

**THE HANDOUT ON
PRANIC ENERGY HEALING
LEVEL II - PART 1**
(The Practicum)

**2ND EDITION
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**Text from Annotated Sources - to this material -
are Excluded in the Statement of Registration Record.*

RECOMMENDED BOOKS

Practitioners should study Esoteric Books & the Works of multiple Authors so as to understand the Teachings presented in the Level II Workshop more deeply. The compiler also highly recommends all of the books of her Life Partner, Spiritual Teacher and Mentor, Maha Atma Choa Kok Sui.

The Science of Psychic Healing, by Yogi Ramacharaka ©1909

Fourteen Lessons in Yogi Philosophy, by Yogi Ramacharaka, ©1903

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

Hands of Light, by Barbara Ann Brennan, ©1987

Esoteric Healing, by Alice A. Bailey, ©1953

The Etheric Double, by Arthur E. Powell, ©1925

The Chakras, by Charles W. Leadbeater, ©1927

Edgar Cayce on the Power of Color, Stones and Crystals,
by Dan Campell (Editor Charles Thomas Cayce), ©1989

The Principles of Light and Color, by Edwin D. Babbitt, ©1878

Talk on Color Cure, by A. Osborne Eaves, ©1901

Advanced Pranic Healing, by Master Choa Kok Sui ©1992

The Art of Spiritual Healing, by Keith Sherwood, ©1985

Chakra Therapy: For Personal Growth & Healing, by Keith Sherwood, ©1988

Kahuna Healing, by Serge Kahili King, ©1983

Review Level I frequently until the concepts are natural to them and become fully integrated into their understanding.

ADVANCED KNOWLEDGE ABOUT THE ENERGY CENTERS

In the Ancient Indian Yoga Vidya System of Wisdom & Knowledge, 7 Energy Centers are commonly recognized

In the Svetasvatara Upanishad, Chapter 3 Verse 18, it says:

“The inhabitant of **the City of 9 Gates** ... plays His game in the External World ...”

This “City of 9 Gates” refers to the physical body & its Energy Centers.

In the works of Alice A. Bailey she noted 7 Energy Centers plus 21 lesser Energy Centers & she even identified 49 smaller Energy Centers.

In the late 1970’s Amy Wallace & Bill Henkin wrote about 11 Energy Centers.

... *All Eleven Energy Centers* are connected to an “Energy Channel” which runs behind & parallel with the spine.

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

Maha Atma Choa Kok Sui combined the Indian Yogic System of 7 Energy Center - together with Energy Centers derived from Chinese Traditional Medicine. He also promoted the Theory of 11 Major Energy Centers - including the Forehead Energy Center & the Meng Mein Energy Center derived from Chinese Acupuncture.

The objective for Practitioners in Level II is to be able to determine additional factors & to utilize more advanced Techniques that will facilitate more Rapid Improvement of chronic, serious & in some cases terminal conditions in a Client.

An enormous amount of information is available on the topic of the Energy Centers. The information that follows is a compilation of different Authors regarding their understanding about some of the functions of the Energy Centers.

BASIC ENERGY CENTER

Base of the Spine (Muladhara) ... Adrenals ... Kidneys ... Spinal Column...

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

... Body Organs: Base of the spine, bones & bone marrow, immune system, legs, feet, rectum.

- Extracted from *The Universal Healing Art of Jing - Qi - Shen*, by Ven. Rinchen Chodak, ©2006

Base of the spine ... **ENERGIZES** the spine & the body, control of legs, control of growth in children ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

The Basic Chakra controls & energizes the following:

Growth rate of cells ... body heat & it also affects the heart & the sex organs ...

- Extracted from *Advanced Pranic Healing*, ©1992, by Master Choa Kok Sui, Page 18

Basic Chakra: It exerts control over kidney, spinal chord, nerves, adrenal gland and other internal organs of the body. It imparts heat to the body and also helps to sustain life-force in the body. This Chakra also helps towards

growth and development of little children.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by Rajnikant Upadhyay, ©2005, Page 40

PERINEUM ENERGY CENTER

The Earth Rooting of a person is connected to the Basic Energy Center, the Perineum Energy Center & to a certain degree the Sex Energy Center & the Sole Minor Energy Centers of the Feet.

Earth Energy is absorbed through the soles of the Feet, the Perineum & the Basic Energy Centers.

In the circulation of Energy, the Governor Channel links with the Conception Channel at the perineum. From GV 1 Energy circulates up the spine to the head. For this reason GV 1 can be used for both spinal & mental problems. GV 1 functions with CV 1 in the Perineal Energy Center.

- Extracted from *Acupuncture Point Combination: the Key to Clinical Success*, by Jeremy Ross, ©1995, Page 151

SEX ENERGY CENTER

Sacral Center. Gonads, Sex Organs, Life Force ...

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

With this center open a person feels his sexual power.

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

Pubic area (front) ... Legs ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

The Throat Centre, corresponding to the Sacral Centre.

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

The Pubic bone Relates to the second chakra (*Sex Energy Center*). (*It is used*) for the treatment of sexual organs, prostate, bladder, ovaries, urethra, and appendix

- Extracted from *Practical Reiki: Focus your Body's Energy for Deep Relaxation and Inner Peace*, by Richard Ellis, ©1999, Page 52

NAVEL ENERGY CENTER

... (*Is affected in cases of*) Chronic abdominal pain & diarrhea including chronic dysentery, chronic colitis & intestinal cancer ...

- Modified & Extracted from *A Study of Taoist Acupuncture and Moxibustion*, by Cheng-Tsai Liu, Liu Zheng – Cai, Ka Hua, ©1999, Page 104

The Navel Energy Center of a woman also affects the process of giving birth.

- Extracted from *The Manual on PEH Level I* Compiled by Charlotte Anderson, ©2011, Page 73

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Body Organs: Large intestine, colon ...

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

Second ... Large intestine, small intestine ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

SOLAR PLEXUS ENERGY CENTER

Clinical Indications & comments: Back or Lumbar Pain, Anorexia, Stomach

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

It is very closely associated with Feelings & Emotions of various kinds.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

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

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

The Solar Plexus Chakra controls ... adrenal glands, heart, lungs ...

- Extracted from *Advanced Pranik Healing*, by Master Choa Kok Sui, ©1992, Page 24

Solar Plexus Chakra: Since this Chakra is situated at the front and the back sides, both Digestive System gets adversely affected. If this Chakra does not stay healthy. Moreover, diabetes, ulcer, jaundice, heart disease, diarrhea are also controlled by this Chakra.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by Rajnikant Upadhyay, ©2005, Page 42

... Body Organs: Diaphragm Stomach, Liver, Gall Bladder, Pancreas ...

- Extracted from *The Universal Healing Art of Jing – Qi – Shen*, by Ven. Rinchen Chodak, ©2006, Page 34

... controls the ... small intestine, blood, lymph and to a certain degree other internal organs and other parts of the body.

- Extracted from *The Rapid Healing Technique: The Tools for Transformation*, by Jerrian J. Taber, ©2004, Page 17

MENG MEIN ENERGY CENTER

This Center is located at the back side of the body - behind the Navel Energy Center at the waist – in alignment with the back of the spine.

- *Extracted from the Notes of Charlotte Anderson*

In different Traditions this Energy Center is spelled differently – for example below you may see it spelled “Ming Men”.

Ming Men is very much a point of the Governor Channel, & can be used for local & general spinal problems, & for regulating Yang & thus strengthening & clearing the brain & calming the spirit.

- Extracted from *Acupuncture Point Combinations: the Key to Clinical Success*, by Jeremy Ross, ©1995, Page 152

It is the root of original qi & the gate of the life fire. Its function is to ... boost the kidneys.

- Extracted from *Golden Needle Wang Le –Ting: A 20th Century Masters Approach to Acupuncture*, by Hui-chan Yu, Hand Fu-Ru, Shuai Xue- Zong, ©1997, Page 82

... Kidneys, Adrenal Glands, Spine, Blood pressure ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, ©1996, Page 62

The Meng Mein Chakra controls & energizes to a certain extent other internal organs

- Extracted from *Advanced Pranic Healing*, by Master Choa Kok Sui, ©1992, Page 21

SPLEEN ENERGY CENTER

Most literature mentions only the front Spleen Energy Center. Alice Bailey speaks about the Front & Back Spleen Energy Centers. Alice A. Bailey calls the Spleen Energy Center one of the 21 Minor Centers & she says:

There are two (centers) connected with the Spleen.

THESE FORM ONE CENTER in reality, but such a center is formed by **THE TWO BEING SUPERIMPOSED ONE ON THE OTHER.**

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

When the Nature's Energies are absorbed in the Spleen Energy Center, the small White Bubbles break up - into the Colors of the Rainbow in order to nurture our physical body & to provide the right qualities for our physical existence.

The second center, the splenic at the spleen is devoted to the specialization, subdivision & **DISPERSION OF THE VITALITY** ... That vitality is poured out again from it in six horizontal streams, the seventh variety being drawn into the hub of the wheel.

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

As soon as it is drawn into the vortex of the Force-center at the Spleen it is decomposed & breaks up into streams of different colors, though it does not follow exactly our divisions of the spectrum ...

... the six radiants are therefore Violet, Blue, Green, Yellow, Orange, Dark Red, while the Rose-Red atom (more properly the first, sine this original atom in which the force first appeared) passes down through the center of the vortex.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1926, Page 53

This information may also be found in the Theosophical School as

discussed by Alice Bailey.

In her book *The Esoteric Healing* she states:

The Spleen is the organ of Prana or of **PHYSICAL VITALITY** coming from the sun.

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

Remember, the Energy absorbed by the Spleen Energy Center is broken up & distributed throughout the whole body to supply the whole Energy Information Field & the Energy Centers with Life Force. As a result the physical body is filled with Bio-Energy.

Minor Chakra ... Spleen on left side just below the ribs ... collecting Prana ... general vitality ... detoxifying body ...

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

HEART ENERGY CENTER

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

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

GV 10 Ling Tái some clinical Indications & comments: coughing, asthma, back or lumbar pain ...

- Extracted from *Acupuncture Medicine: Its Historical and Clinical Background*, by Yoshiaki Omura, ©1982, Page 104

Body Organs: Heart, Circulatory system, lungs, thymus gland, immune system, breast, upper back ...

- Extracted from *The Universal Healing Art of Jing – Qi – Shen*, by Ven. Rinchen Chodak, ©2006, Page 34

Fourth ... front & back at the center of chest ...

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

Practitioners should remember to Project the Energy only to the Back Heart Energy Center - and *Not* to the front Heart Energy Center.

THROAT ENERGY CENTER

... the laryngeal ... at the throat ...

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

The Throat Centre, corresponding to the Sacral (*Sex Energy Center*) Centre.

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

Body Organs: Throat, Thyroid, Parathyroid, Neck, Vocal Cords, Mouth, Jaw, Trachea, Tonsils ...

- Extracted from *The Universal Healing Art of Jing-Qi-Shen*, by Ven. Rinchen Chodak, ©2006, Page 33

AJNA ENERGY CENTER

Research about physical injuries to the back of the head causing blindness was - because Soldiers during the Second World War - who had no injuries to their eyes - were blinded due to injuries to the Back of their Head Energy Center.

This information demonstrated a recognized - but little understood connection between the eyes & the Back Head Energy Center. The connection between the Ajna & the Eyes is clearer.

Center between the Eyes

-Extracted from *Esoteric Healing*, Alice A.

Body Organs: Brain, Hypothalamus ...

- Extracted from *The Universal Healing Art of Jing – Qi – Shen*, by Rinchen Chodak, © 2006, Page 33

Ajna Chakra (Agya Chakra) ... Treatment of Agya Chakra astonishingly infuses strength and energy in the body. It also controls diseases relating to the nose, including bad cold.

- Extracted from *Reiki (For Healthy, Happy Comfortable Life)*, by Rajnikant Upadhyay, ©2005, Page 43

... Control of Pineal Gland, Hypophysis (Pituitary Gland), controls Endocrine system, Sinuses, Eyes & Ears ...

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

The Ajna Chakra is the Command Center ...

- Extracted from *Seekers of the Healing Energy, Reich, Cayce, the Kabunas, and Other Masters*, by Mary Coddington, ©1978, Page 132

The Sanskrit word for this energy center is ajna, which means “command and control”. The more ordinary levels of reality, symbolized by the root, belly, solar plexus, heart, and throat chakras are controlled by and receive commands from the “third eye”. Although generally associated with the pineal gland, this function of “command and control” is further stressed by the close connection between this energy center and the pituitary gland which also governs the endocrine system, which is also the physiological counterpart of the other chakras.

- Extracted from *Abundance Through Reiki*, by Paula Horan, ©1997, Page 100

FOREHEAD ENERGY CENTER

In the writing of Atreya the Forehead Energy Center is called a Minor Energy Center ...

Forehead ... Nervous System, Endocrine System ...

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

The Forehead Chakra is often referred to as the Third Eye, the Forehead Center, the Center of wisdom ...

- Extracted from *A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace*, by Kalasharta Govinda, ©2004, Page 34

CROWN ENERGY CENTER

The Crown Chakra – Pineal Gland ...

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

The Crown Center ... is related to the person's connection to his Spirituality & the integration of his whole being, Physical, Emotional, Mental & Spiritual.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 79

On Top of the head: control of the Brain ...

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

USE OF SMALLER ENERGY CENTERS

You should be able to feel the heat building up **IN THE PALM OF YOUR HAND**; remember, **THERE IS A SUB-CHAKRA THERE**.

- Extracted from *The Essence of Tantric Sexuality*, by Mark A. Michaels, ©2006, Page 158

Many Esoteric Authors have already discussed numerous Minor Energy Centers.

Both Barbara Brennan and Alice A. Bailey discuss the **MINOR ENERGY CENTERS**. Alice Bailey – described these smaller Energy Centers and made the following observations- in her book *Esoteric Healing* published in 1953.

She describes the location of **21 MINOR CENTERS** like this:

... can be located at the following points:

1. There are two of them in front of the ears, close to where the jaw bones are connected.
2. There are two of them just above the two breasts.
3. There is one where the breast bones meet, close to the thyroid gland.
4. There are two, one each in the palms of the hands.
5. There are two, one each in the soles of the feet.
6. There are two, just behind the eyes.
7. There are two also connected with the gonads.
8. There is one close to the liver.
9. There is one connected with the stomach; it is related, therefore, to the Solar Plexus, but is not identical with it.
10. There are two connected with the spleen.
11. There are two – one at the back of each knee ...

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

According to what this compiler's Life Partner, Maha Atma Choa Kok Sui told her - He described "a stepping down" of the Energy Centers to "mini or sub-chakras" – which has likewise been mentioned by other authors.

... (the) Minor Energy Center ... acts as a “minor” or “sub”chakra” ...

- Extracted from *A Sparkling Aura – a Sparkling Guide to Ethereal Crystals and Gemstones, Chakras, Aura Cleansing, and Your Spirit Guides*, by Scott Marmorstein, ©2006, Page 123

THE SMALLER ENERGY CENTERS BELOW THE NAVEL

According to this compiler’s Life Partner Maha Atma Choa Kok Sui 1 1/2 inches or (3.8 centimeters) below the Navel Energy Center & 1 1/2 inches inside there are three small Energy Centers & he called this area *The Instinct for Knowing*.

According to Chinese Medicine these are called “Tan T’ien” or “Dan Tian”. In Arabic this area is called Kath & in Japanese “Hara” (which means belly). This area is known as the “Center of Gravity” in the body.

- More Information can be found: Ian Kerr
on www.meditation-all-you-need.com, ©2007

In Tai Chi the aim is to center & store the Energy in the Tan Tien (located about two inches below the navel)

- Extracted from *Tai Chi: The Supreme Ultimate*, by Lawrence Falante, ©1981, Page 49

THERE IS A BACK HEAD ENERGY CENTER

By Projecting Energy to the Back Head Minor Energy Center, the Brain can be Revitalized ... along with the Eyes, the Ears, the Pineal & the Pituitary Glands & the Mouth.

- *Extracted from the Notes of Charlotte Anderson*

There is another wheel at **THE BACK OF THE HEAD** which suggests that it is the figure of a Chakra ...

-Extracted from *Cultural Contours of India*, by
Dr. Satya Prakash, ©1981, Page 212

FEELING THE ENERGY IN LEVEL II

Practitioners should *never* use information received to judge, categorize, or to criticize other people.

Nor should a Practitioner discuss findings obtained - through the Feeling of the Energies of their clients Energy Centers.

However in some rare cases, when a disturbing discovery is uncovered the Practitioner may Feel the need to discuss the matter.

Should this happen it is recommended that the Practitioners privately discuss this with the Training Instructor.

Energy Centers or Chakras are sometimes described as whirling vortices of Energy that resemble a “Wheel” – the actual meaning of the Sanskrit term Chakra.

It is widely recognized that these Energy Centers have different Areas. The shape of an Energy Center resembles a cone or a “bell” - with an opening at the front – which like a flower’s petals may be separated into Individual Areas. The front is generally wide and open like a flower – and tapers back to a pointed end – which may be called the “Root”.

The Chakra has two parts ... a cone to the front and a cone to the back of your body.

- Extracted from *Fishing for Your Truth*, by Irene Steenhagen, ©2005, Page 131

... the Root of the Chakra ...

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

As the Practitioner's hands become more sensitive they can distinguish between qualities of Energies i.e. strong Energy, weak Energy, painful Energy, itchy Energy & other qualities &/or kinds of Energies.

A Practitioner can also Feel if the person has high Energy or low Energy.

“... **FEEL** ... his aura by holding your hand palms down about one foot above from him.

FEEL FOR SENSATIONS OF HEAT, FULLNESS, OR TINGLING.

When you sense or feel the aura, start to move your hands over the entire Aura in order to **COMPARE TEMPERATURES, SENSATIONS, FEELINGS, AND IMAGES THAT COME TO YOUR OWN MIND.**”

- Modified & Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 44

In some cases it may even be necessary for a Practitioner to **ASSESS** the condition of a Client ... when a Client is unable to speak for themselves or maybe unable to understand what has happened to them.

METHOD 1:

Stand in front of the Client.

When Feeling the size of an Energy Center, Practitioners should slowly move their hand towards the Energy Center - while mentally forming an Intention to Feel the outside edge of the Energy Center - in order to determine the size of the Center or to Increase its size.

WHEN “FEELING” ENERGY, THE PRACTITIONER’S HANDS SHOULD REMAIN FLEXIBLE.

When Feeling the Energy of Larger Centers - the entire hand including the palm should be used.

When Feeling the Energy of Smaller Energy Centers (for example: the Eyes or the Nipple Energy Centers or other Small Energy Centers) - one to two fingers may be used, in order to more gently & accurately Feel the Size & the Condition of the Energy Center being examined.

When an Energy Center has an “Enlarged” or “Increased Size” - from its normal size (when compared to the other Energy Centers) - it is an Indication of an Imbalance of the system of the Individual.

Therefore, **CONGESTION OR CONTRACTION** of the (*Energy*) center or **ENLARGEMENT, AS COMPARED WITH THE OTHER CENTER**, will tend to cause disturbances in the associated organs of the body.

- Modified & Extracted from *Synthesis in Healing*, by Judy Jacka, ©2003, Page 35

In the case of a Center of a “Reduced Size”, the physical body may Feel exhausted - due to the lack of Energy.

(*It is possible for a*) ... chakra to become **UNDER-STIMULATED OR OVER-STIMULATED**.

- Extracted from *Acupuncture and the Charka Energy System: Treating the Cause of Disease*, by John R. Cross, ©2008, Page 143

When using both hands to Feel the Energy of an Energy Center, it is noted that the Practitioner frequently forces the Energy Center being assessed – to be the size that the Practitioner *thinks it should be* - instead of the size that the Center actually is ... *This can cause a serious error in determining the size of the Energy Center.*

Therefore – “Slapping” at or “Hitting” the Edges of the Energy of an Energy Center should be strongly discouraged.

A wiser approach recommends that the Practitioner Feel the size of an Energy Center with one hand -- bringing the hand in slowly -- until it is possible to “Feel the EDGE of the Energy”. Then Assess the Energy Center from the opposite side with the same or the other hand – using the same procedure.

METHOD 2:

A more comprehensive assessment of the condition of the Energy Center is possible when the Practitioner **LOOKS AT THE AREA** they are Feeling or Scanning – when they are Assessing the Energy of the Center.

Imagine that as you look into it you are looking directly into the bell of a flower.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, © 1978, Page 124

It is advisable for the Practitioner to learn to Separate the Energy Center into four Individual Areas ... just like a pie ...

Now go into the Middle Area of the Energy Center – and then go to the Root of the Energy Center.

The Practitioner should Feel each Individual Area of the Energy Center - gently & slowly - Feeling for the Energy with the Tip or Tips of their Long Energy Fingers - in order to determine the Quality of the Energy in each Specific Areas.

It has been noted ... that when a person takes a long time to Recover – it may be because the Practitioner has not cleaned the Root of the Energy Center thoroughly enough.

Such an outcome may also occur if the Client has a Severe Karmic

Condition – which is resistant to correction through Energy Treatment.

- *Extracted from the Notes of Charlotte Anderson*

GENERAL KNOWLEDGE ABOUT ENERGY

The ancient Egyptians believed the sun was a source of Energy & Healing, & they subscribed to the notion that emotional dispositions are associated with Colors.

The Babylonians, as well as Romans, indulged in sunbathing, & the Persians found reason to practice some form of Light & Color Therapy.

Celsius saw healing values in Color & the Greek physician Galen speculated about the role of Color in connection with physical changes in the body. The Arabian Avicenna, who could not disallow things mystical, studied diseases & treatments with an eye to Color.

At the end of the middle Ages, the Swiss physician & alchemist Paracelsus appeared on the medical scene. He prescribed Gold in solution for his patients for a variety of ailments. He believed diseases & illness were the result of imbalances ...

- Extracted from *Edgar Cayce On the Power of Color, Stones and Crystals*, by Dan Campbell under the Editorship of Charles Thomas Cayce, ©1989, Page 74

The ability of our Energy Centers to Absorb, Digest & Utilize Vital Life Energy is essential to our Well-Being - Physically, Emotionally, Mentally & Spiritually.

Earth Energy is absorbed through the small Energy Centers located in the Soles of our Feet as well as through the Basic Energy Center of the body.

In the Chinese Tradition **THE HAND & SOLE MINOR ENERGY CENTERS** are described like this: The Minor Chakra in the palm of the hands correspond to the Chinese acupuncture “laogong points” & are responsible for sending healing Energy to the Client. The Hand Chakras are

also important for Energy-Scanning of the Client. The Minor Chakra in the feet corresponds to the Chinese acupuncture “yongquan points” (bubbling springs) & they are responsible for drawing healing Qi from the earth.

- Extracted from *The Universal Healing Art of Jing – Qi – Shen*, by Ven. Rinchen Chodak, ©2006, Page 31

Vital Life Energy from the Air is absorbed predominantly through the Spleen Energy Center & to a lesser degree into all the Energy Centers of the body.

When a Client inhales clean Air - the air or oxygen Invigorates the Vitality in the Physical Body - which allows the penetration of the Vital Life Force in the Air - to enter the Energy System to a deeper degree.

Directly absorbing Energy from the Sun is considered to be a more Advanced Technique that should be practiced only after thorough Instruction. This is a Practice that should be undertaken only with the greatest of care - in order to avoid damage to the eyes or to the physical body. When improperly done it also may contribute to the acceleration of certain conditions and may even cause damage to the Practitioner.

In 2497-2398 B.C. the “Yellow Emperor” is said to have originally used “The Three Treasures” - to explain the “Essential Forces” or “Energies” that sustain human life.

In the Chinese tradition the Three Treasures or Three Jewels are known as “Jing, Qi & Shen” These terms are commonly used in Taoism in relation to the processes that govern both Spiritual & Physical Health.

The Yellow Emperor was one of the first to discuss Colored Energy Therapy. More information about the Colored Energies located within our Energy Information Field - was later revealed by “Chromo Therapists” – in the 1800’s. .

Edwin D. Babbitt (1828–1905) was one of the most influential American pioneers & writers in the field of Color Research & Color Treatments.

Babbitt advocated changes in the past system of therapeutics by replacing the crude drugs - that he considered relics of barbarism and which were still prevalently used in his time – with the pure elements of nature.

Judging by the record of Successful Treatments achieved through Chromo Therapy*, Colored water, Sunshine & Air is evidenced in the many case histories recorded in his book. In using Colored Energies – his Techniques were very effective.

* *“Chromotherapy - A Practical Manual for Spectri-Chrome Therapy*, by Dr. George Dangel ©2005

QUALITIES OF COLOR ENERGIES

The Qualities of Colored Energies have been discussed by multiple authors for thousands of years. Certain Qualities of Colored Energies can be used for Treatments & some may also be used for other purposes.

In the Chinese Tradition, it has been noted that Softer Colored Energies - or Pale or “Pastel” Energies may frequently produce a Powerful Effect. It has been noted that these Soft Colors are often more easily absorbed by the Client, and appear to be more readily assimilated into the Client’s system.

For instance, we are taught to first send the **PASTEL EQUIVALENT OF THE COLOR**, & then **VARYING THE COLOR SHADE AS NEEDED**.

- Extracted from *Jing – Qi - Shen*, by Rinchen ven Chodak, ©2006, Page 75

The ability of a Practitioner to combine Luminescent White Energy together with a Color will affect the ability of a Practitioner to use a Color as directed through specific applications of these Energies.

A vast amount of information is available on the topic of Colored Energy. The following small list includes some preliminary information regarding Colored Energies from the viewpoint of multiple Authors.

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Red	<i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , ©1989	Dan Campbell	Vitality It promotes Circulation
Pale Red	<i>The Universal Healing Art of Jing-Qi-Shen</i> , ©2006	Ven. Rinchen Chodak	Stimulating, Strengthening Warming, Circulatory System Sexuality
Pale Red	<i>Principles of Light & Color</i> , ©1878	Edwin D. Babbitt	Stimulating to the Blood
Pale Red	<i>Color Cure</i> , ©1901	A. Osborne Eave	Used by Lack of Vitality In cold weather
Pale Red	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Dilating Cellular Repair
Pale Red	<i>Hands of Light</i> , ©1987	Barbara Brennan	Warming
Pale Red	<i>Color Your World</i> , ©1977	Frank Don	It has an Vitalizing Effect on our Bodies Can be successfully employed for those times when we feel totally Run Down Being an Expansive Energy

Do not use red for ... hypertension, inflammatory conditions, heart disease ...

- *The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles*, D.J. Conway, ©2000, Page 368

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Orange	<i>Edgar Cayce on the Power of Color, Stones and Crystals</i> , ©1989	Dan Campbell	Expansive Assisting Assimilation Relieve repression
Pale Orange	<i>Color Healing Chromotherapy</i> , ©1996	Compiled by Health Research	... suited to the lower part of the body ... they should not rest over the heart
Pale	<i>Advanced Pranic</i>	Master Choa	Eliminative

Orange	<i>Healing</i> , ©1992	Kok Sui	Decongesting “Loosens” Diseased Energy Extracting
Pale Orange	<i>Edgar Cayce on the Power of Color, Stones, and Crystals</i> , ©1989	Dan Campbell	Is Expansive Assisting in the Assimilation It is used to Relieve Repression
Pale Orange	<i>Vibrational Healing: Revealing the Essence of Nature Through Aromatherapy</i> , ©2000	Deborah Eidson	Expelling Purifies
Pale Orange	<i>Color Medicine</i> , ©1992	Charles Klotsche	Released the Energy trapped or blocked within organs
Pale Orange	<i>Healing Chakra: Light to Awaken My Soul</i> , ©2005	Ilchi Lee	Melting away pain

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Yellow	<i>Hands of Light</i> , ©1987	Barbara Ann Brennan	Charging
Pale Yellow	<i>Principles of Light & Color</i> , ©1878	Edwin D. Babbitt	Stimulus of the Nerves
Pale Yellow	<i>Advanced Pranic Healing</i> , ©1992	Master Choa Kok Sui	Cementing Assimilating, Multiplying, & Growing Initiating or Starting Necessary for Strong & Healthy Tissue, Organs, & Bones
Pale Yellow	<i>Color Your World</i> , ©1977	Frank Don	Yellow Awakens and Stimulates the Mental Faculties

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Green	<i>Color Healing Chromotherapy</i> , ©1980	Corine Helene	Relieves Hay Fever, Malaria, Jaundice, Typhoid, Liver Ailments Blood Purifying Purifying of Pollution

			Decomposition
Pale Green	<i>Hands of Light,</i> ©1987	Barbara Ann Brennan	General Healing Balancing
Pale Green	<i>Advanced Pranic Healing,</i> ©1992	Master Choa Kok Sui	Cleansing Breaking down Decongesting, Loosening of Diseased Bio-Plasmic Matter Destruction or Breaking down of Dead & Diseased Cells
Pale Green	<i>Color Your Way,</i> ©1977	Frank Don	Relaxing and Refreshing Can soothe Tension in the Muscles and Nerves It does not Inflammate or Aggravate but Quiets and Refreshers
Pale Green	<i>The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles,</i> ©2000	D.J. Conway	Disinfects Detoxify Dissolves

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Blue	<i>The Universal Healing Art of Jing-Qi-Shen,</i> ©2006	Ven. Rinchen Chodak	Cooling, Calming Cleansing, Restructuring
Pale Blue	<i>Principles of Light & Color,</i> ©1878	Edwin D. Babbitt, ©1878	Soothing Electrical Is refined Color Anti-inflammatory (also Violet) Induce Sleep Relieved & Helps Move Pain
Pale Blue	<i>Advanced Pranic Healing,</i> ©1992	Master Choa Kok Sui	Contracting Increases Pliability or Flexibility Facilitates Blood Clotting
Pale Blue Pale Blue (Continued)	<i>Color Healing Chromotherapy,</i> ©1901	A.Osborne Eaves	Applied to all Conditions of the System where there is Inflammation (except Cold Type) Inward Bleeding

			Nervous Conditions Cooling, Sedative Astringent & General Healing
Pale Blue	<i>The Forbidden Gift,</i> ©2004	Anttarr Vanzerr	Inhibiting effect
Pale Blue	<i>The Big Little Book of Magick: A Wiccan's Guide to Altars, Candles,</i> ©2000	D.J. Conway	Localizing Limiting Sedative qualities Used for burns, itching, painful skin abrasions, apoplexy, biliousness, cataracts, glaucoma, diarrhea, fever, eye inflammation ...

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Violet Pale Violet (Continued)	<i>Edgar Cayce on the Power of Color, Stones & Crystals</i>	Dan Campbell	Activate Healing of Brain Damage, Stimulating to the Nervous System Relieving Neuroses Relieves Inflammation Nerves & Eye Injuries
Pale Violet	<i>Advanced Pranic Healing,</i> ©1992	Master Choa Kok Sui	Contains the Qualities of all the other Five Pranas. Has an “Amplifying” or “Multiplier” Effect on the Qualities of the other Color Pranas, when ... Projected Simultaneously with another Color Prana ...
Pale Violet	<i>Hands of Light</i>	Barbara Ann Brennan	Healing Purging field
Pale Violet	<i>Edgar Cayce on the Power of Color, Stones, and Crystals,</i> ©1989	Dan Campbell	Regeneration, Stimulating to the Nervous System Helping to Activate Healing of Brain Damage Relieving Neuroses, as well as Inflammation of Nerves and Eyes Injuries

COLOR	BOOK NAME	AUTHOR	PROPERTY
Pale Pink	<i>The Universal Healing Art of Jing-Qi-Shen</i> , ©2006	Ven. Rinchen Chodak	Soothing, Nurturing Used for the Immune System, Thymus Gland & Helping to Soothe Emotional Disturbances

*For further information about any of the foregoing topics on applications of Colored Energies, please read the noted authors directly.

It should be noted that some authors also use combinations of Colored Energies with great effectiveness. For example, Babbitt states:

A general threefold Division of the Secondary's may be made as follows:
Red-Orange, Yellow-Orange, Yellow-Green, Blue-Green, Blue-Purple

- Extracted from *The Principles of Light and Color*,
by Edwin D. Babbitt, © 1878, Page 3

Pale Violet Energy can be combined with Pale Green & Pale Blue Energy but it should not be combined with other Colored Energies.

Babbitt also recognized that every Color works according to the axiom that
... **COLOR OF A FINER GRADE HAS A MORE SOFTER & PENETRATING POWER - THAN A COLOR OF A COARSER GRADE.**

EXERCISE CARE WHEN USING COLORED ENERGY

In the case of severe abdominal pain consult a medical doctor ... if after Cleansing for a very short time – relief is not produced. It is the responsibility of the Practitioner to guide the Client to go immediately to a hospital without delay.

The use of White Energy together with Colored Energies is generally safe.

But, certain Energies should not be used simultaneously.

If a Practitioner does not know what Color to use - they are advised to use Luminescent White Energy – which is generally very safe.

The Projection of strong Colors - such as Red or Orange can actually cause a weakening effect to a Client – particularly if the Client is already in an unstable condition. Worse, Incorrect Projection of Energy may even aggravate the Patient's condition.

Certain Areas of the body & certain organs are considered to be more Fragile or Sensitive than other Areas. It is recommended that Projecting strong Colors to the head - including the Eyes, the Heart & the Spleen be completely avoided.

Practitioners should remember that - Strong Colors should never be used during pregnancy or in cases of abdominal pain.

- *Extracted from the Notes of Charlotte Anderson*

In general it is recognized that Energies of Darker Colors in some cases tend to be Destructive in nature – and therefore they are generally not utilized during Treatments.

The red ray can be injurious when there is already too much red, or when there is an inflammatory condition.

- Extracted from *Color Personality*, by Audrey Kargere, ©1979, Page 101

It is recommended that a Practitioner learn to Project Colors *gently* so that the Energy may be more easily Utilized or “Absorbed” by a Client. Therefore, Practitioner's should Practice regularly in order to develop and refine their ability to Project Specific Shades of the various Colored Energies.

When a Practitioner touches their Heart with the pads of their fingers - the

Energy of the Color being Projected- will become less strong. When this softer quality of Energy is received - then the client will more rapidly be able to Absorb the Life Energy that has been transferred them.

There is vital life-force of the ethers which is called prana.

THIS FORCE CAN BE CONSCIOUSLY DRAWN IN, ABSORBED and USED TO CHARGE THE BODY WITH LIFE-FORCE.

- Extracted from *Health Hints for Four Fold Health*, by Frank Homer and Harietta Augusta Curtiss, ©1936, Page 19

Practitioners should remember - between producing the various shades of Colored Energies – to FLICK or shake the Projecting Hand – in order to remove or release the last shade of Color Projected.

This Technique has also used in many Traditions.

Some Healers perform little rituals such as FLICKING THEIR FINGERS to wash away or discharge the patient's Energy ... for the healer to be safe ...

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

PROJECTION OF COLORED ENERGIES

During treatment let the Prana pour into the patient in one continuous stream, allowing **YOURSELF TO BE MERELY THE PUMPING MACHINERY CONNECTING THE PATIENT WITH THE UNIVERSAL SUPPLY OF PRANA, & ALLOWING IT TO FLOW FREELY THROUGH YOU.**

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

Colors are widely recognized to be connected to the functions of the different Energy Centers. Therefore through a Practitioner Projecting a

Specific Color – an Energy Center may be more rapidly Balanced and Harmonized.

Colored Energies are also have been noted to be highly therapeutic in producing a beneficial effect on a multitude of physical and emotional conditions.

Projecting Colored Energy is easy.

Simply envision a tube of Pale Energy coming out of your Palm Energy Center. Project this Energy to the floor, onto the Palm of your opposite Hand or into a basin of water and salt.

Then add Pale Colored Energy to the outer edge of the tube.

Simply Practice Projecting a Tube of Energy onto the floor or into the Palm of your Hand - until you are able to Regulate the shade of the Color being Projected.

- Modified & Extracted from the Notes of Charlotte Anderson

Using Colors to heal others is highly effective. Simply imagine the Color of your choice flowing through your hands into your friend's body &/or Chakras & Aura.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 75

When learning to use Colored Energies - a Practitioner only needs to form an Intention to Produce the appropriate Color.

... Visualize Orange Colored Light flowing from your hands... Color Visualizations vary with the strength of the Energy you transmit.

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 46

Then the Practitioner should focus on the Energy Center that contains the required Color – in order to produce the Hue of the Color desired.

Automatically the Energy that the Practitioner wishes to utilize – will rapidly begin to flow - due to the Mental Image they have produced.

In multiple Traditions including that of Barbara Brennan - Red is connected with the Root Energy Center,

... Chakra 1-Base. Color = Red

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 5

Charles W. Leadbeater describes the Root Energy Center by saying,

... this Chakra is fiery Orange-Red in Color ...

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

Practitioners should note that Charles W. Leadbeater stated that Pale Blue or Pale Green Energies predominate - alternately in the sections of Throat Energy Center.

The Throat Chakra: Blue & Green predominate alternately in its sections.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 13

The Crown Energy Center is a source for the Vibrations of Pale Violet Energy, Golden Energy & Brilliant Electric Violet Energy and Luminescent and Brilliant White Energies.

Chakra: 7 – Crown. Color: Violet-White

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 48

The Crown Charka seems to contain all sorts of prismatic hues, but is on the whole predominantly Violet.

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 15

The ultra-Violet tints denote the higher & purer developments. ... Occult advancement proclaims itself not only by these Colors, but also by the greater luminosity of the various bodies, & by their increased size & more definite outline.

- Extracted from *Man-Visible and Invisible*, by Charles W. Leadbeater, ©1902, Page 70

Feel a deep love pouring into you. Regard it as substantial Light, which you can & will manipulate. Then it is sent out as a stream of radiant Light ... direct it through ... your Hands to the patient ...

- Extracted from *Esoteric Healing*, Alice Bailey, ©1953, Page 104

REMOVING ENERGY CORDS BETWEEN PEOPLE

Sucking Energy from those around in order to fill the person's own field ... one can Feel this form of sucking ... that is exhausting to the recipient ... these people love to be around others in some form of socializing ...

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 75

The negative effects of having an “Impermissible” Energy Connection - between two or more individuals - requires considerable understanding. These Energy Connections drain the Energy of the person.

These Energy Cords may cause weakness, headache, spine problems, inflexibility, depression & other conditions such as “Feeling” the exact condition of a Client within the Practitioner's body as well as a multitude of other unwanted effects.

Generally Energy Connections from Children, from parents or one's spouse are okay. Therefore, they are “Permissible” in most cases.

However, sometimes total strangers or friends will “Connect” to our Energy for various reasons.

This is not considered to be “Allowable” & these Connections should be “Cut or Removed” from our Energy Systems – so that they will not begin to drain or affect the normal level and/or quality of our Energy.

EXERCISE ON THE REMOVAL OF ENERGY CORDS

1. Form the Intention to Feel or Scan the Improper Energy Cords
2. Raise your hand close to the body & Feel for Connections - using a horizontal motion of the hand - from the head down to the feet of the Client.
3. Continue to move your hand downward – Feeling for All Cords or Energy Connections.
4. First you Feel the Cord. Then gather the Cord or Cords together with your hand ... Take your time!
5. ... Then “clip” next to the body & “clip” away from the body
6. Now, CUT the connection – between the Clips - making a strong “Cutting” downward motion with your other hand
7. Throw the Removed portion of the Connection - to the closest church or temple
8. Now, Reach into the “Root” of the Energy Center with your long Energy Fingers and Gently pull out the Root.
9. This may entail either of several procedures – when the Cord is deeply embedded or deeply attached.
(In some instances the Practitioner may use a “Zig-Zag” Motion when extracting the Energy Cord.
In another instance – the Practitioner may use the Spaghetti Approach - pulling and pulling the long rubbery Energy Cord – out, out, out --- Pulling and pulling it like on a very long string or strand of Spaghetti.)
10. Then the Practitioner may throw the “Root” of this Energy Connection to the closest church or temple.
11. Now, it is time to Treat the Etheric Wound with Golden Energy.

Simply Project Golden Energy so as to “Seal” the damaged area – so that the Energy Cord may not reconnect to the Client.

- *Extracted from the Notes of Charlotte Anderson*

ALWAYS FILL UP A SPACE - WHICH YOU HAVE CLEANED OUT BY ADDING CLEAN ENERGY (*Vital Life Force*).

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

... Fill the hole left (☺) *Seal It Off* ...

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

UNDERSTANDING THE MOVEMENT OF THE ENERGY CENTERS ACCELERATES THE CLEANSING & PROJECTING OF ENERGIES

... Visualize ... Energy flowing gently from your hands & washing over your friend's entire body. Smooth out his Aura by running your hands over its edges from head to feet.

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 47

In Level II General Cleansing is done with the same White Energy used in Level I. Acceleration of Deeper Advanced Cleansing occurs when a Practitioner adds various other Colored Energies to the outside of the White Energy that they are Projecting. The Color added depends on the Treatment being given.

Each chakra is like the petals of a lotus flower. Its **VORTICES ROTATE ALTERNATELY IN CLOCKWISE AND ANTICLOCKWISE DIRECTION.**

- Extracted from *Your Window to Silence and Peace: Gems of Yogic Meditation*, by S. K. Babooa Phd, ©2012, Page 33

It is essential for Practitioners to have a little bit of knowledge about the Movement of the Energy Centers. This understanding will allow the Practitioner to consciously perform the following more Advanced Energy Cleansing Technique – with great effectiveness.

... **THE CHAKRAS ARE CONSTANTLY MOVING, SPINNING** ... (*& are frequently are*) linked to ... a wheel (*due to their turning or spinning movement*).

- Modified & Extracted from *Auras, Chakras, and Energy Fields*, by Sylvia Lavey, ©2007, Page 8, Emphasis by this Compiler

USING THE HAND-ROTARY CLEANSING TECHNIQUE

The ancient Hand-Rotary Technique is one of the most rapid methods for Cleansing and Projecting Subtle Energies and has been used under different names in various schools.

Yogi Ramacharaka in 1906, advised Practitioners to use what he called the “Rotary Presentation” Technique

... **ROTARY PRESENTATION CONSISTS IN HOLDING THE HANDS FOR A MOMENT OR TWO, & THEN BEGINNING A ROTARY MOVEMENT OF THE HAND** (at the distance of six inches) from left to right, in the same direction as the hands of a watch.

- Extracted from *Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 57

Practitioners should note that the Hand-Rotary Cleansing Technique strongly removes Unwanted Energies from the Energy Centers.

This Technique may also be used to Remove Unwanted Energies either from a Bodily Part or from a Specific Area of the Body.

This Technique is very effective because when:

**WHEN THE CHAKRA SPINS COUNTERCLOCKWISE, THE ENERGIES
THE CURRENT IS FLOWING OUTWARD FROM THE BODY ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 71

When a Practitioner uses the Hand-Rotary Cleansing Technique – the motion of the Direction of the Energy Directed into the Energy Center moves in synchronization - with the Natural Movement of the Energy Center - drawing the Energy out of the Energy Center.

This assists the Energy Center to Expel old used-up, unwanted and/or diseased Energies from the deep within the various areas of the Energy Center.

It is this Counter-Clockwise (*or Anti-Clockwise*) Motion of the Energy Center – that facilitates the Release of the Projected Energy from the Energy Center. This allows a more Rapidly Outward Flow of Energy from the Center.

The Practitioner should always remember that the direction for the Hand-Rotary Cleansing Technique - should always be in a Counter-Clockwise (*or Anti-Clockwise*) direction – which means the Rotation in Cleansing will **ALWAYS BE DIRECTED TO YOUR LEFT.**

It is recommended that “Counter Clockwise (*or Anti-Clockwise*) Cleansing” be done 50 – 100 times - in sets of 3-7 Rotations per set.

Always **CLEANSE THE CHAKRAS IN A COUNTER CLOCKWISE MOTION.**

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

USING THE HAND-ROTATION PROJECTION TECHNIQUE

Our hands can be used in various ways to Project Positive Qualities of Energy - to a Client.

A CLOCKWISE SPIN DRAWS ENERGY from the Universal Energy Field **INTO THE CHAKRA ...**

- Extracted from *Hands of Light*, by Barbara Ann Brennan,
©1987, Page 71

It is this Clockwise Motion of the Energy Center – that facilitates the Absorbing of Projected Energy into an Energy Center because– the Energy itself – which emanates from using the Hand-Rotary Projection Technique - is **SENDING ENERGY INTO** the Normal Movement of the Energy Center. This assists the Energy Center to Receive the needed Energy and to more easily Absorb the Projected Energy.

Practitioners should remember when Projecting Energy - that the direction for the Hand-Rotary Projection Technique - **IS ALWAYS DIRECTED TO YOUR RIGHT.**

Practitioners should note that the Hand-Rotary Technique not only strongly affects Energy Centers but may also be used to Project Energies to a Body Part or Specific Area of the Body.

Remember the only chakra that should not be energized (*from the front*) is the front heart chakra.

This means **YOU CAN ENERGIZE THE BACK HEART CHAKRA ...**

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

NORMALIZING THE SIZE OF AN ENERGY CENTER THROUGH INCREASING OR DECREASING IT

Practitioners should Re-Check the Size of a Treated Energy Center because sometimes it is still necessary to Increase the Size of the Energy Center - even after treating it.

If a certain Energy Center is weakened for a long period of time, **INCREASING** or **NORMALIZING** it is necessary.

I generally come upon **CONGESTION, OR DEPLETION**, in the energy fields. I mean, some chakras are **UNDER-ACTIVATED**, and some are **OVER-ACTIVATED**. Some chakras are **SHRUNKEN OR CAVED IN**.

- Extracted from *New Age Thinking: A Psychoanalytic Critique*, by Mel D. Faber, ©1996, Page 291

This can easily be accomplished through the Projection of Pale Violet Energy to the more Sensitive Energy Centers or Pale Red Energy to the lower Energy Centers.

Sometimes **DECREASING THE SIZE** of an Energy Center is necessary.

How may a Practitioner Decrease the Energy? ...

Project Pale Blue Energy to the Center or area where it is required.

Then mentally “Instruct” the Energy Center to become smaller – in order to reduce it to its “Normal Size”.

LIMITING THE EFFECT OF THE ENERGY ON A PARTICULAR AREA

When the spread of Energy needs to be restricted – in order for a client to be able to receive the full benefit of the Projected Energy throughout their Energy System – it is necessary to Contain or Limit the Projected Energy - to the area where it was Projected.

- *Extracted from the Notes of Charlotte Anderson*

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

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

If discomfort moves from one place to another place in the client's body - this means the dirty Energy has moved. The Practitioner then needs to Confine the Movement of the Energy – & continue the Treatment.

- *Extracted from the Notes of Charlotte Anderson*

After Removing the dirty, used up Energy, and Projecting Colored Energies - a Practitioner then Projects a small amount of Pale Blue Energy to the Treated Area. Then mentally instruct this Energy to **FREEZE** – Say, **DO NOT MOVE!**

This Technique may be used before either Cleansing or when Projecting Energy.

USING BRILLIANT ELECTRIC VIOLET ENERGY

The color at right, **ELECTRIC VIOLET**, is the closest approximation to middle spectrum violet that can be made on a computer screen, given the limitations of the RGB color gamut. It is an approximation of the color violet at about 400 nanometers as plotted on the CIE chromaticity diagram. Other names for this color are middle violet or simply violet.

- Extracted from www.wikipedia.org

Brilliant Electric Violet Energy is considered to be Divine Energy.

Imagine and feel a softball-sized white or **ELECTRIC-VIOLET ENERGY** ball forming over your fingertips. **THE COLOR ELECTRIC VIOLET HAS A HIGH VIBRATIONAL RATE, AND USING IT RAISES THE VIBRATIONAL LEVEL OR WHATEVER IT TOUCHES.**

- Extracted from Practical Psychic Self Defense Handbook, by Robert Bruce, ©2011, Page 74

The Quality of Brilliant Electric Violet Energy is that it may automatically change to Golden Energy & eventually into Pale Red Energy.
Practitioners should not Project Brilliant Electric Violet Energy together - with any of the other Color Energies.

... Visualize a Clean, clear, Light Golden Energy flowing gently from your hands & washing over your friend's entire body. Smooth out his Aura by running your hands over its edges from head to feet.

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 47

ABOUT SPIRITUAL & DIVINE HEALING

... **ALL SPIRITUAL HEALING IS FROM** (*the Divine*) **SOURCE** ...

- Modified & Extracted from *The Miracles of Jesus Christ: Explained According to Their Spiritual Meaning*, by John Clowes, ©1817, Page 246

SPIRITUAL HEALING

Spiritual Healing has been done for Centuries in various Traditions.
“Spiritual Healing” was discussed by Yogi Ramacharaka in 1903-1909.

According to Yogi Ramacharaka ... **SPIRITUAL HEALING** is marked by the immediate & perfect Healing of the patient, & the restoration of absolutely normal physical conditions, the patient being transformed, physically, into a condition resembling that of a robust, perfectly healthy, strong, vigorous child, without a blemish, pain, particle of in harmony, or symptom of any kind.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 152

Divine Healing occurs when a Client receives Energy as the result of a Practitioner's Intention expressed through Praying - while Focusing their attention on their Crown Energy Center. This simple Technique allows the Energy to flow through the Projecting Hand of the Practitioner to a Client, Object, Place or Situation.

DIVINE HEALING IS A SPIRITUAL HEALING TECHNIQUE AND ENERGY THERAPY ... It can feel amazing, whilst raising your vibration and bring(s) new solutions to old problems ...

- Extracted from <http://www.alanafairchild.com/healing/divine-healing/> on Dec 02-2012

What you Think is very important.

A Practitioner should Mentally say - "We are one."

Do not use the term, "I".

Think in terms of Group Work or of Team Work.

A Practitioner should function together as a group - with the Spiritual Teacher, Healing Angels, Healing Ministers, & all the Great, Great Ones.

When you say "I" you isolate yourself from these Invisible Healers.

USING SPIRITUAL HEALING WITH COLORED ENERGY

This Treatment is excellent for Treating oneself.

1. Complete the Energy Circuit.
2. Begin with Invocation.
3. Visualize your whole body filled with Energy.
4. Create an Egg of Violet Energy ... Then walk inside.
5. Visualize your whole body surrounded by the egg-shaped area of Pale Violet Energy and Say,

*To the Supreme God,
To Lord Mahaguruji Mei Ling,
To my Beloved Spiritual Teacher Maha Atma Choa Kok Sui,
& the Entire Spiritual Hierarchy
Thank You For Your Divine Guidance, Help & Protection.
Thank You for filling me with Your Divine Light.*

Affirm, *“I am filled with Violet Energy.
My Energy Information Field has turned completely Violet.*

6. **SEE** your Energy Information Field filled with Violet Energy.
7. Literally Envision this taking place.
8. See your Internal Organs filled with Violet Energy.

Then Say,

*My Physical Body & Energy Bodies
are Completely filled with Violet Energy.
My Emotions are filled with Violet Energy.
My Mind is filled with Violet Energy.
My Subtle Bodies are Completely Filled with Violet Energy.
My Physical & Energy Bodies are Very Strong.
They are Very Healthy!*

*My Physical & Subtle Bodies are Radiating Light in all Directions!
Thank You for Your Mercy & Your Spiritual Healing.
With Thanks & In Full Faith.”*

9. At the end of a Treatment, *Always Remember* to Give Thanks.

- Modified & Extracted from the Notes of Charlotte Anderson

INVOCATIVE TREATMENTS

Let the Power of Spirit manifest through my ... mind permeating the body of this other Self that I am desirous of healing (or “this body that I call mine own”) bringing to it Health, & Strength, & Life ...

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 172

1. During an Invocative Treatment you raise your hands and imagine the person needing Treatment - in front of you ...while focusing your attention on one of their Energy Centers or on an Area that you wish to treat.
2. Sweep the area requiring Treatment Thoroughly.

When the hands are in the right position ... **SWEEP THEM OUT, SIDEWAYS, BEFORE THE BODY OR PART, AND IN BRINGING THEM BACK...**

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

3. Repeat the name of the person again.
 4. When using the Invocative Treatment Technique, Concentrate on your Crown Energy Center, while focusing your attention on your Hand Energy Centers. Then Project the Colored Energy needed for the particular area.
- Say,

*Thank you for Cleaning, Revitalizing &
Balancing this Energy Center.
Thank you. Thank you. Thank you!*

When you Treat & Pray simultaneously - the Client improves very, very fast.

- *Extracted from the Notes of Charlotte Anderson*

CREATING A PICTURE OF PERFECT HEALTH

Be sure to Envision yourself or imagine that you are in an Ocean of Life Energy. **THE MOMENT YOU THINK OF THIS - THE ENERGY INCREASES.** Practitioners must Realize this Simple Truth!

- *Extracted from the Notes of Charlotte Anderson*

In giving **MENTAL HEALING TREATMENTS**, the mind of the Healer must be able to picture the desired condition in the patient – that is **TO MENTALLY SEE THE PATIENT AS HEALED, & THE PARTS, ORGANS & CELLS FUNCTIONING NORMALLY** ... the Healer is able to mentally visualize the normal conditions, so will be the degree of success in Mental Healing.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1906, Page 160

VISUALIZATION IS ONE OF THE MOST POTENT & WIDELY USED TECHNIQUES IN HEALING ... most people find that visualization becomes easier with a little practice ...

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 43

When a Practitioner has a strong Positive Attitude, they may strongly Project the Intention of Transforming the Energy Condition of the Client from one state to another state.

This means that a state of disease or lack of wellness is - mentally Transformed - into Restoring the Client to a state of Radiant Good Health.

Pranic Healing is what is known to the Western World as Mental Healing ... Mental Healing includes several forms of Psychic Healing ... Prana is the instrument by which the cure is affected no matter what method is used or who uses it ...

- Extracted from *Fourteen Lesson of Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Page 118

By simply visualizing the Client being Healthy & Strong, both the Practitioner as well as the Client can Rapidly accelerate the Process of the Body's Recovery.

PRANA MAY ALSO BE SENT TO THE PATIENT in the SHAPE OF ENERGIZED THOUGHT, directed from the Mind of the Healer.

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

It has been noted that when a Practitioner forms a strong Intention, that the Client's Condition is Improved ... Through a Practitioners Inner Vision they actually can see that the condition of the Client being changed.

The effect of their Visualization – in seeing the outcome of the Treatment with their Inner Eye - is in some traditions called an Instructive Treatment.

- *Extracted from the Notes of Charlotte Anderson*

At the end of a session ... have your friend **CREATE A PICTURE OF THE PAINFUL AREA, OR OF HIS WHOLE BODY, AS IT LOOKED IN A STATE OF PERFECT ... now CREATE A PICTURE FOR YOURSELF OF WHAT YOUR FRIEND OF HIS AFFLICTED PART WOULD LOOK LIKE IN A HEALTHY CONDITION.**

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Page 50, Emphasis by this compiler

RECOMMENDATIONS FOR TREATING SEVERE CONDITIONS

Practitioners should recognize that all Energy Treatments for Severe Illnesses, Injuries and Disorders should be given as Supportive Energy Therapies to Allopathic Medical Treatments.

When treating clients with very severe conditions you may recommend that they Practice *The Planetary Meditation for Peace* before & during the Session.

It is also recommended that Practitioners always practice *The Planetary Meditation for Peace*, before difficult cases that are psychological in origin.

When treating Multiple Sclerosis, Cases of Paralysis, Cancer in the case of serious accidents or illnesses - this Meditational Practice is particularly helpful.

It is extremely important for a Practitioner to regularly practice Yogic Breathing Techniques.

Always perform one to two minutes of full body Qi Breathing before you begin ... All Asian & Yogic Breathing Traditions teach full breathing utilizing the diaphragm. Yogic traditions know – breathing that centers in the chest constricts the proper flow of Qi ...

- Extracted from *The Universal Healing Art Jing- Qi - Shen*, by Ven Rinchen Chodak, ©2006, Page 15

A Practitioner needs to learn to more fully utilize Energy – just like Practitioners of the Martial Arts.

Simple Breathing can create an Energy Field, therefore Practitioners should regularly Practice Yogic Breathing.

When you realize that unless correct breathing is performed ... a person ... is unable to have health ...

- Extracted from *The Science of Psychich Healing*, by Yogi Ramacharaka, ©1909, Page 19

This will increase the Power of the Treatment & will help to reduce Contamination. Always remember to use Breath when treating chronic or “difficult” cases.

The most accomplished healers, who learn how to work entirely with universal free energy channeled through their systems and transmitted onward to the patient, without getting their own personal emotional energy or ego involved, **DO NOT EXPERIENCE AS MUCH CONTAMINATION FROM THEIR PATIENT’S POLLUTED ENERGIES ...**

- Extracted from A Complete Guide to Chi Gung, by Daniel Reid, ©1998, Page 113

CLEANSING OF AREAS WHICH ARE NOT “SENSITIVE”

According to Amy Wallace in her Psychic Healing Book she describes Colored Energy flowing from the hands and states that Color Visualization varies with the strength of Energy a Practitioner can transmit.

Experience will show you that there are **TIMES YOU WANT TO BE DELICATE IN YOUR APPLICATION OF COLOR ENERGY, & OTHER TIMES YOU WANT TO BE POWERFUL OR EVEN HEAVY-HANDED.**

- Extracted from *The Psychic Healing Book*, by Amy Wallace, ©1978, Page 46

Furthermore she states that there are times that one should be “delicate” in the application of Colored Energies & particularly at times when the quality of Energy needs to be stronger or more powerful. Practitioners need to develop a refined ability to Feel the Energies being Projected.

Developing Discernment in order to determine the Amount and Quality of Energies being generated by a Practitioner is very important.

Using of Invocation before and even during Treatment is extremely important – because it enhances the ability of a Practitioner to Project Energies properly. Invocation also protects both the Practitioner and the Client – from Energies that might be too strong - thereby inadvertently causing harm.

DISCUSSION ON DEALING WITH HEAVY CONGESTION IN THE SOLAR PLEXUS ENERGY CENTER

Many also used Therapeutic Touch for diagnosis. Sharing the psychics’

general notion of the illness-producing effects of **ENERGY CONGESTION**.

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

In the case of Congestion in the Solar Plexus frequently the clients breathing is shallow or erratic.

When the Practitioner feels such a Client's Back Solar Plexus Energy Center - it is usually very, very Congested.

Therefore when Cleansing this Energy Center ... a Practitioner may notice it may be like a Spring of Water flowing or gushing out of the ground ... The dirty Energy spewing out of this Energy Center - frequently continues to come out & out & out ...

So plenty of time needs to be taken and thorough Cleansing needs to be performed.

During the Process of Cleansing this Energy Center - a Practitioner may use the Technique of Cleansing an entirely different area or different Energy Center - while leaving the Solar Plexus Energy Center sufficient time to continue Releasing.

Waiting a short time and then returning again to assess the Solar Plexus – allows the outpouring of dirty, congested and unwanted Energies to be completely emptied – which will facilitate more complete normalization of the Energy Center - in a faster period of time.

ENERGY TREATMENT FOR CONGESTION OF THE SOLAR PLEXUS ENERGY CENTER

*Please note: At the end of each Projection of Energy – Remember to Secure the Energy!

1. When doing a Treatment, remove your Watch

2. Exercise the hands to Increase Responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the Correct Direction (*North or East*).
6. Tell the Client to

*Close your eyes
Be Conductive & sit with your feet flat on the floor
Complete the Energy Circuit*

7. Practitioner, Complete the Energy Circuit
8. Invoke for Divine Blessings

*To the Supreme God
To Lord Mahaguruji Mei Ling
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help & Protection
& for Miraculous Healing Power.
With Thanks & in Full Faith. Thank You.*

9. Touch your Heart Energy Center with the Pads of your fingers.
10. Make a thorough Assessment of the Energy Centers.
Assess the Individual Areas of the Energy Centers.
11. After Feeling the Energy ... Do General Cleansing
12. Check the Front Solar Plexus Energy Center.
Re-Assess this Energy Center.
13. The Practitioner should Clean & Clean & Clean this Energy Center thoroughly.
Envision a Tube of Pale Green Energy Coming out of your hand.
Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.
Envision a Tube of Pale Orange Energy (if the Client's system is Particularly sensitive Pale Violet may be substituted for Pale Orange).
Remove the Unwanted Energy – 5-7 times – Throw, Repeat 5-7 times Throw - up to 25-30 Repetitions or more.
14. Check the Back Solar Plexus Energy Center.

Re-Assess this Energy Center.

Envision a Tube of Pale Blue Energy and then Pale Green Energy Coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.

Envision a Tube of Pale Orange Energy coming out of your hand -

Remove the Unwanted Energy – 5-7 times – Throw, Repeat 5-7 times Throw - up to 25-30 Repetitions or more.

15. Project Energy to the Front and Back Solar Plexus Energy Center using the Hand Rotary Projection Technique.

Project Pale Green Energy, then Pale Violet Energy to reduce the size of the Solar Plexus Energy Center, then Project Pale Blue.

16. Now, Cleanse the Pancreas.

Envision a Tube of Pale Green Energy

Coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.

(Please avoid using Pale Orange Energy on the Pancreas.)

17. Now Envision a Tube of Pale Violet Energy

Coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.

18. Now Separate the Pancreas into Individual Areas and Cleanse each of them thoroughly using the same sequence of Treatment used in Steps 1 and 15 above.

19. Remember to Clean the Liver, the Stomach

Envision a Tube of Pale Green Energy coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.

Clean each Area Thoroughly – one at a time.

20. Now Feel the Energy of the Ajna Energy Center, the Pineal & the Pituitary Gland.

21. Separate the Ajna Energy Center in Individual Areas – the Outer Area, the Middle Area & the Root of the Energy Center.

(Go) ... into the Root of the Chakra ...

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

22. The Procedure to use is: Clean, then Pull ... then Throw the Unwanted Energies into the Water and Salt.
Cleanse using Pale Green Energy followed by Pale Violet Energy on these Sensitive Areas.
23. Project Energy to the Ajna Energy Center using Hand-Rotary Projection Technique. Project Pale Green Energy, then Pale Violet Energy to this Energy Center.
24. Then Cleanse the Back Heart Energy Center using Pale Green Energy.
25. Then Project Pale Pink Energy to the Back Heart Energy Center of the Client.
26. Give Thanks

*To the Supreme God,
To Lord Mahaguruji Mei ling
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

26. Then, Disconnect the Energy Link.

In case of Diseases of the Pancreas, i.e. like in the case of Diabetes - usually the Ajna Energy Center cannot regulate the Pancreas - because the Ajna Energy Center is so small & frequently quite dirty.

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

DISCUSSION ON DEALING WITH FEVER

Fever may be caused by a wide variety of Illnesses and Conditions. Fever is

commonly found in the case of Viral Infections, Serious Burns, Bacterial Infections, Chemotherapy Side Effects, as well as Gastrointestinal or Respiratory Illnesses.

ILLNESSES CAUSED BY VIRUSES ARE AMONG THE MOST FREQUENT CAUSES OF FEVER in adults. Symptoms can include a runny nose, sore throat, cough, hoarseness, and muscle aches. Viruses also may cause diarrhea, vomiting, or an upset stomach.

- Extracted from http://www.emedicinehealth.com/fever_in_adults/page2_em.htm, on March 24, 2013

The objective of the Practitioner in treating Fever is to Reduce the Heat in the body of the Client - due to the Cause of the Fever.

Deep thorough Cleansing of the Energy System of the Client is required in order to remove the cause of this condition. Usually the Back Solar Plexus is extremely Congested – and the Front Solar Plexus is filled with Dirty Red Energy ... and it Feels very Hot.

Some Practitioner's may even experience their hands Feeling hot as they remove the Energy.

This factor was noted by this compiler's Life Partner – whom we heard relate a story about the Russian Monk Rasputin. He said Rasputin was known to have Plunged his hands into Icy Water – after Treating the Czarevich ... while making exclamations regarding the Painful Intensity of Heat he was feeling in his hands.

When removing the Hot Energy from the Solar Plexus – a Practitioners hands should be Cleaned periodically **DURING THE TREATMENT** – using Hand Spray or Water and Salt. At the end of the Treatment the Practitioner should Cleanse the Hands thoroughly with Water and Soft Salt – paying particular attention to the Webs of the Fingers – and include Cleansing the Arms up to the Elbows.

The Practitioner should NOT wait until the end of the Treatment to begin the decontamination process – or wait until after a strong reaction has already occurred. The Removal of the Hot Energy should be done regularly and periodically during the Treatment itself.

... DECONTAMINATES herself BY WAY OF SHAKING AND ... WIPING DOWN *(the Energy from)* **HER ARMS AND HANDS – AS IF SHAKING OFF CONTAGIOUS WATER OR DIRT.** However, despite this process of decontamination there are still some side effects *(therefore a Practitioner needs to Thoroughly Cleanse their Hands with Water and Salt or Alcohol Spray – in order to Remove All Traces of Contamination).*

-Modified and Extracted from *The Red Church Or the Arth of Pennsylvania German Braucherei*, by C.R. Bilardi, ©2009 Page 160

As for the Client – it is necessary to remove the Fire Elemental from the Solar Plexus Energy Center - so that the Energy in the body may more rapidly become normalized.

One interesting method of Treating Fever is to – “Invoke” for the Water Beings or “The Energy Beings of Liquid” - which are cooling in Nature. This is connected to the Element of Fire & the Element of Water being contrary or opposite – i.e. Water extinguishes Fire.

In Treating the Condition of Fever there are two choices – to:

- a. Cool the Energy down OR
- b. Make the person Sweat

- *Extracted from the Notes of Charlotte Anderson*

In Level II one Advanced Technique is to use “The Foundation Protocol”. This will assist a Practitioner to standardize the steps of some of the Treatments – making them more Rapid and Easier to remember.

THE FOUNDATION PROTOCOL FOR TREATMENTS IN LEVEL II

To receive the desired Outcome when using Level II, follow this simple approach.

1. When doing a Treatment, remove your Watch
2. Exercise the hands to Increase their Responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the Correct Direction (*North or East*).
6. Tell the Client to,

*Close your eyes
Be Conductive & Sit with your feet flat on the floor
Complete the Energy Circuit*

7. Practitioner, Complete the Energy Circuit
8. Invoke for Divine Blessings,

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

9. Touch your Heart Energy Center with the Pads of your fingers
10. Thoroughly Assess the Energy Centers
11. Do General Cleansing using Pale Green Energy
Then Do General Cleansing using Pale Violet Energy
12. Check the First of the Energy Centers, Organs or Areas of the Body -
which need Treatment
Assess the Individual Areas of this Energy Center
13. Cleanse the Energy Center, the Organ or the Area of the Body using
the Hand-Rotary Cleansing Technique
Envision a Tube of Pale Green Energy coming out of your hand
Remove the Unwanted Energy – 5-7 Times – Throw, up to 25-30
Repetitions or more.

Envision a Tube of Pale Violet Energy coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw.

If a Practitioner treats an Area that is Not Sensitive, then they may use Pale Orange Energy instead of Pale Violet Energy. If the Clients is weak or elderly or in the Case of small Children Luminescent White Energy or Pale Violet Energy should be substituted.

14. When Projecting to an Energy Center, an Organ or an Area of the Body - Use the Hand-Rotary Projection Technique.

The Strength of Energy that may be Projected depends on the Condition of the Client.

15. Secure the Energy. Use Pale Blue, 1, 2, 3 Throw.

16. Repeat Step 12 to 15 on each Energy Center, on each Organ, Area of the Body - which requires Treatment.

17. Give Thanks,

To the Supreme God,

Humbly we Thank You for Your Great, Great Blessings.

We Thank You for Your Divine Guidance, Help & Protection & for Healing this Client. With Thanks & in Full Faith. Thank You.

18. Disconnect the Energy Link Completely.

19. Practitioners may wash their Hands with Soft Salt and Water.

20. Change the Water and Salt before you start the next Treatment.

Note:

Practitioners of Level III should begin by using the Level III Technique to Cleanse the Emotional Body. This will assist the Rapid Harmonizing and Rebalancing of the Clients Emotional Well-Being. This will facilitate a Clients Physical Improvement very rapidly.

*- Extracted from the Notes of Charlotte Anderson,
Modified & Restructured by this compiler*

ENERGY TREATMENT FOR FEVER

When ill from teething, **FROM FEVER**, and especially when the brain is

affected, they ... seem to be **SOOTHED BY A PALE BLUE ... LIGHT**

- Extracted from *The Principles of Color and Light*, by Edwin D. Babbitt, ©1878, Page 296

*Please note: At the end of each Projection of Energy – Remember to Secure the Energy!

Begin by Applying the Level II The Foundation Protocol, Page 53.

1. When doing a Treatment, remove your Watch
2. Exercise the hands to Increase Responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the Correct Direction (*North or East*).
6. Tell the Client to,

*Close your eyes
Be Conductive & sit with your feet flat on the floor
Complete the Energy Circuit.*

7. Practitioner, Complete the Energy Circuit
8. Invoke for Divine Blessings

*To the Supreme God
To Lord Mahaguruji Mei Ling,
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help & Protection
& for Miraculous Healing Power.
With Thanks & in Full Faith. Thank You.*

9. Touch your Heart Energy Center with the Pads of your fingers.
10. Do General Cleansing - 3 to 5 times.
Remove the Hot Red Energy from the Solar Plexus Energy Center –
Front & Back ...
11. Check the Front Solar Plexus Energy Center. Make a thorough
Assessment of this Energy Center including its Individual Areas.

The Practitioner should Clean & Clean & Clean this Energy Center thoroughly.

Envision a Tube of Pale Green Energy Coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw - up to 25-30 Repetitions or more.

Now, Envision a Tube of Pale Orange Energy (if the Client's system is Particularly sensitive Pale Violet may be substituted for Pale Orange).

Remove the Unwanted Energy – 5-7 times – Throw, Repeat 5-7 time Throw - up to 25-30 Repetitions or More.

Then Re-Assess this Energy Center.

14. Check the Back Solar Plexus Energy Center.

Re-Assess this Energy Center.

Envision a Tube of Pale Blue Energy and then Pale Green Energy Coming out of your hand.

Remove the Unwanted Energy – 5-7 times – Throw, up to 25-30 Repetitions or more.

Now carefully Envision a Tube of Pale Orange Energy coming out of your hand (*Practitioners should note: Not to use Pale Orange Colored Energy in the case of Abdominal Pain, Loose Bowel Movement or if the Client is Pregnant*).

Remove the Unwanted Energy – 5-7 times – Throw, Repeat 5-7 time Throw - up to 25-30 Repetitions or more.

15. In order to Reduce the Fever through bringing down the Hot Temperature in the Solar Plexus Energy Center a Practitioner may:

Project Energy to the Front and Back Solar Plexus Energy Center using the Hand-Rotary Projection Technique.

First Project Pale Green Energy, then Project Pale Blue to Reduce the Heat in the Solar Plexus Energy Center. Then Pale Violet Energy may be Projected to amplify the reduction of the inflammation of the Solar Plexus Energy Center.

16. A Practitioner may also choose to make the Client sweat in order to Extract the Fever.

Using the Hand-Rotary Projection Technique ...start by Projecting Pale Blue Energy. The Pale Blue has a Containing Effect – which Means that the Projected the Energy will remain - where it has been Projected.

To increase the Cleansing Effect a Practitioner may then Project Pale Green Energy, followed by Pale Orange Energy.

17. After the process of thoroughly Cleansing & Projecting the Energy - if the Solar Plexus Energy Center is still “Increased” in size - the Practitioner should simply Reduce the size of the Energy Center. Project Pale Blue to the Center & Mentally Instruct the Energy Center to become smaller in order to Return it to a normal size.
18. Cleanse the Navel Energy Center - using the Hand-Rotary Cleansing Technique.
Envision a Tube of Pale Green Energy coming out of your hand.
Remove the Unwanted Energy - 5 to 7 times – Throw.
Repeat 5 to 7 times – Throw – up to 25-30 Repetitions or more.
Envision a Tube of Pale Orange Energy coming out of your hand.
Remove the Unwanted Energy - 5 to 7 times – Throw.
Repeat 5 to 7 times – Throw – up to 25-30 Repetitions or more.
19. Now Project Luminescent White Energy to the Navel Energy Center. Use the Hand-Rotary Projection Technique.
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
“Flick” Clean your Hands.
20. Cleanse the Small Energy Centers in the Hands & the Feet
Use Pale Green Energy followed by Pale Orange Energy.
(Practitioners should note that: In the case of Elderly People or Children – Please use Pale Violet Energy or Luminescent White instead of Orange.)
Project Pale Violet Energy to the Hands & the Feet so as to strengthen the Bone Marrow & the Entire Body
The Cleansing will allow the Client become rapidly stronger due to increasing their ability to Absorb larger Quantities of Energy.
21. Always Clean the Crown – especially when the Fever is high.
Project Pale Violet Energy to these Energy Centers.
22. When Treating Fever, do NOT Project Energy to the Basic Energy Center. It has been observed that when this is done, usually the Temperature of the Client will Increase.
23. Now, Give Thanks

*To the Supreme God,
To Lord Mahagurujī Mei ling
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

24. Then, Disconnect the Energy Link.

- Modified & Extracted from the Notes of Charlotte Anderson

A Practitioner should remember never to Project Pale Red Energies in the case of Inflammation - because this will exacerbate the Heat and even the pain of the condition.

Red is injurious, of course, **WHEN THERE IS ALREADY TOO MUCH OF THE RED, OR INFLAMMATORY CONDITION OF THE SYSTEM**, such as ... **FEVERISH** ...condition generally

*- Modified & Extracted from *The Principles of Color and Light*,
by Edwin D. Babbitt, ©1878, Page 285*

ENERGY TREATMENT FOR RESPIRATORY CONDITIONS & DISORDERS

*Please note: At the end of each Projection of Energy –
Remember to Secure the Energy!

1. When doing a Treatment, remove your Watch
2. Exercise the Hands to Increase Responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the Correct Direction (*North or East*).
6. Tell the Client to

*Close your eyes
Be Conductive & sit with your feet flat on the floor*

Complete the Energy Circuit.

7. Practitioner, Complete the Energy Circuit

8. Invoke for Divine Blessings

*To the Supreme God
To Lord Mahaguruji Mei Ling,
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help & Protection
& for Miraculous Healing Power.
With Thanks & in Full Faith. Thank You.*

9. Touch your Heart Energy Center with the Pads of your fingers.

10. Do General Cleansing

11. Let's start with the Anja Energy Center

12. Practitioner, Raise your hand, Feel the Energy of the Ajna Energy Center

13. Apply Cleansing on the Ajna Energy Center using the Hand-Rotary Cleansing Technique.

Envision a Tube of Pale Green Energy coming out of your hand.

Remove the Energy 5-7 times. Throw. Repeat 5 to 7 times – Throw – up to 25-30 Repetitions or more.

Envision a Tube of Pale Violet Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times – Throw.

Repeat 5 to 7 times – Throw – up to 25-30 Repetitions or more.

14. Clean your hands

15. Project Energy to the Ajna Energy Center

Project Pale Green Energy, then Pale Blue Energy, then Pale Violet Energy – Using the Hand-Rotary Projection Technique.

Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold. Remember to use your long Energy Fingers - instead of the palm of the hand to Project the Energy ...

Look at the Client while you are Treating, relax, do not be tense, SMILE,

“Flick” your hand

16. Again raise the hand and feel the Energy.
17. Secure the Energy. Imagine Pale Blue. Paint 1,2,3, Throw.
18. Practitioner, raise the hand, Feel the Energy of the Throat Energy Center
19. Apply Cleansing on the Throat Energy Center
Envision a Tube of Pale Green Energy coming out of your hand ...
Using the Hand-Rotary Cleansing Technique.
Remove the Unwanted Energy - 5 to 7 times ... Throw.
Then Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.
Now Envision a Tube of Pale Violet Energy coming out of your hand.
Remove the Unwanted Energy - 5 to 7 times ... Throw.
Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.
Clean your hands
20. Project Energy to the Throat Energy Center
Using the Hand-Rotary Projection Technique.
Project Pale Green Energy, Pale Blue Energy, then Pale Violet Energy
Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold,
Exhale slowly, Hold ...
Look at the Client while you are treating, relax, do not be tense,
SMILE.
“Flick” your hands
21. Now again raise your hand and Feel the Throat Energy Center
22. Secure the Energy. Imagine Pale Blue. Paint 1,2,3, Throw
23. Go to the Secondary Throat Energy Center
24. Practitioner, raise your hand and Feel the Energy of the Secondary Throat Energy Center.
25. Apply Cleansing on the Secondary Throat Energy Center
Using the Hand-Rotary Cleansing Technique.
Envision a Tube of Pale Green Energy coming out of your hand.
Remove the Unwanted Energy - 5 to 7 times ... Throw.
Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.
26. Clean your hands
27. Project Energy to the Secondary Throat Energy Center
Using the Hand-Rotary Projection Technique.
Project Pale Green Energy, Pale Blue Energy, then Pale Violet

Energy.

Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.

Practitioners should Take Care - not to Project Energy to the Front Heart Energy Center.

Look at the Client while you are treating, relax, do not be tense,
SMILE

“Flick” the hands

28. Again raise your hand and feel the Secondary Throat Energy Center

29. Secure the Energy. Imagine Pale Blue. Paint 1,2,3, Throw

30. Go to the Back Heart Energy Center

31. Practitioner, raise the hand, feel the Back Heart Energy Center

32. Apply Cleansing on the Back Heart Energy Center

Use the Hand-Rotary Cleansing Technique.

Envision a Tube of Pale Green Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.

Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.

Now Envision a Tube of Pale Violet Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.

Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.

33. Then, Clean your hands.

34. Project Energy to the Back Heart Energy Center.

(In the case of Children, please Project Pale Green Energy – then Project Pale Pink Energy.)

Project Pale Green Energy, then Luminescent White Energy, then Pale Violet Energy.

Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold

Look at the Client while you are treating, relax, do not be tense,
SMILE,

“Flick” the hand.

35. Again raise your hand and feel the Back Heart Energy Center

36. Secure the Energy. Imagine Pale Blue. Paint 1,2,3, Throw

37. Assess the Condition of the various sections of the Lungs – first

Clean the Right Side – then Clean the Left Side... Do this by Reaching

with your Long Energy Fingers into the Various Areas of the Lungs.

First, reach Inside & thoroughly Cleanse the Lungs on the Right side of the body using Pale Green Energy, then Cleanse with Pale Orange Energy.

Then, thoroughly Cleanse the Lungs on the Left side of the body.

First Use Pale Green Energy, then use Pale Orange Energy.

Carefully Feel and Assess the condition of the various sections of the Lungs to be certain that this Deep Cleansing has removed as much of the Unwanted Energy as possible.

Practitioners should remember to do this before Projecting Energy.

However ... Practitioners should note that in some cases:

if they Cleanse – then Project a little Energy – the Cleansing Process is enhanced. This procedure allows more Unwanted Energy to be removed – due to the loosening effect of Projecting a little Energy – then continuing with further careful Cleansing.

Remember to Extend your Long Energy Fingers into the interior parts of the Lungs – both Right and Left.

Also carefully Cleanse the Trachea, Bronchioles (or Bronchial Tubes), and Aveoli (or Air Sacs) very gently. Cleanse these areas – but in these Sensitive Area - do not use Pale Orange Energy.

38. Practitioners should remember to also Project Energy to the Lungs.
We call this the Advanced Lung Cleansing Technique.

Practitioners should be cautioned not to Project Energy above the shoulders.*

**This compiler's Spiritual Teacher – suggested to her - that a Practitioner's Hands be positioned in such a way as to avoid one's Energy Fingers directing Energy upward toward the head.*

38. Now go to the Front Solar Plexus Energy Center

39. Practitioner, raise your hand & Feel the Front Solar Plexus Energy Center

40. Apply Cleansing on the Front Solar Plexus Energy Center

Use the Hand-Rotary Cleansing Technique.

Envision a Tube of Pale Green Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.
Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.
Now Envision a Tube of Pale Violet Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.
Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.

41. Clean your hands.

42. Again raise your hand and feel the Front Solar Plexus Energy Center.

43. Apply Cleansing on the Back Solar Plexus Energy Center

Use the Hand-Rotary Cleansing Technique.

Envision a Tube of Pale Green Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.

Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.

Now Envision a Tube of Pale Orange Energy coming out of your hand.

Remove the Unwanted Energy - 5 to 7 times ... Throw.

Repeat 5 to 7 times ... and Throw - up to 25-30 Repetitions or more.

44. Clean your Hands.

45. Apply the Projection of Energy to the Front and Back Solar Plexus –

46. Secure the Energy. Imagine Pale Blue. Paint 1,2,3, Throw

47. Now, Give Thanks

*To the Supreme God,
To Lord Mahaguruji Mei Ling,
To our Beloved Spiritual Teacher,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith. Thank You.*

48. Then, Disconnect the Energy Link.

- Modified & Extracted from the Notes of Charlotte Anderson

OTHER ADVANCED TREATMENTS

ENERGY TREATMENT FOR ENDOMETRIOSES & OVARIAN CYST

Use the Level II The Foundation Protocol, Page 53.

Remember:

All Energy Centers need to be checked and Re-Checked after each Step of the Treatment Procedure.

Practitioners should remember to Secure the Energy after Using the Hand-Rotary Projection Technique.

TREATMENT PROCEDURE	CLEANSING/PROJECTION SEQUENCE*
Front Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Back Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy
Lungs Front (Top Right, Top Left, Bottom Right, Bottom Left) the Back (Top Right, Top Left, Bottom Right, Bottom Left) & at each Side	Cleanse: - Pale Green Energy - Pale Orange Energy

Practitioners extend your Long Energy Fingers inside of the Lungs to more Thoroughly Cleanse them.

Cleanse the inside of the Lungs Deeply and Thoroughly.

When Projecting Energy to an Area near to the Heart it is recommended the Practitioner use Pale Violet Energy instead of Pale Orange Energy.

Lungs	Project: - Use the Advanced Lung Cleansing Technique
Back Solar Plexus Energy Center	Cleanse: - Pale Green Energy

	- Pale Violet Energy Project: - Luminescent White Energy
Back Solar Plexus Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Luminescent White Energy
Navel Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Luminescent White Energy
Basic Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Green Energy - Pale Orange Energy
Front and Back Spleen Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Affected Area, Ovaries, Uterus or others ...	Cleanse: - Pale Green Energy - Pale Orange Energy Project very Gently: - Pale Green Energy - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet Energy
Sex Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Green Energy

	- Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet Energy
Perineum Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Green Energy - Pale Orange Energy - Luminescent White Energy

In some Cases Pale Orange may be too strong. If the Practitioner feels the need of softening the Energy, just use Pale Green Energy, then Luminescent White Energy

The Legs and the Smaller Energy Centers at the Hips and the Knees	Cleanse: - Pale Green Energy - Pale Orange Energy
Smaller Energy Centers at the Hips and the Knees	Project: - Pale Green Energy - Pale Orange Energy - Luminescent White Energy
Ajna Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Project Divine Energy, Pray and Project
Throat Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Green Energy - Pale Violet Energy
Crown Energy Center	Cleanse: - Pale Green Energy

	- Pale Violet Energy Project: - Pale Green Energy - Pale Violet Energy OR: - Project Divine Energy, Pray and Project
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**Practitioners should first use the Treatment Procedure for Cleansing. Then they should follow the Projection Sequence according to the Instructions on the Right Side of the Table. Practitioners should follow these Instructions Step by Step in order to produce a more powerful Result. No Portions of the Treatment Procedure or Cleansing Projection Sequence should be omitted.*

- *Extracted from the Notes of Charlotte Anderson, Modified & Restructured by this compiler*

CLEANSING THE BLOOD BEFORE TRANSFUSION

Practitioners should prepare a Client's Body before a Surgery by using the Cleansing the Lungs Technique. This Technique will facilitate the Purification of the Blood - which will Increase the Clients Well-Being and lead to multiple other rapid Improvements in the Condition of the Client.

Use the Level II The Foundation Protocol, Page 53.

Remember:

All Energy Centers need to be checked and Re-Checked after each Step of the Treatment Procedure.

Practitioners should remember to Secure the Energy after Using the Hand-Rotary Projection Technique.

Practitioners should do General Cleansing 2-3 times at the Beginning of this Treatment.

TREATMENT PROCEDURE	CLEANSING/PROJECTION
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	SEQUENCE*
Front Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Back Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Green Energy - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet Energy
Lungs Front (Top Right, Top Left, Bottom Right, Bottom Left) the Back (Top Right, Top Left, Bottom Right, Bottom Left) and at each Side	Cleanse: - Pale Green Energy - Pale Orange Energy

Practitioners extend your Long Energy Fingers inside of the Lungs to more Thoroughly Cleanse them.

Cleanse the inside of the Lungs deeply and thoroughly.

When Projecting Energy to an Area near to the Heart it is recommended the Practitioner use Pale Violet Energy instead of Pale Orange Energy.

Back Lungs	Project: - 4 Breathing Cycles Pale Green Energy - 14 Breathing Cycles Pale Violet Energy - Reconnect to the Divine Energy – 2-3 Breathing Cycles Brilliant Electric Violet Energy
Repeat the above Steps as often as required to Relieve the Condition	

Practitioners may also use this Energy Treatment for Hepatitis, HIV, Malaria ... etc.

**Practitioners should first use the Treatment Procedure for Cleansing. Then they should follow the Projection Sequence according to the Instructions on the Right Side of the Table. Practitioners should follow these Instructions Step by Step in order to produce a more powerful Result. No Portions of the Treatment Procedure or Cleansing Projection Sequence should be omitted.*

*- Extracted from the Notes of Charlotte Anderson,
Modified & Restructured by this compiler*

IN CASE OF BLOOD TRANSFUSION

... it is also recommended to do thorough Treatment with the Blood Transfusion itself.

1. Invoke for Divine Blessings.
2. Feel the Quality of the Blood to be transfused.
3. Cleanse the Blood to be transfused using the Hand-Rotary Cleansing Technique.
4. Envision a Tube of Pale Green Energy coming out of your hand.
5. Remove All Unwholesome or Contaminating and Unwanted Energies – 5-7 Times – Throw, up to 25-30 times or more.
6. Envision a Tube of Pale Violet Energy coming out of your hand.
7. Remove All Unwholesome or Contaminated and Unwanted Energies – 5-7 times – Throw.
8. Repeat 5 to 7 times – Throw – up to 25-30 Repetitions or more.
9. Project Energy to the Blood to be transfused.
10. Project 4 Breathing Cycles Pale Green Energy, then 14 Breathing Cycles Pale Violet Energy. Then Reconnect to the Divine Energy and Project 2-3 Breathing Cycles Brilliant Electric Violet Energy.
11. Repeat Step 3 to 10 ... 5-7 times.
12. At the End, Reconnect to the Divine Energy and Bless and Project, Bless and Project!
13. Visualize and Mentally Say,
14. This Blood is Hereby Purified, Fully, Completely and Deeply!

15. Let All Negative, Unwanted, Diseased or Dirty Energies Be Eradicated Fully on every Level and Completely! Now! Now! Now!
16. Allow this Blood Transfusion to Improve the Quality of the Blood of my Client! Let this Blood Transfusion Strengthen and Revitalize my Client! Now! Now! Now! So Be It!
17. Give Thanks
18. Disconnect the Energy Link, from the Client and the Situation Completely!
19. Wash your Hands with Soft Salt and Water. Also wash your Underarms and Elbows.
20. Change the Water and Salt.
21. Another Method to more thoroughly Cleanse the Hands is to use Lavender Oil to completely Cleanse them from any kind of intrusion through Unwanted Energies. Make sure to Release all of these Energies Completely.

Ask the Client to do a lot of Yogic Breathing starting one week prior to the Surgery. This will fill the Blood with a lot of Oxygen causing the Blood to be partially purified and strengthened for the Surgery itself.

Yogic Breathing should be done with windows wide open or outside in the fresh Air.

- *Extracted from the Notes of Charlotte Anderson, Modified & Restructured by this compiler*

HEALING ANIMALS

The Chakra in most mammalian pets are much the same as with people, with some notable differences.

- *Extracted from Natural Pet Healing, our psychic, spiritual connection, by Von Braschler, ©2003, Chapter 3, Page 31*

In an animal, the Tail is the Basic Energy Center.

In the Projection of Energy, don't Project the Energy to the head.

Use the Navel or the Solar Plexus because the upper Chakras are not too developed.

Do a thorough job when Treating Animals especially in case of infections.
Repeat Treatment 2-3 times a day.

- Extracted & Modified from the Notes of Charlotte Anderson

Use the Level II The Foundation Protocol in the Area and Energy Centers
needing Treatments.

DISCUSSION ON CHRONIC FATIGUE SYNDROME

Chronic Fatigue Syndrome (CFS) is a disorder characterized by a state of chronic fatigue that persists for more than 6 months, has no clear cause, and is accompanied by cognitive difficulties. It was initially termed encephalomyalgia (or myalgia encephalomyelitis) because British clinicians noted that the essential clinical features of CFS included both an encephalitic component (manifesting as cognitive difficulties) and a skeletal muscle component (manifesting as chronic fatigue).

Various unrelated infectious diseases (eg, pneumonia, Epstein-Barr virus [EBV] infection, diarrhea, upper respiratory tract infections) appear to lead to a state of prolonged fatigue in some persons. Generally, if this condition is accompanied by cognitive difficulties, it is referred to as CFS.

- Extracted from <http://emedicine.medscape.com/article/235980-overview> on March 24, 2013

Chronic fatigue syndrome (CFS or ME/CFS) is much more than just being tired a lot. People with ME/CFS are so run down that it interferes with their lives and can make it hard to function at all. Some people with ME/CFS say they have trouble staying on top of their responsibilities at home and on the job, while others are severely disabled and even bedridden. Furthermore, they're not just dealing with extreme fatigue but with a wide range of other symptoms, including flu-like symptoms and chronic pain.

- Extracted from http://chronicfatigue.about.com/od/whatischronicfatigue/a/what_is_CFS.htm on March 24, 2013

... can occur when dirty Energy not only goes to the arms or legs but also to the Spleen Energy Center. Practitioners sometimes may physically feel the experience or the Client.

Sometimes after the Treatment you feel depleted.

If that happens you may take ginseng with raw egg

(Please Note: ONLY EAT RAW EGGS IF THE EGGS are VERY CLEAN. Don't risk getting salmonella). When you take this preparation you say, "I am absorbing this Energy of _____ now!"

- Extracted from the Notes of Charlotte Anderson

ENERGY TREATMENT FOR CHRONIC FATIGUE SYNDROME

Use the Level II The Foundation Protocol, Page 53.

Remember:

All Energy Centers need to be checked and Re-Checked after each Step of the Treatment Procedure.

Practitioners should remember to Secure the Energy after Using the Hand-Rotary Projection Technique.

TREATMENT PROCEDURE	CLEANSING/PROJECTION SEQUENCE*
Front Solar Plexus Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Blue Energy (to Contain) - Pale Green Energy - Pale Orange Energy

If Pale Orange Energy cannot properly be assimilated use Pale Violet instead

Back Solar Plexus Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Blue Energy (to Contain) - Pale Green Energy - Pale Orange Energy
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If Pale Orange Energy cannot properly be assimilated use Pale Violet instead.

Front Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Back Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Violet Energy

Visualize the Thymus Gland becoming very strong, active and revitalized the whole Immune System of the Body.

Ajna Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet Energy
Forehead Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy

Forehead Energy Center <i>(Continued)</i>	Project: - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet
Crown Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy Reconnect to the Divine Energy – Brilliant Electric Violet Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy Reconnect to the Divine Energy – Brilliant Electric Violet
Smaller Energy Centers at the Jaws and Temples	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pale Violet Energy - Reconnect to the Divine Energy – Brilliant Electric Violet
Basic Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Red Energy

If Pale Red is in conflict with the General Health of the Client, or the Client has a background of Cancer or Tumor, STD's etc. use Luminescent White Energy instead of Pale Red Energy.

Navel Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Red Energy
Sex Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Pale Red Energy
Spleen Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - 2-3 Breathing Cycles Luminescent White Energy

Practitioners need to be cautious when Projecting Energy to the Spleen Energy Center. Check and Re-Check the Clients Condition. Do not Project too much Energy.

**Practitioners should first use the Treatment Procedure for Cleansing. Then they should follow the Projection Sequence according to the Instructions on the Right Side of the Table. Practitioners should follow these Instructions Step by Step in order to produce a more powerful Result. No Portions of the Treatment Procedure for Cleansing Projection Sequence should be omitted.*

*- Extracted from the Notes of Charlotte Anderson,
Modified & Restructured by this compiler*

ENERGY TREATMENT FOR ENERGY ANESTHESIA

Remember:

All Energy Centers need to be checked and Re-Checked after each Step of the Treatment Procedure.

Practitioners should remember to Secure the Energy after Using the Hand-Rotary Projection Technique.

Use the Level II The Foundation Protocol, Page 53.

TREATMENT PROCEDURE	CLEANSING/PROJECTION SEQUENCE*
Front Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Back Heart Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy Project: - Pink Energy
Front Solar Plexus Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Luminescent White Energy
Back Solar Plexus Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - Luminescent White Energy
Basic Energy Center Basic Energy Center <i>(Continued)</i>	Cleanse: - Pale Green Energy - Pale Orange Energy Project: Luminescent White Energy

If Pale Red is in conflict with the General Health of the Client, or the Client has a background of Cancer or Tumor, STD's etc. use Luminescent White Energy instead of Pale Red Energy.

Navel Energy Center	Cleanse: - Pale Green Energy
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	- Pale Orange Energy Project: - Luminescent White Energy
Liver	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - 7 Breathing Cycles Pale Green Energy - 7 Breathing Cycles Pale Blue Energy - 7 Breathing Pale Violet Energy
Front Spleen Energy Center	Cleanse: - Pale Green Energy - Pale Violet Energy
Back Spleen Energy Center	Cleanse: - Pale Green Energy - Pale Orange Energy
Affected Areas	Cleanse: - Pale Green Energy - Pale Orange Energy Project: - 7 Breathing Cycles Pale Green Energy - 7 Breathing Cycles Pale Blue Energy - 7 Breathing Cycles Pale Violet Energy
Affected Areas <i>(Continued)</i>	

Projecting with Pale Blue Energy makes the Effect stronger when working on the Affected Area.

Repeat this Step on the Affected Area more often.

You may also use 10/10/10 Breathing Cycles if the Case is very severe.

**Practitioners should first use the Treatment Procedure for Cleansing. Then they should follow the Projection Sequence according to the Instructions on the Right Side of the Table. Practitioners should follow these Instructions Step by Step in order to produce a more powerful Result. No Portions of the Treatment Procedure or Cleansing Projection Sequence should be omitted.*

*- Extracted from the Notes of Charlotte Anderson,
Modified & Restructured by this compiler*

PRACTITIONERS NEED TO TREAT THEMSELVES REGULARLY **ARTHRITIS OR OTHER DISEASES MAY OCCUR DUE TO DIRTY ENERGY**

Dirty Energies go to the legs, the hands arms & feet of the Practitioner – is in part due to their failure to throw the dirty Energy into the Water & Salt. Decontamination is constantly required.

Cleanse your Hands & Arms thoroughly & carefully during Treatments, between Treatments & after Treatments.

Energy is REAL!

Decontaminate your body after Treatments COMPLETELY & REGULARLY!

Women doing Treatments should also take a bath or shower with Water & Salt. Take a large handful of soft salt & place it under each arm.

Rub the salt on your shoulders, breasts, chest & solar plexus – front & back, in addition to thoroughly cleansing the arms, hands & fingers.

Please remember to Clean the Treatment Room each time it is used & at the end of a day of Treatments.

- Extracted from the Notes of Charlotte Anderson

Wishing you Great Happiness & Success!

Loving Blessings be with All

ENERGY DOCUMENTATION FORM FOR LEVEL II CASES

Name of the Practitioner: _____

Name of the Client: _____

Age of the Client: _____

Ailment being treated: _____

FEELING OF THE ENERGY: Determine the Energy Field, the Energy Centers as well as the size of the Energy Centers needed for successful Treatment. (*Name the Area, Mark the Condition with x*)

[illegible]

DESCRIBE YOUR TREATMENT (name the Energy Center, Energy Information Field being treated & explain what have been done in that area, fill the color used. Pale-Red = pr, Pale-Orange=po, Pale-Yellow=py, Pale-Green=pg, Pale Blue=pb, Pale-Violet=pv, in case of middle shade colors add m before the color, in case of dark color add a d)

[illegible]

After a Treatment, the Practitioner always Check & Re-Check the condition reached. The Energy Centers & the EIF should be harmonious with each other. The Affected Area should also be harmonized.

Next Treatment Date: _____ Time: _____

ENERGY EVALUATION FORM FOR LEVEL II CASES

Thank you for your feedback. It will be used to evaluate the quality of Practitioners during their Training.

Name of the Practitioner: _____

Name of the Client: _____

Age of the Client: _____

Ailment being treated: _____

Number of Treatments: _____

Did your Well Being improve through this Energy Treatment?

Yes ☐

Maybe ☐

No ☐

Do you feel your ailment was substantially Relieved through this Treatments?

Yes ☐

Maybe ☐

No ☐

How much Relief do you think has been achieved through this Treatment?

100% ☐

80% ☐

60% ☐

40% ☐

20% ☐

0% ☐

Would you contact your Practitioner again, if Problems arise?

Yes ☐

Maybe ☐

No ☐

Would you recommend this kind of Energy Treatment to a friend?

Yes ☐

Maybe ☐

No ☐

Date, Place

Sign

CHECK – DO YOU REMEMBER?

ANSWER THESE QUESTIONS TO VALIDATE YOUR KNOWLEDGE

1. Do you remember 3 functions of each of the Main Energy Centers?
2. Please name 5 smaller Energy Centers in the Energy Information Field
3. Which Energy Centers are included for Earth Rooting?
4. Where are the 3 Smaller Navel Energy Centers located?
5. Which methods for Feeling the Energy Centers can you use - when you are practicing Level II?
6. Do you use both hands or one hand when Assessing the size of an Energy Center?
7. Please name 3 Qualities of Pale-Red Color
8. Please name 3 Qualities of Pale-Yellow Color
9. Please name 3 Qualities of Pale-Orange Color
10. Please name 3 Qualities of Pale-Green Color
11. Please name 3 Qualities of Pale-Blue Color
12. Please name 3 Qualities of Pale-Violet Color
13. How can you most effectively remove Energy Cords?
14. In which direction do you move your hand when Cleaning an Energy Center?
15. In which direction do you move your hand when Projecting Energy to an Energy Center?
16. How do you Increase the Size of an Energy Center?
17. How do you Decrease the Size of an Energy Center?
18. When do you use No-Color in a Treatment?
19. Which Colors should not be combined?

If you are unsure how to proceed - or if some topics seem unclear to you, please contact your Trainer or a more advanced Practitioner in your area.

Wishing you Great Success in your Treatments!