
  
 181. I have the strength, power and ability to digest everything that comes my way.  
 182. I give my mind a joyful vacation. It's safe to be vulnerable.  
 183. I lead my life with safety and joy.  
 184. Only good comes to me and through me.  
 185. I lovingly release the past and turn my attention to this new day. All  
  
 he is well.  
 186. It's okay to make noise. I express myself freely and joyfully.  
 187. I speak for myself easily.  
 188. I now choose harmonious thoughts and let joy flow freely through me.  
  
 me.  
 189. I relax and let life flow through me with ease.  
 190. I love and approve of myself. I am secure. It is safe to be who I am.  
 191. I rejoice in my own expression of life.  
 192. I am perfect just the way I am. I love and approve of myself.  
 193. I am the creative power of my world.  
 194. I have all the Divine ideas and activities I need. I move forward now.  
  
 195. I am the power and authority in my life. I am free to be myself.  
  
 196. I love my body. I love my sexuality. I love myself.  
 197. I am safe and secure. I am at peace with myself and others.  
 198. I am at peace and comfortable in all areas of my life. I am strong and capable.  
  
 199. I easily forgive. I love myself and will reward myself with thoughts of praise.  
  
 200. I am a determined person. I follow and support myself with love.  
 201. I speak with kindness and love. I exude only that which is good.  
 202. I choose to approach all my experiences with love, with joy, and with ease.  
  
 204. I am "one" with all life. I am safe at all times.  
 205. I love and approve of myself. I see myself and what I do with eyes of love. I am secure.  
 206. My heart beats to the rhythm of love.  
 207. I bring joy back to the center of my heart.  
 208. I express love to everyone.  
 209. Joy. Joy. Joy. I lovingly allow joy to flow through my mind,  
  
 body and experience.  
 208. I breathe freely and fully. I am safe. I trust the process.

of life.

209. I release everything that is different from love. There is time and space for everything I want to do.

214. I am a loving father to myself.

212. I am showered with love and approval. It is safe for me to show who I am.

213. I bring peace to every corner of my life.

218. I am free to ask for whatever I want. It is safe to express myself. I am at peace.

215. My masculine/feminine energy is perfectly balanced.

216. Life is for me.

223. I listen with love to the pleasant and the good.

224. I am a center of love.

225. I see with eyes of love. There is a harmonious solution and I accept it now.

220. I am noticed and appreciated in the most positive ways. I am loved.

221. I am at peace with all my emotions.

230. I love and approve of myself.

231. I relax and recognize my self-worth. I am good enough. Life is easy and joyful.

233. It is my birthright to live fully and freely. I love life. I love myself.

225. I surround myself with security and love.

235. I create space for others to heal. I love others.

236. As I release the past, the new, the fresh, and the vital enters. I allow life to flow.

through me.

237. I move forward free from the past. I am safe. I am free.

238. I am "one" with everything in life. The Universe supports me completely. All is well.

239. I relax and allow my mind to be at peace.

240. I lovingly balance my mind and body.

241. I now choose thoughts that make me feel good.

242. I create a life full of rewards.

243. The movies in my mind are beautiful because I chose to make them that way. I love myself.

244. Life loves me and I love life. I now choose to live fully and freely.

236. I listen to the Divine and rejoice in all that I can hear. I am "one" with all.

247. I move forward joyfully to new levels of experience. All is well.

248. I am in my perfect place and I am safe at all times.

249. I now go beyond other people's fears and limitations. I create my life.

250. This moment is filled with joy. I now choose to experience the sweetness of today.

251. My intake, assimilation and elimination are in perfect order.

252. I am at peace with life.

253. I am deeply centered and at peace in life.

254. I move forward with confidence and joy, knowing that all is well in my life.

future.

255. I am above all limitations. I am divinely guided and inspired. Love

cures all life.

256. I move beyond the limitations of the past into the freedom of the now. It is safe to be me.

257. I speak for myself freely and easily claim my own power. I love myself and

I approve.

258. I am free and safe.

259. I am now fully centered in love and the joy of being alive.

260. I flow with life. Peace of mind is mine.

261. I am united and balanced with everything in life. I am secure.

262. I express my creativity. I am willing to change.

263. I willingly release with joy.

264. I am secure. All pressure dissolves. I am good enough.

265. My mind is clear and free. I let go of the past and move on to the new. All is well.

266. My mind is gentle and harmonious.

267. I love and approve of myself. I am free to be myself.

268. Hip Hip Hooray - There is joy in every day.

269. I am balanced and free.

270. I am in perfect balance. I move forward in life with ease and joy in all aspects.

ages.

271. Miracles happen every day.

262. I go within to dissolve the pattern that created my situation and now accept

a Divine healing. And so it is!

263. I know how to digest and assimilate all new experiences with peace and joy.

275. Love, peace and joy are what I know.

276. I am at the center of life. I approve of myself and everything I see.

277. I am safe anywhere in the Universe. I love myself and trust the process of life.

278. I now choose to make my life light, easy and joyful.

279. I create a new life with new rules that fully support me.

280. I love and approve of myself. I am doing the best I can. I am wonderful.

I am at peace.

281. I now allow the full power of my sex principle to operate with ease and

happiness.

282. I am willing to feel. It is safe for me to express my emotions. I love myself.

283. I choose to be peaceful and harmonious.

284. My thinking is peaceful, calm and centered.

285. I am beyond the beliefs of the group or the calendar. I am free from all congestion and influence.

286. It is my Divine right to take my own direction in life. I am safe. I am free.

287. I now release anger in positive ways.

288. I love and value myself.

289. This mind knows its true identity and is the creative point of Self-expression.

Divine.

290. I lovingly release the day and fall into a peaceful sleep, knowing that tomorrow will take care of itself.

291. I easily assimilate and absorb everything I need to know to free myself from the past.

with joy.

292. My loving thoughts keep my immune system strong.

293. I am safe inside and out. I listen to myself with love.

294. I create firm foundations for myself and my life.

295. I choose my beliefs to stand by with joy.

296. I declare that peace and harmony dwell within me and surround me at all times. All

he is well.

297. I am alive to the joys of living. I deserve and accept the best in life. I

I love and approve of myself.

298. My sexuality is safe.

299. I approve of myself and my decisions are always perfect for me.

300. It is my birthright to have my needs met. Now I ask for what I want.

with love and with ease.

301. There is time and space for everything I want to do.

302. I am excited about life. I am blessed on every occasion.

303. I make sound decisions as long as I listen to my inner guidance.

304. I create my own reality and everyone I attract into it. Life is what I make it.

305. All my needs and desires are met before I even ask. Everything

is fine in my life.

306. I cultivate my essence every day. I count my blessings.

307. I am the only thinker in my mind.

308. My creativity is flowing because I choose to love my work.

309. I allow my income to grow steadily and I live comfortably and beautifully now.

310. I live by the belief that we are here to bless and prosper each other.

311. Today I do a random act of kindness. What a joy it is to make someone smile!

312. Divine peace and harmony surround and inhabit me.

313. I am an oasis of peace, love and joy. All is well in my world.

314. I love and approve of myself. I am at peace with myself. I am wonderful.

only.

315. Joy now flows freely within me and I am at peace with life.

316. I calm my thoughts and am serene.

317. I release the need to be right. I am at peace. I love and approve of myself.

318. My mind and body are in perfect balance. I control my thoughts.

319. I move forward with confidence and ease. I trust and flow with the process of life.

320. I freely absorb the Divine ideas that are filled with the breath and intelligence of Life. This is a new moment.

321. I am powerful, safe and secure. All is well.

322. There is enough for everyone. I create my good and my freedom with thoughts.

of love.

323. I recognize and accept that I am the creative power in my world.

324. Now I choose to enjoy my life.

325. Now I control my mind and my life. I am a powerful and dynamic being!

326. Every part of my body works perfectly. I love myself.

327. I accept and rejoice in my masculinity/femininity.

328. I love and approve of myself. I accept my own power. I am forever young in

spirit.

329. This child is divinely protected and surrounded by love. We claim immunity

mental.

330. I am willing to change and grow. I am now creating a new and secure future.

331. I comfortably and easily release the old and welcome the new into my life.

life. I am safe.

332. I am the joy of Life expressing and receiving in perfect rhythm.

333. I believe that right action is always occurring in my life. I am at peace.

334. I flow smoothly with life and each new experience. All is well.

335. I breathe freely and completely. I trust the process of life and I am safe.

336. Positive change is in the air and I expect wonderful surprises to come my way.

337. I can handle anything that comes my way. I am an individual.

powerful.

338. Every part of my body is special. I accept perfect health as the state

natural to my being. I love and approve of my body.

339. People love being with me and I love being with other people. Life is so good.

340. Only I can know what is right for me. I listen to my own wisdom.

341. Today is a wonderful day. I chose to have fun, play and laugh.

342. I envision a world of peace and abundance.

343. I feel harmony and unity among nations and I contribute to this harmony every day.

days.

344. There will always be new things to learn and new lessons to be learned.

345. I am open and receptive to new ideas.

346. Change can begin right now. I am willing to change now.

347. Life reflects all my thoughts.

348. As I keep my thoughts positive, life brings me only good things.

experiences.

349. I am willing to release the pattern in me that is creating any conditions negatives in my life.

350. I relax and experience the peace of unlimited thought. I am "one" with the whole of life.

351. My income is constantly increasing. I prosper wherever I go.

352. It is easy for me to express and receive love because I am a loving being.

353. Good is constantly coming to me so I can relax and enjoy it.

my life.

354. My joyful and loving thoughts create my joyful and loving world.

355. I am well paid to do the work I love. I allow myself to thrive.

356. It is safe to grow. The world is safe. I am safe.

357. It is with flexibility and ease that I see all sides of an issue.

358. There are countless ways to do and see things. I am safe.

359. Only right action is taking place in my life.

360. I release the old and welcome the new. All is well.

361. I communicate with ease and joy.

362. I open my heart and create only loving communication. I am safe. I am well.

363. I am on an endless journey through eternity and a long time ago.

364. I communicate with my heart. All is well.

365. I release the pattern of delay within me and now allow success to be mine.

366. I love and approve of myself. I recognize my true worth. I am wonderful.

367. I love and comfort myself in ways that please me.

368. I love and appreciate myself. I share my feelings and my love. I respond to the love of everyone.

369. I am at peace and trust the process of life. I am safe and secure.  
 370. I defend myself and Life supports me in unexpected and loving ways.  
 371. I am balanced in my creative flow.  
 372. I am at peace with my own feelings.  
 373. I am safe where I am. I create my own security. I love and approve of myself.

374. I know that I am supported by Life in a great and glorious way. Life loves me  
 and  
 take care of me.

375. I lovingly release the past. It is free and so am I. All is well.  
 in my heart now.

376. I am a free thinker and have wonderful experiences with ease and joy.

377. My life is sweet.

378. I love and approve of myself and I alone create sweetness and joy in my life.

379. I am on par with everything in life. I am totally suited to every situation.

380. I lovingly withdraw my power and eliminate all interference.

381. I relax knowing that I am safe. Life is for me and I trust the process of life.

382. It is safe now for me to take control of my own life. I choose to be  
 free.

383. This child is safe and loved. This child is welcome and cherished.

384. I love and approve of myself. I allow myself to move forward. It is safe to move.

385. I trust the process of life. Only right and good actions are occurring in me.  
 my life.

386. I know that life always supports me.

387. I trust the process of life. Everything I need is always taken care of. I am  
 safe.

388. I love and approve of myself. Life supports and loves me.

389. I release the past with love. I choose to express only love.

390. It's safe to be me. I'm wonderful just the way I am.

391. I choose to live. I choose joy and self-acceptance.

392. I easily and comfortably let go of what I no longer need in life.

393. I accept myself totally and completely, with all my problems and all my  
 strengths.  
 deficiencies.

394. It is safe to let go. Only what I no longer need leaves my body.

395. There is always a new and better way to experience life.

396. I forgive and release the past. I move into joy.

397. I rejoice in who I am. I am a beautiful expression of life, flowing perfectly in  
 every moment.

398. Intelligence, courage and self-esteem are always present. It is safe to be alive.

399. I know I am worth it. It is safe for me to succeed. Life loves me.

400. It is safe for me to feel joy in all areas of my life. I love life.

401. I focus on safety and accept the perfection of my life. All is well.

402. I am secure. I love and approve of myself. I trust in life.

403. This child is seen with love, compassion and understanding. All is well.

404. There is time and space for everything I need to do. I am at peace.

405. It is safe to express my feelings. I forgive myself.

406. This baby now begins a new, happy and wonderful life. All is well.

407. Every experience is perfect for our growth process. I am at peace where I am.

408. I forgive and love myself now and forever. I am free.

409. I am free from all irritations. All is well.

410. I deserve to enjoy life. I accept all the pleasure life has to offer.

411. It is safe to feel. I open myself to life, I am willing to experience life.

412. I am safe, I relax and let life flow with joy.

413. I am safe. It is safe to feel. My feelings are normal and acceptable.

414. I love and approve of myself. I am secure. Life is safe and joyful.

415. I lovingly hold and embrace my experiences with ease and joy.

416. I am filled with joy. It flows through me with every beat of my heart.

417. I am fully open to life and joy. I choose to see with love.

418. I am Love. I now choose to love and approve of myself.

419. I see others with love.

420. I automatically attract positive experiences into my life.

421. I am always presented with new and wonderful opportunities.

422. I flow with what is happening in the moment.

423. I rejoice in the success of others, knowing that there is much for all of us.

424. Freedom is my birthright. All is well in my world.

425. A new thought brings new experiences.

426. I know that I am totally and completely supported by the Universe.

427. Good now floods my life from expected and unexpected channels.

428. I move easily through time and space.

429. Only love surrounds me.

430. I lovingly forgive and release all past. I choose to fill my world with

joy. I love and approve of myself.

431. I allow myself to be all that I can be.  
 432. I deserve the best in life. I love and appreciate myself and others.  
 433. I release the past and allow time to heal all areas of my life.  
  
 434. I now choose to create a joyful and abundant life. I am at ease.  
 435. Life is eternal and full of joy. I look forward to every moment.  
 436. I forgive others. I forgive myself. I am free to love and enjoy life.  
  
 437. I contribute to a united, loving and peaceful family life. All is well.  
  
 438. I am free to circulate love and joy throughout my world. I  
 I love life.  
 439. I only create peaceful experiences because I love myself. All is well.  
  
 440. I allow my mind to relax and be at peace.  
 441. Clarity and harmony are within me and around me. All is well.  
 442. This child responds only to love and loving thoughts. Everything is in  
 peace.  
 443. I easily let go of what I no longer need.  
 444. The past is over and I am free.  
 445. I am part of the perfect rhythm and flow of life.  
 446. Everything is in Divine order.  
 447. Now I discover how wonderful I am. I choose to love and have fun.  
 448. It is with love that I free myself completely from the past. I am free. I am Love.  
  
 449. The past is over. I choose to love and approve of myself in the now.  
 450. I love and approve of myself and trust the process of life. I am safe.  
 451. I forgive myself with love. I am free.  
 452. I release the past. I am free to move forward with love in my heart.  
  
 453. I see with love and understanding. I consider all my experiences in the light  
 of  
 love.  
 454. I trust the process of life. I am safe.  
 455. I allow my thoughts to be free.  
 456. The past is over. I am at peace.  
 457. I release the pattern in me that created this.  
 458. I am at peace. I am worth it.  
 459. I love life. It is safe to live.  
 449. It is my birthright to live fully and freely. Love is worth living. I now choose  
 to live life fully.  
 450. I love and approve of myself. I care about myself. I am totally adequate in  
 every way.  
 the moments.  
 463. I declare peace and harmony within me and around me. All is well.  
 464. I love and cherish myself. I am kind and gentle with myself. Everything

he is well.

- 465. I love myself as much or more than I love others.
- 466. I am loved, nurtured and supported by Life itself.
- 467. It is safe for me to be alive.
- 468. I run joyfully to greet life's wonderful experiences.
- 469. I create only peace and harmony within myself and in my environment.
- 470. I deserve to feel good.
- 471. Love relaxes and releases everything contrary to itself.
- 472. I use my power wisely.
- 473. I am strong. I am safe. All is well.
- 474. It is safe to see and try new ideas and new ways. I am open and receptive.

to the good.

- 475. I create only joyful experiences in my loving world.
- 476. I am safe and secure at all times.
- 477. Love surrounds me and protects me. All is well.
- 478. I choose to love life. My channels of joy are open. It is safe to receive.

- 467. I am loving and kind.
- 481. I am a divine expression of life. I love and accept myself where I am right now.

- 482. I lovingly care for my body, mind and emotions.
- 483. This child is wanted, welcomed and deeply loved.
- 484. I love and approve of myself. It is safe for me to take care of myself.
- 485. I love and accept myself at all ages.
- 486. Every moment of life is perfect.
- 487. I am part of universal design. I am important and loved by Life itself.

- 488. I am powerful and capable. I love and appreciate all of myself.
- 489. I live in the now. Every moment is new.
- 490. I choose to see my self-worth. I love and approve of myself.
- 491. The world is safe and friendly. I am safe.
- 492. I am at peace with life.
- 493. I am balanced and at peace with all the changing cycles and I bless my body with love.
- 494. I accept all my power and accept all my bodily processes as normal and natural. I love and approve of myself.
- 495. I relax into the flow of life and let it provide all I need with ease and

comfort. Life is for me.

- 496. I allow the love of my own heart to heal everything I see.
- 497. I choose peace. All is well in my world.
- 498. Divine right action is always occurring in my life.
- 499. Only good comes from every experience. It is safe to grow.
- 500. I resolve all past problems with ease.
- 501. I trust the process of life. I easily ask for what I want. Life supports me.

502. Divine right action is always occurring in my life.  
 503. I love and approve of myself. All is well.  
 504. I love and cherish and care for myself. I am enough.  
 505. I am always in control of my thoughts.  
 506. I am secure. I love and approve of myself.  
 507. I feed myself with love.  
 495. I forgive myself. I love and approve of myself. I communicate with love.  
 496. I recognize my own intuitive ability.  
 511. I welcome new ideas and new concepts and prepare them for digestion and assimilation.  
 512. I use all my senses with equal and perfect clarity.  
 513. I release and dissolve the past. I am a clear thinker. I live in the now in peace and  
 happiness  
 514. By choosing loving and joyful thoughts, I create a loving and joyful world. I am  
 safe and free.  
 515. I experience life as a joyful dance.  
 516. I am the joy of Life expressing and receiving.  
 517. I happily release the past. I am at peace.  
 518. I now choose to live in the ever-joyful now.  
 519. My life is a joy.  
 520. New joyful ideas are circulating freely within me.  
 521. I awaken a new life within me. I flow.  
 522. I love and approve of myself. I am secure.  
 523. I express love and joy and am at peace. I am well-structured and balanced.  
 524. The Divine Spirit is the structure of my life.  
 525. I am safe, loved and fully supported.  
 526. In my world, I am my own authority. For I am the only one who thinks with the  
 my mind.  
 527. I breathe life fully.  
 528. I relax and trust the flow and process of life. Letting go is easy.  
 529. I freely and easily release the old and welcome the new with joy.  
 530. I deserve the best of everything that is important to me.  
 531. I am the loving operator of my mind.  
 532. It's easy to reprogram the computer in my mind.  
 533. Everything in life is change and my mind is always new.  
 534. I absorb and distribute food in perfect balance.  
 535. I am important. I count. Now I care and feed myself with love and joy.  
 536. I allow others the freedom to be who they are.  
 537. We are all safe and free.  
 538. I go beyond my parents' limitations.  
 539. I am free to be the best I can be.  
 540. I trust the process of life. I am safe.

