

YOU ARE A PSYCHIC

The Healer's Handbook

*THIS BOOK PRESENTS A SERIES OF MEDITATIONS
AND DRILLS THAT CAN HELP ANY PERSON DEVELOP
THEIR PSYCHIC ABILITIES*

This Handbook is a tool of spiritual enhancement. It is intended for development of spiritual skills and abilities. It is not intended as a substitute for medical help and does not advocate the abolishment of medical services. Any medical condition should be checked by a qualified medical doctor.



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“The mark of a great book culminates in the feeling that lingers after the last sentence that life has taken on a different hue after reading it.

The other is that you want to start from the beginning and read it again.

I truly look forward to the hard copy.

Thanks for making me feel part of something great.

What an amazing, informational, thought-provoking, ground-breaking book! What a privilege to have been able to edit it. Thank you, Michael. The pleasure was mine.”

- The Editor

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ABOUT THE AUTHOR AND WHY YOU SHOULD READ THIS BOOK

This book is the culmination of thirty-one years of hands-on research into the spiritual as seen through the peepholes of twenty-eight different religions studied and some practiced, reaching great depths in a few. Every religion is but a single point of view at the much greater whole of the Reality. No religion offers a complete view. But twenty-eight religions, including the pillars of human spirituality, such as Hinduism, Tangriism, Zoroastriism and Manichaeism, offer a broader view and work as a great springboard toward understanding. That makes this book, not my first, the most significant book I have written.

But that is not why you should read this book or do the drills presented here.

Growing up as a member of a despised minority at a place stuck deep where the sun didn't shine—yes, you guessed it right, the Soviet Union—since an early age I was fascinated by God and the spiritual, while vehemently rejecting all religions, including even “my own” Judaism, of which I knew absolutely nothing about. Any dogma seemed repugnant to me, limiting, whimsical, even blasphemous.

Turned out I was more right than wrong by a wide margin. It took great many years for my understanding to catch up to my intuition.

But that is not why you should read this book.

I wanted the answers to who we really were, why, what for and who was in charge just to punch him or her in the nose in no uncertain terms. I felt I had some constructive criticism to offer, as well as some pointers and valuable insights.

Joking aside, my intuitive concept had always been that the true answers were hidden in plain sight, not at all hard to find. In my estimation, many had found the answers, and if they could do it, we all could, me included. If Saint Joseph of Cupertino, the most unremarkable Simple Simon ever, could levitate, potentially we all could. I knew we were looking at the answers all the time without seeing them because of the flawed way we did the looking.

We look at the world through a multi-layered screen of authoritarian opinions of others, always limiting and slanted, always pushing some agenda, always peddling something. I knew that this kind of looking was not the right way to look. This is the way to be the manipulated pawns in someone else's game. And those authoritarian figures are, in turn, also pawns being played. How far and how deep does that go? What are we dealing with here? What is the nature of this multi-layered reality?

Well, I found the nature of this reality to be Thought and the bottom line of life is Games. We are always playing games but almost never our own. We are chess pieces, who feel that they are the players. Behold the phenomenon of being entranced and living an illusion. Suddenly, the world seemed an unsettling place, where we always ran around

huffing and puffing, horny and hungry, sick and afraid, always needing something we couldn't have, suffering and unhappy and had absolutely no clue. But we always have the potential.

I jumped into these mysteries and followed a long route up. I accomplished much spiritually and developed some remarkable abilities I never had or even imagined, like viewing inside bodies, for example, or being able to save lives at a distance just with the power of my thought. And eventually—Hallelujah! Lo and behold! Shiver me timbers! I found some of the answers I was looking for. And I am certain that if I could do it, anybody could, guaranteed.

But that is not why you should read this book and do the drills.

Why is it important to understand things and develop abilities? To achieve health, joy and happiness on all levels: personal, family, work, as the society, the country and the world. To be HAPPY. That is why it is important and that is why you should read this book and do these meditations and drills.

The tangent we are on as the civilization will smash us against that proverbial brick wall at cruise speed. This will not end well, unless we change the course. Things are getting ugly and will get uglier until it will all blow up and we'll all be dead. That again would be an illusion and some of us spirits will fare much better through the catastrophe and death than others. I want to be among those who breeze through the tragedies, if they can't be averted.

As a spirit, you either have awareness, power and abilities or you don't. You should be among those who do. That is why you should read this book and do the drills.

In the world, which is a complex game consisting of billions of smaller games, by bringing people up spiritually, we could all achieve more happiness and solve some of our key problems inherent in these games. We could play more inclusive and happier games where a lot more people win and where a win for one does not automatically mean a loss for another. Games do not have to be confrontational and conflict-driven clashes to the death. Only the sickest games are. The most fun games aren't.

The higher one soars in spiritual understanding and abilities, the more inclusive, tolerant and loving he or she becomes. The direction up is toward more compassion, more willingness to include others in one's life, more togetherness. Down is toward separateness, fear, hate, racism, xenophobia, profiteering, me-me-me, make-wrong, desire to fight, kill and prove points. Making people more spiritual (more tolerant, loving, honest, honorable and decent) on a broader scale is the answer to our predicament as the nation and as the civilization.

Enlightenment per Wayne Dyer is **to be immersed in and surrounded by peace**. That is up. Enlightenment cannot be achieved through education or beaten into one's head by any authoritarian means. Enlightenment cannot be achieved through reading or debating books about it.

It is achieved only through subjective experience, brought about by LIVING life and DOING things. That is where the meditations and drills come in.

This book presents a simple path distilled from thirty-one years of research and hands-on trial and error, so you do not have to spend thirty-one years walking the path. The final result is totally worth it on many levels, from personal aches to extra-sensory abilities and, yes, immortality (the restoration of your long-term memory to bring your entire existence within your grasp)—your own and your loved ones’.

That is why you should read this book and do the meditations and drills presented here. I hope you do.

psy·chic

/'sīkik/

1. *noun*

- a. *A person capable of extraordinary mental processes, such as extrasensory perception and mental telepathy.*

PART ONE

INTRODUCTION TO HEALING

*You need certainty to use any of the healing
techniques presented here. There are no
blood tests, biopsies, x-rays or second
opinions. You see what you see.
You do your thing.
You are it.*

Chapter 1

LIFE: A BRIEF OVERVIEW

“Plato says that the unexamined life is not worth living. But what if the examined life turns out to be a clunker as well?” — Kurt Vonnegut

Kurt nailed it. The following very brief overview encompasses your childhood, adolescence, death and taxes, sex, children and family, moral vicissitudes, your professional career and aspirations, walks under the moon, success in all areas of life or lack of it, the mundane, the exciting, long vacations and the Late Night show. It also addresses your health in no uncertain terms. Here it is, the brief overview of life:

You are screwed (but sometimes it is fun).

Chapter 2

ACE UP YOUR SLEEVE

Unless you want to be a statistic, you need an ace up your sleeve. Otherwise, you can expect your life to hover somewhere in the proximity of the statistical average, where you will get pretty much whatever everybody else is getting, which could be summarized as getting screwed. Enough aces up enough people's sleeves, on the other hand, would raise the statistical averages to a point we could all live with. But the averages currently being what they are, becoming a statistic is nothing to jubilate about.

Looking at a guy on dialysis you think, "I hope this never happens to me." Chances are it won't, since only one out of every 650 of us is on dialysis, but that one who is currently being dialyzed had his own hopes that it wouldn't happen to him. But it did. Chances, chances, chances.

Your chance of falling victim to clinical depression as an adult is about one in fifteen. About five out of every six of us in the United States become a victim of violence at least once in our lifetime. That is pretty damn near but not quite everyone. One out of 133 in the US is murdered.

Out of the approximately 40,000 babies currently born in the US every day, like today, for instance, about 300 will be murdered, their hopes for happiness squashed like an empty coke can flattened by a passing car.

This is life in the domain, where Statistic is the Queen and we are her disloyal subjects.

Dressing in layers and eating kale is the right thing to do, but it is already built into the statistics, it isn't anything up your sleeve. In other words, the datum that about one out of ten of us will catch a flu this year already includes the fact that some of the ten eat kale and dress in layers and some take vitamins or never leave the house. These are not added or unusual factors that may drastically affect the statistic, because they are already a part of the conditions of the existing statistic. Dressing in layers and eating kale is being smart and successful within the statistic, but that is not an ace up your sleeve. A magic wand or a spell warding off disease would serve as great examples of an ace up your sleeve.

Imagine the map of the universe with an infinitesimally small dot representing our cosmic back yard, say just the Milky Way, the Large Magellanic cloud and the Andromeda Galaxy. Okay, let's throw in the Small Magellanic cloud as well, a tiny speck more.

Let's zoom in on our very own puny galaxy, the Milky Way, with its 200 billion stars. Zooming right along, we get our Solar system into focus, which is only a hundred-and-eighty-six million miles across with the sun in the center. That is one hundred-eighty-five million and nine-hundred-ninety-nine thousand seven hundred miles further than LA from my home. Supernovas, black holes, dark matter—things are happening on a cosmic scale out there.

By the time we zoom in enough to view you, we would be looking for the most powerful microscope to even begin discerning you from the background among the tiniest of specks in the Universe. That is one big-Ass Universe. With capitalized “A” and “U.”

Fortunately, we don’t have to handle things out there at the Magellanic cloud. Our problems are microscopic. All we have to deal with here and now is a bad liver or stress at work and gaining that beachhead on the home front. We deal with various upsets and problems of everyday life—health-related or emotional. There are pressures; there are battles we fight; there are rare victories and defeats and the commonplace “meh” moments. Our insecurities, our made-up or real disabilities and shortcomings all play into that. Life is stressful enough as it is, but with all that, with every passing second we are getting closer to death, too. We are losing and we are running out of time. Pressure. It doesn’t have to be that way.

But we *are* getting closer to death with every passing second, right? Right. But that does not mean that life turns into a tragedy in the making. Life should be more like a romantic comedy, not a tragedy. You should not have to start getting sicker and sicker with age and succumb to processes considered irreversible. Let’s say, your eyesight is starting to go and is getting progressively worse and never gets better. It does not have to be that way.

A kidney problem even at an advanced age does not have to grow into kidney disease and into kidney failure and all kinds of other problems like in a domino effect. And add diabetes to that, throw high blood pressure into the mix, heart failure... This is living a life of being screwed. No fun.

Although not problems of cosmic proportions, in our estimation, we are confronted with formidable difficulties. What do we normally do when faced with a health condition or emotional difficulty, depression, general sense of disappointment and misery in life? Do we learn how to and then attack them head-on? Do we solve the hell out of our problems? Of course not. We are too weak for that. We don't know what to do or how to do it and we are too tired to find out. We don't kick the water enough, we just drown. Or, we find experts and have them solve our problems. That is how the problems go unsolved. That is the way to become a statistic.

An ace up your sleeve is your own ability to heal yourself—emotionally, spiritually, physically, economically—you name it. You need that ability. You need that ace up your sleeve.

As spirits, we can heal the body or we can make the body sick. There are many ways a spirit can very effectively heal a body, especially his or her own. This is what this book is about.

Before we get too far ahead of ourselves, I invite you to do a short exercise with me. This is a variation of one of the meditations I am presenting in this handbook, Breathing Light.

First, a short set-up. Start with just breathing for a few seconds with your eyes closed, concentrating on the sensations the air and the action of breathing in general create in your body. Feel the cool air in your nose and throat, the expansion and contraction of the lungs and any other sensation. Just a few breaths is enough for the purpose of this drill.

Now, the variation of the drill itself. Imagine a beam of gentle, white light coming down at you from unimaginable cosmic distance away, surrounding you with light. You breathe that light in, having it quickly spread throughout the body. You exhale blackness, like a fog or smoke. Light displaces blackness. Call the light TRANQUILITY and the blackness ANXIETY. Inhale tranquility (or call it PEACE or CALMNESS) and expunge anxiety or FEAR. Do it for as little or as long as you want. Repeat any time you feel like it.

Chapter 3

INTRODUCTION TO HEALING

HEAL

verb: **heal**; 3rd person present: **heals**; past tense: **healed**; past participle: **healed**; gerund or present participle: **healing**

1. to become sound or healthy again.

"his concern is to heal sick people"

synonyms: make better, make well, **cure**, **treat**, restore to health

alleviate (a person's distress or anguish).

"time can heal the pain of grief"

2. correct or put right (an undesirable situation).

"the rift between them was never really healed"

"To become sound or healthy again." Healing reaches deeper than just popping Tylenol. Is the body healed by dialysis per this definition? Dialysis keeps the body alive, but it isn't healed. The medical science may keep you alive longer, but it hardly ever heals anything.

The most effective way to heal your body is to do it yourself. That is actually pretty much the only way healing is ever accomplished anyway, even if it seems as if someone else did it for you. You are the perfect guy or gal for the job.

To a degree, your body is your own creation and has been since day one. You are the King or the Queen of your castle.

For the overwhelming majority of us that may sound ludicrous. Ha-ha! The puny little you can't possibly be the Ruler even in the small kingdom of your own body. Everybody knows that you need to study for at least twelve years and pay half a million dollars to even begin to understand what the hell "facioscapulohumeral dystrophy" could possibly mean.

The truth may not be easy to see under the pile of lies, but it is still there, and it is still the same truth it has always been. It hasn't changed a bit since the Stone Age and beyond. And the truth is that you and no one else is God in your own domain—and you should be because there is nobody to replace you. There is nobody else out there to be the boss of your own body. Nobody else will heal you, unless they mobilize your own powers to do so, accidentally or intentionally.

"But what about medical science?" you ask.

Medical science is an invaluable tool for handling acute conditions, childbirth, emergencies and trauma. Science in general, like anatomy, is valuable and knowledge is still power. It is ignorance of the medical science to any true basics is what I am worrying about. You can and should use medical science when needed in acute and emergency circumstances. Otherwise, I add my voice to millions of others in protest against the belief in medical science's superiority over the traditional healing techniques used by people, especially in the East, for many millennia.

I am addressing you, the true believer, the worshipper in the temple of the mighty Medicine. I am telling you that the adulation of medical science is blown way out of proportion to the good it actually does and that traditional healing ways are vastly superior to modern medicine in many ways. The only areas where modern medicine is superior to the ancients is the ER technology, child birth and the trauma, such as accidents, burns or wounds.

What I am saying specifically is this:

DESPITE ALL APPEARANCES TO THE CONTRARY, WE HAVE NO ADEQUATE SUBSTITUTION FOR ANCIENT HEALING KNOWLEDGE AND TECHNIQUES

Or, in other words-

MEDICAL SCIENCE IN ITS CURRENT STATE IS NOT AN ADEQUATE SUBSTITUTE FOR ANCIENT HEALING KNOWLEDGE AND TECHNIQUES

“Nonsense!” you say. “Not possible!” you say “Ancients didn’t know squat! Savages! William Harvey only discovered blood circulation in the 17th century and Pasteur isolated germs as the cause of illness less than two hundred years ago. And what about the molecules and cells and atoms that the ancients didn’t know about?”

Listen, this knowledge is too crude to be useful and the phenomena is secondary. You don’t need to know about the germs or the blood circulation to heal. I guarantee, as a healer you have no use for terminology like sphenopalatine ganglioneuralgia, either. That means a headache you get from eating ice-cream too fast, or brain freeze. You’re welcome.

These things are not lies. They do exist. Any knowledge is good, but none of it is fundamental. Germs cause illness but what causes the germs to cause illness and what causes the body to succumb to the germs? And why do some get sick and others don't? If streptococci are out there in the billions, then why do only a small percentage of people at any given time become ill and the majority don't? The germ theory is based on the observation that illness and germs occur together, kind of like sunny weather and Uncle Earl playing golf. There is a definite correlation, but the causation is unclear at best, because, for one, Uncle Earl plays golf about four times a year, while depending where he lives, the weather might be sunny about three hundred days out of the year.

Why a person who was well yesterday would suddenly fall ill today, while the other person next to him or her who was well yesterday would still be well today? Why would the next time we see the one who was sick before is now well and the other one is sick? Then during the next flu epidemic we see both of them well or both of them sick? The immune system is a convenient brush-off but what makes that tick? Let me assure you, it ain't the Advil deficiency that cripples your immune system. And what is this immune system really all about, anyway? Considering stress as a factor is digging in a little deeper but still a brush-off. None of it is wrong, but none of it is fundamental. None of it is the bottom line CAUSE of illness.

To heal, what is really needed is the understanding of energy fields, frequencies, wave propagation and energy flows and how we, the spirits, create or affect them in the body—the processes that medical science completely ignores as “unscientific.” And that is why medical science does not heal much of anything, not even a simple cold or a flu, not even an allergy or a heartburn or a cold sore, not even a skin rash, not to mention a heart condition, arthritis or fibromyalgia. Medical science specializes in temporarily eliminating or masking the symptoms by dangerously interfering with the energy flows, thus harming the body and creating other symptoms, while not curing any of them. There are exceptions in treating acute conditions, of course. There are emergencies. Also at times medical attention may prompt a patient to mobilize their own powers and decide to get well. As already mentioned, medical science is also excellent at childbirth, mending broken bones and the life-saving ER technology. My hat is off to medicine for that.

My premise is that you can actually do without the barbaric and traumatic biopsies and X-rays, anesthesia, cutting and searing, sawing through bones, and all the IVs and catheters and such. Unless a transplant was necessitated by war wounds or accidents, where an organ was destroyed by mechanical trauma, those transplants could have most likely been avoided. More often than not, bar the childbirth and accidents, most but perhaps not all of the medical science can be avoided.

Take your doctor's advices with a grain of salt. Not that your doctor is a bad person, he simply doesn't know any better. Do a simple test. Go ask your doctor about your heartburn. He'll tell you to take Nexium twice a day, which will never in a million years cure your heartburn and which, by the way, has been proven to harm your kidneys and suppress your immune system and cause illness, and even death.

This is from the official Nexium web site www.purplepill.com: *"NEXIUM can cause serious side effects, including kidney problems (acute interstitial nephritis). Kidney problems may happen at any time during treatment with NEXIUM."*

Of course, other official side-effects of Nexium include headache, diarrhea, nausea, gas, abdominal pain, constipation, dry mouth and drowsiness. Oh, goody-goody. And diarrhea, too? Makes me feel warm all over. Twice a day? Sure, give it to me!

Your doctor will not tell you to take a few drops of harmless apple cider vinegar for a couple of weeks, which will help and well may actually cure your heartburn. At the Medical Industrial Complex Temple they do not worship apple cider vinegar, they worship Nexium. You can buy a bottle of organic apple cider vinegar for a buck-fifty. Where is the drama in that, I ask? No astronomical expenses, no diarrhea or headaches? Anticlimactic.

Let's look at the most common silent killer in the US: high blood pressure.

Go ahead, google the list of high blood pressure medications. I did. I got a list twelve pages long. There must be about 250 different medications. Will any of them cure your high blood pressure? Don't be silly, of course not. What cures high blood pressure is raw onion, healthy eating habits, adequate sleep and plenty of exercise. Mangoes and apples are also good. Is Lisinopril, one of the most prescribed high blood pressure medications, good for you? Sure, it is, if you like cough, dizziness, drowsiness, headaches, depressions, nausea, vomiting, diarrhea, upset stomach, skin itching and rashes. Itchy skin usually indicates liver damage. And with all that, Lisinopril will never cure you, while raw onions likely will. How good of you to pay the nice people from Whatchamacallit Pharmaceuticals to mess you up!

Knowledge of anatomy and biology is a very good thing. It helps you in healing. The bad thing is that medical science, completely unaware of the true causes of diseases, alleviates symptoms by creating other symptoms, which makes it potentially harmful and even deadly. It is crude. "Oh, you want to know what that lump is? Sure! Let's stick a needle into it and find out." Or "let's cut it open and see." Or "let's cut it out and examine it closer." "Unga-banga." Crude. Mechanistic.

Sounds serious, but that is by far the medicine's lesser evil.

The true danger of medical science, a bit more esoteric perhaps but a whole lot more pervasive, overriding and even more deadly, is that medical science disempowers the individual by assigning cause elsewhere. A person is fitted into the role of a victim, and medicos are his or her only hope, since they are the only “experts.”

The person does not track with their own responsibility for getting sick or with their own ability to heal themselves. And, again, I do not mean dressing in layers or eating kale, although those are good, even if perfunctory, things to do. I am looking much deeper to the roots of health problems. Medical science makes a loud and clear statement that both the problems and the solutions emanate from outside of ourselves. That is 180-degrees wrong. The wrong-est. Does not get any wrong-er. That is the opposite of the truth and that is one deadly fallacy to embrace. There is an exorbitant price to pay for shunning ownership.

Let’s consider this young man, Brice, a basically good guy, but unsuccessful. Brice’s challenges in his professional career could mainly be attributed to his compulsion to pick his nose during any conversation and then wipe his boogers on the closest opportune lapel—a very uncouth affliction. Imagine the horror his life becomes with such a habit. Brice doesn’t have much of a social life, either.

Are his problems caused by sources exterior to him? Is he powerless to change things?

If he assigned the cause for his behavior to his genes or the stars, he'd never be successful. He could be characterized by some as pathetic, because he takes no responsibility, he recognizes no ownership of his own life. He *is* pathetic.

What if we find out that poor Brice had been brainwashed all his life into believing that it was *impossible* for him or any other human being to take ownership of his or her own life, exert self-discipline and change any behavior at will?

Not his fault, he had been brainwashed by them over there, the bad people! So now in addition to being merely pathetic, Brice graduated into being a full victim. Doubtful that he'd make a happy pathetic victim. He'd be miserable. His life would be in shambles. You'd think twice before inviting Brice to your backyard BBQ.

Not taking ownership for one's life, being a victim and being miserable and depressed go hand-in-hand and, in fact, it is one and the same thing. These are different ways of looking at the same phenomenon of assigning cause elsewhere.

This example has everything to do with health problems.

This book provides tried and true drills to gradually grab those reigns and restore health and happiness in your life.

Chapter 4

GENES

Genes are the original blueprint of the body, which, supposedly, never changes. You are born with these genes and they stay with you until you die. Genes refer to unique proteins combinations assigning specific characteristics to molecules that have specific functions. Molecules consist of millions of cells. It would seem that with our genes keeping things specific and constant, when a sick cell dies, which they all do every few years, it is replaced by a new, healthy cell exactly per the original blueprint. Behold genes in action, the DNA and RNA, the proteins blueprint, the end of cancer and all illness! Now we can all live to be nine hundred and fifty, like Old Testament Noa, the guy with excellent genes.

Not so fast. Genes don't work that way. Keeping you healthy is way above their paygrade. They only do the phenotypic traits. You may get your father's male pattern baldness or mother's colitis through genes, but you will not live to anywhere near nine hundred and fifty.

Damn. Well, all right, let's take only the phenotypic traits then. "Traditionally," brainwashed by the cult of the almighty Medicine, we consider genes unchanging and permanent. If your parents had bad eyesight, you're screwed, bud, for no fault of your own. Get ready for the life of myopia. Right? Not true. That is simply another lie.

A meditation regimen nullifies or reverts genetic predispositions. And meditation, I dare say, had existed for a whole lot longer than the medical science. So the word “traditionally” is misapplied here.

So what is the true role of genes in your health? There are many ways genes affect you or may affect you or indicate a potential direction things may go for you, but for all intent and purpose of this book, genes are just another excuse to shun responsibility, an attempt to assign cause elsewhere.

Granted, this is by far not the complete scientific truth about genetics and their role in your life and in your death. But for those who want to live a full and happy life and be as healthy as they could possibly be, the cause is not elsewhere. The buck stops here. That is the way it works. That is what gets results.

Genes provide an excuse for a failure to heal. Sometimes genetics disrupts psychic healing, but we are not looking for excuses. We leave genes to those who do.

I have to mention here that limits of what you can do with psychic healing do exist. If one keeps eating arsenic three times a day, he or she will die despite any efforts of the most experienced healers. Taking handfuls of prescription drugs every day may not be any better than arsenic. Eating lots of meat and other animal proteins may be killing your patient's liver. Smoking may be eroding their lungs. You can help these people but only up to a point.

But about the genes... What genes?

Chapter 5

DATA AND KNOWLEDGE

“A lie gets halfway around the world before the truth has a chance to get its pants on.” – Winston S. Churchill

We are surrounded by layers upon layers of lies. But truth or lies is not really the main dispute here. The point is that we want something to work and help you achieve positive results. Some knowledge is instrumental in making us effective in achieving positive results, while other knowledge weakens us and causes failures.

Knowledge is power as long as you don’t internalize commonly held opinions together with the true facts—especially opinions limiting your power and capabilities. Let’s just call all such opinions “lies.” You don’t want debilitating opinions and beliefs. They may not all be lies, but they are all harmful to you. Opinions, especially health-related, are not written by true experts, regardless of how many M’s and how many D’s you add to their names. They are written by people who have no clue where the common cold comes from and who can’t even cure a sinusitis or nasal congestion. If commonly held medical opinions were true, we’d see a lot more people happy and healthy all around us, instead of seeing more and more hospitals being built for the increasing numbers of sicker and sicker people.

If you want to see what a ligament looks like, by all means google it. However, reading up on ligaments, you immediately stumble on a datum that torn ligaments do not grow back together. That is not a fact. That is a part of the brainwashing you get. You do not need that datum, because it isn't basic and it is limiting, disempowering. It says something can't be done. Do you care if it is true or not? No, you simply dismiss that datum as a lie, because it is limiting. Chances are it isn't true, but you shouldn't even care about the odds and possibilities. It isn't worth the time to ponder. You simply reject it as a lie on the grounds that it is limiting. You simply disqualify it as a datum. You have no use for it. A bold step, which seems foolish even, but you can legitimately expect it to be a lie. And not surprisingly, it actually isn't true. It actually is a lie.

If you have encountered a medical opinion that ligaments always grow back together quick and just fine, keep it. This is something you can use to help yourself. Do you care if it is true? No, you do not care, because it could be made true even if it weren't. This is something to go for and work toward. Perhaps you wouldn't get it to be 100% true in your case, but you could travel at least a part of the way toward it. But you wouldn't get anywhere at all, if you gave up. And not surprisingly, it happens to be true. They do grow back together just fine, but only if you believe they do and use your own powers to heal yourself.

A French motorcycle racer I used to work with for many years in the California desert named Francis, shattered his knee in a motorcycle accident. His cartilage and ligaments were shredded. He was told he'd never walk without crutches again.

Not a fan of crutches or a zealot of medical science, Francis healed his body himself through meditations and other healing techniques some of which I will introduce later in this book. He walked and ran just fine, we played soccer a couple of times. The only way to accomplish that was by ignoring medical science and getting down to basics to get things done.

In 1997, a small run-in with an 18-wheeler left me crippled. I am talking about a personal experience now. I was pinned to a loading dock by a very large truck. Long story. In any case, both of my knees were shattered. Hurt like hell. Or worse. Using a mock-up of a knee as a visual aid, the doctor at Riverside General explained to me that since the cartilage and ligament tissues couldn't regenerate or grow back together, I would never walk unassisted and definitely not up or down the hill and forget running or doing squats ever again. Boo-frigging-hoo. What a large, steaming pile of horse manure! Not a great runner, I can nevertheless run and do squats and have no problems walking unassisted up or down the hill or even sideways at times, while chewing gum and saying "hippopotamus" fifty times straight. Well okay, I admit I may need some help on the hippopotamus part.

None of the doctor's predictions were true. He wasn't lying to me. What he said was true but only within the crude, mechanistic domain of the medicos, where cure comes from any place but my own will and abilities. In actual fact, I was back to work fast, using crutches at first, and never looked back.

If you imagine life as a vast kids' playground, medical science is one small sand box over to the side stuffed with kids, while relatively few children enjoy the rest of the playground. Pity that all the elaborate slides and teeter-totters and even giant strides, geodesic domes and neat hide-outs go almost unused. I say, let's use them and have fun!

The counterfeit "facts" have an expiration date on them, you just can't read the label. Yesterday they said consuming foods high in cholesterol caused heart disease. Today they are saying the cholesterol content in your food makes no difference and the arteries' blockage is caused by inflammation. What will they say tomorrow? The only facts in this example are (A) that blood flows through arteries and (B) they are sometimes blocked with plaque. The rest are opinions. Anything which is not basic is an opinion, not a fact.

The existence of germs is a fact. Germs causing illness is not a fact. Germs being bad for you is not a fact. The environment being saturated with zillions of hostile, yet invisible, germs who are always there, waiting, out to get you is not a fact. You being better off by sterilizing your environment is not a fact.

Disinfecting everything, sterilizing all your food and boiling your loved ones before use is not good for you on many levels. You may not die right away from all that disinfection but, being depressed, unhealthy and confused most of your life, you would probably wish you were dead and behave that way.

As Edgar Allan Poe said, “The best things in life make you sweaty.”

All for personal hygiene, I nevertheless present you with an opinion here, my personal opinion, which happens to agree with Edgar Allan Poe’s: getting down and dirty is fun. Fun is up, the opposite direction from death. Getting sweaty and dirty is life. Getting sweaty and dirty is healthy. Disinfecting everything is death. Walking barefoot, poking in dirt, growing things, taking care of animals is good for you. Being in direct contact with life is good for you. That is where exhilaration lives. Doing sports until you drop, building something, exerting yourself to the fullest, hiking through nature until exhaustion, working hard, being licked profusely by a dog (any dog, not necessarily your own), swimming in a stream or a lake with E.coli always present, kissing and any sexual activities—the opposite of sterilization—is life. Everything else is meh. The general concept of living is more life and less meh.

That is my take on the germs. Just an opinion.

Chapter 6

FEAR

Fear is the opposite of where you need to aim to be a healer. Fear is bad. Fear has to go.

“Healing” is improving things, bringing things “up” as opposed to “down.” It is important to understand which way is up and which is down. Seems obvious, but it isn’t. Some may consider “up” is to be accepted by the cool kids at school or in the corner office. Power, money and success are usually associated with the direction up. It isn’t necessarily “up” for us, although it could be. It is simply irrelevant to us. We are concerned with the spiritual makeover and healing here. In that realm, down is toward fear, deeper into fear and through layers upon layers of fear down into ever-deepening states of insanity. That is the direction down.

The emotional tone of fear is the corresponding tone level to the state of confusion. Confusion is a total misalignment of energy flows (decisions, intentions, aspirations, desires, and actions), the opposite of power. Confusion is inability, incompetence and not understanding. Where confusion is the ever-deepening state of insanity, so is fear on the emotional level. There are no emotions below fear, or, rather, all the emotions below fear are the ever-deepening states of fear. That includes emotions, such as grief, apathy, deadness, regret or the sense of being nothing. That is “down.”

The opposite of fear, the only fundamental, primary emotion, is unconditional love. That is our native state, the only true emotion. Anything else is a derivative, a falling away, a corruption, which is why I call unconditional love the “primary” emotion.

Unconditional love is not just love. You may “love” French fries sliced and salted just right and not burnt or undercooked. That is the opposite of unconditional. Unconditional love is all-accepting, all-agreeing, all-encouraging gentle affection or a sense of adoration, kind of like a mother’s love for a child.

All sickness is disharmony, a confusion of flows and so is all pain, physical or emotional. Healing is un-confusing the flows. Healing is the opposite of confusion. Healing is the opposite of fear.

Note that the opposite of fear is not bravery, as in a “fight or flight” response, which isn’t a true dichotomy. Neither fight nor flight is the embodiment of sanity. Baring your teeth at someone or your chest to bullets is not the opposite of fear. This brand of bravery, although needed at times, lives right next to fear in the realm of insanity. The opposite of fear is unconditional love.

Bravery comes in many packages. It isn’t limited to a mad charge onto the enemy positions bristling with automatic weapons shooting bullets at you. But I am only referring to the brand of bravery here which corresponds to the “fight or flight” behavior.

Bravery, as in blindly risking one's life for a cause or to save oneself from imminent danger, may sometimes be called for in life to protect the loved ones and preserve one's own life or integrity, but such situations normally come about as the direct result of you pulling such events into your own life to begin with by being an irresponsible dic... pardon, by habitually assigning cause elsewhere.

Oops. Here is a truly abrasive statement. How dare I insinuate that you create your own life! The amount of cussing in my general direction right this second is proportionate to this being true.

Keep your noses clean in all areas of your lives, meditate, strive to improve yourself as a spiritual being, help others, respect others, service others, own up, never justify your transgressions, be your own policeman and you'll find that situations demanding your fight or flight decisions stop happening to you. They vanish. You find yourself in a different world. Your life is suddenly bright and happy and you are surrounded by kind and loving people, who get in a habit of opening doors for you and smiling at you a whole lot more. You start getting more smooching, too. Try and you will find this to be the truth or very close to it.

Your native emotional state and the only state devoid of confusion is unconditional love. That is up. Baring your chest to bullets and charging the "enemy" ramparts with intent to kill them or be killed is a long way down.

Enemy—ha! Only about 2% to 4% of people, based on various studies, such as *The Sociopath Next Door*, by Martha Stout, have no conscience or compassion and so with a substantial stretch could be considered “bad.” 96% to 98% of us are good people. Same proportion holds true for the others, whom you call “enemy.” Ideally, the 2-4% on our side should duke it out with the 2-4% on the other side, but that is not how it works. In reality, the 2-4% are pulling the strings and egging on the fear-stricken stupid little us in our fight-or-flight with our equally stupid “enemies,” who are being egged on by their own 2-4%. Always been that way.

The 2-4% on our side are the only *true* enemies to us, but that is not who we are fighting in wars. That makes all wars a hoax. Armies always fight the wrong people for the wrong reasons.

Devoid of any desire to attack, unconditional love is kind of the opposite of what pops to mind as bravery. It may be counter-intuitive but it is true and can be easily proven in practice by any meditations that increase unconditional love, which feels to you as elimination of your fears and insecurities.

Fear, worries and insecurity go hand in hand with the urge to criticize, marginalize and discriminate anybody for any reason. Those are all one and the same side of the medal. Unconditional Love goes hand in hand with Understanding. Fear is the opposite of Understanding. What are YOU afraid of? Muslims? Criminals? Spiders? “Whom or what don’t you understand?” would be the question.

Unconditional Love is the direction up. You gain happiness, higher spiritual understanding and remarkable abilities by moving in that direction. What do you lose? Fear. Every little step you make in the direction of unconditional love is immensely valuable.

Fear is the result of losing some of that clarity of unconditional love and gaining some confusion. Unconditional love is all-knowing. Confusion is the introduction of an element of not-knowing in your life. Therefore, fear starts immediately below the very top and, as the confusion expands, fear becomes progressively stronger on the way down the emotional scale, until we start recognizing it as such at the very gateway to insanity. Any degree of presence of fear is simply that degree of absence of unconditional love. Like a rheostat, a zero-sum action. You add fear, and you have reduced unconditional love by the same amount. If you add unconditional love, you reduce fear by the same amount. You can identify the stopgap emotions along the way down as curiosity, boredom or anger.

Any meditation techniques that increase unconditional love and reduce fear will quickly bring you up and straighten out your energy flows. When you expel fear, you automatically gain unconditional love. That way you are un-confusing yourself, you gain clarity, you gain happiness.

There are several effective meditations to that effect contained in this book and several teachers, such as Wayne Dyer, Christie Marie Sheldon and Michael Beckwith and others, who can help you. The more you put into learning from them, the more you get out of it. Listen to each Dyer audio book at least a hundred times; you'll find something new every time. When listening, stop and think every time you stumble upon an "Aha!" revelation, which should be on average every eleven seconds or so.

Getting rid of fear is highly beneficial. All meditations help with that. Some meditations completely and fully accomplish that. There is a specific meditation, Breathing Light, which will completely, albeit temporarily, free you of ALL fear, worries and any sense of insecurity. Do not worry (ha!) about losing your worries. You do not need fear; it is all irrational. If you encounter something to be concerned about in a dark alley, you'll recognize it, no worries (ha!) in that regard.

Everyday fears are irrational. They are more than just a nuisance. They are the poison that ruins your life and your health. What are your fears? Spiders? Snakes? Clowns?

Your chances of being killed by a clown are zero. About four people a year out of seven billion die from spider bites. What are your chances of being killed by a snake? Zero or very close to that, considering how often you run into poisonous snakes in your life, always hanging out within yelling distance from the nearest Starbucks.

Now consider for a moment your chances of being killed by French fries. A clear and present danger. About six hundred thousand people are killed by heart disease annually in the United States. Six frigging hundred frigging thousand people! Every year. More than ten Vietnam wars put together or the equivalent of about a four-hundred-year-long war in Afghanistan. Are you scared to death of French fries? Do you wake up in the middle of the night in cold sweat screaming for mama because of those recurring, heart-pounding French-fry nightmares? Of course not. You have no fear of French fries. You are scared to death of clowns and spiders instead. That is insane. Fears are irrational. Fears are the harbingers of confusion. Everything that comes in contact with fears will carry the mark of insanity.

By the way, I am not advocating fear of French fries, either. Fear is fear, the opposite of where you want to be. You don't need fear. A French fries phobia would take its place right there in the loony bin collection with the rest of them. You simply have to use your noodle to know that saturated fats are bad for you.

This data is important, as it defines the direction up, which is toward Unconditional Love. "Down" is toward fear, criticism, cynicism, marginalizing, racism, hate and ever-deepening states of confusion.

Some people in great shape quickly recover from sudden fear with no harm done, others are not that well off. Therefore, even for a normal, relatively sane and reasonably cognizant person, banishing anything or anybody that drives them into fear from their lives would be a good and responsible thing to do. In fact, it could be absolutely necessary for their well-being.

Things get a little more complicated, however. There are near-infinite layers of fear. To be driven from a deeper state of fear into a lighter state of fear is “up.” Thus, watching a terrifying horror movie could be the “up” direction for some. The way we know we are moving up is by the way something makes us feel. If we feel uplifted and pleasantly excited or in some way enriched and empowered, we have been influenced in the upward direction. Any up is good for you.

What about the fear of death? I will get a lot more into that deep, multi-layered and eternal question terminating in the immortality of the spirit, which is a whole different can of worms. In any case, I think Mark Twain said it best: “The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.”

To summarize this chapter: fear is bad for you. If you want to be a psychic healer, say goodbye to fear.

Chapter 7

CERTAINTY

The single most important ability required for psychic healing is certainty. It is a must. Let me reiterate: without unshakable certainty and faith in yourself, psychic healing is impossible.

Certainty means not second-guessing yourself and not getting stuck in a “maybe” for longer than about a second. Certainty is clarity, which is lack of confusion. Confusion could be viewed as uncertainty. Confusion is bad, and so is uncertainty.

The waiter asks, “Soup or salad?” As a person imbued with certainty, you say “salad” and you are happily done with it. You have made your choice.

Certainty means you never say, “Oh, I don’t know. Not sure what I feel like right now. Soup seems so... oh, not sure. How fresh is the lettuce? Is there any lecithin in your salad dressing? You know, I might be allergic to lecithin, because my great-uncle Bobby was allergic to prunes... oh, never mind. How about Yellow #5 in that salad dressing? Too much? Not enough? Okay, I’ll have the soup. No, wait, how fresh are zucchinis? What? No zucchinis in the soup? Okay, I’ll have the salad but hold the lettuce. No, you know what, I don’t feel like salad, I think I’ll have the soup after all. No, wait, I’ll have the steak instead. How fresh is the beef? Is it grass-fed? Did it come from Oklahoma? My niece just moved to Oklahoma, she got a job there...”

That excruciating wobble extravaganza would be the direct opposite of where you need to be in order to heal using remote viewing and energy or light manipulation techniques presented in this book. You need certainty to use any of these techniques. There are no blood tests, biopsies, x-rays or second opinions. You see what you see. You do your thing. You are it.

On a broader scale of life, this wiggle-waggle is the direct opposite of where you need to be in order to be a happy person achieving your goals. Certainty makes all the difference. Certainty is magic. Your faith in yourself has to be unshakable. Let's consider a student who is graduating in a field which provides only twenty jobs a year for some six hundred graduates. A completely uncertain person calls this a 20-in-600 chance of finding a job or one out of thirty, which makes this very bad odds. Someone high up on the certainty scale understands that he or she only needs one job, so being provided with twenty possibilities, they consider it a 2000% chance of getting a job, which is of course a guaranteed success in their estimation. Somebody at the very top of the scale does not even think in that direction and does not need one opportunity or the twenty. They would create job opening #21 for themselves exactly as they want it. It would just appear specifically for them simply because they were certain it would.

Some years back, a shopkeeper I knew, an older gentleman by the name Rob, a proud owner of the biggest (at least in his own mind) bicycle sales and repair shop in the Bay Area, at the ripe age of 74 decided he wanted to work at one of the largest internet and software companies in the world as the senior citizens software marketing consultant.

Rob liked computers and programming. In his spare time he had been fiddling with several software ideas that he considered interesting. One day an executive from that company walked into his store to repair his bike, they started talking and, lo and behold, when the dust settled, old Rob acquired himself a highly remunerative and fulfilling position, which did not even exist before him or probably ever since. Employment statistics, the odds and demographics never even crossed Rob's mind. They simply didn't matter to Rob. He never sent out a single resume or filled out an application, either.

Competence is a part of it. Certainty means your faith in your own competence. You never say or think even to yourself regarding anything under the moon whether you know anything about the subject or not: "My apologies for speaking up and of course I am not an expert and I could be wrong and probably am, but I believe some authorities on the matter may concur that the sky might be blue." Say "the sky is blue" or say nothing. Saying nothing is an excellent choice sometimes.

By practicing and working on your certainty, you pull yourself out of the mud by the scruff of your neck and by your own shoelaces.

"Soup or salad?" the waiter asks. "Soup" you decide not even giving it a thought, skipping all the meanderings and feeling happy with your choice. Soup it is! What a perfect choice! You love it! How do you know it is perfect? Because you made it. So what else could it be but perfect? Thinking later, "Should've had the salad" is called "regret." That is the scourge you are uprooting from your life. No regrets! You should've said "soup" and you said "soup" and nobody could've said it better.

Soup was the right choice because (A) you didn't think long and (B) if you started doubting that soup was the right choice, you would equally doubt the salad. Any choice was the right choice for you, if you had certainty or any choice would have been a wrong choice for a doubter. A doubter always doubts. It really wouldn't matter to a doubter what choices they made in life, because a doubter would regret each and every one of them and wouldn't commit or stand behind any of them. This should make it clear that *any* choice made is the right choice for a person with a lot of certainty, PROVIDED THEY MADE IT THEMSELVES WITH NO PRESSURE. They *will* commit and make it work, if at all possible.

Should you marry or take as a business partner a person who can't decide if they want to join you? No, you shouldn't. Walk away. I would.

That is because on the opposite side of the spectrum, every choice is the wrong choice for a person with no certainty. They'll botch anything and everything that comes their way and blame everybody else for that and spend the rest of their unhappy lives popping valium and sobbing at the psychiatrist's office.

The good news is that a person with low certainty can significantly improve their certainty level through meditations and drills presented in this book. Such a person can turn their life around and know true power, happiness and tranquility, and they absolutely should.

Back to our example with the soup or salad. Note that I know that something was the right choice just because you didn't give it much thought. You just decided. The reason that is usually correct and the reason why many consider thinking overrated is because YOU KNOW. You know before you think. You can trust yourself. When you start thinking, you no longer know. You wallow. Instead of knowing, you start calculating using pros and cons and piling up irrelevant complexities based on opinions and convoluted hearsay as data. True data is always lacking. You will never have *true* data and *all* the facts about that soup and salad. You do not have *all* the data about the way they taste before you try, or how they were grown or prepared, or the true impact the ingredients will create in your body—and that is okay.

The problem is that we tend to substitute that true data which we never have with canned and ready to use opinions of other people made in different circumstances. We use them to “think” with. Confronted with a choice of any kind, we tend to search for any fitting premanufactured opinion and set it forth as our own thought.

The majority of opinions you internalize come from people not qualified to mow your lawn, let alone run your life from inside your head. How do I know? Because the vast majority of those people are sick and unhappy.

Generally, the longer you think, the more uncertainty you experience and the crazier the outcome. Uncertainty is fear. The more uncertainty, the closer to insanity.

A young man goes to a rabbi for advice about whether he should marry a girl by the name Clara. “Doesn’t matter,” the rabbi says, “you’ll be sorry anyway.”

Humor aside, how did the wise rabbi know that the young man would regret any decision he made? Because the young man was unsure. He was quivering in the “maybe,” calculating and chewing on the pros and cons. He searched out an “expert” to decide for him. That is what brought him to the rabbi. It is a perfectly reasonable supposition that the young man would never be happy with any choice. He didn’t lack brains to think with. He lacked certainty.

You are the only one qualified to make decisions in your life, because you are the only one with all the data. Consider this young man asking the rabbi for advice. He was dating this girl, Clara, for some time, maybe months or even years in real time. They met many times, they interacted, they talked, they touched, they thought about each other, they observed each other in various circumstances. I don't know what else they did together, but I certainly hope and it isn't completely out of the question that Clara and he even shared some special memories to blush about, some special tenderness and pleasure they might have experienced just between the two of them. Add the unspoken things they shared or understood and the silent or verbalized promises and agreements they made. That is a whole lot of data significant in their case.

And so this young man coming to a stranger, who knows nothing about them, asking if they should get married is nuts. He should've asked Clara, not the rabbi. That way he would at least start getting into the habit of doing what she says!

We decide something and we stand by it. Every time a double-crossing thought like "I should've decided on that other choice..." weasels its way into you, put five dollars in a jar. Do not let Clara down. Own up. No regrets.

Then you can heal yourself first and, with more practice, others.

Realize, again, in healing you are not using any equipment, biopsies, tests, x-rays, peer reviews or second opinions. You need abilities, experience and esoteric skills and you need oodles of certainty. With enough certainty, you will get better and better at it. With no certainty to support your backbone in the upright position, you'll get splattered at the starting line. Certainty is the Champ. Being always right does not even come a close second.

In addition to practicing certainty in all aspects of your life and professional career, I recommend the already familiar drill, another modification of the Breathing Light meditation.

Do this as often as needed, a few seconds each time: after a few seconds of focusing your attention on your breathing, imagine a beam of light coming down at you from an unimaginable cosmic distance. The beam is wider than your shoulders so you are surrounded by this cosmic light. Breathe this light in and feel it infusing every nook and cranny of your body. Breathe out the fog of blackness dislodged in your body by the light. Now give this light a name, CERTAINTY, and call the black fog UNCERTAINTY. You breathe in the magic light of certainty and breathe out the blackness of uncertainty.

If needed, you can augment this with breathing in the light of COMPETENCE and breathing out INCOMPETENCE.

Try it. You won't be sorry. It may change your life.

PART TWO

WHO WE REALLY ARE

Chapter 8

SPIRITS

I never felt that classifying a human being as an ape was correct, even a smart ape. To accept the form of something as its content is a cognitive error. You do not consider water to be the glass it is in. Water is very different than the glass. We are souls in bodies, but we are not our bodies. This shouldn't be a new concept, but it is for many.

Similarities with a chimp notwithstanding, I'm not a chimp and neither is any other human. The difference between me and the chimp is the essence, the center core, the true identity of who we are—who I am.

That core identity is in the realm of the spiritual. Chimps don't make art. Why do we make art? Why do we decorate our homes? Even in the USSR where I grew up, a poor country always on the verge of economic collapse, most of the new buildings in Kiev were tiled over with ceramic tile, creating beautiful patterns and presenting something nice to look at. I'm talking about huge structures with hundreds or thousands of apartments—not small objects to tile. Do chimps do that? Why do we do that? Why are we so creative? Why are we so attracted to aesthetics? Why do some pay millions for a painting, where the combined cost of the canvas and paint is less than twenty bucks? What are they paying millions for?

Why do we dwell on abstract matters like God, friendship, love, beauty, good and evil, duty, loyalty, honor, ethics or even geometry and math? Some of these things are so overwhelmingly important to us that we may sacrifice everything, even life, for some of these abstract notions, while most of them hold precious little meaning to apes. Why would we want to explore and learn the nature of the universe millions of miles away? Why do we want to know all about Jupiter, for example? What has Jupiter ever done for us? But we do. What about ambitions and aspirations? Why do we always strive for something better? What about our dreams? To me, all those questions have one answer: our spiritual nature. An ape mainly wants attention, affection, food, procreation and safety. We want the same things, but we also want much more. There is a higher presence here. That higher presence is a spirit, which is essentially a thought.

You are really a thought. You are a definition, a self-aware thought energy unit. That is all a spirit or a soul is, the anatomy of it. This is a thought universe with its own exact laws, the only absolute laws, high above the physical laws that are not absolute. You are a spiritual entity, a thought-based unit of awareness. That awareness is what you were imbued with by you-know-who. You got yourself defined in some way. You're not your body, although your body could be a part of your definition and so you may feel more or less inseparable from your body.

You are not native to the physical universe. It was invented for you to use as a common playing field to socialize with the others. You've been playing this way for so long and got so degraded, entranced and confused that you don't know up from down, or who you are, or if you're coming or going. Where you come from there is no time, so immortality is not even an issue—there is simply nothing else you can do. You can't die. You can't even get old, except by your own consideration. You got stuck in your game, you got lost in it, you forgot how to control it or distinguish truth from pretenses, and you lost your sense of direction. There is a hell of a lot to all this. The lies and illusions come in thick layers. You can keep unraveling those layers forever and that was pretty much what you had been doing before you sunk into apathy about it all a long time ago.

So if we are immortal, why don't we remember?

Several reasons, the main one being that you don't *want* to remember. You trudged through zillions of lifetimes already, you saw it all, you tried it all. You are sick and tired of it all beyond belief—that is the truth. You failed in a gazillion attempts to get out. You are a total loser—we all are. You are disappointed, depressed and bored. You want some fun. You want some meaning and purpose and some interest in your life. None of it is inherently there. No meaning, purpose or interest whatsoever. None.

You have to put it there, if you want to have any. You have to bring it in, conjure it out of nothing. Dealing with nothing is our specialty, although most of us suck at it. You can buy into whatever everybody else seems to be doing, which is called a “society.” However, the majority of people following the social norms toward the socially-approved goals end up disappointed. What else is new? That is the reality of being screwed, but sometimes having fun.

So, you either have to find the way to get unstuck from the birth-death, I-am-a-one-life-dumb-animal merry-go-round, or you must forget your true nature and keep the game going the best you can to have any fun. You chose the latter because you failed utterly at the former a very long time ago and stopped trying.

You put it on automatic. You kick the bucket, you clearly remember, you get a new body, you still remember but quickly forget the fact that you just lived or any details. You set it up that way and you forgot how to undo it. You forgot how to do pretty much everything you could ever do, except writhing at the bottom of the pit in the stinking mud like a maggot, thinking that all you need to be happy is more stinking mud.

Sad. Well, you are still all-powerful. You got that ace up your sleeve. Do the drills in this book. You got the moves!

Chapter 9

EXCORCISM

From Merriam-Webster:

spirit -

1: an animating or vital principle held to give life to physical organisms

2: a supernatural being or essence: as a capitalized : holy spirit; 2b : soul; 2c : an often malevolent being that is bodiless but can become visible; specifically : ghost; 2d : a malevolent being that enters and possesses a human being

3: temper or disposition of mind or outlook especially when vigorous or animated <in high spirits>

4: the immaterial intelligent or sentient part of a person

Dictionaries always seem to have deep insights into things, even those that lay outside of the prevailing viewpoint.

Just one short correction here. No offense to Merriam, but so far I have not found a malevolent being. There is such thing as a very pissed off spirit who is willing to and fully capable of inflicting harm and actually does inflict harm at times, but according to my observations the spirit is never malevolent by nature. Every spirit is born out of unconditional love, not hate. This is important. Every healer runs into the trespassing spirits phenomenon, whether they recognize it and deal with it or not.

A spirit is a person. Being upset is very different from being evil. You may try to destroy evil, subdue evil, render it powerless, but you do not get anywhere treating spirits (or people) that way, because spirits (people) never give up. Why should they? Outside of the common display of some superficial unity with others and all the hustle and bustle of the game we call life, the spirits are immortal and indestructible—and we all know this on some level of awareness. You can't impinge on a spirit beyond the melodrama. So, why would a spirit give in under any pressure? You make enemies through using force against people. You don't solve any problems long-term that way.

Contentious, hateful, forceful attitude happens to be the exact wrong way to exorcise an upset spirit, the exact opposite of how you effectively do it. How do you treat people? "Do unto others as you want them to do unto you" will always do wonderfully. All religions I know and all the atheists I know all subscribe to this simple rule of happy living. Being yelled at and insulted is not how you would want to be treated.

The entire secret of the art of exorcism is **ACKNOWLEDGEMENT**. It is that simple. A little love, a little attention, a little communication, a simple thank you—that's all we need and that's all they need. As a healer you search out the intruding spirit to make a friend, not an enemy. I am not kidding, that is the entire art of exorcism, absolutely indispensable for a healer.

An example is from my healing practice, saving the life of an elderly client dying in a hospital from a heart condition, right after a heart valve replacement surgery, faced with complications and a very unhappy prognosis from the doctors. He was being literally killed by a “malevolent” spirit. In my attempts to save my client’s life, I scanned through his body, trying to re-establish energy flows through blocked passages and getting the energy tori (“tori” is plural for “torus”—who knew?) of several affected organs rotating clockwise and locating points of blackness to probe through the phantom technique about which later. I was not getting anywhere. To my dismay, somebody or something seemed to have been immediately undoing everything I was doing to help. This is a general law worth remembering: any time you see your actions being immediately nullified in the patient’s body, you should sharpen your senses and start searching for an intruding spirit.

That is what I did and was startled to have located a dark, menacing presence in my client’s midsection, strong and waiting. Anger always comes across as power, but anger really isn’t strength at all, far from it. Anger is a weakness. There is always pain underlying the anger. The spirit was angry and dejected, and unwilling to engage.

“Hello,” I set forward, “I know you are here. Thank you very much for doing what you are doing, taking care of this man, helping him best you can.”

Always acknowledge. Always be polite.

"He is old and pathetic," was the contemptuous and hateful response. "He needs help to die."

"Thanks for that, I understand you. You are right, he is old and feeble. His death would be perfectly timely perhaps, and he should die and will die but not right now. I don't want him to die right now. I want him to live through this. I say, he must not die right now."

Assert your control without actually disagreeing.

"Who are you to say? He wants to die," the curt reply and a wave of black resentment.

"I am the one in charge. What he wants is irrelevant to me. What I want is for him to keep on living right now. I need your help. Please help me keep him alive. And I will help you. We will work together. Would you like that? It is okay. It will be fun. What is your name?"

"Stanley," the name appeared in my mind, the spirit no longer a black presence, but still kind of gray, pouting.

"Hi Stanley. Pleasure. What happened to you? Can I help?"

He responded with a strong grief flow and a quick succession of mental pictures adding up to a death. I felt his grief.

"I'm sorry for your loss, Stanley, I feel your grief. I grieve with you," and I really meant it.

His "Thank you" was the last concept from Stanley. I acknowledged and asked him again if I could help but realized that the space was empty, and Stanley was gone.

A miraculous quick recovery of my client followed. He got a full night of restful sleep and was out of the hospital the next day and still doing okay now, four years later, which is already four years longer than doctors predicted. Now, at nearly 82 he is not as frisky as he once was, but he enjoys mobility and a reasonably good health. This story can be corroborated by witnesses and medical records.

To summarize, there are only three parts to exorcising a spirit: (A) acknowledge their presence and flow love toward them, (B) ask them to help you and work together as opposed to asking them to leave and (C) ask how you can help them. If you have no success, go deeper on (A) and repeat (B) and (C). It isn't difficult, it always works.

A spirit in fear, a terrified trespasser hiding in a patient's body, can be hard to find because they put up black shields to hide behind. Blackness is usually present in any body. It simply signifies blockages and pain or just illness, but that blackness is never pitch-black impenetrable. If you perceive such an unnatural version of blackness, treat it as another spirit, because there is one hiding behind it, a terrified one. Remember, fear is not your friend in any manifestations. You don't want to have a terrified being there. The procedure is the same, but treat the spirit as you would treat a frightened child. Be very gentle. Bring their tone up the best you can and the trespasser will be gone. As always, there is nothing evil about other spirits. Be nice.

Okay. Now that I am done proving conclusively that evil spirits do not exist and that they are simply upset and can *always* be turned into friends with a little love and understanding, I have to backtrack a bit—quite a bit, actually. Here is the inconvenient truth: demons do exist. Exorcism of the demons, that all religions had much to say about, is a legitimate thing. I would much prefer to keep this information to myself. Damn! Everything was going so well. I must have been making a pretty good impression on at least some of you readers, if you kept on reading this far, but now—bam! The demons. I apologize, but demons do exist. And we do have to deal with them.

Any spiritual seeker sooner or later runs into this unsettling phenomenon of shape-shifting, quick and flighty, mischievous or even horrifying entities. They exude mean-spirited, implacable desire to harm and ensnare and do not get in communication with you and do not respond to your love and attention and so *cannot* be exorcised.

They are nasty, true. But they are not spirits. They are a different category of things, they are not like you and me. They are not “alive” or cognizant like you and me. They have no intelligence. They do not “hear” or “understand” you. That is precisely why you can’t communicate with them and they are indifferent to your feelings, to the sign of the Holy Cross or anything else. Since these constructs can be very harmful, demons merit their own chapter.

Chapter 10

DEMONS

"Within you there is a stillness, a sanctuary to which you can retreat at any time, and be yourself." - Hermann Hesse

A phenomenal researcher, Hermann Hesse was a true intellectual. I suggest reading his works if you can, hanging on to every word. Teachers like him come along every couple of thousand years or so, if we are lucky.

"...and be yourself" Hesse said. Stillness is where you live. Inherently, you *are* the stillness. You know it all, you can do it all, you have it all.

So, being perfect, motionless, calm and all-knowing, what do you do for fun? Mathematics, maybe? But what if you get bored with that? You invent games. This is it. We are now looking at the exact reason for the sorry shape we are in. You bring yourself down to have a game.

You introduce randomness into your existence, you pretend you are less powerful and you do not know everything there is. You need to introduce incompetence to create a game to play. You must incapacitate yourself to have fun. If you could score a goal, a touch-down or hit a home-run every single time with no effort whatsoever, it wouldn't be much of a game, would it? Incapacitating oneself seems silly, but I guess things look different to an immortal being, bored out of his mind.

This is how it all started countless millennia ago. Now, umptillion years later, we are so entranced and confused that we lost most or all of our inherent abilities. Long ago we forgot our origin and true nature. In our sorry state, those clots of randomness, those epicenters of hopelessly entangled energy flows originally invented for fun, are overwhelming. They strangle us, they take on a life of their own, they literally kill us at times. They make us kill others. They make us do things we later regret. They always threaten to take over our lives and often do. With these clots of balled-up energy out of our control, confronted with any of the epicenters of chaos, such as “make-wrong,” “proving oneself right,” “money,” “sex,” “winning,” “success,” “pride,” “fame,” “power,” “admiration,” “attention,” “beauty,” “honor,” “luxury” or others, our mind may interpret those energy clots of randomness in various ways, giving them faces, vaguely human shapes, possibly quick and darting motion, slime or hair, mouths or gaping holes, eyes or empty eye sockets—all complete with the ability to instantaneously change appearance as they dart about, converge on you or follow you. Behold the demons, the unsettling trick of the mind.

A “demon” is an epicenter of tangled-up energy flows introduced into your spiritual makeover to create randomness, to create a game, a possibility of losing. Winning is not the problem. The real problem is the impossibility of losing. The possibility of losing all by itself creates fun and excitement in one’s life.

The energy entanglement or the “ball-up” phenomenon is different from an explosion, which is energy dispersal from a common origination point. Explosions are not really chaotic.

Entanglement, on the other hand, is a morsel of chaos, a point of a complete tangled mess. That clot of chaotic entanglement of energy flows has the ability of grabbing more and more energy flows in its vicinity and tangling them all up, thus adding to itself, feeding on you in a way. It can take over your entire life, driving you insane or killing your body.

Not all of us are ready and willing to accept this information about the “demons,” but we could all recognize the phenomenon of being consumed by a fatal passion or being driven into madness or death by an obsession. That is the demon phenomenon what I am talking about.

Unlike other spirits that may enter your body to do harm, these “demons” are a part of you. You created them. You can’t exorcise or surgically remove them, but you can own up and embrace them. They are yours, okay? As the first step you can acknowledge that fact. The problem will not fully resolve that way, but your suffering will subside. It will calm things down for you. Kind of like putting your demons on a leash. Taking responsibility helps you take a deep breath, regroup and look around.

The actual remedy is to leave the demons alone and focus your attention on finding out who you really are. You can control them and diminish their hold on you through meditations that help you find yourself.

Knowing who you really are puts the demons under your complete control, but you can still have fun. In fact, you can have more fun and enjoy it more, too. Did you want to have fun? Have fun! Success is fun, for example, but that does not mean that you are so fixated on it that it rules your life and ruins you.

Saturating yourself with light and breathing light will gradually eliminate the demons as a hateful influence in your spiritual makeover.

But first, do this preliminary set-up step: sort out what you are doing in life which is not okay and immediately knock off doing it. Come clean on past misdeeds. If you shoplifted, go back to that place, find the manager, even if it isn't the one who was there when you shoplifted, apologize and pay as much as you estimate you should. If you cheated on your spouse, make sure your Will is in order, put on your crash helmet, then with a deep breath own up and face the consequences, whatever they are. No looking for excuses. Stop calculating. Plunge right into it, no wobbling or finger-pointing.

If you cheated on your wife because she didn't like your brand of sex, the only important point here is that you cheated on your wife. Come clean.

Chances are, she won't leave you and, when the dust settles, you may find yourself in a much better relationship with a much improved sex life, too. Pay the piper. Be effective. End off on every one of these things you are not proud of.

Realize, however, that some things you are not proud of are not actually hurting anyone and the only reason you feel bad about them is because somebody said you should at Sunday school.

They said "thou shalt not covet cotton candy," but being the certified cotton candy coveter that you are, you keep on coveting cotton candy and feeling bad about it. Think it over. If you feel it is bad, knock it off. No more cotton candy for you, bud! But if you feel it isn't actually bad or harmful to anybody, then stop feeling you are committing a crime every time you enjoy a cotton candy. Have fun and eat it too! If it is okay, it is okay, period. Done. Certainty, remember? No whiffle-waffle.

This cleaning-up step goes a long way in eliminating the demons and sets you up for the fast ascend through meditations. Anything unresolved that you are hiding and not proud about will weigh you down like a ton of bricks.

Chapter 11

WHO ARE YOU?

“If you don't know who you truly are, you'll never know what you really want.”

— Roy T. Bennett

“Who the hell is Roy Bennett?” you ask. “A Chairman of Ohio Republican Party, of course,” I say, “and who the hell are you?” With that snappy introduction of the eternal subject of your true identity as a human, let's leave Roy completely out of it and smoothly dovetail right into the hopeless matter of finding out who you really are.

We are spirits, thought-based entities, but there is more to that. How did we come about? And why?

I am opening up a can of worms here. I am presenting here a brief yet highly contentious rundown on our nature, on who we really are and where we came from.

How do I know that we are thought-based entities? Am I right on this? Do I have the true scoop? I think so, but probably not, since I didn't get it from the internet and everybody knows what that means. You don't have to agree. Honestly, I don't even care if I got it right or what you believe in. This book is on psychic healing. I am only interested in what works. And this is what works. This is how it works. This is what it is all based on. This is *vital* to healing. If you want to develop or improve your psychic abilities and be able to heal, read on.

However, healing aside, to me personally, this is the culmination of more than thirty years of research, which put me face-to-face and at times deep into a total of 28 different religions, got me stuck for 18 years in a cult at a secret desert location, introduced me up close and personal to a Puerto-Rican gang in New York and to Russian mafia hoods in Moscow, pitted me against the FSB in Moscow in 1993 in a battle of wits, made me a healer and an empath, got me gravely sick at times and then well again, as I was developing the defense for myself against the blackness I was coming in contact with, brought me repeatedly to the very top into the realm of complete clarity and immersion in peace, brought me crashing down occasionally, introduced me to God and happiness and opened up to me a whole new magical realm of spirits.

So, am I right? I think so, but the reason I am writing this book, as I said, is not to convince anybody. I am not looking for agreement and acceptance. This is an applied guide to psychic healing. I am trying something here that has *never* been done before as far as I know. I am attempting to train psychic healers, to enable *anyone* open up their psychic abilities and heal themselves and others.

How do you put out a simple textbook on training psychics? That is the question. Arguments on theology are of no interest to me. My moto is DO THE DRILLS. If you feel questions bubbling up or a disagreement whaling inside, just DO THE DRILLS.

So, who are you, really? Historically, that question must remain unanswered. It is shrouded in layers of lies miles thick. Is it worth unraveling these layers? A definite “yes” for me, because it is pertinent not only to healing, but also to the entire strategy of training a healer presented in this book. Who we are is the basis of making a healer and what healing is all about and how it is achieved. You can’t heal unless this is resolved.

You cannot be a healer believing you are a meat body. You can’t be a healer if you believe that only God can heal. You can’t heal if you believe in God as a cantankerous old man in the sky or don’t believe in God at all or are scared to death of God’s wrath without understanding the true nature of God. You can’t heal if you believe you need second opinions, tools and equipment to be certain or that seeing inside the body or perceiving energy is impossible. You can’t heal if you consider the visible world and three dimensions all there is and have no concept of what keeps this entire construct together. In short, to heal you have to know who you really are.

A chipmunk, to be successful in life and to possibly even survive to old age must get a firm grip on the reality of who he is. A chipmunk who believes he is a woodpecker would suffer from constant headaches and die young from starvation. Ridiculous, right? A chipmunk thinking he is a woodpecker! Ha-ha! What a bunch of baloney!

Yet, someone you may know is thinking right this minute that all they are is two hundred pounds of flesh, mucus and excrement and when they die they'll stay dead in that coffin, being eaten by worms and destroyed by seepage. That is truly hilarious. That is much funnier than the chipmunk bashing his head against a tree trunk. Or a person thinking that when they die they go to Heaven to meet what's-his-name at the Pearly Gates to get judged, and if they are found to have ever said the word "fuck" in vain they will be roasted on the open fire forever, which is a very long time that never ends, kind of like *Saving Christmas* movie with Kirk Cameron. And that is one bad movie, let me tell you.

"Who am I? Some answers have their own infinity. With no end. And no beginning."
— Talismanist Giebra

Do you see what I mean? You can send an unmanned spaceship nine billion miles away to take photos of Pluto and get them sent to Laurel, Maryland; you can find 292 sub-atomic particles, some of them so small that they travel through an atom like a soccer ball travels through an empty soccer field; you can find a replacement for Johnny Carson on The Tonight Show but you can never find out who you are.

Why is that?

Because of the inherently wired-in safety concern that too many people knowing who they really are and how they got here could unravel the entire creation. Is it a valid concern?

My take on it is you will never get enough people interested in these matters to make the slightest dent. The vast majority of people are too busy watching *The Bachelor* or making ends meet to give a damn about unraveling the Universe. If you are reading this book, you are among the top 1/2% of the top 1/2% intellectually and spiritually. If you ever decide to open up, like I am doing here, you won't get much agreement, if any at all. For that reason, people who don't know, like Talismanist Giebra, keep on talking about how mysterious it all is, while people who do know keep their mouths shut. It has always been that way. So chill, the Universe is safe!

Okay, so who are we? We are spirits. What does that mean? You can read up on that 'til the cows come home and come out with a resounding "Who the hell knows!"

A spirit is a thought entity, a unit of self-awareness which had been defined into existence, a viewpoint. Wild, right? Spirit is essentially a thought, a definition. Somebody we call God defined you in some way and that was your creation. Your development and self-improvement and all kinds of flexibility and potentials are also a part of your definition.

How high can you go? All the way up to the point of being yourself, the point you started from: God thinking a thought.

You are basically a thought operating by thought in the thought universe. Physical reality comes about as the direct result of you operating by thought in the thought universe, and there are ways to get this process under your control and operate effectively to your advantage in the physical realm via thought. You are what you think (not necessarily what you want).

As Eckhart Tolle said, “If you get the inside right, the outside will fall into place. Primary reality is within; secondary reality without.”

There is a lot more to this, like the energy grids that keep the thought realm together, the relativity, or rather the illusion of time and distances—a bit more on that later.

This isn't easy to bring across or digest. This can be upsetting, repulsive, hard to wrap your wits around, heavy and draining. But it is necessary. Let's work together. This information is vital for remote viewing healing, which I'll talk a whole lot more about later in this book. Open your mind and hear me out. The following is my illustration of how this world came about and what makes it tick.

Chapter 12

GOD AND CREATION

Let's imagine a slice of life, such as the wedding day of Sarah and Brian, for example, a nice young couple we don't know and have never met. The venue they use is Sarah's house in the suburbs, a nice middle class Colonial somewhere down south or in the Midwest maybe. Here we are around 10 a.m. at Sarah's well-appointed bedroom, witnessing Sarah's hair being done and the donning of the dress with half a dozen ladies helping her. The dress is, of course, white, lacy and beautiful. Sarah looks stunning, but a little pensive at the moment, because Brian is nowhere to be found. He went out to organize some transportation and is temporarily missing in action.

You fill in the blanks of what Sarah, her relatives and girlfriends and her bedroom look like, sound like and the content of their conversations.

Sarah's mother, Liz, is directing the traffic outside, where the tables and all the flowers and decorations are being set up on the lawn. She is frantic, border-line hysterical due to the errors and miscommunications, as well as the perceived or real incompetence of the catering staff and other services they hired. She is, of course, taking it out on her defenseless husband, Charlie, cussing and calling him names.

Charlie, who started drinking first thing in the morning and has already progressed some way in that regard, is hanging on by a thread. He loves his daughter dearly, but the thought of this day eventually ending is really the only thing that keeps him going. That and maybe the prospect of the awesome refreshments coming up is helping a little as well. His most recent assignment was getting the priest confirmed for the 5p.m. ceremony, but the goddamn Bible thumper is not answering his phone. Hence, the wife's wrath.

Two family dogs are in everyone's way, ecstatic to have company.

I am laying it out pretty vividly here, but note that I am leaving a lot of details to your imagination.

Okay, now let's leave this scene and look in on them at 4p.m., an hour before the ceremony. Note that their time lapse did not take any time for you. Time in that realm is an illusion. See if Sarah is still in her bedroom. Is she? What does the bedroom look like now? Where is everybody? Had the groom, Brian, rejoined the flock? Is he still contrite or had his little disappearance blown over already? Where is Charlie? Did they finally contact the priest? Are some of the guests there already? Are there more arriving right this minute? What about the kids running around? Is somebody sticking their fingers into the catered food in a clandestine manner? What does the perpetrator look like? Is the mother-of-the-bride, Liz, all dressed up and beautiful now? What is Sarah doing?

Let's leave it at that and look in again a few hours later during the reception. The ceremony is over. Is it dark outside? How many people are there at the reception approximately? What are they doing? How is the food? What are the smells? What kind of music do they have? What about mosquitos? Is there dancing? Is the priest still there? What about the children? Can Charlie stand on his own unassisted or even assisted? How does Liz feel about it? Where is Liz? Are people talking among themselves in small groups? What are the women's dresses like? What are people talking about? Where are Sarah and Brian?

Now please reflect on the following questions:

1. Did you notice that the story kind of took on a life of its own to a degree? It takes no effort to imagine after a while, you are kind of just watching it all unfold. You can simply look in and see what is there with no strain. For example, while everybody is outside celebrating, what does Sarah's bedroom look like? You immediately see the same room you saw earlier only dark now, right? It didn't take any doing. If it doesn't work for you that way, your mental clutch is too tight. Relax and stop trying to think. Just look. Is what I am saying about your creation taking a life of its own true to you to any, even if a small, degree?

2. How much time elapsed for you in comparison to the story time? Could I state that the story time and the real time are two completely different timelines and what could be an instant to you could be years of story time? Look in on them a year later. Sarah and Brian have a baby now. In just a second for you they all aged a year and a baby was born. They must have lived their lives 24-7, when you weren't watching. You missed all of it. Go ahead, look at them ten years later, twenty years, thirty. Look at their grandchildren and the grandchildren of their grandchildren a hundred years later. Sarah and Brian aged and died some forty-fifty years back. Is the house still there? How about a thousand years later? A million years later at that location? How much time did that take you in true time? An instant?
3. Honestly now, would it upset you terribly if some little girl in that imagined world suffered and died of cancer at the age of five? Would you even know? Would it matter to you? You are God of this invented world or are you, really? So, is there God? Yes or no? Both yes and no. You exist but are you really and fully running the show in your thought-up world? God is and isn't. To get anywhere, we have to wean ourselves off

the binary “yes-no” logic. Things are immeasurably more complex.

4. Looking at it closer, we notice that people and objects were not weightlessly floating in the air, but stood firmly on the ground. What does that tell us? Gravity. A spherical planet rotating around its axis. In the morning there was light, then darkness in the evening. The planet is rotating around a star, like the Sun. What about the trees and the grass? Did you just create photosynthesis as well? Realize, you unwittingly created the entire world complete with the stars and all, not just a wedding in the backyard.
5. None of the characters in your story know who they really are or where they came from and why. They are absolutely 100% clueless and they should be to uphold the illusion. Imagine the guests getting into a lively discussion on the subject of God. None of them knows the Truth. In fact, their world is automatically set up to make the Truth repulsive. Somebody says as usual, “Oh, what a bunch of boloney. How can you people be so naive as to believe in this religious crap? Of course, there is no God! Science proves it conclusively!” Others are arguing against or for that premise, getting into the usual “there is something out there”

and “there is nothing out there,” talking about fate and free will. There will never be anyone there who’d say, “Actually, we only exist here in this thought-up realm. We don’t really exist in this form outside of someone’s imagination. We call that someone ‘God.’ That so called ‘God’ is a person, who may be too busy to worry about us. You know, the usual bustle with the family, job, kids, upper gastroenterology trouble, politics, marital infidelities...” Everyone would agree that a person saying that was a nut or a joker. I am being such a nut right now, making a joke. Is it a funny one? Are you laughing? Why or why not?

6. This is crucial. Think, how many people are there in that imagined story? The answer is ONE: just you. There is nobody else there in your head. You are Sarah and you are Brian. Charlie is also you and all the rest of them, including the atheist and the priest. Could there be any pedophiles in that world? Absolutely. That would also be you. What about cops? Mexicans? Guatemalans? Rich? Poor? Thieves? Jews? Muslims? Politicians? Norwegians? Russians? Whites? Blacks? A young South-African gay female transvestite of Dutch descent married to a Fijian transgender lesbian? Sure, why not. Still you. What about most despicable criminals? Yes,

you again. Any Trump supporters? Aha. Hurts, doesn't it? Does your mother know? War mongers and professional military killers? You. Liberals? Heroes? Traitors? Spies? Communists? Hunters? Farmers? Welfare recipients? Criminally insane? Rapists? Geniuses? Terrorists? You, all you.

There is nobody else in your head making up stories. It is all you. You are inventing different points to view life from, commonly referred to as "viewpoints." You define viewpoints in some way. How many could there be in your head as the minimum or the maximum number? There are no upper or lower limits. You imbue these viewpoints with life and they take off seemingly on their own. There is nobody else there. If you are high enough on the creativity scale (call it the UNCONDITIONAL LOVE scale) you can make your creations stick. If you are God, in other words. God abilities and Unconditional Love is the same thing.

Contemplate these questions:

WHY DID YOU CREATE THAT WORLD? WHAT WAS THE PURPOSE? WAS THERE A PURPOSE?

WHAT IS THE MEANING OF LIFE IN THAT DOMAIN? IS THERE A MEANING?

WHAT IS THE PURPOSE THOSE CHARACTERS SERVE TO YOU, TO THEMSELVES AND TO EACH OTHER?

We simply imagined all this. This was nothing, less even than a puff of smoke.

Or was it? Yes, it was. But if we dwelled high up there on the unconditional love scale in the motionless Void of potentiality, the realm where God's thoughts are born, it would all become real life for those viewpoints and boy, what a hangover would Charlie have right now!

PART THREE

MEDITATIONS, DRILLS

THE HEALING TECHNIQUES

*Meditation brings **wisdom**; lack
of mediation leaves ignorance.
Know well what leads you forward and
what holds you back, and choose the path
that leads to wisdom.
- Buddha*

Chapter 13

MEDITATIONS

“All of humanity’s problems stem from man’s inability to sit quietly in a room alone.”
- Blaise Pascal

“A good meditation, even when it is interrupted by occasional nodding, is much more beneficial than many outward religious exercises.” - Johannes Tauler

In this thought-operated Universe, the way *out* of any life’s pitfalls is through changing your mind, which is also the way *into* anything desirable. To that end the ancients created the practice of meditation.

There are seven different general types of meditation containing a multitude of individual techniques. All meditations reduce stress, improve health, control anxieties, enhance self-awareness, increase attention span, improve cognitive abilities, help fight addiction, reduce blood pressure and open up a whole new world. Meditations are good for you.

Western definition of meditation is a relaxation technique used to ponder or contemplate. The word “meditate” is even used interchangeably with “ponder.” That is incomplete. Meditation does not have to be about thinking and the best ones aren’t. There is an ephemeral gap between thinking and meditation best described by the self-improvement guru Alan Cohen, “If you want to find God, hang out in the space between your thoughts.”

You have to find that space between thoughts. For that reason, let us use a much better Meriam-Webster definition: Meditation is a practice where an individual is using a technique, such as focusing his or her mind on a particular object, to achieve a mentally clear and emotionally calm state. With a slight stipulation that “a particular object” could also be a word or an action, like breathing or listening to a sound one makes, this definition is correct, because it works.

All meditations are healing techniques. Any meditation will reduce blood pressure, among other health benefits, and so any meditation is better than no meditation, but some techniques produce miracles, where others not so much.

In this book I cover the following meditations:

BASIC JUST BREATHE MEDITATION

SIMPLE THOUGHT MEDITATION

SIMPLE THOUGHT SPATIAL MEDITATION

BREATHING LIGHT

LIGHT VISUALIZATION MEDITATION

HARMONIES AND SOUNDS

The oldest known Vedic meditation of the ancient Hindus, the simple breathing technique, is the immensely powerful procedure guaranteed to gradually improve or alleviate a host of unwanted physical and emotional conditions.

This meditation is present in some form in all meditations to one degree or another, which is why I separated this preamble. It applies in some measure to all meditations.

“Gradually” is the key. It may take a while, but sooner or later the simple breathing meditation will open the floodgates to happiness and exhilaration and bring you face to face with a whole different realm, a greater realm to which our visible world is a sub-set. You may discover energy grids that hold our physical realm together and find out what that energy really is. You may take a glimpse at the omnipresent field of intention we call God. You may even succeed in plugging into that intention to understand what it is. This most basic meditation is pure sorcery; it is not to be trifled with. Here it is:

BASIC MEDITATION: JUST BREATHE

Ajahn Amaro, a Theravada Buddhist monk and abbot of the Amaravati Buddhist Monastery in UK, teaches us that “if you have time to breathe you have time to meditate. You breathe when you walk. You breathe when you stand. You breathe when you lie down.”

The point is you can do this meditation anywhere and in any position. There are no rules chiselled in granite. That is why I call it “just breathe.” However, it is most easily done in a sitting position. If you do it while walking, you have to keep your eyes open, inviting various thoughts and stimuli, although with practice you can overcome that. If you do it lying down, you may fall asleep. Sitting is the easiest way.

Sit comfortably and breathe normally for ten to fifteen minutes in a quiet space, preferably but not necessarily twice a day. That is it. First, relax your body by putting your attention on various parts and willing them to relax. Then breathe. Behold the world of stillness. Behold the Magic. Behold the state, ideally, which Wayne Dyer referred to as being **immersed in and surrounded by peace.**

You can even do it a few seconds at a time many times a day, although it isn't nearly as effective, since on each run you are not allowing enough time for the process to bite. But it still works. I am trying to nip any excuses in the bud before they germinate. It is simple. You can't do it wrong. Just do it.

The entire procedure is to sit with your eyes closed and breathe. You don't have to strike a fancy pose. You don't need to burn incense or surround yourself with healing stones. You don't have to breathe deeply or hold your breath.

All you do is put your attention on your breathing and any sensations it creates in your body. The most difficult part of this procedure is understanding how simple it is. If you just inhale through your nose, noticing the expansion of your lungs and the coolness of the air in your nostrils and the back of your throat and then noticing the sensations of the air being expelled from your body, and you do nothing else and think of nothing else, congrats, you are doing it exactly right.

End off by acknowledging yourself for doing the drill and God for being there.

The only purpose of this meditation is to stop thinking—the simplicity itself. It brings you onto the cutting edge of *now*. Your breathing occurs *now*. That is the reason you focus attention on it. Do not burden this drill with any complexities. The only intention behind this exercise and the only benefit you are going for is to stop the endless chattering noise in your head. You are not doing anything else. Periodically stopping that merry-go-round even for a few minutes is tremendously beneficial to you on many levels. You can expect an immediate improvement in your sleep pattern, stress level and personal relations. That is just the beginning.

Your thoughts are mostly concerned with the past and the future. Neither actually exists, except in your head. When you concentrate your attention on the cutting edge on now, like your own breathing, the bustling chatter in your head dies down, giving way to the healing, the sacred and the subtle.

Do not fight with any thoughts that may appear in your mind. Any action breeds counter-action. Simply acknowledge them, gently return your attention to the sensations in your nose, throat and chest and keep breathing. Ideally, you do it as long as it takes to feel the love, to feel calm, clean and strong.

DO NOT RUSH. I ADVISE TO STOP AT THIS POINT AND WORK ON THIS MEDITATION FOR AS LONG AS YOU NEED, BE IT HOURS, DAYS, WEEKS OR MONTHS. THEN MOVE FORWARD WHEN YOU FEEL READY. COME BACK TO IT OFTEN.

Taking it a step further in complexity, we get a Simple Thought Meditation.

A SIMPLE THOUGHT MEDITATION

Just as all effective forms of meditation, a Simple Thought meditation starts with just breathing to empty your mind—always. To that pristine mental landscape you then add a simple thought. It isn't a sound, it is a thought, such as LOVE, or HOPE, or SUCCESS, or TRIUMPH, or KNOW, or a phrase, like I LOVE MYSELF. I recommend to start with LOVE and then at a later date progress to I LOVE MYSELF to eventually graduate into I LOVE OTHERS or I LOVE PEOPLE. Try to feel the emotion. Just keep thinking that thought and feeling the emotion for a few minutes, while you breathe and keep yourself aware of the sensations your breathing creates in your nose, mouth, throat and lungs.

By adding visualization to this simple thought meditation, we specifically attempt to heal the body.

After the breathing part, when you are thinking a thought, such as “love,” and feeling the emotion that goes with it to any extent, place that thought into various parts of your body. I recommend starting with your toes as the points furthest removed from your head.

Imagine placing the thought “love” in the big toe on your right foot. Then do the same with the big toe on your left foot. After you are done with your left big toe, you may want to go back to your right big toe just to see if it is all still comfortable. Then back to the left big toe. Repeat as many times as you feel like—or not. Do it the way which feels right to you.

Next, take up all the other right toes one by one or collectively, then the left toes. Do not complicate the procedure with any arbitrary rules, such as saying “thank you” to yourself or kneeling down facing the City Hall or anything else. Just keep putting your simple thought into your toes and any other parts of your feet you can think of. Then move up to your ankles or go directly to your knees or thighs and keep going to genitals and reproductive organs, liver, kidneys, pancreas, heart and so on. You can be as detailed or general as you wish. Move all the way up your body to the top of your head. Continue until you feel a marked improvement in your general mood and sense of wellbeing.

Beyond the outlines of your body the space is not yours but it should be. You need that space to operate in and to insulate yourself from the life’s usual barbs. That brings us to the spatial meditation, as in “conquering space.”

DO NOT RUSH. I ADVISE TO STOP AT THIS POINT AND WORK ON THIS MEDITATION FOR AS LONG AS YOU NEED. THEN MOVE FORWARD WHEN YOU FEEL READY.

A SIMPLE THOUGHT SPATIAL MEDITATION

As we all, and particularly the crew of USS Enterprise, know from William Shatner personally, space is the final frontier. We need space. We don't want to feel small and vulnerable with everything in life impinging on us from all sides all the time. Feeling raw, sensitive and vulnerable in life is the manifestation of perceiving no space around you which you call yours. Being overwhelmed is a sensation of having no space of your own. Perceiving lots of space as your own space translates into the emotion, physical sensation and the state of being, which we call "happiness." Health is a part of that.

The usual way of conquering space is moving your belongings into it. First you plant your toothbrush in your girlfriend's apartment, then a couple of shirts, then a pair of shoes, then your laptop followed by your cat, then you hire a U-Haul truck and move in—that type of a phenomenon. We gradually fill the space around us with something of ours—something not objectionable to others, if we want peace.

The hands-down best way of creating your own space in life is happily servicing others, being genuinely interested in others, giving your time and effort to others, making things for others, producing what others like and want, presenting things they want to them and being acknowledged.

A philosopher once said that you are only as valuable as you serve others. Having a job would ideally take care of a lot of it. Any job boils down to providing service to others, even a coal miner or a car assemblyman. Give it some thought if needed.

Living boils down to service. That is truly important. You acquire lots of space that way and fast. Provided the service you deliver is not illegal and does not contradict your own moral code, the more service you present to others, the more invincible and happier you become, as opposed to feeling small and overwhelmed. It would take a cataclysm of cosmic proportions to set you on edge or bring you down. You would mentally and spiritually ascend to a different realm inaccessible to self-abnegation, depressions, panic attacks and nervous breakdowns.

For various reasons, providing that level of service to others may not be really possible, same way a wounded bird can't fly. It wants to fly. It makes attempts to fly, but it can't fly. It is wounded. Meditations help us heal our wounds.

In a spatial type of meditations you place your simple thought, let's say "love," into the space around you. That thought is something of yours placed in that outer space outside your body. For example, you can imagine placing that thought an inch to the right of your head, a foot to the left, a hundred feet behind, in that clump trees, on the side of that hill, inside somebody's house, under your feet or all the way over there on top of that skyscraper.

You can also imagine stringing a white connector line between the “love” you placed in your heart and “love” you placed somewhere else, like in the middle of the office where you work or in the heart of that special someone. That distance between the two points is what is actually referred to as “space.”

Important to remember here that these are healing techniques, intended to heal *you*. Your purpose for placing your thought anywhere is to heal *you*, not to affect somebody else. This is not about anybody else but *you*. However, you will notice an improvement in their attitude toward you that way. Upon closer examination you may realize that their improved attitude toward you is caused by changes in you. You change yourself, people change, your life changes, the world changes.

The last note on Simple Thought Meditations is that the thought I LOVE PEOPLE or I LOVE OTHERS is a powerful thought. But it only works after you fully exhausted the thought I LOVE MYSELF. Spend as much time as you need on I LOVE MYSELF. Spend more time than you think you need and then go back to it any time you want. Spend months on I LOVE MYSELF. Those will be months well-spent.

DO NOT RUSH. I ADVISE TO STOP AT THIS POINT AND WORK ON THIS MEDITATION FOR AS LONG AS YOU NEED. THEN MOVE FORWARD WHEN YOU FEEL READY.

BREATHING LIGHT

Breathing meditation is simply breathing normally and noticing the sensations your breathing creates in your body. Breathing Light meditation is different in that you are breathing in imaginary LIGHT and exhaling imaginary BLACKNESS, like smoke or fog. This is the *super-important* healing meditation intended to stop an acute panic attack or pain, quickly recover from paralyzing effects of a serious upset or a malady. Acute conditions is not the limit of this technique, however. With this meditation you rid your life of fear and insecurities.

If seeing your partner sleeping on the opposite edge of the bed facing away from you makes you feel insecure, you are living a life of fear. You don't have to and you better not. If you feel you are normally bypassed for promotion at work or your kids habitually do not show you the respect you think you deserve, you are living the life of fear. Is your butt too big? Penis too small? Tits hanging too low? Too many chins? Teeth not per the stringent Hollywood standards? If you answered "yes" to any of these questions, you are living a crippled life of insecurity and fear. Bury your dreams of finding love, success and happiness. You are officially screwed, which, as discussed earlier, is our normal human state.

Regular or even irregular Breathing Light practice will change your entire disposition in life by taking *fear* out of your emotional makeover.

There go your insecurities round and round down the toilet.

Suddenly you look at your chins in a brand new, happy way. Next thing you know, others follow suit. Now everyone, including you, looks at you in a brand new way. Now you are ready for that love, success and happiness you always wanted. These things are yours now, just as they have always been.

Here is the drill: imagine being surrounded by white light, breathing that light-saturated air in and having it spread throughout your body dislodging sticky blackness in all the crevices inside. The dislodged blackness comes up to your mouth and gets expelled from your body as you breathe out. The light reaches all the way down into your toes and fingers, it permeates your entire body, displacing blackness and pushing it up and out through your mouth. The blackness rises to stratosphere and dissipates into the open space. Do this until you feel markedly better. It may only take a minute or less. Repeat as often as you want.

The Light you are breathing in and Blackness you are exhaling are Unconditional Love and Fear, but the same dichotomy can be defined in other ways. You can breathe in Competence and breathe out Incompetence, for example, or Happiness and Misery, Attention and Indifference, Health and Sickness, Life and Death, even Wealth and Poverty. They all work just fine, because they represent the same thing, namely UNCONDITIONAL LOVE vs. FEAR.

This technique counteracts the phenomenon of internalizing blackness, with which you surround yourself in your life.

In the normal course of everyday life, that blackness displaces the light in you. Do not give in to internalizing blackness. Resist admitting cynicism, hate and fear into your space. Insulate yourself from certain people, groups, situations, news programs and movies. If somebody tells you that all women are unfaithful with the right economic incentive, or that all Mexicans are criminals, turn around and walk away. Protect yourself. You owe this to yourself and your loved ones. Do your best to keep your space uncontaminated.

This may fly into the teeth of being popular and having a great social life. Those are the breaks. If you want to get anywhere spiritually, you must leave your craving for approval and acceptance behind. You are not following the crowd, you are following your own spiritual path.

Do not fall prey to admonitions of the wicked that you are hiding from reality. They do, not you. If one jewelry store was robbed out of 10,000, then the news story is not representative of life. It isn't the reality that we are surrounded by crime and the environment is dangerous and we all need to distrust people. That is called "being manipulated," which is a nicer way of saying "being stupid." Stupid people are highly malleable that way.

The reality is that 9,999 stores didn't get robbed, making the one that did an anomaly. The 9,999 stores are newsworthy and representative and could be generalized from, not the 1. You don't need to dwell on anomalies. No need to imbue blackness with life. No need to imbue life with blackness.

Obviously, we are not monks in a monastery far removed from the human bustle. As surely as a night always falls no matter how sunny the day was, that blackness will find its way into you. You are bombarded with it. It will definitely ooze in, on a regular basis. No worries. You have this simple technique at your disposal: breathe in light, breathe out blackness. Clean up your space. Do it as often as you want, just a few seconds at a time.

***DO THIS MEDITATION BEFORE CONTINUING.
COME BACK TO IT FREQUENTLY.***

LIGHT VISUALIZATION MEDITATION

“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” This is the opening passage of the Dhammapada, the collection of sayings of the Buddha.

Okay, so, we are what we think. What we think—we become. Consequently, we also have what we think and that is all we have and will ever have. Right? Keep thinking about not having money to pay your bills and all you ever have is not enough money to pay your bills. If you start bringing in more money, your bills will automatically adjust upwards so you can't keep up again. You reduce your bills, your income miraculously drops even lower than that. You finally get ahead but all of a sudden, bam, an emergency wipes you out.

You do not get what you want, you get what you think. You could get what you wanted, if you thought about things you wanted, as opposed to whatever you didn't want. That is called "positive thinking." You want something? Think it into existence. That is what Buddha said, right? Simple. That is the Law of Attraction.

Okay. I am thinking of a brown bag full of Benjamins sitting in the middle of my office. I could use some more Benjamins in my life right now. Here it is in my mind's eye, sitting pretty, bulging with hundred-dollar bills, a couple hundred grand, maybe more. Why in a brown bag? Why not?

The brown bag full of hundreds does not materialize. No mysterious shimmering lights. No popping sounds of another dimension impinging on our own. No disruptions in space-time continuum. No winning the lottery either, since I never play to begin with—I am too smart for that.

What went wrong? Why isn't this working? Apparently, it worked fine for Gautama Siddhartha. Is there anything he is not telling us? Did I miss a step? I sure did. To think things up into existence, first you have to be there to do the thinking, to do the conjuring. You have to come to the party and be counted. You have to show up and say "hi" to everybody. Same old concept that you'll never get from point A to point B unless you arrive to point A first. Getting from A to B can be hard, but never arriving to point A to even begin the journey makes it impossible. The solution seems simple: just come to the party, be there, be yourself, always strive to be true to yourself, right? Figure out what you are, what you want and how you respond and do that.

Turns out it isn't simple at all, because *you* have to show up. Not the super genius or a Super Man, not the stud or a sex bombshell, not your mother, not a super model with perfect teeth and bouncy tits, not Snow-White, not a cynical Republican or a tree-hugging liberal, not a Christian or a Muslim, not a "Kim Kardashian for President" activist, but the real you.

You show up with all your doubts, fears, insecurities and weaknesses, you, who does not always measure up, you with occasional fog in your head, erectile dysfunction and flatulence—you the at-times foolish drama queen with a soft underbelly so easily penetrated by the tiniest of fangs, YOU.

Oh, no! Never! That means being trusting and vulnerable! What about all my secrets? I don't want anybody to know that one! What will they think of me? No, not that other one, either! I don't want to show up in all my true nakedness, with all my handicaps exposed and my favorite cover blown! Never!

The good news is that you can have your cake, you can eat your cake, and you can do whatever you want with your cake. It is your cake. Keep your secrets as long as you are at peace about them and they don't drag you down. They are in the past. The Law of Attraction does not care about the past or your flatulence and that is a very good news indeed! The trick is to operate from the cutting edge of *now*, leaving the past out of it.

Unfortunately or fortunately, at least the way I figure it, the Law of Attraction seems to work in proportion to *you* being there in the present moment. That is where we want to go. That is the direction. We may already be there partially at Point A to one degree or another. We are dealing with flows. Things happen gradually. One does not necessarily just appear at Point A all at once.

It is not an "on" or "off" proposition where you are either all in or all out. All life long, we gradually materialize or dematerialize at Point A to one degree or another, but most of us never make it there to any significant degree.

We spend our lives trying to get to point B, never realizing that we have not made it to Point A, the cutting edge of *now*, to even start the journey.

Here is the Light Visualization meditation, which gradually stabilizes you in the cutting edge of *now*.

This meditation is very old. I found it in one form or another in all twenty-eight religions I researched. There are many versions of it. Here is the generic version of my own concoction, which is by far not the only way to do it:

Sit in a calm space comfortably with your feet flat on the ground. Close your eyes. Breathe in deeply, paying attention to the sensations of the air going through your nose, throat and into your lungs. Breathe out through your mouth slowly, paying attention to all the minute sensations the air and this action create in your throat, mouth and lips. Repeat three or four times, or more if feel you need it.

This short action is intended to clear your mind of the noise and daily bustle and to establish a more peaceful and relaxed state of mind.

Now with your eyes closed, tilt your head, as if looking straight up, and imagine a beam of pleasant white or golden light reaching for you from some unimaginable cosmic distance.

Lower your head. You become immersed in this cylinder of white light from above. The light is just a gentle beam of light, not a charged ion beam, not a beam of radiation.

That pleasant, mild light begins penetrating inside your body through the top of your head, permeating your brain, eyes, nose, ears, teeth and mouth, throat, heart, lungs and other organs moving down.

Where the light has permeated, your body turns translucent white or golden, saturated with light, dissolving in this pool of white light you are surrounded with. All dark spots or lines you perceive melt into that translucence. Don't force anything on any one single attempt, you'll get better with practice. The light reaches the bottoms of your feet and keeps going down through the floor into the earth, while more is absorbed through the top of the head to feed the flow. You channel the light all the way through your body at this point. You may have to force it a little bit, especially when it comes to penetrating earth.

Some ways down into the planet, usually not very deep, just beyond the cultivated or mechanically altered layer, you will sense a calm, warm, loving, motherly feeling residing inside Earth. It isn't strong, but it is there. What do you know, the "Mother Earth" image is true. That is the way the Universe is constructed, you will find that unconditional love everywhere, not just inside planets.

Imagine the light from above going through you touches the Mother Earth light from below and bounces back to meet the beam from above somewhere mid your body. The two beams meet and the light erupts through your skin, illuminating the room and further around as far as you can take it, until eventually you'll be comfortable with your light enveloping the entire planet and everything and everybody on it. Do not forget this step or you may get sick or upset after a while. Do not keep it all in.

Later, you should augment the procedure with breathing this white light in and breathing out blackness, the Breathing Light technique. The light is all-accepting and all-forgiving love which displaces fear in all the nooks of your body and your entire being.

The duration of light saturation can vary from a few seconds after you have practiced for a while to about thirty-eight hours on a Stage IV far-gone cancer patient once.

If it is taking too long, do not abandon the attempt, just put it on automatic and check on the progress every now and then. It will keep going on its own. Be confident, don't fret.

At that point, you may feel the next step coming, which is giving thanks. Don't suppress it. Don't worry if you fall short in some way, you'll catch it on the next run tomorrow or next week or next month. The bottom line is do not worry, because worry is fear, the opposite of where you are going.

Giving thanks is a flow out. Any flow outward is what you need. In giving thanks, the key word is “giving.” You want that. By giving you comb through and align your energy flows, you are healing your soul. We are energy beings. Aligning our energy flows and frequencies, by which I mean untangling the flows and creating harmonious resonances, produces vectors and amplifications we want. It isn’t for nothing that Bryant McGill, an international best-selling author, stated the “giving is the master key to success in all applications of human life.” A master key to success, no less. Kind of like a magic wand.

Imagine thanking whoever you want to thank, starting with God and yourself, but not forgetting people and animals in your life, people who built your buildings and roads, raised, harvested, prepared and served your food, friends and relatives and the random passerby or the cash register lady at the store for their service and for keeping you company in your life. Stay within about five-six thanks on any one run just so it doesn’t turn into a perfunctory drill.

You can stop at this point or you can continue to the next step, which is asking for forgiveness from a few of those you hurt in any way and imagining them accepting it and forgiving you, and then forgiving some people you need to forgive and imagining them accepting your forgiveness.

One aside here: depending on your health condition, you may notice at the beginning or after a long period of no treatment that your body seems to absorb all the light you channel into it.

The light seems to disappear in the body like in a black hole. The best way I found to handle that is to keep channeling light into the body through the top of your head and by breathing it in as much as possible and stop at that point without trying to achieve true saturation, translucence and with no attempts to reach into earth. Just pack it in there in any way you can and stop. Give it an hour or two or a day to settle and repeat the drill. It should go much better on the second try. Then do it daily. If you feel a bout of procrastination looming large and about to take hold, still do this meditation for at least a few days until the drill becomes easy again. Then procrastinate away, if you must.

By the way, I found two types of people who are either impenetrable to light or do not benefit much from being saturated with light. The impenetrable are the amazing Maze People. Maze people are very bad news. They are toxic in many ways. They are hiding inside a maze of black protective screens and black mirrors. They put out their reflections as decoys to camouflage themselves. They do not want to be reached. You probably won't reach them.

The others are the Earth Children. They do not benefit much from light saturation. They are good people who simply do not respond well to the super-high frequencies of cosmic light. They respond perfectly well to the same light filtered through and emanating from inside of Earth, presenting a lower frequency vibration that they absorb through their feet. Amend the procedure accordingly.

DO THIS MEDITATION AT LEAST ONCE ALL THE WAY THROUGH BEFORE CONTINUING. MAKE IT A PART OF YOUR REGULAR MEDITATION REGIMEN.

HARMONIES AND SOUNDS, THE “SOUNDING”

Sounds are unique in that they are perceived as existing both outside and inside the body. They seem to transcend the body, go through the body, penetrate effortlessly, exist independently of the body, render the body unimportant in a way. That aloof quality of sound to exist seemingly inside and outside of the body simultaneously makes it into a great tool for opening up flows.

Imagine a drain pipe with a blockage in it. Plumbers use a tool called a “snake” to push that blockage through. Your blood and lymph vessels and nerve channels can be viewed as water pipes and the sound serves as the plumbers’ snake. Make a sound, let’s say “ah-h,” the ancient sound of creation. Imagine that sound originating at your vocal cords and permeating your body and existing in various random points, including the top of your head, your fingers and toes. This is the “sounding” technique. You can zero in on specific organs, such as a heart or a liver, and sound through and around it at various points, clearing the flows. As with any healing, you should practice on yourself first, but with a bit of practice you can apply it to others. Sounding may not create miraculous recoveries, but it will gradually improve your health and maintain your body. It is a very good idea to start the day with a few seconds of sounding using “ah-h” as the sound.

High-pitched, clean and clear sounds, such as a violin, work best. A single note made by striking any resonating surface also works. You can easily create powerful sounds, such as O-O-UM-M-M and AH-H-H-H. "Ohm-m" creates a distinct sense of gratitude and "ah-h-h" is the sound of creation. The combination of these two sounds, "ah-h-o-u-um" puts you at peace and helps you rest. "Shalom" means "peace" in Hebrew. Interesting, isn't it? Sha-ah-lo-um.

These sounds together, "ah-h" and "o-o-um-m" create a more complex sound consisting of three notes, a harmony. Harmonies, three or more notes of a simple musical scale or a short tune composed of several notes, a trill, have tremendous power over the spirit, the mind and the body. Harmonies seem to hold the key to reversing aging to a degree and to affecting genes to enact healing through replacing dead cells that were sick with new healthy ones. In fact, the restorative powers of the sound harmonies are so great that illness had been associated with disharmony since time immemorial and harmony has always been the true cure. And I am talking about sound now, a wavelength, nothing else. Just a short harmonious trill, any piece of melody with no harshness or discordance.

Shamans in different cultures separated by deep layers of time and great distances had been using melodies in healing since Cain and Abel, it seems.

An interesting research drill is to google shaman's songs from around the world and see the similarities.

Compare Peru Amazon shaman's songs to Native Americans' and to Ali Mirali's old shaman's songs. Although different from each other, they are similar in many ways. These are harmonious melodies rich in clean, high-pitched sounds in a tempo corresponding to the wavelength of a forest or nature in general. The tempo can be at half-speed, a full wavelength or double-speed. Relax your mind and let any of those songs take you wherever they take you. You may feel the magic. If you want to get an idea of half-speed music, try Simon and Garfunkel's El Condor Pasa or Nocturne by Secret Garden. Those melodies are half-speed magic. Imagine the music traveling from the top of your head to your toes and back and all throughout the body and all around. You are clearing the blockages that way, you are freeing the flows. You can only use harmonious, melodic music for this.

Gout and arthritis deserve a special mention. They are two stubborn little pests. They are not easy to cure, mainly because the part of the body which hurts is not the part that needs to be cured and so you tend to continuously strike at the wrong target.

Having the sounding technique as an arrow in your quiver will help you gradually get the upper hand and beat the nasties into oblivion.

The last acute gout attack I had to handle required sounding twice a day and light visualization once daily for three days. It also required another technique, BLACK AND WHITE, about which I'll discuss later, as well as the understanding of pain.

PRACTICE SOUNDING BEFORE CONTINUING.

Chapter 14

DRILLS

A drill is a practical exercise intended to improve the ability to act. The word “exercise” implies action, something you do. If you practice changing a flat tire, you are not doing it to sit down and think long and hard about it, you are doing it to be able to replace a flat tire at the side of the road when needed. If you practice certain golf moves, you are planning to go golfing. If you are only planning to contemplate golfing, you don’t need the drills. All these drills are intended to be done as opposed to discussed or contemplated.

Meditations can be viewed as drills in that they improve your abilities to do things. Seems like a stretch, but it isn’t. Let’s take the simple breathing meditation. You practice emptying your mind and stopping the chatter and you gain the ability to ascend to a higher level and achieve a better state of being. Achieving that state requires a skill, and it has to be maintained, which is also a skill. You can ascend to the point when you are **immersed in and surrounded by peace** a thousand times, but bombarded by life, you slide right down every time. Your skill to maintain or re-acquire that state is improved through drilling.

These drills develop and improve your ability to heal:

DRILL #1: DIFFERENCES AND SIMILARITIES

One learns a whole lot through studying differences and similarities between objects or ideas. This drill reaches deep. I would venture that sanity is the ability to see differences and similarities. Then insanity would be the inability to see differences and similarities.

For example, a person looks at every new person in their life as if he or she just sprouted antennas or disembarked from a space ship. To them, this person bears no resemblance or connection of any kind to anybody they've ever come in contact with before. In certain locales, this new person even has a special term applied to him or her derogatorily: "a stranger." Oh, no! Terrifying. Drop everything! Man the ramparts! A stranger in our midst! Where is my gun? Them strangers are wicked, obviously, not like us at all. Rapists. Murderers. Legs bend the wrong way, the mandibles, thorax, fangs, some don't even speak English. Not for the faint-hearted.

That "stranger" hang-up sounds idiotic, doesn't it?

The following drills will help you, if you found this concept of "strangers" moronic to any degree. If you didn't, my condolences. Hang on tight to that AR-15.

Here is the drill:

Look at two trees next to each other, find a hundred differences and a hundred similarities between them.

Sit in a well-lit place, put two identical coins of the same denomination on the table in front of you and find a hundred differences between them and a hundred similarities.

Place both of your hands on a table in front of you palms up and find a hundred differences and a hundred similarities between your hands.

Study the faces of any two people, find a hundred differences and a hundred similarities.

The drill is worded as finding a hundred differences and similarities between similar objects, but you may not have to find a full hundred. You may stop the drill any time you suddenly realized something life-changing and feel wonderful.

Continue only until you feel great, even awesome, on top of the world! Do it until you feel much enriched by the texture of the world coming into focus, creating a whole new beautiful realm for you.

DRILL #2: OBSERVE PEOPLE

Go to a busy place and observe people. Pay attention to particular individual people and people in groups. Observe race, gender, body type, age, emotions, any interest they exhibit toward anything. Note how different people are. Name a hundred differences between people. Name a hundred similarities. Observe interactions and social conventions people use to smooth out the interface. Observe and note any of their emotional reactions that you recognize in yourself. In other words, how do other people remind you of yourself in their emotional responses?

This may take some hours or days. Do this until you realize something new about yourself and other people and feel awesome about this drill and about yourself and people in general.

Note how the concept of LOVE comes into focus. This is sanity. Realize that this wonderful realm has always been there and you have always been a part of it.

Want to help somebody?

DRILL 3A: IMAGINATION

The ability to imagine is key in getting anywhere in this world, but it is especially vital in controlling energy flows. Healing abilities have to do with commanding energy. For the purpose of this book, the nature of the energy we are controlling is thought. Let's keep firmly in mind that we are not natives of this world, which is a 100% energy-based construct. We transcend this world. We rule this world, all appearances to the contrary. The way we do it is through commanding energy. We command energy by thought. Thought is King. We can generate any wavelength we want. The universe duplicates the wavelength we created and throws it back at us.

The premise that we live in a thought-based and thought-operated world, as ancient as it is, is still bound to rub people the wrong way. The proof is in the pudding. Stick around and see where this leads you.

The only thing limiting the power of your thought is you personally imposing limitations and can't-be-dones regarding your own thoughts. What if you didn't impose any limitations on yourself? How far could you go? Where is the actual limit to your true abilities? Is there any limit? Let that sink in.

You know what? That is okay. Those limitations and self-inflicted disabilities only apply to real life. Imagination is not real life. You are simply imagining things.

You are not being arrogant or weird, you are not rocking any boats or upsetting any apple carts, you are just quietly sitting there imagining things. So don't worry, any miracles you accomplish are all in your mind. Don't tell anybody. If you do, you'll get yourself uninvited from most social gatherings. Unbridle your imagination. Get in a habit of keeping these things to yourself and you'll be fine.

The drill:

Imagine a yellow cat

Turn the cat gray

Turn the gray cat blue

Give the blue cat white stripes along the back and orange whiskers

Put a pair of green pants and a yellow shirt on the blue cat

Have the blue cat check emails on his iPhone

Have the blue cat sigh in disappointment and stuff the phone in his pocket

Add a checkered bow tie to the blue cat's attire

Have the blue cat comb his tail with a comb it took out of his pocket

Have the blue cat get into his small blue BMW and drive away under the furniture

Feel free to add anything you want to the drill. Imagine away! Would you like to imagine a crocodile by the name of Sebastian, employed by the local zoo as a Senior Crocodile, celebrating with his friends his recent promotion to the Chief Crocodile position over the entire Reptiles Department?

How about a 50-foot cockatoo in a police uniform brandishing automatic weapons chasing on foot a giant magpie down a congested New York overpass? Do you want them to have a shootout maybe? Absolutely not! Magpies getting into shootouts with cockatoos on congested New York overpasses is where I draw the line! Anything else is fine.

Repeat the drill until you feel competent and comfortable imagining things.

DRILL 3B: CREATING A PHANTOM

A phantom is a rough mock-up of a body or a part of a body, a model you create with your mind, using your hands to give it shape. Using your hands is not necessary, but it helps. I have met two other healers who used phantoms and just like me, both of them use their hands to help mock them up. It has to be your creation, so using your hands adds certainty in that.

I advise to avoid working on the actual body; it may confuse you. Bodies confuse. That is their purpose. A body is like a mask the spirit wears. Another disadvantage of a body is that it isn't your creation, which complicates things for you. For those not into unnecessary challenges, I recommend always working with a mock-up of your own creation.

With your eyes open, make an imagined replica of yourself in front of you as viewed from the back. Roughly and very quickly (very quickly!) shape your body with your hands. It doesn't have to be full-size. It could be about three feet tall. The replica, called a "phantom," does not have to be elaborate and detailed. Just a very rough general outline. You are fine as long as you clearly understand what it is you are mocking up. For the purpose of this drill, what you are mocking up is a replica of your own body. If the procedure takes you longer than two-three seconds, you are doing it wrong. Do not allow the thinking to set in. Keep it simple.

Practice imagining zooming in on parts of the phantom you created, like the back of your head, a hand or a thigh. None of it has to be a perfect duplicate or even anatomically correct. You don't even have to see it clearly in your mind, it could be a general impression or an outline. The only requirement is that you know exactly what it is.

Practice making a phantom of parts of your body, such as just the torso or only the head or foot.

Practice also destroying or discarding your phantoms. Understand that they are not precious. Your ability to create is. You can always make more phantoms. Invent new imaginative ways of destroying phantoms. Make it fun. Kick one like a ball into the stratosphere, set them on fire, have a crocodile eat them. Blow them up. Blowing them up is good. Nothing clears your sinuses like a good explosion!

DRILL 4A: REMOTE VIEWING

For you as a spirit, distance is an illusion, hocus-pocus. Not that distances do not exist, they exist and they are set in stone for you as a body. For you as a spirit, however, a distance is simply a decision, a thought—yours. With some practice, you can decide to be somewhere and there you are as a spirit. Or decide you are next to another spirit, and here you are. You can effortlessly walk through any walls that way or visit Bangkok or the Moon. Of course, being myopic to the extreme as a spirit, you appear somewhere and all you see is some vague impressions. But you KNOW. Maybe not in detail, but you know. And your vision clears with practice. I made some strides in that regard. Although still far from perfect, I can attest that it does get better. This ability to perceive things at any distance is developed gradually. You may not be able to discern all the details but only get general impressions and that is fine. This is a perception, not eyesight.

Some annoying individuals may be able to see a street in a different city thousands of miles away in minute detail. You ask one of these geeks, “Hey, just curious what’s happening in New Delhi right now?” And they say, “Seems to be about 9 am now, traffic is heavy. Noisy. I see a Toys-R-Us store. Some older guy is walking a Corgi. Lots of pigeons.” That is not real for most of us due to lack of drilling, insufficient certainty and a couple of other factors, but the ability is acquired gradually.

It is immeasurably easier to see inside a body than to see a guy walking his dog eight thousand miles away. Cities are the result of creation by great many spirits. A body is a much more approachable target, especially a body viewed as a phantom of your own creation. Approachable is good. We like approachable. Simplify!

DRILL 4B: REMOTE VIEWING THE ROOM

Start with taking a few breaths, focusing your attention on the sensations the air creates in your nose, throat, lungs and elsewhere in your body.

Sit comfortably in a quiet place. With your eyes closed, imagine leaving your body through the top of your head or the back of your head and seeing the room you are in without using your body's eyes. Look around. Imagine the details you are seeing. Imagine moving around the room, up to the ceiling and looking down. Try looking at things from different angles and points in the room.

What you imagine seeing with your eyes closed does not have to be exactly what is actually in the room. You are not exercising your eyesight. You are exercising your imagination. So, don't worry about the magazine being in a "wrong" place or a sofa being a different shade of brown. Or it may turn out there is no sofa at all. So what? What is this fixation on furniture anyway? Just do the drill.

Try doing this in different rooms and in different buildings until you are comfortable with your ability to do the drill. By being comfortable I mean you stop second guessing yourself and stop getting hung up on details. Relax.

Start with the room you are in. Then try any other rooms at your house or apartment. Then try any other rooms you've been to. Try doctors' offices waiting rooms, airports, train stations.

Now try Queen Elizabeth's sitting room at Buckingham Palace. You enter the room and what do you see looking straight ahead? What is on your right? On your left? How high are the ceilings? What are the draperies like? What kind of furniture is there? Any paintings on the walls? Tapestries? How is the ceiling decorated? What is the floor like? What does it smell like?

I like this part of the drill because you've never been to that room, which takes the strain of getting it right out of the equation. You are always right. Hey, did you want to stick Queen Liz in hair curlers wearing a neat little bathrobe in the middle of that picture? There she is, Her Majesty, sitting there nicely drinking tea from a porcelain cup. Make sure she has either a sliver of lemon in that cup or milk, one or the other but not both. What about a pastry of some sort? Sure, let's give her a saucer with a piece of Tiramisu cake. And an exquisite teaspoon.

Now leave the sitting room through very tall doors into some other kind of a living room. More of the same. Try the other way into the hallway. What do you see? I see a maid's station a bit down the hall, very posh. Basically an elaborate dark-wood desk with cupboards and shelves, a computer and a phone. A middle aged, motherly type maid on duty is wearing... Well, what am I telling you for? See for yourself. Take a peek in that locked-up with a thumb-print lock roll-out tray under the desk. Wait, UCIW-wha-at?! British SAS? Could this be true? Doesn't matter. This is only a drill.

DRILL 4C: REMOTE VIEWING THE STREET AND SURROUNDINGS

With your eyes closed, imagine leaving the body through the top or the back of your head and traveling outside the house, onto the street. Imagine seeing the buildings, trees, cars and people as applicable and what they are doing and what is going on. Try doing this in different locations. Keep at it.

Again, do not concern yourself with the details and what is really happening there on the street. You imagine a gray Camry passing by. Great! Does not matter if there was a gray Camry on that street at that very second in real life. Simply do the drill. You will start “seeing” the street little by little or having vague impressions or just knowing important things without clearly seeing them. All these things will happen in due time. It takes practice and certainty. It takes persistence. You can do it!

Practice viewing locations by first imagining them. Be patient. One day you’ll startle yourself half to death by “imagining” a furniture store with a name you never heard of going out of business in an unknown location, announcing 70% sale on the exact furniture set you wanted but couldn’t afford. You look around, asking yourself, “Where am I?” An idea readily comes to mind, a name of a town nearby. With trembling hands you google the store and shiver me timbers! There it is, 70% off and all.

You get the idea. That is how it all started for me some years ago. Just do the drills.

DRILL 4D: VIEWING REMOTE LOCATIONS

I start all of these drills with you leaving the body. That presumes that you are in your body at the start and have to get out. What if you were already out? At this point you might be. You don't necessarily know because you are hardwired into your body's eyes and ears. I am going to drop the getting out part at this point.

With your eyes closed, imagine yourself as a spirit appearing further away from the house, on another street, leaving your town and visiting other cities, beaches, mountains, lakes, deserts, forests, the ocean and faraway lands. Visit places in Japan and China in your imagination, don't omit the jungles and other strikingly different places. Find some place you like, such as a peaceful, overgrown pond or a clearing in a forest and hang around there for a bit. It isn't necessary to do it all in one session. None of it is chiseled in granite. Simply imagine traveling and seeing faraway places without using your body's eyes. It has to feel great or you are not doing it right.

As a spirit, you can fly. You don't have to fly to get from point A to point B, but you can if you want. It is a fun sensation. The turns, the dives, soaring, gliding. Awesome!

If you are so inclined and up to it, by which I mean have fresh underwear at hand, I recommend an adventure of imagining yourself as a disembodied spirit in the open interstellar space.

Imagine hanging in there in the middle of nowhere, letting the vacuum suck away all your worries and hang-ups. Visit other planets of our system and the Sun. Imagine yourself inside the Sun's core. Notice what twenty five million degrees feel like to a spirit. See if you can perceive the gravitational force. Move on. Explore the awesome ice rings of Saturn. This could be fun for the entire family! Pluto is a riot. Jupiter is a fun place, especially the windiest part. Notice how difficult it is to penetrate the surface of the Moon. My advice, if something is difficult, don't do it, do something else. These drills are intended to create and improve abilities and get wins, not to prove anything to anybody and get losses.

You may experience sudden fear in your travels, even terror, which can be quite intense. Your imagination slowly gives way to reality. You see things, you perceive danger, you are there.

Fear is a different matter than something being difficult. You must not turn away from fear. You shouldn't start sobbing and run home to mama. You square your shoulders and confront fear head on. It should help you to know that there is nothing bad that can actually happen to you. Okay, so some things are a little scary, so what? If you feel sudden fear and apprehension in your imagined travels, you should either press on *through* that location or stop and take a close, unflinching look around. Feel your power. Stand tall. Confront it, whatever it is. Fear will blow. Fear folds under unflinching scrutiny.

On that heroic note I would recommend that you stay away from the Moon and Mars. You can beat any fear, yes, but it may quickly turn into a troubling experience. You may find yourself smack in the middle of too many unsettling questions.

If you get yourself in a mess of that nature, you are on your own, bud, the best of luck to you. It is your world too, it isn't just mine. You can hold your own. Welcome to the party. We are not leaving any time soon, so relax, kick off your Nikes, grab a Heineken, make yourself comfortable.

In addition to a great deal of pleasure, this will expand your horizons and give you a unique sense of perspective—all in the safety of your own home.

Enjoy the adventure!

DRILL 4E: VIEWING INSIDE THE BODY

Sitting comfortably with eyes closed, imagine looking inside your right toe and then left toe for balance and traveling inside the foot, observing the bones and ligaments, joints, blood vessels and nerves. You do not really need any deep scientific knowledge, although some understanding of how these things are built is beneficial. It is not a bad idea to familiarize yourself with these matters.

Take a tour inside your lungs, imagining their expansion and contraction, observing the elastic tissues and the blood vessels. Imagine scanning your pancreas, an odd-looking organ, yellow and kind of sponge-like.

Don't forget your liver and kidneys. Very important organs that need healing pretty much every time. You will realize later on in your healing practice that a truly healthy liver and kidneys are a myth in this society. To find a healthy liver you need to search among the outermost fringes of our society among some recent Mexican or South American immigrants, although some Europeans are also pretty healthy at times, at least for a short while here, in the United States. You really need to catch some recent immigrants or tourists. If they stay here, you'll find them as stunted as everybody else a few years later. Too many toxins in the air, water and food. So, whatever else may be wrong with people, liver and kidney pretty much always need healing.

DRILL 4F: VIEWING INSIDE A PHANTOM

Sitting comfortably with your eyes open or closed as you wish, imagine viewing inside the phantom of your own body in front of you, its back toward you. Take a tour of the internal organs, including heart, lungs, liver, pancreas, other organs and kidneys. Take a tour of the digestive track starting with the stomach and ending with the colon. Take a tour of the skeleton or parts of it. Then visit the head, including your brain, eyes, ears and jaws. Do some parts of the blood and lymph circulatory systems the best you can. Finally, view the nervous system, the most difficult system to view. You usually can't see the nerves unless you imagine them as white, slick cables, solid white all the way through, unbreakable and very flexible. Please note that in your attempts to imagine nerves as white flexible cables, you may stumble on some cables that are black. Do not worry about it. Just try to imagine them turning white. If they resist, pull on them or push them, stretch them. Keep trying. They'll eventually turn white. You want white, because black means stoppage. White is perceived as an open flow. Stoppage is what we interpret as pain on the sensation levels.

Repeat the drill again and again, many times. It has healing qualities. You can even do it daily as a form of a healing meditation in itself.

DRILL 4G: ZOOMING IN AND DISECTING

This drill is the extension of the previous drill 4F. When viewing the phantom, zoom in on a particular organ, for example, the heart, and view it as if you were a tiny speck inside the phantom's heart with the heart towering around you like a 3-4-story house. Take a tour inside that heart, noting the differences in colors around you, the powerful flows and valves. You are not necessarily an expert in anatomy and you don't have to be. Do the best you can.

View the lungs in all detail, the liver, kidneys. Then the pancreas.

Zoom in on the pancreas, imagining yourself almost microscopically small, viewing the holes and protrusions (akin to a sea sponge surface) up close and personal. Zoom in even closer and closer still, almost on a microscopic level. You may notice tiny areas of darker brownish color and even black that disappear as you zoom out because they are so small. These spots are not good.

Imagine other organs in your body the same way. Zoom in and out, zoom closer and closer. Imagine the lung the size of the tallest cathedral ever built as viewed from inside. A giant cavern, the inside of a mountain.

Now dissect or slice up an organ like a head of cheese and view each slice in turn. Observe that you can do anything you want in your mind. Imagine away!

DRILL 5: LOCATING ANOTHER SPIRIT LONG-DISTANCE

This ability comes into play when somebody you don't know at all, have never met and have no idea where they live is asking you to help them health-wise, long-distance. I occasionally get such requests on Facebook. You helping and healing them under such circumstances seems impossible, right?

Let me remind you of what we do with any datum limiting your abilities by indicating that something cannot be done. We discard such data as lies. We do not care if they are true. Our premise is that a limiting datum is always a lie. And it usually is.

In fact, there are *many* ways to heal people you don't know in places you've never visited thousands of miles away. There is simply no such thing as a distance for a spirit. Everything is right here where you want it. It is not all bunched up right here next to you, no. It is at *any distance you want it to be from you*. A comfortable distance is usually three-four feet away, unless you are an Italian, in which case it is more like eight inches and that is fine. Whatever distance you want.

Different psychics worked out different ways of doing this. The way I do it is first I ask what city they live in and find that place on a map. Sometimes I feel I need a vector. Other psychics don't. I am a psychic in training, I guess, I didn't get my Nimbus-2000 yet, I still use my training broom. And that is perfectly okay with me.

The second and final step is I ask the person to think a thought “I am here, I am here, I am here” at a certain time, such as in a minute, or right now, or at exactly such and such time.

At that point I scan around me with a beam set on “receive.” A beam is a thin feeler-flow of energy. To probe something with it or to relay a thought or an emotion, you make that beam flow out. For receiving, you have to switch it on flow “in,” toward you. It sounds tricky but it is very simple, just a matter of practice. That way and while exercising extreme certainty you almost immediately locate the being you are searching for and start your diagnostics right away. Spirits are literally hardwired into their bodies. No matter where the spirit is, as soon as you have located it, you have access to their body.

That is done only with their agreement or on their request. Stop when they tell you. Respect their illusion of privacy. Never renew your efforts unless specifically asked to do so.

A note here that sometimes all I need is a photo—no name, direction or what city they live in. I may just look at a photo and I KNOW. I have a full view of the interior of their body. I do not fully understand the mechanism behind this. I suspect it has to do with a strong spirit looking at that camera with overriding joy and the sense of just being there at that moment. They touch great magic for an instant. I sense them right away from that photo.

DRILL 6A:

PERCEIVING ENERGY FLOWS INSIDE A PHANTOM

Imagine reaching for the body or a phantom (an imaginary mock-up of the body) with a thin, sensitive beam of your energy which I call a “feeler,” kind of like a very thin extension of your hand, and perceiving the rotational motion you encounter.

The energy field around any cell, organ or body as a whole is a flat field of energy which warps itself in a shape of a doughnut (a torus) under the influence of its own currents, resistances and charges. A mind is such a torus around one’s head. You can feel it with your hand, if you want. Just reach toward another person’s head with the open palm of your hand from four or five feet away and slowly come closer with your outstretched hand until at some distance, usually about two or three feet, you feel a slight tingling in your fingers and an ever so slight resistance. You will also feel that your fingers want to turn clockwise or counter clockwise slightly to follow the energy flow they encountered. The word “healthy” with respect to a body always means “clockwise as approached from the back.” “Unhealthy” just means the opposite direction or a dead stop.

With a bit of practice, you should replace your hand with a feeler beam, since it is a lot more sensitive.

Try to use a phantom rather than a body.

It makes no difference how sloppy or incomplete the phantom is, as long as you know who or what it is supposed to represent. You can work real miracles using a phantom. But you can use the body too, especially for the purpose of this drill of discerning flows. Try both, a body and a phantom of your creation.

Start with a short but effective simple breathing meditation to get centered. Then practice reaching for body parts and perceiving the rotation clockwise, counter clockwise or dead motionlessness. It takes practice, don't get discouraged. Remember to exercise your certainty muscle. Be certain, even if you are wrong. It is okay to be wrong. It isn't okay to be uncertain. With certainty, you will gradually work up to being right more and more often. With no certainty, you are done. You have nobody to ask for help. Nobody will bail you out. That is just the way it is, get used to it.

If you can't quite sense the rotational direction of the flow, try turning your hand or the feeler beam clockwise slightly and see if you can sense any resistance to your motion. Then try the other way and compare the resistance. Crank up your certainty. You'll get the hang of it. Sometimes it helps to rub your hands together. It always helps to do a short simple breathing meditation first to clean your space.

Note that fat tissues do not show much of any rotation and do not respond to anything. Somehow fat seems to be dead. Just the way it is.

DRILL 6B: MANIPULATING ENERGY FLOWS INSIDE A PHANTOM

Every organ has an electric field around it, where energy flows, i.e. rotates, either clockwise or counterclockwise or stands still forming a ridge as viewed from the back. Clockwise is good and the faster, the better. Unfortunately, fast clockwise rotation is pretty much unheard of among our American brethren. For us, hardly anything ever rotates clockwise at all, though if it does, it is a barely perceptible trudge to the right. Most of the people you check have things wrong with them, some of them serious. The medical industrial complex in cahoots with the agricultural industrial complex with Monsanto at the helm are hard at work. You can improve things for specific people. Whatever you do for them, no matter how little, is probably more good than anyone has ever done for their health before or ever will.

In this drill, you grab on to the counterclockwise flow with an open palm of your hand and spin in clockwise and keep rotating it for at least a minute, maybe longer, checking it every now and then to make sure it starts on clockwise motion. Do this drill a lot, get familiar with it. You will save lives with it. I have eliminated pain, prevented imminent heart attacks as well as kidney failures and a few other little things using this technique.

When you spin the flow clockwise, give it a little bit of an oomph, especially in the beginning.

DRILL 6C: SATURATING THE BODY WITH LIGHT

Practice filling a body with light through the top of its head. This is a major healing technique in that you always start with this technique right after the diagnostic scan or use it as the diagnostic tool.

The way you do it is you acquire a beam of cosmic light by imagining it shining straight down on you from an unimaginable cosmic distance. The beam is always exactly vertical, about two-three feet wide. Deflect it or redirect it onto the top of a person's head or a phantom. Let it penetrate into the body through the skull and gradually fill the body from the top down. Observe how it reaches the person's eyes, then nose, ears, jaws, tongue, throat, lungs and heart and so on down to their toes.

Use cosmic light, do not use your own light or you will get weak to the point of fainting or you may get sick. Channel the light from high above into the other person's body.

DRILL 6D: BLACK AND WHITE

Black flows are stopped flows. That means blockage, which signifies illness and pain. White flows are freely flowing flows. That is what you want. You need to turn all black spots white.

The way you turn a flow white is by getting a hold of that flow and gently tagging on it and slightly pushing it, back and forth, rocking it until it snaps in place and turns white.

Try it on yourself whenever something hurts. Note that you can make your pain vanish that way. It works.

If you can't turn a flow white by tagging on it and pushing it, another solution is to get right in the middle of the troubled spot, in the center of that pain and look around, confront it. What color is that pain? What is its texture? How large is it in size?

You will notice that you can easily make pain vanish that way. Pain cannot usually survive close scrutiny and unflinching confrontation. All you do is look at it without flinching or avoiding and it is gone. Interesting.

If you hit a snag, keep working on those black areas. Turn them white even if you have to get in there with a can of paint and a brush and paint it all white. Or flood it with light and make it all translucent first. Do whatever you have to do but turn it all white. Turning black into white is actually the quintessence of healing.

DRILL 7: FLOODING

Flooding is an effective cleansing and rejuvenating technique consisting of filling the body with cool, pure water, which absorbs any impurities, and then expunging the spent water from the body.

You start by imagining a large, beautiful crystal pitcher with water up above a person's or phantom's head. Flow love to that water and thank the water for being our life-giver. Observe the water becoming super-clear and even acquiring a slightly bluish hue as the result of your gratitude. Get a feel of the joyful aspect, purity and freshness of that water.

Imagine pouring that water from the pitcher on the top of the person's head, where it is easily absorbed through the skull and flows to the bottom of the body's feet and starts filling the body inside from the bottom up.

That purest water absorbs toxins and impurities from all the organs and any spaces between them. The water also cools down any inflammations in the body. Imagine it flooding the body starting from the toes, reaching to the person's ankles, knees, thighs, reproductive organs, lower abdomen, etc., on its way up to the top of the head. Imagine all the organs relaxing and letting go slightly, allowing water to flow everywhere, pulling the toxins out of every nook.

Shockingly, you will see the kind of crap the water absorbs from various organs, especially liver, from all the organs except the heart. The heart is never full of toxins—just an observation.

The water quickly becomes lukewarm and turbid. You drain that muddy waste water through the bottom of the person's feet into an imaginary canister. Sometimes it works better to expunge that water through the mouth.

Repeat the drill with a brand new pitcher of cool, pure water, toward which you flow love and gratitude. Fill up the body again. This time get in there and imagine taking that liver in your hands and sloshing it around, washing it. Get your imagined hands into the wad of intestines, move them around a bit, letting the water flow under and between them, making sure all surfaces are washed. The water will quickly get turbid again. Drain it through the bottoms of the feet into the imagined canister.

Repeat the drill in the same manner. Usually three times is all it takes, although sometimes you have to repeat five or even six times. Ideally, you do it till the water remains perfectly clear.

Observe the results. The body inside should look clean and moist, all colors vibrant and healthy.

The last step is throwing out the water. Do not abandon it or keep it around.

People living deep in Siberian taiga claim that fresh lingonberry will purify that spent water. They place some berries in a bucket with clean water, empty the imaginary spent water into that bucket and throw it out into the garden.

I wouldn't disagree with those people in such matters. They know things we probably never will. But to me, the easiest way to get rid of the waste water is to bring the cistern up into the stratosphere and give a good kick, propelling it into the cosmic void, allowing the cosmic vacuum to suck it dry with the impure water dissipating without a trace.

The flooding technique rejuvenates the body. You can actually extend the lives of elderly patients this way, sometimes adding *years* to their lives. It looks miraculous, even to you. It always does to me. You look inside a very elderly patient and you see all muscle tone gone, *nothing* working at all and some parts kind of solidified into something like stone or petrified wood. You view that half-dead wreck, and you ask yourself how this body could still be alive. You flood and drain the body a few times, saturate it with light, dry up a few sores in the lungs or elsewhere (don't worry too much about the scar tissue), massage the heart and get it pumping, turn it white, turn the kidneys and liver white, repeat the next day and do some touch-up flooding a week or so later. Then you look again in a few *years* and by God, the patient is well past 90 but still alive and well and looking better inside than they did before you started.

This process does miracles.

Do not underestimate the miraculous qualities of water.

DRILL 8: FEEL ALIVE

This drill as presented here is intended mainly to treat you, not another person.

Lay down in a quiet space with your eyes closed. Pay attention to your right toe and give yourself a command, “Feel alive in the right toe.” Try to feel life in that toe. See if you discern the energy flow, kind of like a faint buzz in that toe, use your abilities to see inside the toe, try brushing your toe against something so you can feel it. Do the left toe now. Go back to the right toe. Oscillate that way a few times as needed.

Switch to other toes combined, the arch of the foot, the bottom surface, etc. Then move up your legs. When you are done with your feet, you can do it once in each location. In other words, the command “Feel alive in your right knee” is followed by “Feel alive in your left knee” and then “Feel alive in your right thigh,” etc.

This is an effective technique for helping yourself, but not as effective as saturating the body with light or the flooding.

To treat other people, you would have to give the commands aloud to your patient. It works that way, but you have better healing techniques at your disposal.

I am presenting this technique here mainly for treating numbness and deadness in various parts of your own body and to counter or eliminate diabetic foot pain and sores.

If your toes start going numb, feel extremely cold or start hurting due to diabetes, do this drill daily and you will see drastic improvement starting the same day.

Your next step in treating diabetes is to start eating healthy, become a vegetarian and lose some pounds. Then you will be cured. This drill will hold you over until you get your weight and eating habits under control. When you do, keep going with the drill now and then, maybe once a week.

Chapter 15

OTHER HEALING TECHNIQUES

With the meditations and drills presented in the earlier chapters you can do miracles. Always do the best you can, be creative, use whatever tools you need in any combination you feel like. Realize, there are no fast and set rules or authorities; you are it. Expand on it, use this information as the basis for your own exploration.

Here are other healing techniques I know and sometimes use:

1. Always flow LOVE, AFFECTION and UNDERSTANDING toward the body you are healing, including your own. This helps. It has value. It is healing.
2. DISCHARGE: mock up the affected body part, let's say a heart and make an exact copy of it. So now you have two of them, side by side. Assign a plus-charge to one and a minus to the other. Bring them close but use imaginary hands to prevent them from touching. Bring them very close but do not let them touch. They will discharge one into the other bringing relief. You can do the same with emotions, like grief, or pain. Imagine placing all your grief, let's say, in a bag, making a copy of it and discharging these two bags into each other. You can imagine a bag with pain the same way.

3. ASKING GOD: close your eyes, flow love and gratitude toward God, fully realizing that you are a facet or a part of that Supreme Being, which makes you really appealing to the higher powers within you. I invite you to look at it that way. State something to the effect that you've been having problems with curing arthritis or keeping that patient alive and you need guidance or other help in achieving your goal. Thank the Supreme Being in you. Change your beam to receiving, expecting a reply since a part of your communication was a request for guidance. Most often you will feel an encouraging flow back, which could be summarized as "everything is going fine, you are doing fine and it will all be all right." Sometimes you may sense something completely different, like an instruction, such as to try a specific technique or a whole new strategy, or something akin to an order to walk away and let it be. You do not have to comply, but you must consider that instruction before continuing. Sometimes you get an assurance that things are already in motion and moving fine without your involvement. That is akin to the instruction to walk away and let it be. We do not die. Prolonging someone's body-life despite the circumstances may not necessarily be the most optimal help for that specific patient.

4. ASKING OTHER SPIRITS: imagine an infinite dark space full of other spirits that are visible to you as pinpricks or sparks of light. Some see them as angels. I see them as sparks of light. After a few breaths to quiet your mind, enter that space and flow love toward them, introducing yourself as “I am love.” Love is your energy base. Love is you. No other introduction is needed. Actually, no introduction is needed at all, but we feel better if we introduce ourselves. Remember, you do not have any true identity other than love. Any other identity you think you have is just your temporary part in the game you are playing. In other words, let’s say if you were a baseball pitcher, in social situations outside of baseball you would not introduce yourself as “Hi, I am the pitcher, nice to meet you.” That is not your true identity, it is just your role in the game. Your true, most basic identity is love. Having established some communication with other spirits, ask them what to do in a specific situation and switch to receiving. Always thank them and flow love before departing that space.

Keep in mind, you are not abandoned or really alone, ever. The illusion of being alone becomes the reality only at the gateway to insanity, when a person is as wrong as they could possibly ever get about most things in life due to their lack of understanding. That feeling of loneliness is a part of the general wrongness.

PART FOUR

HEALING

*You need certainty to use any of the healing
techniques presented here. There are no
blood tests, biopsies, x-rays or second
opinions. You see what you see.
You do your thing.
You are it.*

Chapter 16

DEFENSE AND PROTECTION

If you thought germs were bad, hold on to your britches, ladies and gentlemen. When you enter a person's psyche and their body on a certain level, or a certain dimension (yes, there are many more than 3)—not even sure what to call it, you sometimes find yourself face-to-face with the stuff more dangerous, more repulsive and more disgusting than anything you ever experienced. You come in contact with it, you touch it in the process of healing. I call it the "killer goo." It is black and sticky. It is evil. It is toxic, by which I mean it is poison. It kills. It kills your patient. If you don't protect yourself, it may kill you, too. The goo must be confronted and handled.

Looking it in the eye with your head held high sounds poetic, but it isn't what you actually do with it. You actually search it out and scoop it up with your imagined hands out of all the nooks and crannies and throw it away from the patient's body, propelling it into the stratosphere and beyond to have it sucked out by the vacuum of open space—almost convulsing and gagging at times. And I am the least fastidious person I've ever had the privilege of fastidiolizing with. I've only vomited once in my life. And that says a lot for a person born and raised in the Soviet Union with its revolting lack of hygiene standards.

The majority of people possess small quantities of the killer goo. It dissolves in the normal course of healing, since it is vulnerable to light, any meditations and other healing processes.

A little bit of goo is not a problem. A few of us, the sunny and happy ones, whom we all love, don't have any discernable goo at all. And rare few, the sickest ones who need your help the most, have a whole lot of it.

The nature of the killer goo is disappointments, losses and defeats fermented into bitterness and defeatism. Took me years to sort it out. It isn't evil or death—or maybe it is, if evil and death are the accumulations of disappointments, losses and defeats fermented into bitterness and defeatism. The goo has no power of its own, but it is capable of bringing to life your own death wish due to the disappointments, losses and defeats in your own life. Those always include your perceived shortcomings, weaknesses, transgressions, cowardice and treachery that you committed. That makes it feel repulsive or disgusting. Those things can and do cause illness and potentially death.

The goo gets you down in many ways. It ruins your life. Therefore, and I can't stress this enough, so I'll set it off in every way I can:

EVERY TIME YOU FEEL BEATEN DOWN BY LIFE, DEFEATED, OVERWHELMED OR BITTER AND ALONE, FIRST THING YOU DO IS YOU SCOOP OUT THE KILLER GOO FROM EVERY NOOK OF YOUR OWN BODY AND GET RID OF IT FOR GOOD.

I can't count the times I've been bitten by the goo and fallen sick, even seriously, or acted as a cripple in life. Once I had four colds in row, non-stop.

I've been searching for protection against it for years and finally found something that works, but only to the degree you use it. It is a protective suit. You have to remember to put it on. This protection keeps dissipating. In addition to putting it on, you have to remember to keep on creating it. I keep forgetting, but I quickly remember as soon as I start experiencing difficulties breathing and getting a headache or dizziness. Then I go, "Aha!"

Imagine the light around you encompassing you in a layer of light an inch thick. When you use "hands" for scooping the killer goo, imagine wearing gloves made out of the same light.

It works. Try it. If you are feeling increasingly upset and angry in a conversation, just "put on" the light suit and notice how quickly you calm down back to normal. Practically immediately.

Other forms of protection are (A) having your own space around you, (B) the cosmic light inside and (C) personal integrity, keeping your nose clean.

Keeping your nose clean is always excellent as the protection. Let me elaborate. The way it works is we are all essentially good people. Our obsession with games, born of desperation rooted in immortality and deathly boredom, combined with our proclivity for revering any "authority" that a cat drags in, pushes us into hate, arguments, fights, cynicism and make-wrong.

In those conflicts we often do things we are not proud of. Whenever we do that, we try to minimize our transgressions in the following ways:

1. We seek to prove that the other person is even worse than we are and so deserves anything we did to him or her and more.
2. We seek to prove that everybody around is bad and even worse than us. That way we respond well only to bad news and cynicism and stamp out anything loving and liberal.
3. We seek to protect the other person or people from ourselves by leaving them, as in a divorce (regardless of the appearances and all the yelling, tantrums and insults).
4. We minimize our own power, incapacitating or even killing ourselves so we can't hurt others. By "killing" I do not just mean committing suicide. Suicides are rare. What I mean is more insidious forms of killing oneself, such as a harmful lifestyle or substance abuse or a life of crime with the hidden desire of getting killed or caught and imprisoned.

Read these points again. None of them will protect you. All of them will harm you or invite harm upon you. None of them will help your spiritual development or psychic abilities. None of them will make you happy. None of them will help you heal yourself or others. They are very bad for you and for others around you.

You do not live only once. Think ahead.

Chapter 17

THE “RUBBING DOUGHNUTS” DEFENSE

On the subject of defense I have to mention the “rubbing doughnuts” phenomenon, a slang term for the thought and emotion transference.

As discussed, the energy field around any cell, organ or body as a whole is a flat field of energy which warps itself in a shape of a doughnut (a torus) under the influence of its own currents, resistances and charges. A mind is such a torus around one’s head. You can feel it with your hand. Just reach toward another person’s head with the open palm of your hand from four or five feet away and slowly come closer with your outstretched hand until at some distance, usually about two or three feet, you feel a slight tingling in your fingers and an ever so slight resistance. You will also feel that your fingers want to turn clockwise or counter clockwise slightly to follow the energy flow they encountered. As we know, the word “healthy” with respect to a body always means “clockwise as approached from the back.” “Unhealthy” just means the opposite direction.

By the way, do you want to know how to tell a healthy fruit or vegetable at a market? Rub your hands together and reach toward that fruit or veggie to within half-inch or less from the surface, or touch it. You will feel which way it turns or doesn’t.

As the rule of thumb, eat organic. Organic is not always better, but in general it is better and it is never worse. However, organic is not all there is. If you want to experience what a really healthy and happy produce feels like, go to a farmers' market on Maui and try testing there. Those are not organic but they are tons better than mainland organic. It is difficult to squeeze life and happiness out of the land which has been contaminated by the killer goo and raped non-stop for three hundred years. But if you are not in Hawaii, eat organic, it is less harmful.

The reason I included this information here is because most of the thoughts and emotions you feel are not actually yours, although you are certain they are. You respond to all life. You connect with all life. I call this phenomenon "rubbing doughnuts." The mind is a doughnut around your head. Others wear similar doughnuts around their heads. When your doughnut comes in contact and goes through somebody else's doughnut (you "rub doughnuts"), you pick up bits and pieces of their pictures, thoughts and emotions, which you immediately consider your own. If ten people rub doughnuts, and you happened to walk by any one of them, you brush against the minds of all ten people. If these people happen to be at peace and feel interest and joy, you are in luck. If they are fearful, very sad or angry, you are screwed.

Let's say there was somebody angry among the ten. Each of the nine picks it up as their own slight nervousness or anxiety and transmits that anxiety back to the originator multiplied by nine now.

The angry person's emotion of anger feeds on the input he just received and intensifies. The other nine receive more anger and work up to slight annoyance now. That annoyance hits the originator, whose anger feeds on it, becoming even stronger. And so it goes. Eventually all ten are enraged, if they all keep going the same way. Each of the ten believes the anger is his or her own. Each comes up with an explanation, such as personal relations, the economy, North Korea, Muslims, politics, Liberals, a spouse, the weather, etc. Those explanations are always wrong. That is how you go crazy with a crowd—the mob mentality, the rock concert effect.

With that in mind, any techniques that cleanse you up from others' energy and protect or insulate you from such interferences would be of immense value.

Getting to the point now: the same defensive "suit" of light which protects you from the killer goo is also effective against the rubbing doughnuts interference and contamination.

Let us say, during a conversation you start feeling upset, dejected, angry, and fearful, down or experience any other unwanted emotions or moods.

All you have to do is put on that cosmic light suit and you will experience immediate resurgence of your life energy. Your mood will immediately improve. Such a “suit” is not packed and readily available. You have to quickly obtain light from the cosmic distance straight up and imagine a layer of light about an inch thick all around you, like overalls, but covering your hands, head and face as well.

To help the process, you may want to imagine white, slick flexible cables reaching for you from everywhere. Those are communication lines. Imagine that the protective suit of light temporarily cuts all those lines. Or you can cut them selectively. When you cut the right one, you feel immediate relief.

Do not worry about your communication lines being cut. You will notice that the cut lines start lashing about, trying to reconnect. They seem to possess a sense of self-preservation. Communication lines always try to mend themselves and always will if you let them. In life that is manifested by your desire to reconnect with anybody you broke up with. You might feel that reconnecting in a particular case would mean punching the bastard in the nose, but that is nonetheless a form of communication; it is still reconnection.

We are born of unconditional love, where communication lines are never broken. Breaking communication is not native to us. Relationships are not intended to be broken, ever.

With some practice you can find exactly WHO is making you miserable by imagining a specific person, whom you suspect as the culprit. Using scissors, cut the communication line between him or her and you. If you feel immediate significant relief, that was the culprit. The effect of cutting the right line is dramatic. If the effect is not newsworthy, you have the wrong culprit. Keep those cut ends from reconnecting for just a few moments and you'll be fine.

Let's say, you woke up feeling all anxious and fearful some morning. The wrong thing to do is to start the usual figure-figure about your wife, health, job, politics or extended family as the reason for your fears. You'll invent those reasons and drive yourself crazy with them. That is what everybody else does. Any reason for your anxiety you come up with is wrong.

What you should do is you immediately put on your protective light suit or start cutting some specific communication lines until you hit the correct culprit. That will bring you back to your happy self.

Chapter 18

DIAGNOSTICS

A healing session always starts with diagnostics. It can either be a simple scan of the patient, where you reach toward various parts of the body or the phantom to check which way various organs rotate energy-wise, or start with the light saturation scan. Light saturation scan is where you look up and obtain a beam of cosmic light, which you channel onto the top of the person's head and then have it penetrate the skull and start spreading through the body. You notice the speed with which the light progresses through the body and note any slows. The slow points need your attention.

The simple scan always starts with the head (brain, sinuses, teeth and jaws, throat). You move down, trying different organs, bones, including the spine, blood vessels and nerves. I hardly ever make it all the way to blood vessels and nerves, because I find so much to worry about that I don't need to look any deeper. Without the ability to discern directions of flows, you can't diagnose. That makes Drill #6A the most important drill of all for the simple scan diagnostics.

In diagnostics you are looking for are the biggest bang(s) for the buck. You are looking for the sickest part(s) of the body to later concentrate on.

The female reproductive system deserves a special mention here. Assuming you are not a medical doctor (at least I am not one), the patients do not necessarily or hardly ever grant me the same clout, often making it difficult to talk about such private matters as yeast infection or incontinence. Yet, surprisingly, you will find problems of such private nature way too often, even among young females, and a lot more serious than yeast infection at times. You have to familiarize yourself with those organs, including breasts, and always check them. Note that you always work from a distance and preferably using a phantom, do not ever touch anything for any reason or even approach closer than three feet.

You have to use your own discretion in telling them anything about it.

If you want to test talking about it and you are a male, go ahead and tell a woman who is not your close personal friend or relative all about her vaginal problems or her ovaries and observe her reaction. See how much more difficult it suddenly becomes to treat her and see if she'll let you treat her ever again. You could help this person before you started talking, but now you can't. You are always dealing with a powerful spirit. One may look like a mousy little lady, but it is just a passing role in a game for her. Every person is a powerful, immortal spirit, who'd been through it all. When they start resisting your efforts, you get into a lot of difficulties. We are not into overcoming extra difficulties.

Sometimes you must tell them, such as in the case of a cancer. Short of cancer, use your own judgment. You are not bound by any Code and we don't owe anything to anybody. The only reason you are or should be doing any healing is your desire to help. So, help. You are fine to keep things to yourself and use your power to heal them without embarrassing them. Then silently pat yourself on the back with a satisfied grin for the job well done. Afterwards, be ready to suddenly hear all about miraculous qualities of Herbalife. They have to assign their sudden recoveries to something, which usually ends up being Herbalife, Aloe Vera or lemons. Just smile and keep your mouth shut. DO NOT CRAVE ANY PRAISE OR ADMIRATION. Your ego needs constant stroking, but to be successful in spiritual endeavors, you do not want to ever boost your ego. Remember the Demons? Ego is a big, fat one.

However, there are two important exceptions to remember here. First, if a patient asks you a specific question, reply honestly and fully with a specific answer. If a female patient asks about her ovaries, tell her everything you know. Second, whenever you suspect a patient has cancer, tell him or her right away. Do not tell them they have cancer, tell them you suspect they might. Works the other way as well: when a patient tells you that he or she had been diagnosed with cancer, but you don't find it to be the truth, tell them right away. Do not tell them they don't have cancer. Tell them that you personally do not see any evidence to support that diagnosis.

A real dilemma arises whenever a person asks if they should have a surgery recommended by a physician. Tell them how you truly feel about it. Don't brush them off by taking the safest route. The easiest thing in the world is to say, "Sure, do it." Explore carefully, try different techniques, see how they respond. Usually, if they respond well to saturation with light, i.e. light quickly penetrates through their body at a more or less constant rate, you can easily heal them. Tell them that. Ask them to give you some time to do your best, like a couple of weeks.

To summarize, I use two different diagnostic methods:

1. Simple Scan. Just pick out areas or organs from the top down, reach toward each in turn with your feeler beam to determine the rotational direction of the energy field. You may notice that none of them are in the best shape but some, let's say the right kidney, the prostate and the liver, are especially bad. You may also detect a strong flow of dejected apathy emanating from some organ or organs. You search for the source of apathy and find the pancreas. You note all those things and that ends the diagnostics step.
2. Light Saturation scan. Imagine channeling light originating somewhere from unimaginable distance from Earth in the center of the Universe onto the top of the

patient's head. Have this light penetrate the skull and start spreading throughout the patient's body from the top down. Note the rate of speed the light is progressing through the body and note any stops and slows. Notice that those stops and slows are visible as dark spots, i.e. not easily penetrable by light. Note what those points are.

Chapter 19

HEALING

You are done with diagnostics. Now you know what is wrong with the person. At this point tell them your findings, listen to their reply and then I either treat them right then and there, or I leave and do it long-distance. The difference is distractions and social pressures. If the patient won't stop talking to me, asking questions, soliciting replies, laughing and telling me stories expecting me to respond despite my attempts to get him or her to sit quietly, I end off politely and leave, because I can't concentrate. I can do better from a distance.

Distances do not exist for spirits. Everything is located right where you want it. If you want the patient to be five feet away from you, there he or she is. Doesn't matter if in the physical reality they are located a mile away, thirty miles away or a thousand miles away. You might as well treat them from home. That way you can finally shut them up, so you can help them. I prefer to do it that way, if I can, but it isn't always possible or best for the patient. Some people need reassurance, acknowledgement or even a simple, human interaction. Sure, give it to them to help them, but healing is a different matter. Shallow and laid-back healing is not. Chew some fat by all means, but in the final count, make sure you are effective as a healer.

Let's consider treating them right there in front of you. You start by briefing them on what you found in your diagnostics. Listen attentively to their response. You may learn something, such as a recent, not-yet-healed hernia surgery, which you mistook for something else, or them taking iron for months and months now to raise their hemoglobin, which prevents their body from metabolizing calcium, resulting in arthritis-like inflammations that you perceived or something of that sort. In that case, an excellent place to start treating their arthritis would be sorting out their hemoglobin to get them off iron. You wouldn't know any of that if they didn't tell you. After they told you all you needed to know, tell them politely to keep quiet for a few minutes. You do not have to be social. You only have to be effective.

Now the treatment. Mock up a phantom in front of you facing you. Then spin it around. You are always facing the phantom's back, because energy rotations have to be done clockwise looking from the back. You have to face their back in order to keep the directions straight. You can also work with the body. Either way is okay but phantom is often the better choice.

The first step is saturating the phantom or the body with light. Work on that, make it a complete saturation. Take as long as you need. I have to admit that this particular step I prefer to do on the body, actually, not on the phantom. I just find it easier. Either way, just do it.

Do not quit or jump off into the left field chasing butterflies just because you suddenly discovered an alarming dark spot in their abdomen which you missed before. It isn't the right time for that now.

If the patient is distracting you, tell him or her gently to keep quiet for a little bit longer. Get the phantom (or the body) all nicely saturated with cosmic light from the top down, including any and all organs you can think of all the way to the toes. You can keep going and get that light shoot into earth and come back as Mother Earth light and burst out from the patient's body, illuminating the neighborhood and beyond, but that is not necessary in most cases. What is necessary is that the light you use to saturate the phantom is not your own. If you use your own light, you'll feel woozy and may even faint, get very upset or succumb to an illness, like common cold or flu. You have to rig it all up correctly so you can either stay completely out of this energy exchange (preferable) or channel the light beam from above through your body into theirs.

After you've saturated the phantom or the body with light, communicate with the affected organs. I noticed that this step is often forgotten or skipped intentionally. I think it has to do with unreality of talking to a person's spleen or a kidney in the practitioner's mind. Hey look, if you find everything else presented here real, accept also that you can talk to this person's liver, because you actually can and you will.

Communication is done through emotional energy flows. It isn't verbal. You flow a calming influence, your gratitude, love and admiration toward that liver, for example, then stop and change the direction of the flow from "transmitting" to "receiving." You want to get the response, which will always be an emotion. You will not get a verbal response, such as a story about how the liver and several other organs went fishing last Sunday and had a few beers. That will never happen. You get an emotional flow back, usually a dejected, hopeless flow, grief or fear. Acknowledge it. That means you make sure they know that you understand and make it okay for the liver to feel that way. You always make it okay. Never respond with anything like "oh, come on, wuss, things aren't that bad" or any other insulting, condescending, patronizing make-wrong idiocy humans love. Simply flow your understanding and acknowledgement that you understand how bad things have been, followed by your gentle encouragement that from now on things will hopefully get better.

Realize, this liver had been on duty producing on its post 24-7 for the last sixty or seventy years. Respect. Communicate that. Flow admiration and gratitude again and change direction to "receiving." It usually works right away. If you no longer feel hopelessness or grief as the response, end off on that organ by flowing your love to it and start on another organ which needs work until you get through all of those you found in your diagnostics.

Reach out toward the body here and there with a beam containing love, switch the direction to receiving and try to feel the overall ambience response. If it seems above fear, end off on this step. If it is in fear, terror, grief or apathy, do not continue until you coerce and encourage the body out of the funk. Do not skimp on this step. This makes or breaks your success.

Then take a closer look at the suspect organs. Perceive the energy torus around each of them, kind of grab it with your open hand, using fingers to enmesh with the energy flows and give it a whirl in the clockwise direction. You will notice that these organs and energies are readily yours to do what you want, by which I mean they will readily do whatever you want from them now, after you communicated to them. Keep rotating with the open palm of your hand for at least a full minute. Let go. Check which way it turns. You should perceive betterment, i.e. the counter-clockwise rotation is now stopped or changed to at least some motion clockwise. Sam, the psychic, I was talking about earlier, keeps going for maybe ten minutes longer at this point, but I prefer to rather do several short treatments than one long one. I feel it works better that way. I may be wrong, since Sam is the genius. That finishes the third step, the clockwise rotation of the aura around every affected organ.

Next step is turning all dark areas white, the Black and White process. Do a good job on Black and White. If in doubt, turn the entire body white one part after the other. Tag and let go, push and nudge and tag again until all dark spots turn white. Make sure the body is still saturated with light. It may or may not go well, because inflammations do not respond well.

Old age seems to mean mainly inflammations and black killer-goo. Regarding the inflammations, usually the older the person, the more inflammations throughout the body and they seem to become increasingly unresponsive with age. For the same token, the more successful you are in extinguishing inflammations, the more rejuvenated that body becomes. A very old person's body can be so feeble inside that you honestly can't figure out how he or she is still alive. Well, you can in actual fact change that, adding YEARS to the person's life.

Now, on the fourth step, you may find some inflamed areas still inflamed and any improvements deteriorating right in front of your eyes. This calls for a technique which I call "the flooding." It is a good idea to do it in any case. Flood the body to clean it up, get the black killer-goo, puss and other toxic crap and debris out and rejuvenate all the organs and the entire body and also to cool down the enflamed areas.

Check it again. Is it still saturated with light? If not, get it saturated again. Touch-up the white as well.

Next step is restoring or improving blood circulation and opening up energy flows and other channels. Sounding is a great technique for that. It had been in use for that purpose by shamans all around the world forever. The sound of my own voice at times distracts me, so I may decide to do it later, long-distance. Easier to stay focused.

There are other things I can do in front of the patient, like turning their circulatory system white. It is like a 3-D net inside the body. Turn it white. It may not want to turn white here and there. Keep pulling and pushing, tugging and poking on various parts of it slightly, or get inside right in the middle of the darkened area and confront it. Giving it one of those long, unflinching looks. Do whatever it takes to turn it all white.

This may be a good place to end off. However, here is a good, prudent step which I always try to do: re-diagnose. Talk to them smile, encourage them, ask how they feel, ask if they are comfortable and keep going that way for a couple of minutes and then tell them that you want to scan them again just as a precaution and ask them to be quiet for a few minutes once again.

Run a partial diagnostic, kind of like a spot-check. If you see actual improvements at this point, end off. If things already reverted to their bad old self to a marked degree, you are not done yet. Here is what you can do now, in this sequence:

1. Search out and scoop out the toxic blackness, the killer-goo, which was supposed to be

dissolved already by the cosmic light and/or washed away during flooding. It should have been gone but it is worth checking if it is still there. Chances are you'll find more there. Remember your protection. Scoop it out and get rid of it. Then re-saturate the body with light.

Do the diagnostic spot-check again. If the improvement is there, end off. If not, next step:

2. Search out another spirit messing up the works in that body. If you find one, be nice, be welcoming. Practice exorcism the right way, i.e. be loving, acknowledge, express thanks for their help, offer to work together and ask how you could help. Re-saturate the body with light.

Do the diagnostic spot-check again. If the improvement is there, end off. If not, next step:

3. Repeat the communication step. Flow love and affection to that body and to various organs, switch to receiving and wait for responses. You may get a fearful or dejected flow back. Acknowledge, reassure, flow love. Sometimes you get a flow in response from a body asking you to stay near, to not go away. Remember, as a spirit you are always as near or as far as you consider yourself to be. There is no such thing as distance, except in the physical world. What you are doing is

way beyond the physical. Assure the body or a particular organ that you are not leaving and remember to consider that body or organ being near you for a while. Flow love and affection to them on a regular basis for some minutes or hours. Do not brief the patient on this.

Re-saturate the body with light.

Do the diagnostic spot-check again. The improvement should be there. It is okay to end off.

Always end-off nicely and always leave the line open for them to contact you. What I mean is make no sudden moves that could be construed as abandonment, do not abruptly leave them. People may actually get worse just to bring you back. Prevent that by never leaving them in the first place—in a way. You have to live your life, but they may have to become a part of it now, just another lovely being to flow love to. Consider yourself fortunate!

Chapter 20

CANCER

Cancer is not just another illness. I've been researching it up close and personal and it requires a lot more research. It is ugly. It is hard to confront. The research takes you places you don't necessary want to follow.

If you find cancer, always tell the patient that you suspect that possibly this might be the case and insist that they see a medical doctor as soon as possible and meanwhile do your best to heal them regardless of any other treatments they get. Work fast, do your best to beat it before the medicos start sticking needles into it, releasing the killer toxins into the body. Contamination of that nature will make your work a lot more difficult or impossible. Chemo and the radiation are not a bed of flowers, either.

Cancers can be extremely stubborn. They seem evil, relentless, and implacable. In my experience, with these simple techniques you can beat cancer into remission or at least slow its progress and extend life appreciably, while always improving quality of life and substantially reducing aches and pains as well as mental anguish.

Cancer could be just another disease but usually it isn't, because it tends to possess this one terrible, hidden component to it. And that component makes it very difficult to deal with.

Cancer is usually the lower vibration body-level manifestation of the patient's war with himself or herself on spiritual level. You are not just fighting the disease. You are fighting the patient at the core.

This is different than saying that we are dealing with the body analogy of the patient's attempts to kill himself or herself. A person can be at war with himself without trying to kill himself. People are always good. They are trying to improve by killing the bad in themselves. Forever and always motivated by love, whenever we consider ourselves hurting others, we attempt to protect others from ourselves by either improving ourselves, taking ourselves out from the immediate vicinity as in a divorce or quitting a job, or by killing ourselves.

You can't ask him or her to just knock off fighting themselves, because they have no slightest inkling what you mean and won't believe you for a second. They can actually get very upset with you if you say something. Their inner struggle is completely hidden, even from themselves. But even if they believed you, there is nothing they could do about it. They would need an effective and powerful psychoanalysis in conjunction with any treatment. I personally know of some that could work, but nothing can replace meditation in that regard. Therefore, in addition to any treatment, you have to put them on a meditation regimen and make sure they religiously adhere to it. They need to actually do it.

“But what about cancer among children?” you ask. “They can’t be fighting themselves or trying to rip out the bad in them by killing themselves to protect others from themselves. They are innocent children.” Well, in a word, no, you are wrong. Sorry. The innocent children are actually gazillion-year-old spirits trying out new bodies, while still stuck in the calamities and scumbaggeries of the past.

Okay, so cancer is essentially a body fighting and killing itself. Cancer is a lower harmonic representation of you, the spirit, fighting yourself. The Universe is all energy. It comes in wave-lengths. Things go by harmonics, they resonate on different levels. We all fight ourselves one way or another, but we need to understand that the way up is toward no-fighting, total peace. Wayne Dyer’s definition of Enlightenment is to be **immersed in and surrounded by peace**. That is the direction up. Any fight is down.

What I mean by a person fighting oneself goes way beyond endlessly nagging oneself for being too fat, or incompetent, or fixated on this or that, or too weak or cowardly. That nagging is hardly a scratch on the surface of what I call “fighting yourself.”

“You” encompass other people, animals and the environment. Those are all “you.” Let’s start with fighting or marginalizing and disrespecting other people. Natively, there is no such thing as other people, whether we agree with it or not. This idea of us all being one is as old as humanity. We are all essentially one, as we saw in the wedding example.

Other people are needed to have fun and games with and to compare something to something, mainly with the intention of creating conflicts to have a game. We say, "Uncle Buck has a very hairy back" implying potentially many things, such as that Uncle Buck is an idiot, or we don't have hair on our backs which makes us right, or that it is funny or possibly that it is good and we should all be more like Uncle Buck and that hairlessness is completely overrated. You need Uncle Buck in your life.

You need to have others around to have fun. But these others are natively you and you are them. You and the others used to be one and the same entity and still are on some level and always will be. By hurting others, you hurt yourselves. Oh, you don't like black people? Very sorry to hear that. I hope they throw a good party at your wake with plenty of those tasty little finger snacks from Costco. Who else don't you like? Foreigners? Women? Children? Catholics? Mormons? Jews? Muslims? Gays? Cops? Criminals? What about your neighbors? All commies? Are you okay at least with your cousin Bruce? Not really, he talks too much? You are looking at a ripe cancer candidate in full bloom.

That concept of being all one puts some strain on your understanding muscle, although that's not all there is to it. Other people are not the limit of you. YOU encompass more. On some level you are connected (as in "hardwired") into everything that was created with you, which is EVERYTHING. No exceptions. It is all a part of you.

All the animals and even rocks and things are imbued with the same energy. Everything was built using the same energy. By hurting others or the environment, you are hurting yourself. This concept is present in most religions, including Tangiism, Zoroastrianism, Hinduism and Buddhism, Judaism, Islam and even Christianity. Nature worship is the primitive source of all modern religious beliefs. This is the foundation. It reaches deep. It is the basis of theism, panentheism, pantheism, deism, polytheism, animism, totemism, paganism and shamanism.

How do you heal a person who hates pretty much everybody except maybe one person in the entire world, who kills animals and possibly people, as in the military, and supports the destruction of the environment? How do you save such a person? With cosmic light and more light, naturally. That light is unconditional love. That is the only antidote I know. Although, that may not be fully effective in curing somebody else's cancer. Not if you do it to them instead of them applying it to themselves. Not if *you* saturate their bodies with light. It will always help extend their life and eliminate or reduce pain, but it is unlikely to always save them.

In addition to your treatments and clockwise energy manipulation, you have to help them get onto a meditation regimen themselves. That is the psycho-therapy they need.

Chances are they'll refuse. It is okay for you to drop them and walk away at this point. Or you could make their death as comfortable as possible, if you want. However, if they agree to meditate, teach them simple breathing meditation. Get them to start right away. Then add light saturation and sounding. Now, working together, you have a good fighting chance.

Some psychics can heal cancer all on their own. I learned a thing or two from an old Russian psychic healer by the name of Sam, who was also a medical doctor with some fifty years of medical experience under his belt. Sam packed tremendous power as a healer. In one short session he completely cured a dying cancer patient who was given three to four weeks to live by the doctors. I couldn't believe my eyes.

Shocked, I asked him how he did it. He explained that after the diagnostics step, he decided not to waste time on making the patient more comfortable in her last days. Instead, he imagined entering the mind of that woman and finding the time path she traveled to arrive here and now. Sam imagined tracing that time track back in time to the point that originated the cancer. He set that unknown point in her past as his destination.

Her young days and adolescence whizzed by, her childhood, birth, other lives came and went as a blur marked with impressions of frequent deaths.

That mad rush back in time brought Sam to a screeching halt on a cleared side of a forested hill, where Sam saw a middle-aged man working on removing debris from a field.

He realized that the man was his patient in that long-gone life in the ancient times, possibly in the Caucasus somewhere.

The man was startled by the screams, high-pitched cries and the sounds of many hoofs from some distance away.

About a dozen villagers dressed in rags, on foot, possibly a family, disheveled and out of breath, appeared on the edge of his field on a dead run, adults and older children carrying the small ones. They ran past the man and then down the hill into the thicket.

The sound of many hoofs was getting louder until a long minute later a group of about twenty horsemen, all in similar uniforms and with swords drawn, appeared in the clearing.

Their bearded leader glared at our patient and growled a question, obviously referring to the direction the fugitives went.

The man pointed downhill, the detachment galloped in that direction into the forest and then blood-curdling screams of the family being slaughtered reached his ears.

The man dropped to his knees weeping, as if something broke inside him. Sam felt it all and saw it all.

Sam already knew from experience that the healing strategy was changing the past subjectively for the patient.

He rewound to the point when the soldiers showed up, willed the man's body under his control and when the leader asked his question, Sam pointed uphill into the woods with the man's hand. The detachment galloped the wrong way. Sam put the man's life in grave danger of retaliation, but dying a hero once beats dying of cancer in every lifetime. We do not live once. When push comes to shove, we must keep the long run in mind.

The patient recovered. Her cancer was gone, which was proven by tests about a week later. This is way up there. Subjectively changing the past. Wow. This example is a stunning illustration of the hidden nature of cancer.

Cancer is a tough customer. It feeds on your own perceived badness in you. But it can be beaten.

Chapter 21

PAIN

You can handle pain with meditations, light and various other techniques, but my advice is don't worry too much about the pain. Pain is just a symptom, a manifestation of a blockage, a counter-flow or a confusion of flows. Some flows are adversely affected. That is interpreted by the mind as pain. The general idea in alleviating pain is to unblock the flows or un-confuse them. This confusion or blockage of the flows may have very little to do with the body itself. The body may not be at fault. Most often, the actual cause of pain is spiritual or mental. The body is easily manipulated into sickness by the spirit along the emotional anguish vein. But once manipulated that way, the body is sick in actual fact and at that point, pain becomes physical. Therefore, the subject of pain control is rooted in spiritual healing, the primary cause, although healing the secondary cause of pain in the body is also important.

Any pain or unwanted physical sensations and their actual cause may not be located in the same spot in the body. Something may hurt because of some problems elsewhere in the body. This is known as referred pain. What seems to be the problem may not be the actual problem at all. Gout is a great example.

Gout is a painful condition affecting joints, especially the toes. You can beat around that bush 'til the cows come home to roost trying to alleviate pain in that right toe. It gives in a bit but does not want to go away completely and then returns full force. That is because the actual culprit is not the toe. It is actually kidneys that have lost their ability to filter out certain proteins. These proteins turn into uric acid, form crystals and get lodged in the joints, causing pain. Without addressing the kidneys, you will never get the upper hand on that pain in the toe. In this case, addressing the pain directly would be going after the symptom. We do not want to imitate medical science because we already know that it does not cure gout. So going after an obvious target, like pain, may not be a good strategy at all. You have to go after the cause, not the symptom. That is how people get addicted to pain killers. They do not address the root of the problem and have to keep taking pills.

It is also important to remember that pain is a valuable signal the body gives you that something needs attention. An actual example comes to mind of when I had a toothache, but being very busy at the time, I simply turned off the pain and did nothing else.

A few months later I had a rude awakening, when it turned out I needed a nasty surgery due to the massive and acute inflammation in my upper jaw.

The actual cause of the toothache was never addressed. Instead of addressing the pain, or in addition to addressing the pain, I should have addressed the inflammation. In actual fact, I could have left the pain alone to begin with. Had I handled the inflammation, the pain would have disappeared along with it.

If you decide you absolutely must eliminate the pain, saturating the body with light on a regular basis is the handling as well as other techniques presented in this book. Except for the “Feel Alive” process, they will all dull and completely eliminate pain. The Feel Alive process actually makes you feel more alive, as evident from it’s title, sharpening your senses and improving your ability to feel pain. It hurts more, in other words.

One sure way of handling pain in your own body is imagining getting inside that pain, right in the center of it, and looking around. What color is that pain? What shape? Any structure or texture to it? By the time you answer these questions, chances are the pain would have already blown.

Here is a technique for pain control not presented anywhere else in this book. Use it on yourself and your patients temporarily if everything else has failed. Locate the point of pain in the body, like a hip joint, and enclose it in a sphere made of cosmic light. Encapsulate it. Imagine that hip inside that brightly-lit sphere, while the rest of the body is darker, not lit. You can even use flooding inside that sphere or work on that joint in other ways.

Use the respite this offers for actually healing that joint with light and flooding. Realize, however, that sometimes arthritic pain is born from the kidneys not being able to handle things. Your ministrations may dissolve the uric acid crystals and free the joints, releasing uric acid back into the blood stream. Now what? The acid will re-crystallize in a day or two. You have to continue. Imagine scooping that acid and propelling it out of the body in any way you can think of. Just get rid of it. Combine that with healing your kidneys.

Another excellent process is placing a thought “I love myself” or “I love my (body part)” into the center of pain in that body part. This is a powerful technique capable of handling even gout and arthritic pain. We do not express our appreciation and love to our own body often enough. However, it only works if the body trusts you. Give it some love and respect.

Your body is not you and you are not your body, but the human body is a living and cognizant organism actually quite capable of simple thoughts and the full range of emotions all on its own, kind of like a dog or a cow (no offense). It doesn't actually need you. You simply moved in with no invitation, took control and called that body yours. The body was more or less fine with that at the time and is still fine. Express gratitude. Never forget that your body had been there at your service for as many years as you'd needed it this far. Knock off harming it.

Over-pampering your body or indulging it with food and activities of a dubious nature may not necessarily be good for it and is not a valid way to express gratitude or control pain. Going to a burger joint for a double-cheeseburger, coke, fries and a milkshake was not what I meant by showing some love. That would actually be the opposite of what I meant. That would be more of the usual self-gratification at the body's expense. What I meant you should do is you, the spirit, should first of all stop hurting the body and then flow gratitude, love and understanding toward the body. Surprisingly, that stops pain in most cases. So, quit smoking and/or drinking or drugs, start exercising or at least going for walks occasionally, improve eating habits—things of that nature. After you have done that, you can flow some love and place love in the affected body part to eliminate pain.

Chapter 22

REMUNERATION

The optimal fee to charge for your services is zero. That would be in dollars. In Mongolian togrogs it would still be zero. If you normally receive your payments in firewood deposited straight to your Swiss bank account, that would mean no firewood at all being deposited for your services. The number is just right: zero. Not too much and not too little. A nice, round number. Miracles come free of charge. Do not get into the money rut. Heal people. Tell them you do not accept money. Insist. If they want to give you something anyway, like a gift or a payment of any kind, take it so as not to offend them, but throw a tantrum first, make it memorable. At the very least, assume the third ballet position and declare in perfect baritone that you heal free of charge. If they keep insisting and offering you money, ask them to give it to charity instead. It will help them.

Money is one of the nerve centers of confusion, a demon, a clump of chaotic energy with a nasty tendency to confuse and entangle anything it comes in contact with. In our everyday life we earn money, we spend money and we use money and that is fine, although for every person killed by the black plague, there is probably a million killed by money over the ages. Money is not innocuous by any measure, but we are used to dealing with it.

However, healing is not an everyday life type of an activity. You do a breathing routine to center yourself, you view inside the body, you sort out energy flows, you saturate it with light, you manipulate the body processes with your power as a spirit—AS A SPIRIT. You need complete certainty and a ton of esoteric abilities and knowledge to do that. You cannot afford to come near that clot of chaotic flows, that cluster of mayhem, and get tangled up and confused. It will throw you off, kill your certainty and end you as a healer. You will eventually lose your ability to see anything. You will degenerate into a quack, who tells every patient that sometimes he or she feels a little bloated and has occasional constipations. It is up to you to make this a happy story or a sad one.

Remember also that you are not impervious to attacks. You should always remember that treating people without a medical license is a shooting offence in this society. Charging money for healing may appear to an uninitiated observer almost as if you were treating people without a medical license. Healing free of charge is practicing your religion and helping people.

Someday this distinction may make a difference in your life.

You can live without that \$100. Do not worry about it. Provide oodles of service to others and the abundance of money will appear in your life from other sources.

Chapter 23

YOUR LIMITS IN HEALING

The limits of what you can do with healing are mainly but not exclusively defined by you. Some limits objectively exist and are not self-imposed, although it is true that whatever you consider impossible is indeed impossible—for you. People are very different. That difference is defined by their own considerations. Elon Musk and Bill Gates have different ideas of the impossible than the majority of the rest of us.

For the most part, whatever and whenever you cannot see inside the body or cannot decide or understand, you are dealing with something you do not want to see or understand. You are putting up a shield; you are defending yourself against something you feel you can't look in the face. The only reason for that is fear, such as fear of failure, losses and fear of death. Confront your fear. Go ahead, flaunt your power, give it one of your unflinching stares. Stand tall. Get to the bottom of this, if you can. Wipe it out. Plow over it. Feel your power.

As a spiritual practitioner, you crave betterment and higher understanding. We are all of that ilk. We are all growing spiritually. We are developing and getting better. It is a work in process. No need to punish yourself for showing a little weakness now and then. Appreciating yourself is more important. It builds certainty. We simply need to keep on at it.

In addition to your own self-imposed limitations, responsible for the bulk of them, there are also some real, objective limitations. Those are not imposed by the physical limitations, like flying is “impossible” or viewing inside a body. They could rather all be categorized as “the other guy’s hick-ups.” It is worth keeping in mind that that other guy is another powerful, immortal spirit, a facet of God.

As already mentioned previously in this book, obsessed with games, confused and downtrodden by their own weaknesses, people often (almost always to one degree or another) aim to harm themselves in various ways, most often as a game. You are trying to help them. They are working against you to one degree or another. They say they want help, but their awareness level is so low that they exceedingly seldom, if ever, know what they really want.

They say they want their diabetes gone, but losing those hundred pounds of blubber (or even five pounds) turns into mission impossible. Do they actually want that diabetes gone? Or some people just can’t quit smoking or doing drugs or jumping on every bag of bones with the correct type of genitalia. We are dealing with immensely powerful spiritual beings here, always. Nothing should be impossible. There must be more to this than meets the eye. There is. That “more” is called “identity.” Identity is our role in the drama of life. We are on stage, playing a part. The word “person” originated from the Ancient Greek word “persona,” which meant a mask used in a theatrical play.

We would all happily play the best roles. With half a chance we believe we'd rather be Brad Pitts and Elon Musks. Unfortunately, those roles are few and, honestly, in the sorry shape we are in, we would probably suck at them anyway. Thus, we crave to play *any* role that we can get. They are all experiences and essentially drama. Being a homeless person possibly presents more drama than being Brad Pitt. Who knows, someone may have already played Clark Gabel last time around and is now fed up with all the fame, abject luxury and beautiful women flinging their heavenly bodies at him.

When someone closes their eyes, kind of like a nightingale, and sings to you non-stop all about their claustrophobia, you know that it is a part of their identity, it is something that sets them apart from other players. It is a component of their persona. "Oh, you have warts? Nice. But do you have claustrophobia? No? Well, I do. Why don't you try to be more interesting, like me?"

They may be holding on to that claustrophobia with both hands and digging in their heels. They want it. Go ahead, try telling them that. I hope you enjoy being punched in the nose, disinherited, uninvited and excommunicated. As usual, keep these things to yourself. You are on your own.

This may become a factor. If they need their disability so much in their life, why would you want to take it away from them? You wouldn't, unless you can give them some improvement and convince them that they could play a better game.

You decide. Accept your role. Practice certainty. Be who you need to be. Silently run diagnostics and do your thing. Do what you can do for them, including this component: flow love and affection to them, listen to them, acknowledge them, respect the goodness in them, their hidden power, their eternal, ETERNAL, struggle and predicament. If you can make them feel understood, you bring them up a little. They may amend their game and even decide that claustrophobia is passé.

The will of your patient may occasionally impose some limitations on what you can do.

One more limitation is worth your attention: as mentioned elsewhere, some rare people are impenetrable to light. I am referring to the amazing Maze People. You can see inside their body to a degree, you can definitely rotate the flows clockwise, but you can't do the light treatment on them. That is bad news. The only good news is that such people are extremely rare, maybe one in a hundred.

I've been struggling with this phenomenon for some years now. The research is not complete, but the current working hypothesis is that you are dealing with a person deep in hiding. That spirit erected a maze of decoys (their reflections in mirrors or projections on screens), black screens and shields of a different nature all around them. Those other screens, believe it or not, are akin to black mirrors in combination with movie screens. The person cannot confront reality and, instead, watches that reality reflected, refracted and distorted on those screens.

My conclusion is that you can't help such people without some setups that you cannot deliver. What they seem to need first is an undisputed authority figure in their lives, strict discipline, hard physical labor combined with overcoming difficulties shoulder to shoulder with other people, in conjunction with helping animals and helping people therapies to bring them into the NOW and orient them in the world. You can't and you shouldn't attempt any of those measures.

You can't help them with any means at your disposal. At least I can't. Maybe you can. They are covered in killer goo. It must be a part of their defense mechanism. Note that nobody else likes them, they have no friends, no respect or admiration, and they do not recognize the existence of anyone else except themselves. Makes sense. Nobody else is there in their secret maze-world of screens, mirrors and decoys. They are always alone in their hide-out, overcome by fear. Their cynicism is just another facet of their hiding mechanism.

They also tend to complicate things, ridiculously so. A simple task turns into a two-week-long research and fumble extravaganza, which normally ends with nothing. They have no certainty in life. They can't think or act A to B. Their life is always a maze of complexities.

They are toxic and unreachable. When you reach toward them, you are actually reaching toward a set of decoys. Their entire purpose is *not* to be reached.

Most likely, things done to them is not the only threat they are hiding from. They must also be hiding from the threat of them harming others, too. Being harmed and harming others are inseparable regardless of who started the cycle of harming. In any case, their purpose in life is to hide. That is why you can't help the Maze People.

You almost seem to be able to reach them if you lead with compassion toward them and their fears. They respond because you hit the only subject of any interest to them. But after a while you realize that you have not actually reached them. No form of psychotherapy or anything else you do is helping.

By these people being toxic I mean various harmonic variations and manifestations of toxicity, such as cynicism, negativity, racism, lack of compassion, gossip, guns, toxic eating preferences (deep-fried, fatty, non-organic, GMO, chemically infused food), toxic cleaning supplies and a profuse use of pesticides and herbicides. They *prefer* and *search out* poisons.

None of these qualities separately mean much. A person can love guns and be good. A person can be cynical at times or crave deep-fried food or even use Round-up at home and still pass for almost normal. But the presence of many such toxic factors in a person should start the sirens blaring for you. Try penetrating them with light. If you can't get through, walk away nicely. Move to Hawaii. Might as well. The spiritual ambience is nice there. You will get further there in your spiritual endeavors. But I digress.

Differentiate between people impenetrable by light and those irresponsive to cosmic light treatment, the Earth Children. Cosmic light is of extremely high frequency. Visible light range is between 4×10^{14} Hz and 8×10^{14} Hz. Cosmic light, however, is not visible. You can't see it, you can only perceive it as a spirit with your inner eye, not your body's eye. The frequency of cosmic light is much higher. Earth instruments clocked incoming waves of invisible light at 10^{16} Hz, but I am not sure they caught the actual light we are dealing with in healing. Seems still too crude for that. In any case, we are talking about super-high frequencies.

Some rare individuals I refer to as the "Earth Children" respond better to lower frequencies of the same cosmic light but gentler after being filtered through and then emanating from Earth. Try bouncing that light from high above into Earth and get a beam from Earth entering their bodies through their feet. You may notice that it works just fine and they respond wonderfully. These people are adorable. They are touchingly good people very different from those living in a maze of black mirrors and impenetrable screens. Earth Children *loath* Round-up, guns and toxic food and are likely to be nurturing vegetarians in love with animals, trees and flowers, who kick off their shoes and walk barefoot anywhere at the slightest provocation.

To summarize, the limits of healing can be:

1. Self-imposed (work on improving yourself);

2. Imposed by the patient's identity games (sounds trivial to you but valid and important to them and completely hidden);
3. Dealing with a light-impenetrable maze-person (unreachable, can't help them without orientation setups that you cannot deliver).

I present these limitations here almost despite myself, because I feel I must.

When it comes to healing yourself and your loved ones, don't worry about the limits. You may find one light-impenetrable apple in that barrel, so what? Do your thing.

You can do it!

All the best!

Questions or comments?

Tell me: www.michaelpriv.com

<https://www.facebook.com/Michael-Priv-321639905002846/>

AFTERWORD

The trajectory of this civilization does not seem to differ from the trajectories of the civilizations before us. They all kicked the bucket most dramatically—the Greeks, the Romans, the Sumerians, the Egyptians, the Persians, the Aztecs, the Vikings, the Incas, the Spartans and a multitude of others, all gone. I do mean **ALL** gone. 100% failure rate. Here is a grim stat if I've ever seen one. Dante was right, "Abandon hope, all you, who enter here." We can already predict how this one is going to end.

Our civilization also does a lot of labored breathing right now. It isn't just the diminishing resources, pollution and other catastrophic environmental challenges, it isn't just the ten actively flaring wars and hundreds of armed conflicts festering around the world and it isn't just the rampant greed and hate or the deterioration of liberty. It is all of these factors combined and many more that prompted Stephen Hawking, arguably the smartest man on Earth, make his prediction about the imminent demise of mankind.

Why does a civilization fail? A popular science website <http://science.howstuffworks.com/> presents the main factors in the collapse of civilizations:

Wars

Economy

Environment

Religion

Upon closer examination, religion plays a crucial role in Wars, Economy and the Environment. Religion is the philosophy around which civilizations are constructed, the base on which the societies are built. Religions hold them together all the way to the point of the societies collapsing and watch them all go down like dominos, without collapsing themselves. Religions outlive cultures quite easily. Religions, in a creepy sort of a way, suddenly emerged as *the* subject for research. Based on the dogma, our religion defines who we are as a person, a country or the world, what we stand for and what we consider doing things the right way looks like.

Seeing everything that is happening now, we would be foolish to assume that all those who perished under the ruins of their collapsed cultures before us were idiots, as opposed to us, the smart ones, who can reverse the statistic by not perpetrating same stupidities. No, we are doing the exact same things that they were doing.

People always do the same things, like trying to get along and get ahead, having fun and building a life for themselves and their children. There is always wealth and poverty, greed, love, hate, fun, joy, sorrow, suffering, business, charity and all the rest of good and bad that makes us human.

Evidently, doing what we do the way we do it inevitably ends in a monumental tragedy. We are careening toward the next one in real time. Obviously, doing what we always do is not what we should be doing, if we want to live through this.

For many years, my hope was to find *the* answers as the common denominator of ancient religions, especially the extinct ones. The earlier religions seemed closer to the Source and thus more promising in carrying forward the Truth. What a wonderful journey that had been.

I am not presenting any of the research material here. Someday I will complete a book on my research and modestly call it *The Revelations*. The point is that the common denominator of all studied religions is the existence of Good and Evil and the eternal struggle between the two.

We always root for the Good. First, we assume that there is clearly defined Good. Makes us feel righteous.

The struggle between Good and Evil is the favorite subject of many great movies. Hollywood turns out such movies in volume. We love seeing a convincing villain going down riddled with bullets or, let's say falling from high places to his death. Oh, yes, that hits the spot. Die, you evil bastard! Like in *Black Hawk Down*. Die, you ungrateful skinny nasties, die!

In 1999 in Southern California I met a Somali man who took part in that battle in Mogadishu. His vivid recollections were centered on the armed-to-the-teeth US Rangers attacking them unprovoked and killing and maiming more than a thousand civilians, most of them wiped out by the Gatling guns from armored helicopters. More than a thousand of them had been exterminated right where they lived. The guy I talked to lost his loved ones in that battle.

For me as the listener, Good and Evil suddenly lost the resolution, becoming strangely vague.

Once in Pittsburgh, I had talked to a former Viet Kong soldier, most of whose family was killed by the Americans in Vietnam War. He illustrated his stories, eerily similar to the Somalian stories, with several scars. He is a U.S. Citizen now, owns a house, drives an F-150, a football fan, has kids in college. He loves the U.S. So who was Good and who was Evil and what happened to that Good and Evil now? And was all that jumping up and down really necessary?

Could it be that despite the appearances, no side in any conflict is ever completely good and no side is ever entirely evil? And all conflicts are instigated, made up and intentionally nourished to fruition as games?

These concepts of Good and Evil seem bogus. Why do we need them? Very simple. We need these concepts to have games, including conflicts and wars.

A world of two oppositely charged terminals, plus and minus, Good and Evil, is set up to always be in a state of sizzling tension. It is set up for conflicts and wars. It is set up to eventually destroy itself.

That applies not only to civilizations but to *all* aspects of life, from business, family affairs and interpersonal relationships to political strategies. What happens in a family? Any interpersonal conflicts consist of somebody feeling righteous and proving to somebody else that they are wrong or punishing them, or trying to change them. People do that a whole lot. For some, that is all they do.

Some people's lives are one inflammatory statement, an extended middle finger to the world—or to their teachers or mothers or who knows who else. Make-wrong is King.

That makes for one dangerous, unstable and unjust world populated by people most of whom could be classified as neurotic at best. Behold the probable root of neurosis—being stuck in the constant “maybe” between Good and Evil.

Could this really be *the* answer I was looking for? Is this the meaning of life? Is that what we are meant to do? Making ourselves right and others wrong? So far it hasn't done us individually or any of our civilizations, including the current one, any good whatsoever.

The world religions share this concept of Good vs. Evil and use it widely to our detriment, as the justifications for discrimination, war and genocide. Behold the universal psychotic principle of Good and Evil at work. Others are wrong and must be corrected, punished or destroyed.

The wars are always started by a side that feels they are Good against the enemy perceived to be Evil. It is us, the good white people against them, the evil redskins insisting on living on their lands. It is us, the good Arians, against them, the evil Jews. It is us, the good Jews, against them, the evil Palestinians. It is us, the good Christians, against them, the evil Muslims. It is us, the good “true” Muslims, against them, the evil world. And so it goes.

If you give it some thought, Good vs. Evil is not just a wrong concept, it is about the wrongest concept possible. It does not get any wronger, this is it. Yet, spooned in like baby formula by our religions, the humanity happily gulps down this psychotic concept and has been for millennia.

The concept of the constant struggle between Good and Evil, instead of opening any doors to understanding of our origin and purpose, slams those doors shut with a bang right in front of us.

We already see that this make-wrong approach to others breeds non-stop wars that always end in complete destruction of civilizations. Therefore, to survive through the upcoming calamities we have to outgrow this nonsense, do away with nationalism and the psychotic patriotism and recognize our unity as the peoples of Earth. We need to drop the psychosis. We are in this together—and so we are meant to be, because after all, WE ARE ALL ONE

That is quite a long way up the spiritual development scale. That takes quite some work and understanding. One has to become a saint. Probably takes years and years and years and years and only select few make it that high, right? Wrong. It is very simple, a matter of overcoming only two barriers:

1. Internalizing authoritative opinions of others as the Truth instead of relying on personal experience achieved by doing things;
2. Proclivity to not keeping one's nose clean.

The rest is easily achievable by drilling.

Give this Handbook a try. Do the drills.