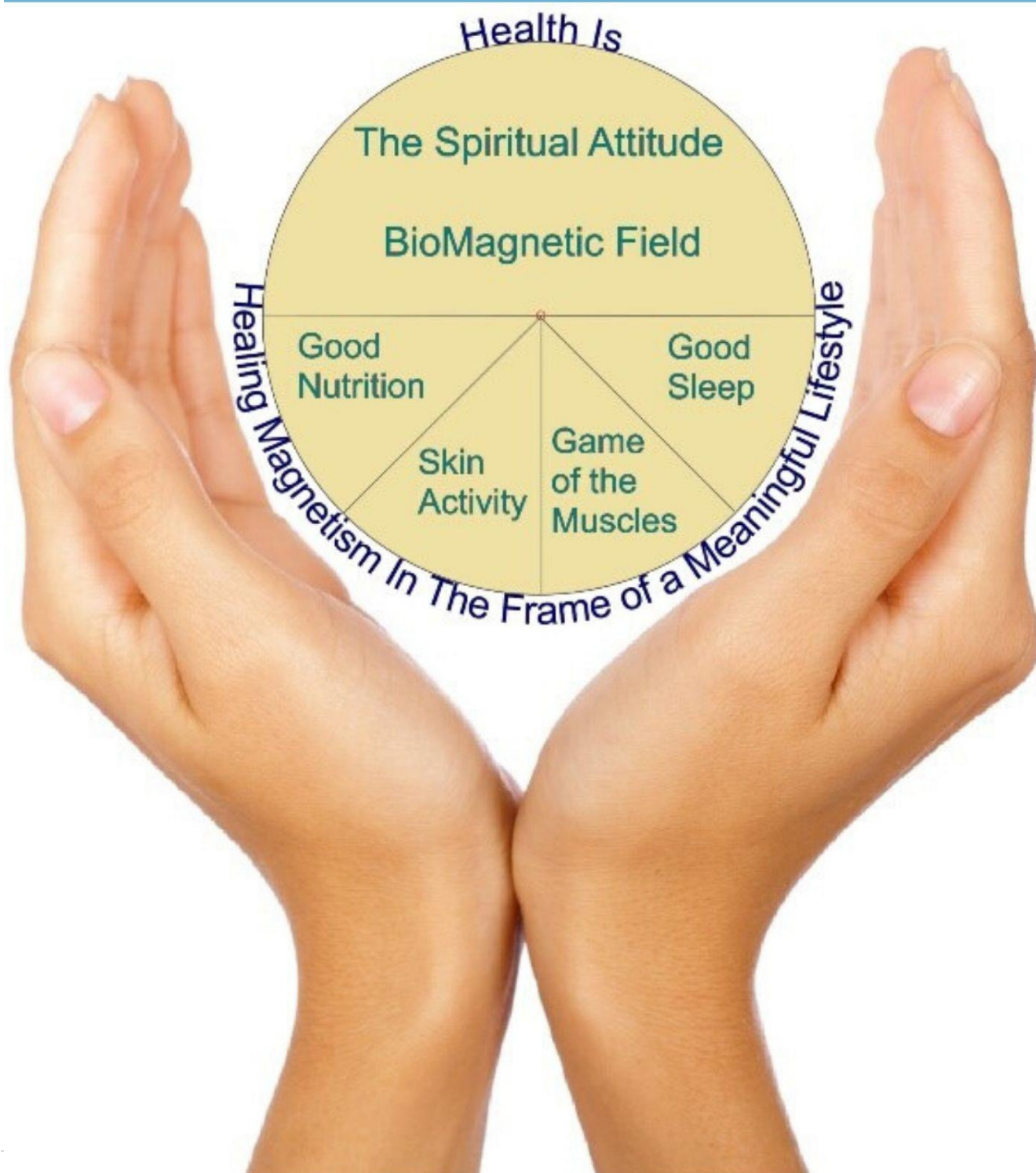




Edeltraud Grace



Healing Magnetism

with Hands



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Healing Magnetism for Beginners

The application of Healing Magnetism is an ancient knowledge that was applied in all cultures. Over time such type of healings slowly were forgotten, whereas nowadays the healing with magnetism gains more and more significance again.

"Healing by magnetism is taking a leading role in the further development of the human race."

Abd-ru-shin, author "IN THE LIGHT OF TRUTH - THE GRAIL MESSAGE" (Vol. 2 / Lecture 58)
www.grailmessage.com

Today the applications of healing magnetism are far-reaching, and we are only at the beginning to understand its ramification and benefits. This book shows you how to help yourself, your family and your children with Healing Magnetism on a Beginners Level.

With warmest wishes

Edeltraud Grace - June 2018

Email: info@virtuosity.net.au
www.healing-magnetism.com

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Foreword

“The Physician should look for the force and nature of illness at its source. He is not to look to that which can be seen, for we are not called to extinguish the smoke but the fire itself.” (Theophrastus Paracelsus, M.D. Switzerland - 1493-1541) In Biomagnetic Healing we will often deal with events, concepts and perspectives that are not exclusively bound to physical “phenomena”. This is crucial if we are going to be able to heal and treat the “whole” person, if we are going to be able to address issues and questions that people have, that are not exclusively bound to or caused by physical happenings or outcomes.

In this context, we also need to acquaint ourselves with the ancient, however just as valid today as ever, concept of “noumena” or “noumenon”. Where phenomena are events or processes that we can perceive with our physical senses, noumena are events or processes that we do perceive with human senses, however do not directly perceive with our physical senses. Thus we have a modern interpretation of noumena as a posited object or event that exists without physical sense-perception.

Most of us, if not almost all of us, have at some stage sensed or perceived something that does not correlate with physical, empirical, scientifically “proven” norms or criteria.

This context clearly raises the question of whether the human entity or existence is of a purely physical nature, for example the body we can touch with our hands is indeed physical, what we can see with our physical eye is of a physical nature. Or does the human entity, human existence, also include non-physical aspects? Does the human soul or human spirit exist? Is there a “beyond”, an existence beyond the perceptions of our human physical senses? Does the human being possess “intuition” or “intuitive perception”, which allows us to perceive events or happenings, an existence beyond the comprehension capabilities of the “reasoning intellect”, that cannot be measured or qualified by empirical evidence or physical means?

The question of whether something actually exists if we cannot perceive it with our physical senses, has been a central point of myriad discussions in philosophy for millennia. The outcomes of many of these discussions form some of the pillars of our modern sciences.



These have fueled the claims to the supremacy and exclusive validation of “what is” through empirical evidence and physical observation.

Again, based exclusively on the ability to detect, perceive and quantify aspects of our Universe, our existence, by physical means and physical senses alone.

Modern philosophy has generally been skeptical of the possibility of knowledge independent of the human physical senses, however has also never been able to provide any conclusive evidence or proof that the other 95% of humanity err to such a great degree over the past 10-20 millennia. This once again demonstrates the limitations of considering our World, our life and human existence exclusively through the lens of our physical senses and the time and space bound intellect. Human consciousness has again and again demonstrated that it perceives beyond these self-imposed boundaries. The inability of the human intellect to comprehend and quantify these very human capabilities presents none of the conclusive evidence or proof required to support an overall denial of their existence.

Thus we arrive at the paradox that the vast majority of humanity continues to have convictions of, and perceive, the existence of life beyond the physical body, and that some form of supreme or creative force/being instigated this Universe we reside in and the “life” that we are conscious of, whilst the core tenet of the modern, intellectual sciences is that these aspects cannot be detected or empirically proven, therefore by default cannot exist...?

The paradox lies in the human entity and its natural propensity and ability to perceive, be conscious of existence beyond the physical and to perceive aspects of our existence beyond this physical sphere. EG: The perception of an averaged 95% of humanity perceives some form of Supreme Being that does not reside on this Earth and is not simply a physical alien from some far flung world... That would, by analysis, deem the human species as a predominantly, overwhelmingly, incurably delusional species that has and continues to cling to perceptions of things that by scientific default, cannot exist...?

Some examples of noumena have been raised in the considerations in the above paragraphs.

For the purpose of understanding Biomagnetic Healing as a modality and how it actually functions, why it is effective when applied correctly and how it differentiates from other therapy modalities, we should now consider some fundamental perspectives into the nature of the human entity, life, existence, “whole of being” and how all of these tie together, how they are integrated by Nature and for what purposes therein that we can perceive and comprehend.

In order to effectively assist a person who has personal or physical issues, problems, ailments or challenging conditions, we must first of all comprehend the entirety of the human entity and be able to recognize and differentiate where the causes and effects occur. These may or may not be visible, detectable or identifiable through our physical senses or physical devices. Typically some form of physical symptom, effect or condition will become detectable by physical means, and this all too often becomes the focal point of modern medical practices.



Naturally physical symptoms do need to be addressed, often as a clear priority, however attending to the alleviation of the symptoms without identifying and seeking to alleviate the causes will all too often ensure symptom repetition and eventually lead to a percentage of conditions becoming chronic in nature.

To present this allegorically, it is akin to studiously hosing down your house and rooms within to limit fire damages, with increasingly more powerful water hoses and more often, whilst ignoring or simply not being aware of or identifying the damaged and flame engulfed gas oven in the kitchen as the cause of all this damaging heat, radiation and noxious smoke. A professional fireman, trained in and knowledgeable in all facets of what causes and sustains house fires and the closely associated risk factors, would be expected to know that one of the first actions should be to identify, limit or shut off any ongoing streams of fuel that feeds the core cause of the ongoing blaze. Working from the outside of the building, he will mostly not physically see the blazing oven or what is left of it, however he will usually seek to have the gas and power feeds to the building identified and controlled or removed, so that he can ensure that the efforts of his team to douse the flames, to limit the damage, are not hindered or rendered ineffective when the core causes are continually triggered and reignite the damaging flames again and again.



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Logical fire-fighting. Yet with the human entity and modern medicine, working on the assumption that only the physical exists, and that human consciousness can be equated as the result of physical synapses firing in neural networks in our physical brain, we once again observe the limited practice of identifying the outcome or symptom or physical ramification as the cause, the instigation. The magnificent diversity of human existence, the manifold aspects of our being and the multi-layered physical and non-physical environment that we live in and live through in our development, is crushed down and restricted to aspects that anyone who reaches sufficient levels of superficial erudition and intellectual comprehension can attend to.

As important as these aspects are, the exclusive treatment of physical phenomena ignores the noumena, disregards or redefines, misinterprets the existence of the human soul, human spirit, of the spiritual consciousness and origins of the human being that reside and continually interacts with all other levels of our human cognition and consciousness. The degree that we are aware of or accept this reality varies to the degree that individuals vary...

Thus modern medicine and psychology treatments often spend decades hosing down the house and gardens, never truly alleviating or rectifying the underlying causes, blithely unaware that the gas oven in the centre of the house is badly or critically overheating, is blazing away and slowly melting, causing one problem after another to emerge, with the otherwise useful gas feed now an increasingly dangerous source of combustion. Eventually the water damage to the house causes almost if not just as much harm to the house as the fire itself.

The observable conditions and symptoms become chronic, often irreparable, when this is a human scenario.

The house eventually burns down in our allegorical scenario. The source of destruction expanding from within, unrecognized and unattended by those who for whatever reason or limitation were so focused on hosing down and saving the burning edifice and endangered gardens that they were never actually capable of or prepared to seek out and identify the actual causes. Sometimes they simply run out of water or eventually give up.

Thus we should now be cognizant of the reality that the human entity, the human being, is a product of and consists of multiple layers in the entirety of its existence in this physical Universe and beyond the borders of the physical, and that these layers seamlessly and unceasingly interact. We speak of “layers” or “cloaks”, of “bodies” in this context for the purposes of comprehension. Each of its own nature and radiations, each affecting the others.

Whether the individual perceives or considers these “layers” consciously and to which degree is another question, however again for the purposes of effectively working with and applying BioMagnetic Healing, we should be aware of these fundamental aspects of the human entity



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and work on a basis of common acceptance and understanding of these aspects and how we will describe and identify them here:

Broadly speaking, we can begin with identifying these key, generally understood, aspects of the human being:

Human Spirit – Soul – Astral Body (often identified as the Aura) – Physical Mind, Consciousness and Body.

Physical Mind, Consciousness and Body - Astral Body (often identified as the Aura) – Soul – Human Spirit.

Naturally Nature and the Universe always works in almost infinite gradations, however we should begin with the broader strokes and expand our understanding of the finer steps as we progress.

In this course book you will take a closer, deeper, more detailed look at what ties these together, how and why they interact. The radiations and energies that connect and bind them, and finally onto how when we work with these radiations and energies bio-magnetically, we can have a profound effect on the normalization of the flows of these from layer to layer, remove the actual causes of disruption, damaging blockages and conditions, and eventually influence and effect both inner and physical healing.

(Michael Grace: “Bio-Magnetic Energy and Radiation Perspectives of the Whole Human Entity” Melbourne, October 2016)

Welcome to Part 1

Welcome to BioMagnetic Healing with Hands

In Part 1 of the Healing Magnetism for Beginners we will lay the extensive groundwork first also occupying ourselves with what keeps our physical body healthy which includes the spiritual attitude, proper diet, healthy skin function and muscle usage and good sleep.

Should you wish to integrate Healing Magnetism into your life for improved health and well being, it is vital to understand the correlations and effects from all directions. As such Healing Magnetism with Hands is an ancient form of healing therapy known in many cultures. The Egyptians and Greeks knew of it, as well as the role of laying-on-of-hands is mentioned in the Bible. We know that Paracelsus, Franz Mesmer, and others used and developed it. Abd-ru-shin in his Grail Message, where we are given the knowledge about the upbuilding of the entire Creation, even says the



following: "Healing by magnetism is taking a leading role in the further development of the human race." Abd-ru-shin, author "IN THE LIGHT OF TRUTH - THE GRAIL MESSAGE" (Vol. 2 / Lecture 58)
www.grailmessage.com

There are many organizations worldwide using the principles of Healing Magnetism to teach others to apply this highly valuable method for the benefit of humankind. But what is a human being? This question needs first up to be answered so we know we have a common ground, as for how we apply Healing Magnetism is directly related to our view of reality.

What is a human being?

Who are we? What significance has our physical body and what is health?

We will start with a thorough understanding of the concepts of Health in the first Part of this course and we base our understandings on the Laws of Nature.

We will also in the following first up understand how the spiritual attitude is affecting our health but also how we can adapt to the Law of Giving and Take in the areas of nutrition, muscle movement, skin, and sleep and only then will we in greater depth delve more into Healing Magnetism with Hands. It is vital to have some solid background knowledge and later you will thank me for it.

It will be most beneficial for you when you step by step go through the content and try to build bridges to your actual life and if necessary, naturally also take appropriate action. True knowledge which develops into conviction can only be achieved through experience.

So who are we? Many people say that we are spirit, soul, and body. However, there is still a great deal of uncertainty about the specific parts of this trinity, which make up the whole human being, because a precise idea of spirit and soul is lacking. Thus, the often cited "holistic health care or "wholeness" usually remains one-sidedly limited to the visible physical. In order for us to meaningfully and with inner conviction, be able to live a healthy life and then also to integrate Healing Magnetism into a healthy and meaningful lifestyle to prevent illness or re-establish health, we need to first up understand the human being as a whole, and also clarify the functioning of the body and additionally we need to bring clarity to the concepts of soul and spirit.

The truly holistic understanding of man not only encompasses the **horizontal axis**, which is effective in body functioning and organic interrelation between each part of the organism, in the dependency on nature and effects on health coming from the interpersonal relationships in our human environment but also includes the **vertical axis**. The vertical axis refers to the inner orientation towards the spiritual world, which determines the inner-spiritual pursuits and actions and basically includes the path for us for becoming truly human beings. With these two axes, all humanity is connected to the Laws of Nature that move and sustain the whole universe. We are embedded in these Laws of Nature.

Let's first look at the human being in this world.

In order to understand the different concepts we will look at it from the viewpoint of the Grail Message, In the Light of Truth as here, we find a clear overview. (www.grailmessage.com) The inner human being, our "I," is spirit. With spirit, we do not mean the brain functions or our intellect, which is generally regarded as "spirit" in today's worldview. Rather, the spirit is what we carry in ourselves as the actual living part, as the vitalizing source of our inner being. It is immortal, everlasting, therefore not of this world according to its kind; but the spirit is at home in the spiritual region of this creation. This region is known as the "paradise" and is seen as the goal of the most inert human endeavor as described in almost all world religions. From there, the human spirits started their journey of development and maturation to be then born into the dense matter of this earth. On the way from the spiritual home downwards to the earth, they descended from one plane of creation to the other, receiving the corresponding encasements/cloaks of these planes in order to be able to live there. So it is also with the densest and last covering - the earthly body which enables us to live and move and experience life on earth.



Figuratively speaking, this development can be compared to the circumstance when a man travels from a tropical zone to the Arctic region. The traveler must dress according to the increasing, climatically-caused cooling off in the zones. Therefore he has to wear ever warmer and denser coverings. He always remains the same person, but his visible

clothing increases and gives him a different appearance. His applied encasements serve only for his protection and his ability to live in the different climatic zones.

The spirit of a human being with its finer ethereal encasement, The Grail Message (www.grailmessage.com) calls the "soul," which during incarnation enters the earth body and leaves again at the time of so-called death. A decisive transitional and connecting function between the soul and the earthly body fulfills the so-called **astral body**, known already by many people. **Like a switcher, the astral body forwards the impulses coming from the sphere of the soul to the physical body, and in the same way, conveys things that are happening in the outside to the "inside."** It also belongs to the bridging function of the astral body that the astral body is, as it were, a pre-



formation, a "model" of the earth body. This model is designed by the spiritual individuality of the human being precisely as s/ he is in his/her specific stage of development. The knowledge about the astral body is of great importance for our understanding of Healing Magnetism and our understanding of health. In Healing Magnetism our effect on the body is via the astral body.

Although the astral body is of a fine material substance, it is nevertheless intimately connected with the earthly physical body and what we find here is that therefore the state of the astral body affects the earthly body. If a person has some internal emotional, soul- disturbance, such an inner soul disturbance usually precedes physical diseases most of the time, and this is due to the connection between the inert state of the soul with the health of the physical body, and it is quite noticeable. Thus, **emotional disturbances always manifest first in the astral realm**, before they act on the bodily organs from out of the astral body. There is also a correlation and a symbolic meaning regarding which organ is affected by a disease which is in direct relation to the underlying soul problem. **Many diseases are thus densifications of an astral radiation**

disharmony, which is why the therapeutic-regulating influence with various healing methods especially regarding the astral body is so crucial. Healing Magnetism is one of these methods capable of treating the astral body, you will start to learn how to apply Healing Magnetism in order to harmonize the astral body and hereby also the physical body. But we can say that either with or without touching the body, the healing magnetism transmits healthy, vital fluid- into the astral body and directly into the nervous system of the sick person, either by using magnetic stroking, brushing, circular movements or laying on of hands. The practitioner can affect diseased substances and drain them away from the body and bring healing energies into the energy field of the body which encourage strengthening and the activation of the self-healing abilities of the client.

Reflection. Have you ever experienced how your own inner state of being, the state of your soul, your emotions and feelings have affected your physical body? Give an example.

The body itself ultimately serves as the "dwelling" and the "instrument" of the spirit in its earthly existence, through which a human being, in the daily struggle of life and the many experiences s/he makes, continuously can become stronger. The experiences offer him the possibility for spiritual growth towards a matured spiritual personality.

The picture of the human being in his entirety sketched so far should summarize a section from the lecture "Soul" of the Grail Message as it makes it clear: "...

.....the spirit is the actual human being, all else being only the cloaks. By wearing them the spirit becomes strong, and the consequent compulsion to bestir itself ever more increases its glowing.

The glow into which the spirit is thus transposed does not die down when the cloaks are laid aside, but raises the spirit and leads it upwards into the Spiritual Realm.

Just through being forced to bestir itself under the weight of its cloaks the spirit finally grows so strong that it can bear the stronger pressure in the Spiritual Realm and remain conscious, something it was unable to do as a spirit-germ.

Such is the course of its development which took place for the sake of the spirit. The cloaks themselves are to be considered nothing but the means towards the end.

Therefore nothing changes when man on earth lays aside his physical body. He is still the same human being, only without the physical cloak, with which there also remains the so-called astral covering necessary for forming the gross material earthly body, and which originates from medium gross matter.

As soon as the heavy earthly body together with the astral body has fallen away the spirit remains clad in the more delicate cloaks only. In *this condition* the spirit is called "*the soul*" in contradistinction to the earthman of flesh and blood!

In his further ascent the human being also gradually lays aside all the other cloaks, until finally he only keeps the spirit body with a spiritual cloak, and in this way enters the Spiritual Realm as a spirit without any cloaks of other species.

This is a natural happening because then no alien cloak can keep him back any longer, and consequently, he *must* in the natural course of things be uplifted through the species of his own nature.

Therefore *this* is the difference which very often causes you difficulty in your desire to understand because you had no clarity and thus the conception of it remained vague.

In reality, only *the spirit* comes into question with a human being. All the other designations depend purely on the cloaks he wears.

The spirit is everything, it is the *essence*, thus the human being. If together with the other cloaks he also wears the earthly cloak he is called earthman; when he lays aside his earthly cloak he is considered by earthman as the soul; when he also lays aside these delicate cloaks he remains spirit alone, which he always has been in his species."

The inert human being is, therefore, our spiritual ego, which also moves and uses its coverings



according to its will. This also applies to our material body. **Like the Earth body, all other cloaks or bodies of the human spirit also have sense organs that allow seeing, hearing or experiencing on all levels involved.** In the English language, this is expressed pictorially, for example in idiomatic expressions such as "listening to oneself or listening inward," "seeing it with other eyes," "having something in front of the inner eye." Something we all experience when we go "inward."

The cohesive connection between the individual cloaks is ensured via **the magnet-like radiation** and attraction of our spiritual "ego." Through the magnetic radiation, the totality of the inner and outer man is made, and disturbances in it, whether they be on the spiritual, soul or physical area, can be felt like a dis-ease. This is important to keep in your mind.

Of course, for the possibility of the direct influence of the spirit on the heavy earth body, a functioning communication system must exist that connects the Astral body with the physical body. And particularly, the **human blood** takes over this task. In its individual physical quality, it is increasingly formed already during the fetal growth phase via the radiation of the spirit and then serves the spirit **in the entire earthly life as a necessary radiation bridge to the gross earthly matter.**

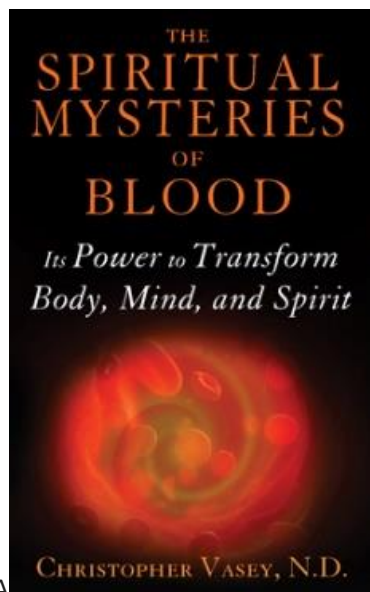


In the fundamental difference between the earth body and the spirit that invigorates it, the blood acts as a mediator with the astral body. Due to its fluid nature and its lighter molecular structure, it forms an ideal carrier substance for the vibration of spiritual radiation power (and the absorption of Healing Magnetism) and is pumped by the heartbeat into all parts of the body. The blood is also the basis of the so-called "aura" or "Od" of a person, so his radiation wreath, as it can be seen by clairvoyant people.

For the blood to fulfill its mediating function, **the right blood composition**, adapted to the nature of the spirit, is an absolute prerequisite. We must keep this in mind in order to enhance our health or that of our children.

The basic structure of the blood, as described above, is formed developmentally via the spiritual influence on the body. Changes of the blood and its radiation, be it strengthening or weakening, up to disturbing shifts, are

possible through different influences. **These influences are in basic the personal spiritual attitude, nutrition, skin function, muscle tone, sleep.** We will explore the blood radiation partly in the frame of this course, but there are wonderful books we recommend, should you wish to delve deeper into the mysteries of the blood.



A interesting book that covers more than we can cover here about the blood is, for example, the book *"The spiritual mysteries of blood"* by Christopher Vasey

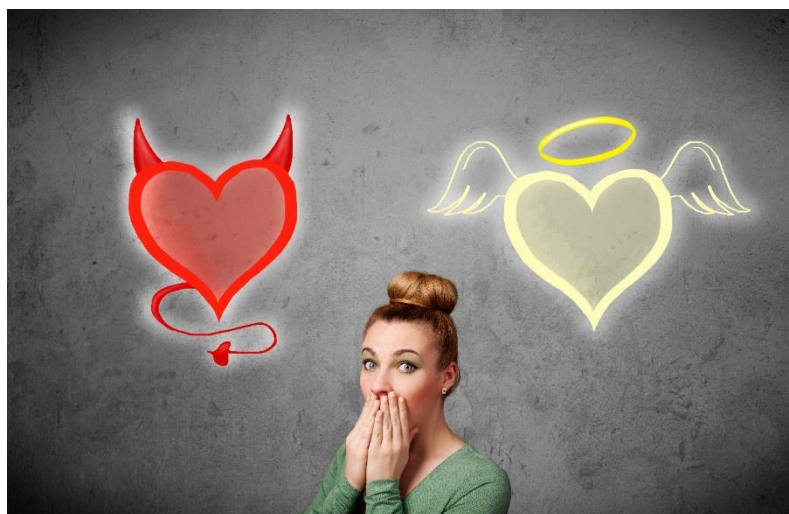
The basic composition related to the personal nature of the spirit is also recognizable in the respective, individually distinguishable blood groups, as a physical identity card of the ego.

Natural changes in the radiation and the composition of the blood result from the physiological age stages, which in turn are connected to the temperamental or - developmental sections in the life of a human being. Through illnesses, wrong habits, also regarding food and drink, as well as the effect of mental and emotional burdens and stress, the composition of the blood can be greatly distorted. Therefore, for example, not only the proverbially perceivable radiation of a person after a serious illness, persistent sorrows or grief can be severely weakened or inhibited but also, the overall radiation changes unfavorably, and then one says of such people that they appear "colourless" or simply "juiceless and powerless."

Reflection: What connects spirit and body according to the last pages?

The laws of creation

The eternal laws of creation and their effects cannot be denied by someone who takes his humanity seriously. To recognize, to obey and then to use them is left to the free will. As a fate-triggering factor, free will is often called into question. But **it is a characteristic of the spirit that gives the man the free choice of decision**, that is, to do or to let go of what he is "willing" to do. Through this freedom of decision, therefore, man can, at any moment, orient himself to one side or the other, towards good or evil, according to the standards of the laws of creation, or even opposing them.



In order to better understand the importance of the freedom of choice and the responsibility that goes with it, we must know that throughout the world events, **every action lawfully triggers a response**; that means that every action, whether it consists of inner feelings, thoughts, or external actions, brings about consistent retroaction, according to the nature of the action either good or bad. This simple and

irrefutable fact that decisions trigger reciprocal effects, we have so far only wanted to see or were forced to see, in the widest aspects of our living environment; but as in the largest as it is in the smallest, therefore, **the laws also act in the smallest and finest**. They hold everything in the whole of creation and act as watchdogs and helpers who always objectively and incorruptibly trigger the corresponding reactions to our will.

So if, for example, illness, mental or physical suffering are in our life, we must understand that these gloomy issues are not provided for us in the plan of destiny as "fateful", but that they occur as a logical consequence of our self-desired behaviors, with which we disregarded the given principles of order as given by the Laws of Nature.

The unconditioned logic in the context of cause and effect becomes fully recognizable in the certainty of repeated earthly lives. For not all that we express in the present earthly life by our volitional decisions can come to equalizing effects in this one life. For this more earth lives are necessary, but all of them serve the personality development and maturation. If we usually do not remember past incarnations is so for a reason as there is great wisdom in that; for in every moment of the present, we can decide anew, as we are now, not cause of what we once were. That the retrospective effects caused by us often cannot come directly to us, but in a delayed balance, perhaps in another earth lifetime, is probably also a reason why the free will is no longer seen clearly enough by many people and therefore questioned.



Recognition of these laws of creation is not difficult with open eyes, and with a free heart, we can find them everywhere, for these laws are clear and simple expressions of the Eternal Creator's Will and His Love. Their effects are always supportive, constructive and help for all creatures, even if the experience should be painful. Three basic laws are to be mentioned above all:



First, **the Law of Gravity**: according to that law, something heavy sinks and lightness rises. If therefore, a human spirit is burdened with guilt, he can no more rise and move freely upwards as the one who has entered a bond that holds him in the earthly. For the burdens and attachments, man is responsible himself through his free will; but he can also voluntarily change his mind and thus free himself from guilt and entanglements. Thus he becomes lighter and can rise.

The Law of Attraction of the Homogenous Species is another great law. Just as people always come together with similar predispositions, in the same way principally in the whole of creation, the same always attract same. Thoughts and feelings also have an increasing power of attraction strengthening similar emotions of other people; this leads to the accumulation of good or bad energies, which, as centers, have a retroactive effect on the earthly.

Finally, there is the **Law of Reciprocal Action** which can also be called the **Law of Giving and Take**. In the impact of these laws, everything finds the corresponding consequences, which we put out into the world as thoughts, words or deeds. It is the Law that gives the Bible the sentence: "*What a man soweth, he shall reap.*" From this, it can be concluded that right and natural doing and thinking can only bring healthy reactions, while wrongly oriented will and action only brings damaging repercussions and elicit for example also disease.

All lawfulness applies to spiritual matters in the same way as they can be observed as physical principles of order in the sense of natural laws or within social relationships.

It looks like one law is developing out of the other, but they act side by side, and they effect logically and autonomously all. These three laws work incorruptibly and continuously in creation, simple, clear and great; their triad pervades the whole life. Here God speaks to us directly and shows us His Will.

Reflection: Were you aware of these laws of nature? Please give examples of your own experience in that regard.

Language of Nature

On our property in Australia, each springtime millions of blossoms appear on our fruit trees.



Like every year the appearance of the spring blossoms in our garden awakes in me a deep sense of jubilant joy. If we could read in the book of nature, we could discover the secrets of life that nature transmits to us in living images.

The exuberance in the blossoming of nature let some people sometimes ask the question: *“Why this incredible overabundance? Why these millions of blossoms, which appear to flower meaninglessly, as not all of them will bear fruit? And also, the fruits of the tree, so many and how few of them can drop their seeds, the pit, into the earth, in order for it to grow into a new tree? Did nature in all its overabundance really arrange things meaningfully?”*

Would we human beings have a say here while having the aim in our mind to bring about fruits in order to sustain the species, would we not go about it much more

rationally?

The term “rational” fits here very well as all what the present time is planned by human beings is mainly dictated by his rational concerns, by his intellect. **He always directs his focus on one specific point and lets that what happens in the environment out of sight**, most of the time. Only when the reciprocal actions come, then one thinks about the fact that everything happens in space and in that space and environment *a variety of life happens* at the same time which has an effect and reciprocal effect on each other.

When we think back on the flowering fruit tree.

It offers with its wedding gown millions of little life forms nourishment and protection, whereby these also according to the law of giving and take enable the pollination. Also, the time of harvest with its overflowing abundance offers many animals, and life forms food. All feast joyfully on the table of nature- with one exception – humans.

The human being is the only one who is often not even happy about it anymore. As if blinded he cannot see the abundance and the lawfulness in all what is happening around him. He, who has through the ability to recognize through his spiritual core the possibility to have even more



understandings about the language of nature than other life forms, he takes from the abundance, which comes about from the flowering and bearing of fruit and does not even say a single "Thank You."

Understanding the Basics

We must make a little effort to come to new understandings. The laziness of the past is over; we have to deal with the problems of the present fully alert and with attention.

Every single area of life categorically demands this of us today, and if we follow this demand, we soon come upon simple and clear solutions and insights, that can show us where the right tracks are, which we then safely can follow if we so wish so.

Through such a new vision and knowledge, we will then be able to

disentangle the knot of confusion derived from past ideas and outdated opinions.

And especially we people in modern times have it good as biology, natural science, and physics **already possess the knowledge** of a fundamental law in creation which works and creates in the simplest and most complete manner and always in the same way. They bow to this insight, to the phenomenon of this "divine power." **They know that all organic life originates from the cosmic radiation**, they explain these rays and thereby found the process of abiogenesis, spectral analysis, and cell radiation.

The limitations of God-distant materialism have long since been overruled by science and science has found its way to the unity with the Laws of God. Eventually, in this knowledge of the Laws of God, all relationships will be presented without any gaps, scientifically explained and proven. No blind faith is needed, but with full conviction, we see all the connections in front of our eyes.

We will experience the harmony of the scientific findings in regard to the Creation-plan by the Creator. The great harmony of the basic laws having effects in the great and in the smallest will be revealed to us everywhere. With this, mankind will once again find the true back-link to the divine laws of the primordial order, and thus also recognize their actual task in creation:

to be the bridge of radiation between the earth and the cosmos;

because our Earth body is equipped with a radiation wreath (Od).



Now there still seem to be two scientific directions. One who embrace the new understandings and others who deny the existence of a radiation wreath and when we look at the medical field in regard to the physical and emotional areas, we are overwhelmed by opposing opinions and the clear and straightforward

path is not shown to us.

It will be our task to get to know this earthly body as a useful tool and to let it become a fine instrument, in the way it is so perfectly created.

This is a clear objective, which requires some explanations **because it requires a full and complete understanding of the earth body** and renounces passive indifference in this quite energetically.

Sick on the body and sick on the soul, helplessly exposed to all the dangers that come from today's chaos, is the vast majority of people, even if they are not aware of it. Despite all the achievements of technology, medicine, and the natural sciences, man today is not armed against sickness and infirmity, vitiation and degeneration.

From the chaos of opinions and the variety of illnesses, he must learn to see and recognize the clear path of unity and simplicity in the realm of healing, which got lost through the separation between body, soul, and spirit. The laws of creation also govern the human body; there is no exception for him in it and no complexity: the whole chaos of opinions, all of this we created ourselves, with perseverance and with tenacity until we literally no longer see the forest for the trees. Let's find a way out of that thicket.



The great problem we face today in health care is the divide that has been created between body and spirit throughout many centuries in almost all ethics and religions and cultures and that separated people far from anything natural, clear and straightforward.

It will, therefore, take from us some effort until we realize what is essential so that we find a new picture of healing and we will understand how Healing with Hands is a part of it and how we can apply it for our own and other people's benefit.

The earth body

The law of all life and all growth, of all development for any physical body, be it animal or human body is in nature closely connected to the principles of struggle and movement, overcoming oneself and exertion. **What does not move cannot prevail.** It is prevalent throughout creation and makes no exception to our earthly body. The working capacity of all body cells, of all organs, of all body parts, increases or falls with their activity, and everything that is unused becomes unusable and thus has an inhibiting effect. Finally, it must be shed or becomes degenerated. At first, it lowers the living forces of resistance in the body, and thus the door is pushed open for sorrow or sickness.



The cause of almost all diseases is a hypofunction of oxidation in our body. Health means integrity, intactness of this oxidation (burning), which is fed by the food supply and promoted by the right movement. (Law of Give and Take).

A perfectly functioning body is immune to degrading influences, it cannot be ill or become ill. But where only one cell, one organ, one part of the body has a disturbed activity, the function of the cells, organs, parts is diminished; because the body is a unity, it is an indivisible whole which obeys to the laws of the bigger Whole.

The blood circulation and the lymphatic system and nerve tracts alone cause this; they enter through and connect the entire human body. Thus, there can never be a partial disease. The more we acknowledge the unity and wholeness of our body, the more natural and clearer the causes of the disease become for us. The symptoms and the location of disease are changeable, but the disease itself is not.

A uniform lawfulness constantly governs over us, around us and in ourselves. We talked about that before. **In Creation, an irrevocable wise order prevails through the anchoring of the self-acting fundamental laws.** There is no deviation or disorder. Under this law or order is also the body subjected, because there is no exception. In the smallest as well as in the greatest and all levels, these laws of God rule. But how often do we want to take different roads as the Creation Laws so clearly show us? How often do we believe we are wiser than our Creator?

The Pillars of health

In coarse matter we most often encounter **the law of reciprocal action; it must, therefore, be our concern to practicing getting to know this law better in regard to our health and wellbeing.** Studying the ramifications will also help us understand why Healing Magnetism helps. We should study this law, not in the primitive sense of a specific malicious joy or as a Pharisee, but filled with a deep reverence for the wisdom and greatness of the Creator, so that through the use of **this key** all the doors and gates open, which lead us to the last knowledge.

We have in the body a "game of the subconscious" through the vegetative or involuntary nervous system. It has already occupied many researchers and received this apt label. Its work, however, remained enigmatic in contrast to that of the voluntary central nervous system. Without the play of the unconscious, however, our body would be like a machine without the driver. This nervous system is the basis for every earthly life function; its continuing activity takes place without the will and knowledge of man. **And it is just the HAND that can have a great effect on the nervous system.** But more about this later. Let's first delve into the wonderwork of the nervous system.



In coarse matter there is nothing comparable to a nerve; it is the finest and most differentiated, what exists. It is merely inimitable in its construction and function. If we trace this miracle, the breath of the cosmic Creator touches us; full of awe and emotion we stand in front of it and wonder. Much more delicate and more differentiated than all the other blood vessels, the nerves are running through our bodies, every limb and every organ - in dense nets they collect into centers or nodal points.

They are used to transmit stimuli, like blood vessels are used for the administration of blood. They guide the stimuli in every subtle differentiation and nuance; towards every stimulus occurs an exact reaction that is a reflex, and thus the triggering of a function. This is called "reflex chain"; it becomes clearer to us when we say: **chain reaction in the law of reciprocal action**. In the "game of the unconscious," exactly the law of reciprocal action takes place. Here lie the start and lever for our well-being and woe in the world of matter.

We are a complete microcosm in the macrocosm of the world creation; this will become clear to us on closer inspection. Our nerves precisely absorb the stimuli from our environment and trigger the reflex according to the stimulus. **It means that a completely natural environment with natural, orderly habits will give only natural stimuli, after that the answer to these natural stimuli is exactly natural as well, whereby natural functions in our body are triggered, which must result in full health.** We are subject to this chain release according to the law of reciprocal action, that is, like the stimulus, so the reflex; this must merely become aware to us once. So, we have the task of following the "**game of the unconscious**" in its full effect and scope, to see and recognize the new healing pathways. It does not give us half a knowledge or a vague concept here; we must grasp and get to know all the details in fullest, and only then will we understand all the great connections and can adapt our life accordingly. This asks from us full alertness and inner and outer movement to be able to grasp all we need.

The autonomic nervous system intervenes invariably in every activity of the body; the law of reciprocal action is thus always in us, just as in the cosmos. The finest and the coarsest, while waking and sleeping, are taken up by the nerves and moved and triggered in the body with pinpoint accuracy and then building up or disturbing. So perfect is our tool, the earth body built up; perhaps now we begin to foresee what an ideal instrument it can and will become when this fine instrument is played and treated intelligibly and masterfully by us. The possibilities to be evaluated are still unmentionable today; tomorrow, however, such imaginative dreams will become a reality, as technology has proven many times to us with their progress. We will experience just as unheard of and revolutionary things here as well.

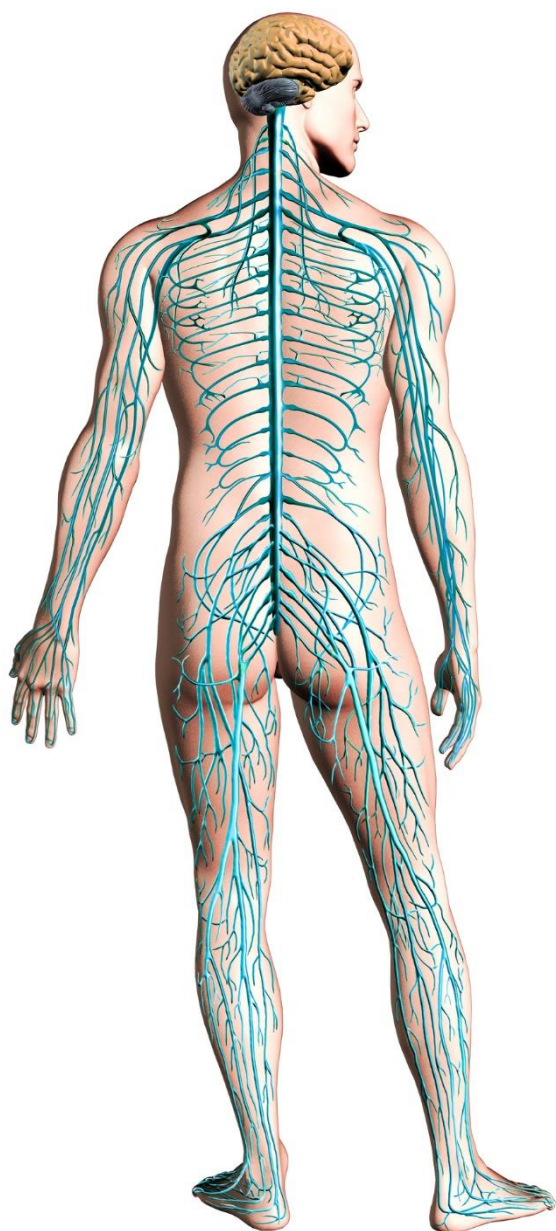
Among all living things,
only we humans can
envision our futures and
play out mental
scenarios of how we will
make our visions a
reality.

- Viktor Frankl

Below is a conceptual depiction of the human brain and nervous system cells, **called Neurons** that process and communicate information. Our human brain has an averaged 100 Billion of these, (though some scientists debate that we have in the region of 86 Billion). The cerebral cortex and our nervous system have billions more again to communicate signals, decisions and automated commands from the brain to the body parts/organs, and these body parts, sensors, skin, physical senses, etc. relay signals back from these to the brain. The glowing pods at the ends of the tendrils are called **synapses**, where electrochemical processes in the neuron cause **electrical pulses** to spark or flash across the **synapses** to other **neurons** across the brain.

Each & every instance of the electrical activity is accompanied and made possible by electro-magnetic fields & energies, no matter how small these may be. They are inseparable. In organisms, these are called Bio-Electromagnetic, or BioMagnetic Fields and Energies. These are just as inseparable.





“A **neuron (nerve cell)** is an electrically excitable cell found in the human brain that processes and transmits information through electrical and chemical signals. These signals between neurons occur via specialized connections called synapses. Neurons can connect to each other to form neural networks. Neurons are major components of the brain and spinal cord of the central nervous system (CNS), and of the autonomic ganglia of the peripheral nervous system.”
(Wikipedia - Neurons)

These approximately 100 Billion nerve or brain cells inside of each of our heads, with each these cells connecting to upwards of 10,000 other neurons/brain / nervous system cells for communications purposes, enabling the physical aspects of thinking, awareness, cognition, etc.

This magnificent and live network is a surging mass of hundreds of billions of micro-sparks per second are Creating a surging micro-ocean of Biomagnetic Fields and Energies.

Every one of these electrical interactions, “sparks” and Bio-Electrical pulses creates and exists due to the existence of a Biomagnetic Field.

The typical neuron fires off miniscule electrochemical “sparks” 5-50 times per second. For this explanation and example, let’s average that at 20 neuron pulses per second, going out over an average 10,000 neuron connections. (synapses) Considering those 100 Billion brain cells (Neurons) then we have approx. 200 Trillion of these electrical pulses per second.

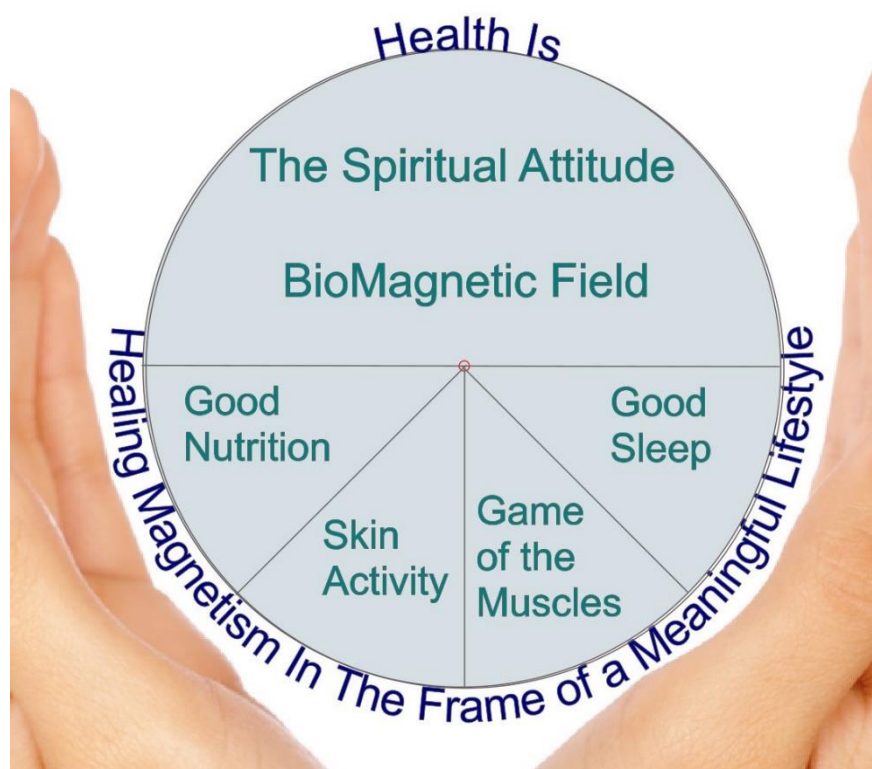
Just be in awe for a few seconds as you consider the sheer magnificence of what Nature has made available for us to function in this physical World, and how intrinsic the fine balances are maintained through Bio-magnetic Fields and Energies.

This neural network and consciousness then either automatically or consciously cause and directs everything to happen that our body and mind does. Electrical impulses continually flow through our

nerve (nervous) system to all parts and cells of our bodies. We are flooded by and immersed in the biological version of the universally present electromagnetic fields and energy that pervade our entire physical Cosmos.

Consider this though: With these billions of minute BioMagnetic or electromagnetic fields continually being generated in the brain, the electromagnetic, ***the BioMagnetic field of the human heart is over 100 times stronger than that of the brain...***

Does that not give us cause to pause and ponder this for a few moments? What then is the primal engine that drives our human body and intuitions, emotions and well-being? It is our spiritual attitude.



Let us now imagine a scheme for understanding the range of action of the vegetative nervous system; we just make a circle. We then halve this circle and call one half of the ring **the spiritual attitude of the human being** (BioMagnetic Field) The other half of this circle we now divide into four sections and call these sections: **Good Nutrition- Skin Activity – Game of the Muscles - Good Sleep.**

We now want to provide each section with the necessary illumination to show and prove the chain reaction in the Law of Reciprocal Action. **If we walk then the path of the natural order in all districts, then the result can only return to us in a logical order, which must give us health; because the "game of the unconscious" is the basis of all life functions, in which all cells, organs and body parts must be involved in any case.** It is the Egg of Columbus that with simple, clear terms we gradually get the full understanding of all the connections. In this way, we follow the path of the knowledge of the unity between spirit and body and receive from it the understanding of its demands and its perfect laws of order.

Institute for BioMagnetic Healing with Hands - Copyright

Now we have a lot of thoughts to process as a new base of thinking; if we seek confirmation in daily life, we will enter the circle of joyful experience. Then we will gradually acquire the higher perspective of thought based on the creation laws, and it will be a great pleasure for us to begin to indeed “see.” We then know of the possibility of ascension out of all human misery and all unhappiness, all illness, and all suffering.

Let's start here with

The spiritual attitude of man

Those who are not yet wholly dulled towards their environment and who still have a small spark of spiritual interest for the things that move the world, always and clearly feel that the time in which we live in exerts an oppressive pressure on all our life impulses — both on our body and also that of the soul. In every family there is concern or misery of some kind; struggle, depression, and disease dominate the people in quantity like never, and the destruction of the family foundations in the marriages and with the children is frightening and alarming. All concepts are wavering, every hold on the outside and every strong attitude in the inside is missing, and the traditions fail. It looks bleak for all aspects of humanity and human dignity.



In spite of all the enormous technical progress, we find for example more and more children diagnosed with Autism.

To the outside, of course, the mask is still preserved. The Facebook and Instagram posts are ever so happy and cheerful so that in many cases it seems as though everything is still as it used to be; but whoever is able to look more deeply, sees the hollowness of this appearance and sees the deep emotional abysses, which open up everywhere. Happy, albeit painfully happy, are those people who have been broken open internally by so much suffering of a mental and physical nature that they come to self-reflection.

But there are many others who ruthlessly abuse and torture their fellow human beings and pursue their interests, unloving, heartless, soulless; **they are to be pitied.** It is true that every man is free to do and not to do as he pleases; for, according to divine counsel, he has his own free will.



But the misuse of this Grace itself to be able to choose and decide determines the course of the life ship and has brought humanity to where it is today!

If we still do not want to recognize the fruits of our actions and the signs of our time, nothing will stop us from continuing our way into the dark abyss. However, when we reflect on why we must suffer all this, the bitterness of our present distress and the sickness of our body, we will come to the realization that we must seek and follow completely new paths that heal the soul and body again in order for us to become happy and healthy and to get out of the whole process of today's circumstances.

We cannot continue the old paths; they have all turned out to be a dead end. We need to have the courage and the strength **to risk being new** - to become new in everything and every aspect of our Spirit, Soul, and Body and of who we are and what we will do in our life. Starting inside: new in our thinking, willing and acting. For this **we must awaken the spirit again**, our innermost flame of life; for it is only from this new birth of our innermost core of being, that our life can renew itself and hereby also the powers of our body.

Now, if we speak here of the spiritual attitude of man, then this shall only serve the purpose of pointing out the immediate and close relationship between the spiritual perspective in connection to the well-being and woe of the body. We are so ignorant and so far from any natural way of knowing the links that it requires a particular explanation about it. Perhaps the insight into the consistency of material-physical events will help us to grasp the same lawfulness outside the material existent. We finally must stop with the superficiality in consideration of all things.



Our free, spiritual decision to subordinate ourselves to the Laws of Nature and our active desire for good is a spiritual attitude that decides if we go up or down in our life, like the tip on the scales.

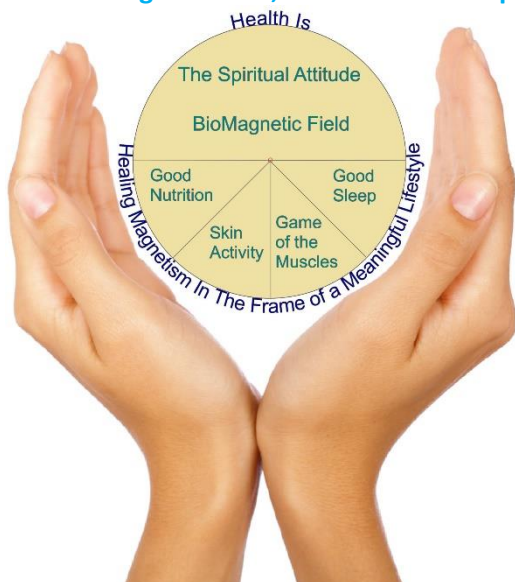
Beyond that, however, we must realize that this spiritual attitude which radiates via our thinking and feeling intervenes in all areas of our body and permeates all our cells.

The autonomic nervous system "plays" with the impulses emanating from our soul. **The inner man creates a sound similar to a bell sound, harmonious or disharmonious, happy or sad, loud or quiet and in all possible nuances, and at this moment the "play of the unconscious" vibrates in us or is affecting blockages within us.**

Reflection: What inner sound are you creating with your spiritual attitude?

The Nerves immediately receive all the stimuli as the finest and best antenna and then reflect them according to the Law of Reciprocal Action. The domain of this great player in us encompasses our

psyche and physical existence entirely. The delimited districts of the same are those of nourishment, skin function, muscular activity, and sleep. **Within the spiritual attitude of man there are no single districts; although we only put it into half of the circle it intervenes into the whole process; it is comprehensive and decisive for the well-being or woe of the entire body. Like the hands surrounding the circle, so also does the spiritual attitude effect all parts of our being.**



The thinking, feeling, and intuitive perceiving of a human being elicits continual impulses or stimuli, which must transfer to the functions of the body precisely interacting with one another and thus have an uplifting or disturbing and destructive effect. Read that again and again as we need to keep just that in mind all the time and when we go through the different parts in the following considerations in that course, keep that in mind as influencing all.

The stark proof of the adverse effects we do have in those cases where people without the will to live, do languish and whither spite of all medical efforts and all healing attempts and in spite of having no particular

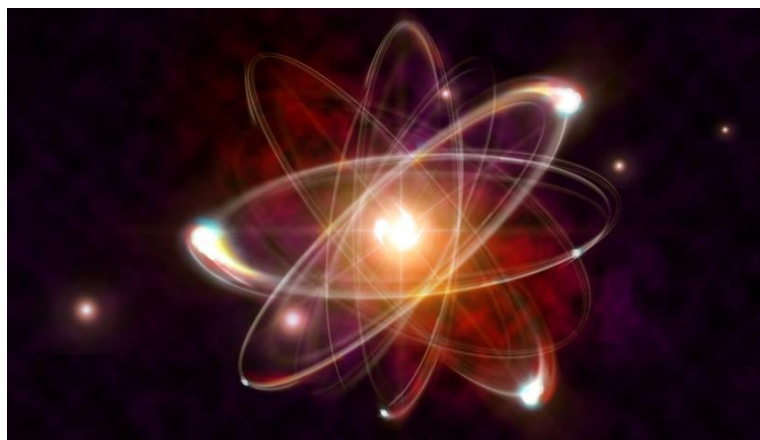
illness. Wherever such a negation, a pessimism that leads to total resignation, is holding onto, life must come to stay too. But we can even see such effects in animals. Even animals react very clearly in this respect, for example, a dog who grows up in loving care, who never heard a hard word, can respond to an unusual and a very harsh rebuke of his master within a few days in getting seriously ill or even dying. What we want to have our focus on is that **our inner life** requires far greater attention than hitherto considered; it is the lever and starting point for all our health. **Our spiritual life affects our body.**

Our inner life affects our body

For this, before we continue, let's bring to our awareness a very simple fact that is but often overseen. The fact is that everything is radiation.

Each of us should be aware of "atoms," those basic building components of physical matter as we know it. Therefore, also basic building blocks of our own physical body.

Atoms look like this in representation pictures:



In this depiction (not to true scale) we have the atomic nucleus particles in the center of the atom (glowing here for effect), with electrons whizzing around the nucleus. In reality, the electrons are minute compared to the nucleus particles and are much, much further away.

However, we cannot show you a 30-meter wide picture here.

There are over 100 types of atoms that we know of. They form elements or bind together to form molecules and the physical substances we know of.

Now the subject of Magnetism becomes interesting.... You are looking at one of the smallest generating models of Magnetism in our Universe right here, in that picture:

The whizzing electrons in the picture are also spinning at the same time, just as our Planet Earth spins on its axis as it also orbits around the Sun. Thus, picture in your mind, the electrons spinning like a top while orbiting the nucleus of the atom. Electrons also have an electrical charge (negative in their case).

Moving electrical charges generate Magnetic fields and force, thus also energy. This is a universally pervasive fundamental of physics, a cornerstone of the physical creation and maintenance of our Universe and everything in it that we consider the matter. Therefore, when we think about the healing of our bodies, we have to keep the Magnetism in our awareness and use the understanding.

The origins of these forces, the binding of pure energies to create what we consider to be “particles” and matter, and the underlying architecture of everything we can perceive here, are the outcomes of higher forces at work beyond our physical Universe. (More in-depth details in our accredited BioMagnetic Healing with Hands training. www.healing-magnetism.com)

Thus, spinning electrons also generate Magnetic fields, force, and energy. As ALL atoms have at least one electron whizzing around the nucleus, without exception, then every single atom in the Universe is producing Magnetic fields. Our body but is made up of atoms. Let’s return after this small interlude about atoms again to the theme of our spiritual attitude and how it affects our body.

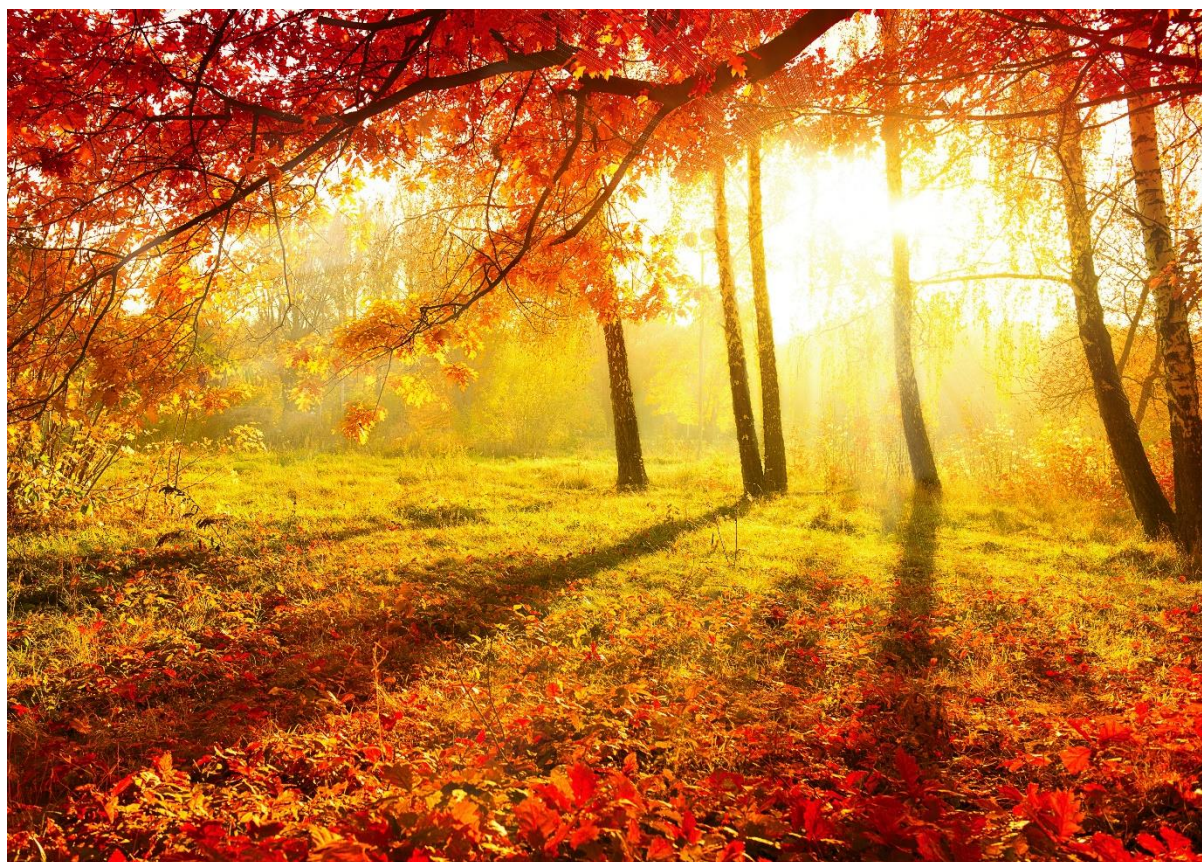
We realize our thoughts, our words and intuitive perceptions, which are a positive or a negative force for our body and, beyond that, also connect to invisible centers of the hereafter - these thoughts, words and intuitive perceptions which in the invisible weave our karma and weave destiny with which we are inextricably linked, they fulfill our body interactively with the "play of

the unconscious" with spasms or relaxation, with positive or negative, i.e., with healthy or disturbed function of the organs in the body. (how that works in details we cover in the accredited Practitioner course, here we would go too far) The variations of the reactions are immeasurable and unnamable; above all, they are quite individual, but always exactly in the Law of Reciprocal Action.

It is well known and familiar to us how fear, pain, grief, mistrust, envy, jealousy, anger, etc., affect our bodies, how they can make us sick; as well of course also blows of fate such as death and misfortune, shock or terror of any kind. The less we live in a way that links us back to the forces of the spiritual, the more these things have a negative effect on the body; the more self-centered we are, the more we become entangled in everything that touches and hits us. By doing so, we continually connect with negative, destructive force fields through our dark or heavy thoughts and intuitive perceptions and receive recurrent negative and destructive effects in amplification.

“The foundation for the upbuilding of a new humanity, which you cannot and must not evade, rests in the one sentence: *Keep the hearth of your thoughts pure!*” (Abd-ru-shin, "In the Light of Truth," Volume 1, "The First Step"). In keeping with this call to keep the hearth of our thoughts pure, lies the beginning of discipline and order throughout our lives, it is the foundation and condition for true happiness and true health of both the soul and the body

Reflection: What effect does our spiritual attitude have on our body?



For anyone who earnestly seeks to keep the hearth of thoughts pure will learn to put his thoughts and intuitive perceptions under constant control.

It is this state of "**Watch and Pray,**" which alone prevents us from succumbing to the temptations that entice us every day and every hour, deviate from the right and natural in our habits, and opens ourselves all too readily to the fake and the shameful.

We must again learn the humility, the true humility, and submission to God's Holy Will, which appeals to us continually through the Creation Laws. And we must arouse love again, the true selfless love - then no more evil thought and no evil desire will dare to tarnish the source of healthy life. Pure and bright and entirely harmonious then the spirit and the body will vibrate in the Laws of God, interwoven with the wonders of light and thus radiant with strength and health. Here religious dogma and blind faith have no space, but inner conviction through our personal experiences of these Laws and our conscious adapting to them.



In the pursuit of this new, changed mental/spiritual attitude, an unused power awakens in us, which already awoke Christ in man two thousand years ago. What did the Son of God mean by his word: If men had faith as big as a grain of mustard, they could move mountains? He said nothing more than that: If we still had the "living" faith, the expression of the awake spirit in us, it would move through our bodies into the last fibers, and we would get connected to all the help around us, and above us, it would put aside all obstacles easily and playfully, it would truly move mountains! Instead of this living-effective faith, rooted in an awake spirit, a paralyzing, suffocating resignation dominates the whole life of this humanity, cutting it off from the light and the power, creating the sad image of the human type of the present day, through the senseless rush and hunt for earthly goods and earthly power that wastes its most valuable strengths. Therefore, to start here anew, lies in each person's own free will and it cannot be forced or dogmatically taught, but each person from within needs to

awake. And we have a lot of help at our disposal. But we need to "see" the help again.

The true and right use of the powers can only be affected by the human spirit, the bright, alert, radiant spirit; for the great "religion," the backward connection to the divine power, from which alone all life flows, can only take place via the bridge of the spirit via the "living" faith. Inspired by this "living" faith, the first Christians went panegyric into earthly death. They were glowing with the awakened spirit! We must, therefore, muster all the strength to overcome the resignation in and



around us. We must come to this realization to fight our way to life, but for us to be allowed to live as a newborn again will not just naturally fall into our lap. The vitality and ability, which can only blossom out of the liveliness of our spirit, must be recaptured daily; for only the living spark of the spirit pushes aside all the obstacles which oppose us and allow us to overcome all blows of fate joyfully and courageously.

The driving force in the material substance is the spirit; the body has the task of being the useful tool of the spirit. Therefore, we must learn to recognize the laws and their effects on life. Only then can a complete interplay take place again in us. As follows: the more wholesome and healthier our whole body becomes, the greater the clarity and insight of our spirit. This increase in spiritual clarity increases our vitality, the capacity of our body in all its vital functions. This closes the circle of life and unity: spirit and body become fully aware and clear to us. And the gradual progression in the evolution of the earth body into a fine instrument for the play of divine power then begins to become an experience for us as we gain the spiritual attitude that indeed makes us human — something which we also need to develop when we wish to use Healing Magnetism for our own and other people's benefit.

Reflection. What stood out for you in the last pages?



In the following, we would like to explore the Law of Giving and Take in relation to the importance of a natural diet. Natural Nutrition. I would like to invite you while reading this section to think about your nutrition or the nutrition of your children or family. You might get some ideas of how you can improve your diet. So jot down what is essential for you and what you will integrate from now on into your lifestyle.

Diet in the balance between giving and take

There is hardly any health issue that is talked about today as much as nutrition. Hardly a topic also about which one hears so many opposing opinions. One claims that you should eat as many oranges as possible. The next one holds organic muesli for the real thing; a third suggests extended red meat consumption. A fourth thinks that lecithin can protect him against any illness, and the fifth does not dare to eat; it might be unhealthy.

Year after year, scientists are trying to find the causes and a solution to the plagues of our civilization, such as high blood pressure, diabetes and coronary heart disease. Even cancer is, as we know today, partly due to nutrition. The discoveries are also changing the practical recommendations for disease prevention. For a long time, linoleic acid has been recommended as a



remedy for coronary disease. About carcinogenesis, other fats are now in focus again, so that the health-conscious consumer would have to change the diet almost every year. The press and advertising are doing their part to increase the confusion and, finally, there are the "alternative" directions of nutrition, each claiming to have the true solution to all health problems.

Is it any wonder if the consumer is unsettled? In the end, he no longer knows what he should believe and what not. If you want to make things easy, the continually changing recommendations are a welcome reason to simply eat "whatever," because "the scientists do not even know it themselves." But we do not want to make it that easy for us here but ask ourselves **what the cause of this split of opinions is**. Why are there differences of opinion at all, why cannot even the scientists often agree?

The sciences

Let's, first, realize what the goal of today's sciences is. Fundamentally, science strives to test what is true and what is not, in order ultimately to recognize simple fundamental laws. Each scientist examines a small piece of reality. He takes it apart and analyzes it down to the smallest detail. He does experiments on a "model," that is, an assembly that is mostly independent of reality. Since you can master the circumstances very well in the model, very accurate statements are possible, but these are not necessarily synonymous with the complex reality — the diversity of the models that the scientists work with causes the contradictory results and statements.

It is like a beautiful statue, which is dissected by researchers into the smallest particles, to grasp the core of this work of art. Since the statue consists partly of gold, partly of bronze and iron, investigating these various elements will bring the researchers to completely different conclusions. And even if they can agree that there is obviously more than one element, they will not be able to grasp the essence of that statue. Also, the reconstruction of the statue will only succeed if you know from the outset their blueprint.

The "alternative" directions

The many "alternative" directions have recognized this problem and therefore consider the diet, which is more than the sum of all parts. That is certain progress. However, the differences of opinion and opposites between the numerous alternative directions show that the real overview is still missing here. Otherwise, such opposites would not exist. The only problem is that everyone looks at reality from his point of view, based on his personal experience. **To come to a real solution, we must first try to grasp the overriding basic principles and then delve into subareas**. Only then will the research lead to a real understanding and thereby contribute to a real solution of the existing core of the problem of the right diet.

Food economy and wholeness

Let's take a closer look at some examples of food production. It often happened in the former communist countries of Europe that something was grown in an agricultural enterprise for which the necessary capacity for further processing was not available so that the crop was then spoiled: so, +both parts (cultivation and processing) were not coordinated. The reason is that everyone considered only a certain subarea without having the overview.



Let's look at the Western countries. There it is better when we think about the economy, so everything that has to do with productions, trade, and money. But if we look at the sequence in the next section, then we recognize a similar problem as the one described above: overproduction here, but hunger in the third world. The environment has also suffered devastating damage because we have never included it in our consideration. The reason here is once again one-sidedness in thinking. We have only thought of what we need in everything, and taken it without giving anything back, **so to take other interests into account**. There is no compensation, no balance. Examples of that are endless.

Lack of balance

If we follow this idea a step further, we see that this balance between giving and taking is missing from our society in general: do not we all think first of ourselves, while the others - as far as they are not close relatives or friends – are included only in our planning, if they can be of service to us? The above-mentioned one-sidedness in thinking is basically conditioned by a selfish, egoistic attitude. As far as the environment is concerned, the "one-sided" approach seemed to be doing well for a while. That is, we said that we were fine, because we did not see the consequences - or we may have deliberately ignored them. In fact, from the beginning, of course, it was not good, because gradually we created the basis for today's catastrophic environmental situation: forest dying, destruction of the ozone layer, soil pollution - the examples are so well known that they need no further explanation. The complexity of today's environmental issues shows that we are now confronted with the consequences of our reckless attitude just as ruthlessly. Unlike ten or twenty years ago, we can no longer deny the facts. If we want to continue, we have no choice but to give up our old-fashioned attitude. No other choice - either we try ourselves to restore the missing balance between man and nature, or this balance is brought about by nature itself using great catastrophes. You can say that compensation will be made anyway, with or without us, and that this is the only choice left to us.



But how could **we** restore that balance again? Often one hears the opinion that we can solve the existing problems with purely scientific and technical means. However, the above considerations show that the problems are basically caused by our one-sided and selfish attitude. So, it's this attitude that has to change first. Of course, this requires a full scientific and technical effort, but bringing this about with the old-established attitude would have no purpose. It would only lead to pseudo-solutions, just as in Heracles' fight with the twelve-headed snake from Greek mythology: as soon as Herakles cut off the monster's head, two new heads immediately regrew. The victory came only when the hero burned out the wounds with a glowing iron - an image that stands for Herakles **changed inner attitude through knowledge**.

Even in the reality of everyday life, we often see such pseudo-solutions, such as the opening of swimming pools when the rivers are contaminated. Or setting up factories to recycle animal manure produced by factory farming and transform them again into cattle feed, while not considering the only real solution (livestock reduction). Everyone will be able to call other examples with no effort.

Reflection: Which examples would come up in your awareness first?

Nutrition, give and take

Let us return to our actual topic, the diet. It too is subject to the law of giving and take. Our body "takes" through the food and "gives" through the elimination. **If we take more than the body needs, then we get overweight.** And since we are only set to take these days, is it surprising that being overweight is so common? With serious consequences for our health and enormous costs for society; because metabolic disorders and diseases such as diabetes, coronary disease, and many others are caused by being overweight. Of course, there are also people in whom the preponderance is not caused by the diet, but by metabolic disorders, but these are rather rare exceptions.

Overeating is not just a problem of overweight people. It is now almost certain that most of human's "civilization woes" would decline significantly if every citizen would eat twenty to thirty percent less. Even signs of aging would decrease considerably: we would be getting old, healthier. Again, there are exceptions: some people tend to be underweighted, for which it would not be correct, of course, to eat less. But in general, we eat too much.

How can this problem be solved? Introducing the fashion image of the slender woman is not a correct answer to this problem, but on the contrary, it causes other one-sidedness, such as anorexia and "bulimia" which often alternate with the same person. The one-sidedness shows that this fashion image is not correct. However, a fashion image cannot provide a solution for overeating anyway, because the actual cause is not resolved by it. Also, there are not only overweight women.

How could the overweight or overeating be remedied? Let us first consider the scientific facts known. As first the slow eating of food is crucial. The body takes about 20 minutes until first signals of saturation occur. So, if you eat more than the body needs at that time, the first satiation will not occur until after that time. The slow eating of food should, therefore, be considered the basic rule of health-conscious nutrition. The first condition is: take enough time to eat, so avoid rushing to eat. The second and greatest help to slow eating is a rule that we all know, but most do not apply: good chewing. By prolonged chewing, the food is already pre-digested by the saliva and stimulates the digestive organs via the nervous system. As a result, e.g., gastrointestinal disturbances improve considerably by good chewing or even disappear.

Task: Consider what you can change in regard to your eating habits.

Let's go back to overweight. It has been found that most people of usual weight start to eat more slowly as they progressively increase in their sense of feeling saturation. This typical reaction is usually absent in the overweight and people who are prone to it. Some scientists seek the cause in disorder in the brain. The real cause lies deeper. Everyone knows that you can push hunger or pain out of consciousness as soon as you concentrate on something else. So, you can steer the consciousness within certain limits, "switch off" against unwelcome stimuli. If one does this on an ongoing basis, then one does not perceive the stimulus at all in the long run anymore, a kind of "blunting" occurs. This should be the real cause of a lack of satiety in many overweight people. That such a "shutdown" in the awareness can gradually bring about physically measurable changes in the brain is not surprising.



These hints are intended to show that it is not so much about changing some outward behavior patterns, but about an inner attitude change, a conscious decision. What is our attitude toward daily nutrition? We take our food as something quite natural. Of course, it is but “not” in the literal sense, since, as already mentioned, the largest part of the earth's population has too little to eat. The thoughtless acceptance therefore of the daily food has no justification. Having feelings of guilt towards those who have nothing to eat does not help either. But what we can do, instead of taking food for granted, is to treat it as a gift. In return for this gift, we will give something back: **gratitude**. Once we have gained this attitude, we will automatically take our meals in peace, and not eat more than our body needs.

Reflection: What are your own experiences in regard to overeating?

Nutrition, Body, and Spirit

Is man what he eats? In fact, the substances absorbed by the food are involved in building up the human body. For many people, however, this saying applies as a kind of "confession of faith" of their materialistic view of the world. However, such an interpretation is one-sided, because it only looks at the one, earthly side and disregards the essential. But does not everyone feel the self-consciousness of a “core” that is the same as it was ten or twenty years ago, even though during that time no atom of his body remained the same? Whoever can feel this, will reject materialism.

It is also striking that in human history materialism as a worldview is something new that did not exist before in this way ever. The Romans, for example, said "Mens sana in corpore sano," that is translated: A healthy mind in a healthy body. So, they understood the mind and body as two different things. How can you visualize that? We could compare our body with a piece of clothing that is discarded when dying - an image that requires a life after death. So, the spirit is the real, living core of man, not the earth body. **In this sense, man cannot be what he eats.**

Nutrition and behavior

From time to time, reports about the elimination of behavioral disturbances through a diet change, e.g., in overactive children are shared. There are also reports from the United States about prisoners whose behavior has become significantly less aggressive following conversion of the common prison diet into full-value nutrition. Does the influence of the diet go so far that it can also influence the spirit?

This thought is understandable since we are accustomed to looking at everything from the outside, from the outside (body) to the inside (spirit). The path is the other way around: inside- out. Two examples may illustrate this: Everyone knows that a patient can decisively influence his healing by nourishing optimistic thoughts. A second example: A very old woman has been living in good health for years in a nursing home, although she essentially only receives overcooked vegetables and canned food. The explanation for her health is her cheerful attitude toward life. Her interest and

helpfulness to others enable her body to cope with this kind of nutrition. Indeed, it almost seems as if through this attitude her body knows how to make the best use of the limited means of nutrition.



These examples confirm that **the spirit controls the body, not the other way around.**

A criminal cannot become a decent person simply by changing his diet. The actual cause of the behavioral change described by diet change lies elsewhere, and this is of high importance to keep in mind, especially also for parents of Special Needs Children or with mental health problems like depression or schizophrenia or similar. Every human being has radiation that can be perceived by the clairvoyant as a colored radiance and is called aura or Od. This radiation or aura is different for each person partly because of the state of his body, but above all due to his individuality, which is different for every person.

This aura connects man on earth with his surroundings. **Man is similar in this respect to a radio receiver which receives waves from his environment and the universe.** Or, to put it better: is possible to absorb, as which waves, he picks up is determined by his own free will. Just like radio, humans only receive the transmitting station *to which they have tuned to* via the wavelength of their receiver.

The tuning and adjusting the receiver now happens through the radiation or aura. **Namely, the radiation or color spectrum of the aura attracts from the environment radiations of the same frequencies.** This happens all the time. Thus, the person absorbs from his environment precisely what he wants. Therein

lies the truth of the expression: "**Seek, and you will find.**" Because when someone has a question that moves him inwardly, he sends it in the form of his thoughts as radiation. Suppose someone is searching for the meaning of his existence on earth. Depending on the purity and intensity of his hope for an answer, the answer to his search will come he will find what he longed for. Even if, at first, he seems to have to take detours that do not lead directly to the goal, they will nevertheless help him mature until he finally finds the target.

However, with freedom of thinking, we also have a great responsibility **because every cherished thought binds us to the source of the radiation, which we first opened ourselves to.** For example, if we have feelings of hatred, then we can create a bridge ourselves over which another people's hatred can find us. Conversely, if we send out helpful and constructive thoughts, then we can also get help from others. In this way, there is a direct connection between our free will and the consequences of our decisions.



But not only our inner will but also the health of our body and the diet affect the nature of our aura. Therefore, the choice of food is of great importance to our full spiritual development here on earth.

A wrong, one-sided diet can influence our radiation in such a way that unpleasant disturbances enter. One possible consequence is the previously mentioned behavioral disorders in children, which can be remedied by changing nutrition.

The reduction of the aggression of prisoners after a change of diet can also be explained by a modification of the radiation. But there is something else, maybe more important, added. **Extremely aggressive behavior can be stimulated by otherworldly, i.e., deceased people who live on in the afterlife.** These are usually not high standing human spirits influencing earth humans in that way. Under certain conditions, such otherworldly people may even temporarily take possession of the body of an earth human, which was formerly called "possession." For that, however, they again need the radiation of the earthling as a bridge. The prerequisite for this is first and foremost a lack of inner agility of the earth human being since the radiation is primarily dependent on the inner, spiritual will of man. Also, nutrition plays a role, so that a change in diet can contribute to rendering such a disturbing and superfluous influence impossible.

Here parents can help their children immensely with proper nutrition that helps the child's blood radiation to push away otherworldly influences. The same applies to people suffering from depression, anxiety or schizophrenic symptoms. Harmonization of the blood radiation can greatly help these affected souls.

Reflection: What are your thoughts or even personal experiences relating to the last sections?

Now, however, reports on how to fix behavioral disorders through nutritional change are sometimes taken as an example of the claim that the world would be all right if we were all just eating correctly. From the above considerations, however, nutrition can indeed affect the bridge between body and spirit, but not the spirit itself. On the contrary, the spirit forms the body, among other things by choosing the right food. But the inner decisions remain reserved (even with the best nutrition) to the spirit of man. If he chooses to be a criminal, even the healthiest food cannot stop him. Nutrition, after all, only forms the body as an earthly instrument with which the spirit can develop according to its will. This is the limit, but at the same time, the importance of nutrition for us earthlings is at this moment recognizable.

Task: Jot everything down which might be important for you.

Is man meat or a plant eater?

Vegetarianism has become very popular in recent years. There are many arguments for this, such as human evolution, health, refusing to kill animals, and modern factory farming. We will discuss some of these arguments here.

As far as the history of human development is concerned, unlike some books, it is scientifically beyond doubt today that primitive man ate meat. The human dentition is also that of an



"omnivore." The intestinal length lies between the plant eater and the omnivore. Thus, human evolution does not provide any proof of the correctness of unconditional vegetarianism, as is sometimes claimed, but of the correctness of a mixed diet, albeit predominantly vegetable, in quantity.

Another often-heard motive for a vegetarian diet is health. A vegetarian diet is healthier than the usual civilization diet. In fact, numerous studies on lacto-vegetarians (which do not consume meat as a source of protein but eat dairy products) show better blood values and lower mortality compared to the average population. In other studies, however, vegetarians have been compared with health-conscious non-vegetarians (who, of course, eat less meat than the average population), rather than the average population. It showed that the blood results values and mortality of the vegetarians differed only slightly from those of the health-conscious non-vegetarians. Thus, the complete omission of meat or other animal products does not improve one's health, but only a reduction in their consumption in favor of plant-based products. These last results are less known.

Just because the press presents the "health benefits of vegetarianism" so broadly, one could overlook the fact that the complete omission of meat also entails risks. Thus, some minerals such as iron and zinc are present in the meat in a readily available form, while they are less readily absorbed from vegetable products in the intestine. Even more important is the risk of vitamin B12 deficiency. Recent research has shown that supposed vegetable sources of vitamin B12 (such as sea algae, spirulina, tempeh or other fermented products) contain no true vitamin B12, but substances that are inactive in humans despite the similar structure. Dairy products are not readily equated with meat in this respect.

Vitamin B12 deficiency leads to disturbances in the cell division, for which this vitamin is indispensable. This first affects fast dividing cells, e.g., red blood cells. Therefore, vitamin B12 deficiency (as well as iron deficiency) leads to anemia, that is, to a significant reduction in the function of the red blood cells. Fatigue and lack of vitality are the most common consequences. Also, vitamin B12 deficiency also damages the central nervous system, which can lead to severe deficiency symptoms.

As a further consequence of meat abstinence, lactose vegetarians were found to have substantially more irregularities in the monthly period than women of the average population. This is due to changes in the hormone balance.

Even if you hardly ever learn about the problem in public, they still play a significant role. With the anemia complex, vitamin B12 deficiency is no longer strictly limited to vegetarians, but it is therefore much more regular in lactovegetarians than one might think. The deceptive aspect here is that the outer signs usually only quietly show and can easily be misinterpreted. So, can the lack of vitality be perceived as a kind of "*feeling balanced*" effect? However, it is a weakening of radiation, whereby man cannot unfold himself fully. This lack of vitality is thus recognizable in vegetarians and outwardly recognizable as a kind of "dullness."

This description is indeed not complete; it may perhaps suffice as a clue that complete renunciation of meat has more far-reaching consequences than is assumed! In conclusion: a reduction in meat



consumption is quite favorable for health. For complete weaning off, one should give the human body much more time: such an intervening physical conversion does not happen in a few years or decades. Very few people whose parents and grandparents have barely eaten meat may now be able to do without it without harming their bodies.

Dairy products

Also, other products should not be quickly deleted from our daily diet. Dairy products, for example, also take a special place in our diet; especially as a source of calcium, they are hard to replace. The body needs calcium to ensure the buildup of bones and teeth. For the absorption of calcium, in the intestine and its deposits in the bones but the body also needs vitamin D. This vitamin we can even form in the skin with the help of ultraviolet rays. But due to the relatively poor vitamin D supply in some climates, people living in these areas, their body needs more calcium than in sunnier regions. However, in some circles, mainly due to the macrobiotic diet, they warn against milk. One of the reasons mentioned is that milk should have a "slime-forming" effect. The practice shows that in the case of colds, bronchitis and the like, the temporary abandonment of dairy products can support the recovery. After recovery then you should but use these products again.

Even in cases of hypersensitivity (allergy), it is better to replace the milk with sour milk products (e.g., organic yogurt), goat's milk or sheep's milk. Soy milk or almond milk are not considered as a milk substitute, as they have a very different composition and among other things contain almost no calcium. Many people take offense at modern factory farming. Those who do not want to support these methods can nowadays find dairy products in organic stores and often meat from farms supporting animal welfare.

Principles of good nutrition

There are many books with practical advice on nutrition. Here we want to restrict ourselves to some general principles that can give only a possible suggestion to the design of the diet which has to be adapted to the individual's intuitive perceptions and circumstances and health.

1. Eat everything with moderation

There are two considerations in this sentence. First, eat with moderation, for even the best only hurts when it is enjoyed in excess. And secondly, eat with variety, do not fundamentally exclude specific groups of foods (such as meat, dairy products) from the daily diet. Illnesses can lead to temporary exceptions; because it can happen that either the body must be treated with extra care, or that - for example, if the disease is the result of over-consumption of individual products - these products must be avoided at times. In the long run, however, the body needs to deal with many different foods, which are not without reason on our planet. Just as man needs the spiritual impulses of encountering other people for his inner development and would harm himself if he led a life as a hermit, so does the material body need the material confrontation with the full range of all natural foods. As mentioned above, in case of hypersensitivity it may be necessary to temporarily avoid certain foods, but one should consider hypersensitivity as a disease that can be treated, and otherwise try to substitute products from the same product group.



2. Care for a wholesome diet

Instead of wholesome one could also say, the food should be as natural as possible.

"Wholesome" refers to the processing of the products. Everyone knows, for example, that refined products such as white flour and white sugar only provide energy ("empty calories") but contain hardly any other vital nutrients. In contrast, the consumption of whole grains or muesli (especially if this grain is only roughly ground) is again for the digestive organs of many people in the long term too heavy and a burden. Whoever but can digest whole meal products well should eat them, but if you are not able to digest them easily and only reluctantly eat them, just because you think they are so healthy, it is better you avoid them. Wholemeal should always be consumed finely ground rather than roughly crushed since they are in this way, in any case, more easily digested by the digestive organs.

This brings us to the second important aspect of wholesome nutrition: the preparation. Raw foods still contain some substances that are partially or completely lost during cooking.

Salads and fruits are therefore important components of a wholesome diet. To recommend raw food as predominant or even only food, would not be correct. Firstly, in the long run, it would be overstrained on the digestive organs for many. Cooked food is better digestible for the body, in that it "gets more out of it." There is a second reason added. For animals, raw food is best suited. But man has a higher consciousness than the animal. It is not for nothing that he distinguishes himself from the animal by his ability to prepare the food. Through this preparation, the effect of food on our body changes. We also need to eat cooked food to give our spirits the right foundation for earthly life. To eat cooked food is, therefore, more important than some natural food directions represent it. Only the way in which one cooks, of course, is decisive. If you cook, for example, vegetables or potatoes for a long time, with a lot of water, and then also throw away the cooking water, then, of course, a significant part of the nutrients has been lost.

As in the choice of food, it also needs the kind of cooking variety. So, you should, for example, do not always eat potatoes as boiled potatoes, because that's healthy, but you can also cook them as salt potatoes. Depending on your appetite. And that brings us to the third point:

3. Eat according to the needs of the body, not according to learned rules or principles.

Would it not be boring if a cook cooked the same thing every day? The fact that you have an appetite for a different dish every day already shows that it is not right to follow a strict, inflexible diet and rules. Only the healthy need of the body can show from day to day, from meal to meal, what this body needs. This is most obvious in the case of illness or especially in women during pregnancy. It is then much better to follow this inner urge than to act stubbornly follow any scheme. This applies not only to the choice of food but also to the preparation, as well as the amount eaten. Always try to free yourself from taught rules and instead let yourself be guided by your inner sense. Unfortunately, this is not as easy for us today as it sounds; because too often we let ourselves be guided unconsciously by our learned ideas and what some famous person does. Nevertheless, we must strive to achieve that we listen towards our inner sense and let that guides ourselves.

Also, we will have to learn to distinguish "appetite" for sweets from the real need of our body. Above all, we should eat with pleasure. How important that is, you can already see in the fact that a



cheerful attitude at table promotes digestion. We should therefore fully enjoy the meal, but it is important not to let it become excess, greed or addiction.

4. Align the diet with the regulating circles of nature

We pay too little attention to the environment when eating. That starts already when shopping. Deep-frozen and canned products need much more energy than raw materials (including packaging) to be produced than fresh foods. Although the use of organically produced food cannot eliminate the existing environmental damage overnight, it would nevertheless be important to support the development of organic farming. Just think of the considerable contribution that environmental pollution has made to modern agriculture. The pollution of groundwater (for example with pesticides, heavy metals and nitrate), acid rain and the disappearance of many types of crops as a result of over-fertilization; the contamination of water and the killing of beneficial animals such as insects by the use of pesticides; and finally, in addition to environmental pollution, modern factory farming.

There are currently a few proven health benefits from eating organically produced foods; one is the relatively low nitrate content of organic vegetables. The harmfulness of this nitrate is that it can be converted in the stomach into carcinogenic substances. The absence of unnatural excipients (such as pesticides and heavy metals in organically grown foods) may also be beneficial to our health. Moreover, it is to be expected that the constant development of research methods will reveal many finer differences that cannot yet be proven. But even more important is not to think about our health benefits, but merely to do what is urgently needed for the environment.

In this context, it is also important to use predominantly products from our area we live in and eat according to the season. This is also beneficial for health because every plant strengthens our body the most in the season in which it naturally thrives. This is apparent, e.g., this is because leafy vegetables such as spinach and lettuce contain less nitrate in summer (the normal season in European countries) than in winter (when they thrive in the greenhouse). Also, however, we can learn to place ourselves back in the natural course of the year. Of course, this is not about a rigid rule, but about a change in attitude, and there may be exceptions from time to time.

Adapting to the cycle of the year equals an adaption into the circumstances of the given laws of nature - that is, precisely what we have forgotten the most and what we most urgently need. The abdication of strawberries in winter can only help us. For abdication is giving up, so it is a *giving*, for which we get back some as a gift: the joy when, after a long wait, the season of fresh strawberries suddenly returns. Or the better taste of sun-ripened fruit. And, perhaps most importantly: an idea of the life processes in nature.

Reflection: What did you learn about nutrition and what about that will you integrate into your daily life?

Skin Activity

The skin and its activity

If we want to occupy ourselves now with the skin and its functions, we touch with it an area that is often neglected, because for most people it is completely alien what its proper functioning is supposed to be. Clarification on the importance of the skin and its activity is therefore very necessary because the skin is an organ of our body and indeed a vital organ, equal to the heart or lung or kidney. This is a completely new point of view for most of us.

If we consider the activity of our skin as that of an organ, we see several functions. It is an organ of metabolism since its innermost layer is provided with countless small glands, which serve as valves and regulators. It is on some level also a respiratory organ through the subsequent layer of the dermis (Although only to a minor degree). The term "dermis layer" is well-characterized by its character: firmness and elasticity are combined with permeability through millions of very fine pores. There is a continuous gas or sweaty metabolic excretion through the dermis of the skin glands. Finally, in the third, upper layer of the skin, the widely branched nerve endings are embedded. They act like fine and finest antennae, exercising extensive sensory activity through innumerable nervous reflexes **which react to** the environment as a result of heat, cold, air, light, moisture, contact, etc... A sensory center is embedded in the skin surface, which also activates the defense mechanism of the body, e.g., Regulation of body heat compared with outside temperature makes in various possibilities and the finest differentiations and to such perfection possible, that the skin becomes a dress and a house for the preservation of our body.

For it is completely covered by the skin and is protected and preserved by it. The very nature of the skin alone bears witness to the perfection of the body in the earthly matter, whereby the nerves, with their reflexivity in the law of interaction, perform a wonderful, clear play before all our eyes. Here, this law is plainly and revealed merely to every eye, because no misunderstanding from complicated interpretations can intervene, as is the case today with other organs.

To describe the beautiful details and the chain reactions in their consistency would be too much; it is a complete process, a constant intermeshing. And yet that is still a clumsy comparison to the fineness of the body. The chain reaction in the body does not take a mechanical course in the sense of a clockwork; it is variable and highly differentiated. Here we have the wonder of the game of the unconscious before our eyes, a highly differentiated mechanism that could never be reached by any clockwork or machine made by human hands; it is inimitable in its versatility and liveliness. With what immense variety of devices would have to be provided a construction that only approximately



reproduced the chain reaction of a healthy skin condition; even a roughly similar representation of the "living" activity would not be able to approach it.

The nerve endings embedded in the skin differ, e.g., between cold and warm, between wet and dry, between light and shadow, and that in turn with all nuances and degrees. And through the same line then take the most varied reactions. Where else can we find something so delicate and something as inimitable in the coarse matter as a nerve? It absorbs the most delicate and most tender stimulus and reflects or guides it further into the stimulus-appropriate gear-wheel according to the law: like the stimulus, so the reflex. What we can observe here, however, is only one of the many chain reactions; namely, the defense mechanism of the skin as the complete protective device of our body, of which there are still others; we hardly ever fully appreciate this defense mechanism in its original living happening. How inconspicuous and incidental but our skin seemed to us so far!

That's where the Goethe word says, "*What's the hardest part of everything?*" – "*The hardest thing is what the easiest thing is to you: to see with your eyes what's in front of your eyes.*" It will only reveal itself to us as far as we can see and how deeply we can see; here, when looking at the skin, everything escapes us when we stay on the surface. But if we try to broaden our horizons, then we will see something unexpected, and then the understanding of our earth body will blossom. Joy and enthusiasm make us aspire to the goal of fully experiencing this body in all its beautiful functions and keeping it pure, beautiful and healthy through understanding care.

What purpose does it have when we consider our limited lifetime, to do this today and tomorrow something else with our body and tomorrow after tomorrow have forgotten everything again? This makes us neither happier, nor does it make us healthier; if, on the other hand, we create the foundations for understanding and then slowly but steadily incorporate them into our daily habits, we will not tend to stop with the practice again **as we realize that we then really and truly experience our body**. Only what is truly alive can help us, no dead scheme or dogma of any kind! Also, excesses do not help at all, with this, we never create a healthy, harmonious body; At the very least we are disturbing with such actions the last normal functions and go from a state that is not so good to a state that is even worse.

Only sensible little things, regularly done on our skin, can be the cause for the fact that our skin is gradually becoming fully functional again. It has to come about quite naturally if we want to revive the natural yet entirely – it has to happen in a matter of fact, as animals show us by their example on a daily basis; because they do not exaggerate anything, but they also do not refrain from doing what is necessary.

Our skin needs three things: **air, light and cold water** as natural care products; through these three, over time, our skin can restore its full activity as a body organ. Certainly, we civilized people no longer need the skin as a dress and no longer as a house; but on the other hand, we cannot make our clothes and our homes, which serve us as a shelter and dwelling, to harm for our skin. We only allow the face and hands or arms to be in constant contact with light, air, and rain; we need to know what the consequences of this are for our health: the metabolism through the skin, the entire defense mechanism of the skin as a sensory organ must be mitigated.



That is very mild expressed; because we know from the law of nature that everything withers that is not used (and does not move), and we also know how long we have not been given our skin any opportunity to function through comprehensible care. So, we cannot expect a living functioning from our skin anymore! The less porous our clothing is, the less the skin can function. And furthermore, the less porous our clothing is, the more the excreted toxins are driven back into our bodies as they cannot go anywhere else, so they must return to the blood. By preventing their use, our perspiratory glands are gradually losing their ability to work; all excretion via the skin thus slowly stops, which causes the kidneys to be unnecessarily overloaded with excretory toxins, without being able to carry out the task of excreting these poisons. For it is the job of the skin to excrete a multiple of what the kidneys can excrete. As a result, the body is in a predicament of having to withhold toxins on a continuous basis, and as a result is prone to illness and premature aging and dying.

Reflection: Is your skin in contact with air, light and cold water on a regular basis?

We notice the harmful condition very well on the significant, unexplainable fatigue which we then try to overcome again by pleasure poisons of all kinds. The realization of the simple fact that we have paralyzed one of our most important organs, the skin almost completely, is beginning to give way; spas and saunas have now appeared everywhere like mushrooms as if what had been neglected had to be made up and made good by force. By sweating in a dry sauna, we will also be able to help our bodies release toxins. However, we only give some of our skin acuity an opportunity to function temporarily. Even if we do a Kneipp treatment (kind of water treatment), we temporarily mobilize only other parts of the skin and their chain reactions in a proper and excellent way - as far as that is tolerated at all by the degenerated skin. But our skin wants, should and has to breathe, release toxins and feel every day, when we want to be healthy and stay healthy.



The possibility of bringing our body to flourishing activity lies only in the regularity of its careful daily care. Individually and without a scheme or dogmatic approach, this path must be taken by everyone. Necessary common property can only be the basics of care as well as the exact knowledge of the activity of the skin as an organ. The principles of regular care are based on air, light and cold water and not in little or no clothing, but on porous clothing. How long and how intense, the brushing, tapping, massaging and cold wetting of the skin happens daily with the window open depends on the time and the well-being of each. The main thing is that it happens. This care of the skin with cold water and brushing and exposing to light and air has to be done with "feeling," otherwise you will catch a cold of course because the natural defense mechanism is unfortunately no longer intact with us and we must first awaken it slowly step by step. But soon we will enjoy it!



Once again when our skin "lives" entirely as an organ of excretory, defense, respiratory and absorption, we are filled with life-force and joy never seen before. The more comprehensible we are, and especially when we live in the city, and incorporate the fundamental natural laws of the body into our habits of life, the happier and healthier we will be. It takes some effort, some diligence, and perseverance, but it is worth a thousand times! If we are then physically fresh and healthy through natural skin activity, a new great insight opens for us: The inner life of the body surges like a roaring sea through the blood capillaries to the periphery of the skin. On the same end the waves of blood in the capillaries end and the skin prevents the escape of the same, it forms the protecting cover and the transfer point to the return flow. By the ending of all the blood vessels in the skin, the blood emission or OD of the human being has now been explained to us. The permeability of the skin on the one hand and the tremendous pressure of the blood, on the other hand, have to bring about a radiation beyond the circumference of the material, which can often be seen as a radiant wreath by some people, but which is unconsciously and involuntarily but definitely felt by all people as an image of the personality of the person whom you are currently facing. This is the so-called aura that makes us someone appear friendly or unfriendly, attractive or repulsive. The recognition of spiritual maturity and developed capabilities, which is apparently and without the possibility of deception, is revealed in the blood radiation.

The skin as a sensory organ of the human being when we take proper care of it, we will be able to refine and develop unimaginably even today if we cultivate and cherish it correctly. The skin is the entrance and exit gate of all radiations from creation, it can convey it and to transmit it in a

furthering or inhibiting way. As an antenna and at the same time transmitter, it is a radiation bridge of the human being.



Reflection: What did you learn about proper skin care in the last section? Will you integrate some of it into daily life

Game of the Muscles

The game of the muscles

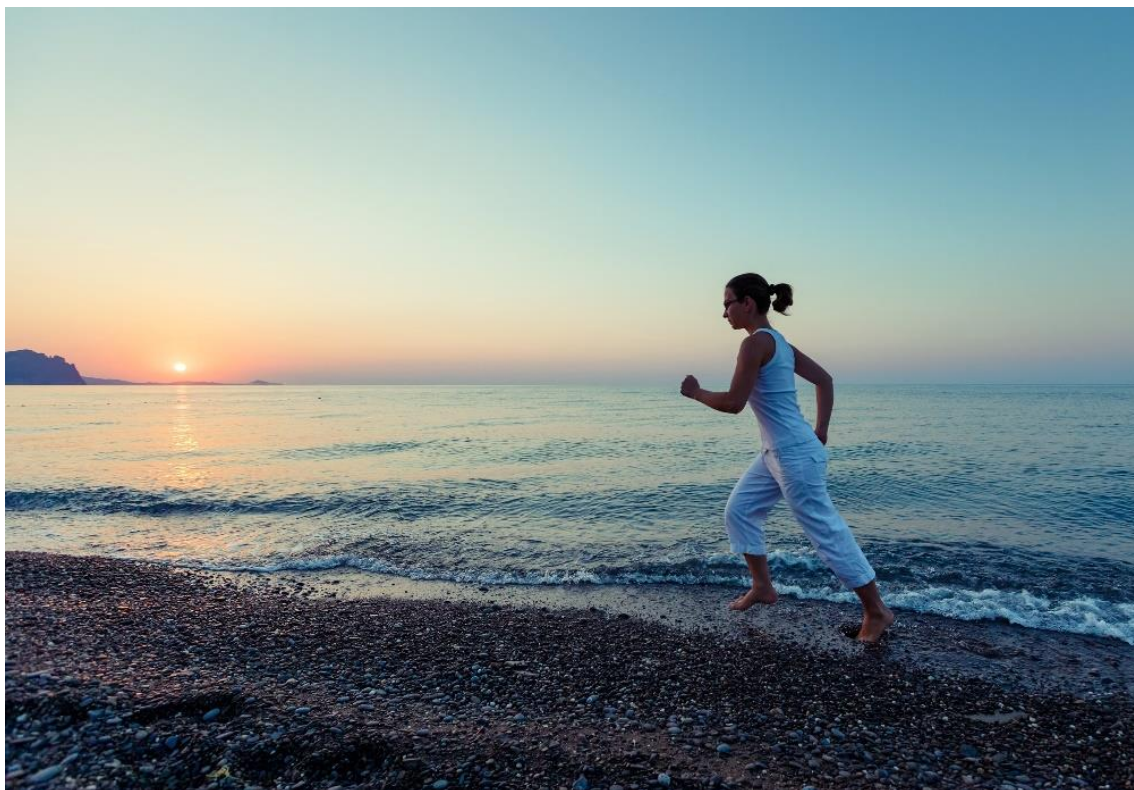


As in all previously discussed areas of human bodily functions, the superficiality of the general approach is again apparent in the play of the muscles. Specific concepts have become embedded in our consciousness, which we allow to exist as a deciding reality, without any questioning or without trying to experience them ourselves. These terms are neither living nor comprehensive and in no way correspond to the pure natural body. As a result, the debt account is burdened by the habits that work against nature. But if we want to stop confronting our earthly body with such patience and understanding as before, then we also must deal with the usage of the muscles.

This area is more extensive and anatomically more difficult than the area of skin function; therefore, we cannot explain it in details. We limit ourselves to the essentials.

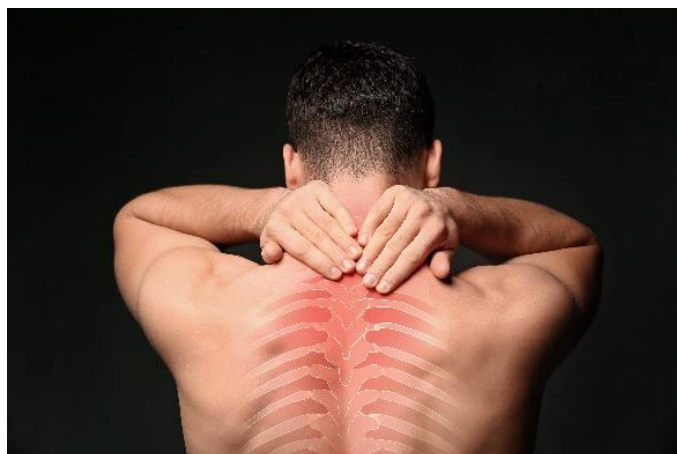
It is incredible how many new points of view and insights emerge, just as in the areas already discussed; one enters a new world, which lives and works in us, in the perfected microcosm

of our earthly body. It fulfills us with respect for the Creator of all life and awakens in us the obligation to finally understand and fulfill the laws of the human body. We already know that our body is a unity, a whole and that every partial disturbance is transferred to the whole and has an impact. **The muscle function is in about 95% of civilized people broke or is poorly exercised;** that means a fundamental disturbance in the body's household. The purpose of the muscles consists of contracting or "exercising" (using force), in which the moving of the body parts only belong as a small part. The presence of strong muscles indicates the need for expenditure of muscular forces. Otherwise, the muscles wither (weaken) - they are in a state of atrophy - and their activity becomes almost impossible; if suddenly asked then to move, it leads to exhaustion and often to collapse. Muscles that are unused or rarely used continuously deposit poisons; they are, as it were, metabolic depots, which, when reused, return the toxins into the blood, causing severe fatigue and even collapse. For we have muscles everywhere, external and internal, voluntary and involuntary.



Our heart is also a muscle, arteries and veins have muscles, and the diaphragm is the largest and the strongest muscle of the body, through which the breath works. In the muscle chain, we can approach life itself, namely the heart function and the activity of the lungs, and thus the bloodstreams in the body. The lever arm of the normal muscle function and its reaction chain, therefore, go much further than is generally assumed.

We then have to continue to become aware of the problem of right and wrong muscle exertion and muscle strain. The rhythm of meaningful muscle-usage is **tension-relaxation-rest**. But in this rhythm, we almost only practice the first phase; the full, unbroken rhythm is shown to us only by the animals. **We, humans, have our muscles practically invariably under tension, and of course our**



nerves as well; for there is no activity of the body without stimulation of the nervous system. So we live in continuous, uninterrupted nervous tension and thus nerve expenditure by utterly wrong muscle activity because we do not practice the natural rhythm of tension-relaxation-rest. It is a state of chronic muscle and nervous tension that wears away the living nerve power.



From this point of view, one only need to observe oneself and others and unveil the mystery of our exhaustion today and of all our nervousness as well as the blemish of the ugliness of all human attitude and movement. **Undoubtedly, the greatest wastage of human power and energy is in the unconscious nervous and muscular effort instead of through voluntary muscle tension**, through the inability of the human to relax the muscles and nerves, to avoid any tension, struggle or contraction - in short: always to be relaxed, without any pressure, and to avoid any contraction **except when the tension is due to a particular act of will for a specific purpose**. Here we can learn a lot from the animal kingdom. The overly violent, spasmodic, the inhibited and the unloved that one can perceive not only in the bodies but also in the psyche of people everywhere is the typical image and the expression of our civilization. Here the real state of today's humanity is clearly and openly documented: the right body control is lacking because the control of the will is lacking because the spirit of man is sleeping.

Power and serenity or relaxation come entirely from the spirit, while strength comes from the body. A body full of spiritual power has elastic movements full of grace and beauty. In this case, even a superiority vis-à-vis the animal body would have to manifest - but the sleeping state of spirit causes just the opposite! The wrong way of life, the non-control of the whole body via the inert spirit is expressed in all movements, especially in the human being. Not only grace and beauty are lacking, but also the union of suppleness and strength, vitality and dignity, which is the evidence of a spirit pulsing through the body in all activity and leading of life. We clearly show all our emptiness and disharmony through our attitude. We will experience the healthy state of a complete body that is controlled by the spirit and therefore shows an alternation of tension, relaxation, and calmness that can only be found in a body pulsated through by a radiant spirit. **In recognizing and knowing these great connections, we have the golden key that opens the door to a new and happier life.**



A healthy activity through a constant exercise of the muscles is still a necessity today. The muscles have to be systematically and regularly practiced. Exercise and relaxation, activity and rest: that is their law, and from this, the muscular apparatus receives a healthy constitution. Consequently, regular respiratory activity and a normal circulation develop, from which increased efficiency and health has to come interactively. Individually, depending on the nature of his professional environment, anyone can design his exercises, which may be short, and incorporate them into the course of everyday life; but they must take place as regularly as possible to keep the muscles going. Indeed, there is no lack of guidance, and no system is needed if one has recognized the essence of muscle usage and there has to be not to be followed by a particular sport.

Reflection: Are you getting enough exercise?

(By the way, there are helpful and free organizations in most countries of this world to support you in raising your movement levels. Here, for example, the 10 000 steps a day website in Australia. <https://www.10000steps.org.au/>)



Excessive use of the muscles leads to the same result as inadequate use: both lead to atrophy. In pathology, two types of atrophy due to underuse and atrophy due to overuse are distinguished. Overworked muscles, too, become stiff and no longer readily respond to the stimuli of the nerves and can

easily inflame if overloaded and overburdened. In severe cases of exertion, the muscle fibers change to a fiber tissue, which ultimately stops and blocks the ability of the muscle to expand and contract again, and thus the functioning of the muscle is inhibited.

This is then the final picture of complete destruction of the muscle by overstraining. Let us think of our heart: every athlete carries damage to the heart muscle very quickly, faster than he often suspects. The "sports heart" is well known; it does not bother particularly in youth, because the body still compensates and regulates. But later, it often turns out to be a burden, because the aging person is much more subject to arterial death. This arises from deposits in the arterial walls of the arteries and the underuse of their muscles in the calmer course of older life. This degenerates the vascular walls and inhibits the full flow of blood, whereby the heart muscle is overworked. An athlete succumbs to arterial death much earlier as it already degenerates. If we would take the time to grasp the essential connections of physical activity, we could reshape our entire lives immediately. In this way, today's humanity oscillates between neglect and exaggeration in the play of the muscles and bears the consequences of the disregard of any order of life in the law of interaction, whereas instead we could follow the path of life joyfully by following the laws of life in happiness and health, in beauty and dignity.

Reflection. What did you learn about muscle movement?

Good Sleep

Sleep

In the course of our previous observations, we have recognized the influence of the spiritual attitude of man, the effects of natural nutrition, healthy skin activity and proper muscle functions in the physical process and were able to observe how in each of these districts the cause and effect are delivered as chain reactions. As the last sector in the circle of the great connections, let us turn to sleep, which must act as a necessary balance if the five reflex chains form a sound defense mechanism, and the physical functions are to be governed in perfect order. It is a prerequisite that the bodily functions must be spared as much as possible from unnatural stimuli and are not to be used until exhaustion. If these requirements are met, the body would need to be in a state of being largely immune to the disease.

But the image of man today shows us the measure of his transgressions against the laws of nature, which would have given him with the right way of life, all the help to restore his body to health and normality again. Especially the finely differentiated play of the nerves makes the body so adaptable and every healthy, natural stimulus must show healthy effects: **The spirit is strengthened and is fostered by purity in thoughts, words, and works - and the body becomes healthy by the care of the natural.** The spiritual attitude of man is determinative and comprehensive, as we have repeatedly stated; the sphere of influence of the three next functions, namely the natural nutrition, the activity of the skin and the play of the muscles, is limited and, depending on their natural or unnatural reactions, sleep will also have an effect.

When we are no longer refreshed in the morning, happy and alive, but awaken feeling heavy, distressed and saddened, this is an unerring sign that there is no harmony in our bodily functions and that we are in the zone of latent weakened health, which is the prerequisite for a later illness. A dangerous sign of this is the leaden and heavy sleep, accompanied by burdensome dreams, which make people preoccupied until late in the day. The thoughts are flowing lethargic - a sign that the fatigue poisons in the body could not be excreted by sleep but are still circulating in the blood. Through a persistent lousy rest, the ability to perform is continually diminishing, the person gets into a chain of fatigue and exhaustion and is thus stretched far beyond the limits of his normal physical strength, he must use his last reserves to handle the normal workload of his day's work, The first aid in this condition would be a careful compilation of the diet and a stimulation of the skin and muscular movement. Fundamentally, however, human beings must also be regarded here as a totality, as an indivisible whole, and every cellular pathology can only lead to partial successes here.



The natural and restful sleep is characterized by a light and fast falling asleep and a deep, refreshing slumber. From such sleep one awakens refreshed, as a newborn, to the day's work; Spirit and body are permeated with a good sense of recovery. Unfortunately, we almost only experience this condition in healthy children; it has become rare in adults. One of the causes of our unhealthy sleep is the disturbing influence of the environment on our whole nervous system: noise! Even in sleep, the nerves absorb the sound, without having to wake up; the torturing nerve tension takes place nevertheless since the impressions are received by the body. The sound of the road, the noise of the city, is the greatest nerve burden - not only during the day, even at night. Humanity defends itself here rightly and takes up the fight against it.

But often we voluntarily bring noise into our sleeping space with electrical devices like tv, computer, smartphone. We are constantly bombarded with nerve stimuli.

The question of the duration of sleep is determined not only by the individual himself, by his nature and his needs; it is also largely dependent on the noise that occupies the workrooms in the factories, in the offices, or which penetrate the houses and streets. In earlier centuries, even before the invention of engines, this uninterrupted noise was a term unfamiliar to humans since the sleep of 8 hours was the quite standard measure of rest, which was enough to renew the creativity. Today, however, science has already realized that by overstraining the human nerves through haste and overload, 12 hours of sleep would have to be normal, to give the body freshness, that rest and that relaxation which is necessary to keep the body and mind of the working person healthy. In America attempts have been made to renew the used up energies through an additional midday rest; Students who slept at noon were fresher in the afternoon and up to 30 percent more efficient. Other tests in a factory showed that just a few minutes of sleep - in darkness and silence and in a completely relaxed position - was enough to regain freshness and resilience.

If, as a result of constant muscular tension and nonstop nerve stimuli, insomnia becomes a chronic condition, it has already led so far today that many have to resort to sleeping pills. It is well known that tense muscles are often to blame for insomnia and one now tries to relax the muscles by taking calcium tablets; this is intended to circumvent the harmful effects of sleeping pills. Is it not unfortunate that we only use outside resources instead of combating the causes?

The mental and spiritual attitude of man can also be referred here much more than is usually assumed; for the mental state of man bears the main blame for insomnia. When we lie down in the evening, we are for the most part still full of the hurry and bustle of the day; we are unable to put aside the day-thoughts and to forget them, but take them to sleep. **We can no longer rid our minds of comprehensive reflections and instead of worry let our inert spirit rise towards higher things, and seek in prayer the connection to the light force from Above; we would then find help and win the inner peace that is urgently needed for a truly restful night's sleep.**

When we go to bed in the evening, we only lay our bodies to rest, the spirit stays awake and is especially in full receptivity due to the elimination of the sleeping frontal brain. Not just the fatigue poisons are removed from the blood by sleep, but rather a strengthening from above, because the spirit is opened as the thought-power is turned off, something he can no longer experience during the day-consciousness. That's why folk wisdom also suggests that it is good you have a night's sleep



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before making a decision which is of great significance in your life. And from the Bible, we know that the God-sent prophets received the instructions and revelations through words and pictures in their sleep. Sleep is not only for relaxation and refreshment for the body - it is the bridge to absorb energy from the higher spheres of creation. It has been called the "brother of death." And when one knows that earthly death is a birth into the hereafter, then sleep, the daily sleep, becomes a regular new birth - not into the sphere of the hereafter, but into the here and now of life.

**Reflection. What did you learn about sleep that you find useful for yourself?
Think back on Part 1. What will you implement actively in your life?**

Healing Magnetism Beginners Level Part 1 Sources:

The Grail Message, Abd-ru-shin. www.grailmessage.com

Neue Heilwege Wilma Breuherr und Dr. Annemarie Banzhaf

Den ganzen Menschen heilen. Gesund werden – gesund bleiben

Contact: www.healing-magnetism.com

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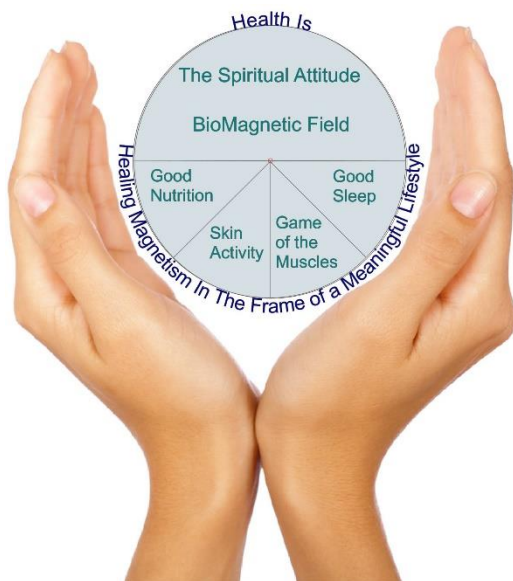
Practitioner Training in Healing Magnetism <https://healing-magnetism.com>

Integrating what you learned in this book

In this book, you learned about the five pillars of Health



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Spiritual Attitude.....

Good nutrition.....

Skin activity.....

Game of the Muscles.....

Good Sleep.....

Which new things did you learn? Which changes are you about to put into practice?

Welcome to Part 2

Help for the healing journey



Seek, and you will find, with these words of the Son of God Jesus everything would have already been said. Only this commandment due to lack of time, comfort or even resignation is paid too little or no attention to. But it remains in its simple, self-evident quality a source of hope and incentive for every person who wrestles for solutions. How often has a destitute or sick person missed the chance to seek help by habitually and deliberately orienting himself to a "conventional" medical procedure, restricting himself exclusively to the machinery of highly technical investigation methods or, in principle, letting others take responsibility for his earthly body? Exhausted and frustrated, such people are often no longer prepared to open their eyes and ears after unsuccessful therapies in search of new ways.

Also, the creator has given some people special abilities and gifts so that they can provide help to sufferers. There are indeed even Called Ones who can absorb and give on Healing Forces to the ill and who achieve healing successes that border on the miraculous, but everyone even not that gifted, with practice and goodwill is capable of helping another person and oneself to some level with the application of Healing Magnetism, just adapted to his individuality. You will also soon understand why this is possible.

The most significant and most crucial requirement for help, however, remains the inner attitude that asks God in prayer.

Since everything originated through Him in the Creation and the life-sustaining and life-giving power emanate from Him eternally, he is the only starting point of any help. The fulfillment of the deeply felt prayer then sets helpers in motion, who work from "over there" in a compelling and guiding way so that the right solution can be found on earth as well. But when I conduct Healing Magnetism, I always pray for the Help from Above. For me Healing Magnetism is Prayer.

The creator has interwoven his ever-ready love into the Creation, so that none of his creatures must remain without support, in distress and illness, if he actively opens and asks for it. The surrounding nature, too, is full of help, be it plants, rocks, sun, air, and water, because of the forces working in it. Everything is suitable for human use when used in the right way.

Only the opening to the light can bring about the longed-for recovery in receiving, which sustainably strengthens and balances the spirit, soul, and body. On the other hand, the self-suggestive attempts at healing remain a deception that, just like a chemical painkiller, only suppresses the symptoms. This path does not bring real help, it is a dead end and exists only in the imagination because it prevents the effort of profound, internal changes and the necessary overcoming of own weaknesses. Even if the apparent success of physical freedom from pain should be achieved, the spiritual, soul and astral level disturbances persist. The whole man did not return to harmony!

The path of recognition towards health

The consequences of wrong decisions and behaviors that have arisen out of free will, in their legitimated retroactivity, are to move us to heal insight and correction, provided that the right will exists. Diseases, in whatever way they are experienced, are mostly the result of wrong decisions, which the more embody themselves, the less the spiritual change of the mistakes and misunderstandings occurs. The unreasonableness of going for a walk in cold weather, eating fat food in the evening, if there is an aversion to fat, staying in rooms with thick smoke clouds on the physical side, is an example of the wrong behavior. The consequences of this can be cold, biliary colic or bronchitis. On the finer side misconduct such as hardheartedness towards the next, unreasonableness, rigidity, etc. trigger appropriate physical consequences.

In the Bible, in connection with the healings that Jesus made with His Divine power, we repeatedly find the words spoken by Him: "*Your faith has helped you, go and sin no more.*" This shows us very clearly that **the restoration of the healthy state depends on the inner insight and the serious readiness to reconcile with the Creator's laws**. But it also becomes apparent that the patient cannot wait for a recovery in a passive attitude, but that he has to perform the essential work as a prerequisite for the expected help himself. From Paracelsus, the famous physician and alchemist of the Middle Ages, the apt saying is: **"Who does not incite the power of character, to do something for his healing, is not worth healing and will stay ill until he changes his character"!**



But if this critical first step is taken, then many other aids and paths open for us through the lawful activity around us, which, by attracting equal vibrations, increases the active willing and, also, increases trust and confidence. On such ground medical therapies, **the transmission of healing power, as well as all other possibilities for healing**, can make sense and contribute to the thorough success. Just as the disease takes its definite time to materially manifest and comes to consciousness at the time of pain and disability, so does the healing build-up in the diseased body and takes a certain amount of time to become physically active. It is therefore essential that the ill person does not lose patience in this sometimes protracted and nascent developmental healing process; Do not prematurely discontinue therapeutic measures out of impatience. Lack of patience and insight can thus destroy the work of healing forces and reactions in the beginning, and the start of a fall back is thus laid. Even if there is an improvement in the course of the treatment and the perceptible states of pain and disturbance have receded, this does not necessarily reach the level at which the recovery has taken place. Here the doctor and the healing practitioner should reserve the right to decide on the continuation or termination of the treatment. In self-treatment with Healing Magnetism or for others it is vital to be patient until the person has no more reactions and sensations. (Reactions here are sensations be they physical or emotional during the healing process.)

From the experiences of life, the observations of the human environment, the experiencing or suffering of some fates, human beings form their knowledge. The deeper we humans learn to understand the background and the reasons, the richer will be the treasure of the knowledge gained. The wisdom of the Laws of this Creation, which reveal to us the Will of our Creator, helps us to understand things that otherwise must remain an unresolved riddle and to which the uncritically thinking man submits without question. The sentence **"you only see what you know"** becomes an experience that, with the increasing personal knowledge that has broadened our horizons and increased our insight into things, we suddenly can see what we have not seen before. We also consider then the human being as a whole, as a human spirit, who is allowed to use his soul-shells and the earth-body for his learning process in creation, to which health and illness contribute in the same way. The understandings of Healing Magnetism will then also make sense to us.

History of Healing Magnetism

Before we continue with modern day discoveries, we will very shortly also talk about the History of Healing Magnetism. Shortly as there are many good books that summarise the History of Healing Magnetism quite nicely. Also whoever is interested in a more thorough summary about the History can contact us at info@virtuosity.net.au

Here we only want to point out the cultures and individuals who have been well known to use Healing Magnetism in one form or the other.

The Egyptians knew of it. As there was such a high standard of medical knowledge, it is hardly surprising that healing magnetism was already known in ancient Egypt. In the Ebers papyrus, it



says: "**Lay your hand on him and ease his pain and order his suffering to disappear.**" The goddess, Muth, said to Ramses III: "*Stretch out both my arms so as to perform the SA strokes at the back of your head.*" It is reported that the physician, Thotembi, cured Ramses XII's sister-in-law, Princess Bentrash of Mesopotamia, using magnetic treatment. This physician was also called "Master of his Will and Master of his Fingers." This clearly indicates that he was a magnetopath.

In **the Bible** are numerous examples and records of magnetic healing processes and activities. It is well known that Jesus Christ used his Hands to conduct Healings. He even conducted what we call Miracles by raising several people from death. For some people this is a sign that Jesus was able to overturn the Laws of Nature. Many people insinuate a deceptive "greatness" or "sublimity" to the Creator in assuming that He could alter or overturn any of the laws according to demand or discretion. It appears magnificent to us, because it expresses what we human beings often wish we could do, but it cannot correspond with the truth.

Let us assume that the Creator is perfect and His work, Creation, is an expression of this perfection. "Perfect", however means eternally unchangeable, every alteration or improvement runs counter to the concept of perfection. But where in the universe, which is itself subject to development (and thereby change), does perfection manifest?

Quite clearly: in the Laws of Nature, of the Cosmos.

In investigating the "natural laws" we have in reality discovered nothing more than the Will of God in its expression. This all-encompassing Will- which rules the world and all that exists must obey – is eternally unchanging, because it is perfect.

When one begins to perceive the omnipotence of God in its true greatness, one must exclude the possibility that the natural laws could be changed or cease to be in force. How could God want something that goes against His own Will? This would not only be illogical but clear proof of an imperfection! Experience shows that much is possible within the natural laws that appears to us as "miracles", and included here are the healing of the sick and raising of the dead by Jesus. The miracles performed by Jesus became possible only through the singular power of the Son of God. Divine power is infinitely greater than the spiritual power available to us as human beings. It accelerates the effects of the natural processes, the unique speed of this manifestation is what we experience as miracle. This power works within the unchangeable natural laws but does not overturn or circumvent them.

Let's occupy ourselves with some reviews about the miracles of Jesus because the accounts of these happenings provide insights into the nature of a human being, what the body and what the Soul is.

There is the account of raising from the dead the young man of Nain, the only son of a widow (Luke 7:11-18).

There was also another only child, the 12-year-old daughter of Jairus, who was confirmed to have died but whom Jesus Christ raised (Luke 8:41-56). The passage is quite vivid and instructive.



“But taking her by the hand, he called saying, “ Child, arise”. And her spirit returned, and she got up at once, and he directed that something is given her to eat. And her parents were amazed: but he charged them to tell no one what had happened.” (Luke 8:54-56).

This passage teaches us an important lesson. The lesson is that when a person dies on earth, what has happened is that the spirit has abandoned, or discarded the physical body. The body is only the garment or cloak of the spirit. Just as an old torn coat may be discarded, so does the spirit abandon a physical body that, for one reason or another, is no longer suitable.

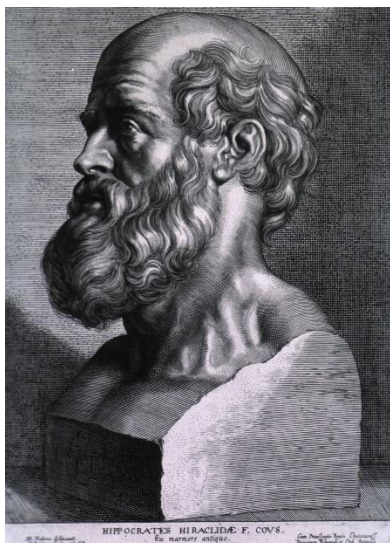
Thus, the process of raising a dead body involves making the spirit re-posses the body it had earlier discarded. It can do so under certain circumstances as long as the body has not been so badly damaged as to be unusable by the spirit. To use an over-simplified analogy: a child takes off his coat and throws it away, but his father makes a timely appearance and commands the child to take the same coat and wear it again. In the miracle of raising the dead, Jesus Christ as the father commands the spirit (the daughter of Jairus) to take up the coat (her body) and wear it again.

The Divine Power radiating from Christ ensures that the command is obeyed, “And her spirit returned”. It is the same radiation that, earlier on, had cured the woman who had been suffering from a blood disease (“issue of blood”) for twelve years (Luke 8:43-48)

When we humans conduct Healing Magnetism, we also use Healing Radiation. Nevertheless, as we are spiritual and not divine, we are unable to absorb the highest radiation that Christ was able to absorb.

Also **the Greeks** had knowledge about Healing Magnetism. They were familiar with vital magnetism and its application as a healing force. According to Solon’s aphorisms, collected by Stobaios, a Greek writer of the fifth century A.D.: **“Great suffering often results from slight pain, and soothing remedies are given in vain, but he who is tortured by a terrible malignant illness can suddenly be cured by laying on of hands.”**

Hippocrates, the most famous physician of antiquity, is sometimes regarded as the father of medicine.



Hippokrates (460- 377 B.C.)

He was familiar with healing magnetism and included it in his theories. In his time, Hippocrates followed the two fundamental foundations of medicine, the scientific school of medicine and the science of nature cures, as equivalent methods of treatment. He made a clear distinction between diagnosis and therapy, and for the first time took into account the patient's constitution. He drew up firm rules and regulations regarding the relationship of the physician and his patients and recognized that the physician also had to be a psychotherapist. Hippocrates called magnetism **"the force which flows from many people's hands."**

Paracelsus knew of it. Paracelsus divided illnesses into five categories, according to their causes:

1. Illnesses which have their cause in the astral body and in astral influences (Ens Astrale).
2. Illnesses which result from pollution and poisonous substances (Ens Vale).
3. Illnesses which arise from individual characteristics (Ens Naturale).
4. Illnesses which are produced by magic influences (Ens Spirituale).
5. Illness produced by the effect of God's law (Karma)

It was also Paracelsus who said that "The highest level of medicine is love".

Franz Anton Mesmer born on May 23, 1734 was an important contributor to Healing Magnetism with Hands. By the concept of magnetism, Mesmer meant a fluid is pervading the entire universe, through the movements of which one animal body can have an effect upon another. These movements he called animal magnetism.

According to Mesmer, health consists of a state of harmony. Consequently, illness is a state in which harmony, (i.e., the trouble-free interaction of all somatic and the psychological functions) is disturbed. Since there is only one harmony; there is only one state of health. This was by no means a new idea, as Paracelsus had repeatedly expressed the same point of view in his work.

A lot of hand placements we use in the practical part are based on Franz Anton Mesmer's findings.

1. There is a connecting force which penetrates the whole universe; a perfect, movable and incomparably fine substance.
2. All illness results from the fact that disturbances in the balance of this force develop in the body of the person affected by illness (an unharmonious distribution of the force in the body).
3. Healing consists of reestablishing the balance.
4. The restoration of the balance has to result from the supply of this mysterious force to the body of the sick person.

Another person of interest in history is **Carl von Reichenbach** with his Od theory.

Most likely the biggest contribution to clarify the subject of Healing Magnetism in its connection to the whole of Creation was made by **Abd-ru-shin** born in Bischofswerda (Saxony) on April 18th, 1875 into good middle-class circumstances. He bore the name of Oskar Ernst Bernhardt.

In the security of a loving home he was given the opportunity to unfold his talents. After a business training he established himself in Dresden.

In the years that followed he made numerous journeys to distant countries.

Thanks to his literary talent, he made use of the impressions thus gained in successful travel books and stories and plays also appeared during that period.

After living some time in New York, Abd-ru-shin went to England in 1913 and lived in London. There the outbreak of the first World War took him by surprise, and in 1915 he was interned in the Isle of Man.

The seclusion of the internment brought in its wake an inner deepening. He pondered much over questions connected with the meaning of life, the task of man in Creation, with birth and death, responsibility and free will, with God and His Creation. With this there awakened more and more within him the great wish to help humanity and to show them the right way out of their affliction.

When after his release in spring of 1919 he returned to his homeland, he soon became conscious of his mission: to open to men the way for a new Knowledge of Creation.

At the same time he chose the name "Abd-ru-shin" in completion of a former earth-life which was



the preparation for his present working.

In the years 1923 to 1937 there gradually came into being those essays which were later brought together as the Grail Message "In the Light of Truth". (www.grailmessage.com) In the twenties Abd-ru-shin himself gave public lectures. His new Knowledge of Creation, which had a revolutionary effect in the spiritual field, struck like a kindling spark among his hearers.

All who met Abd-ru-shin were deeply impressed by his simple naturalness and his kindly and at the same time majestic nature. In an article on Abd-ru-shin in a Munich newspaper (1933) we read: "There is something mysterious about him that speaks out of the clear, keen and yet kindly glance of his eyes, and is like a greeting from luminous distances."

Abd-ru-shin opposed to any personal cult. Hence his admonition to head the Word of the Grail Message and not the bringer, so that attention should not be diverted from the Word to the person.

He did not compile his Message from other teachings of ancient and modern times, but derived his living Knowledge in conviction from out of himself, from out of the purest and highest Source, and thus created his Message from out of the Grail, which at the same time is his true identity!

The Grail Message

The Grail Message of Abd-ru-shin mediates the knowledge of the upbuilding of Creation. In simple words it explains the connections without a gap and gives a complete survey of all the activity in Creation.

It is directed solely to the individual human being, irrespective of creed, nationality or race, because it is he alone who has to bear the responsibility for everything he thinks and does.

Surely and unswervingly it shows him the way he has to follow in order to find true happiness even here on earth, which means to attain inner peace and joyful activity.

The root of all evil, of present and past afflictions and distress, lies only with the *individual* human being. If *he* turns earnestly towards the good, everything else also becomes good. It has an immediate effect upon marriage, upon the family, upon health and happiness and finally also upon the entire people, which can only then develop its own characteristic and its own culture to the highest degree.

In the Grail Message detailed explanations are given as to what the free will of man really is, what intellect and intuitive perception, soul and spirit signify, their tasks and their relations to each other. Detailed explanations are also given about Healing Magnetism, Radiation, Astral body, the Mystery of the Blood, Elemental Beings, Temperament, Motion a Law of Creation, the effects of occult training, meat diet or vegetable diet, the difference between animistic force and spiritual power, gross matter, ethereal matter, radiation, space and time, sex, clairvoyance, the significance of man's generative power and more.

The three great Laws of Creation – the Law of Reciprocal Action (the Law of Sowing and Reaping), the Law of Attraction of Homogenous Species, and the Law of Gravitation – are explained in all their greatness and simplicity.

Thus we learn, for instance, that the Law of Sowing and Reaping (Galatians 6, 7) not only applies to the earthly seed, but also to man's actions and thoughts, which through the working of the incorruptible Laws of Creation ripen into fruits, corresponding exactly to good or evil volition, of which man alone must taste. Thoughts, intuitive perceptions and deeds are very effective forms or "works" (Revelation 14,13) that remain connected with their author until he severs himself from



them. They form his “fate”, and sometimes he is struck by “blows of fate” which he cannot account for, although the cause of these was given by him in former earth-lives.

It is repeatedly emphasised in the Grail Message how important to man is the knowledge of the Laws in Creation, for the very reason that his spirit possesses the ability to recognise the Will of God in these Laws. A true upbuilding is only possible if man bases his entire earth-life on the Laws of Creation. Thereby he fulfils the Will of God.

We must take these Laws as they are, unchangeable and eternal, always the same, just as God, Who has woven them into Creation, is always the Same, the Eternal One.

Further important questions that move the seeking man are dealt with clearly and objectively, whether they concern fate, hereditary sin, the meaning and purpose of life, birth and death, the beyond, incarnation, the sexual problem, marriage; or the Mission of Christ and His death on the Cross, the Son of God and the Son of Man, the mystery of Lucifer, the Last Judgment, the Cosmic Turning Point, the Holy Grail, the Grail Castle.

As regards the Grail Castle, Abd-ru-shin says that it really exists at the summit of the spiritual Creation, far above the Paradise of the human spirits, as the Power-Transmission-Point of the radiations which come from the Divine Sphere above for the lower-lying parts of Creation. In the Revelation of John the Grail Castle is called “The Temple of God” (Revelation 11,19)

Only from this height can an unbroken, comprehensive view over the entire working of Creation be given in a Message from the Grail. Hence the name “Grail Message”, which in addition receives special significance because it appears at a time when mankind stands at an important turning-point.

It is self-evident that a Grail Message stands absolutely on the ground of Christ’s teaching. It merely takes into consideration the fact that the man of today has so trained his intellectual thinking, has so keenly sharpened his instruments for thinking, that the childlike simple belief which Jesus demanded at that time no longer suffices for him to be able to follow the way to God. For that reason the Grail Message explains Christ’s teaching in a language adapted to man’s present way of thinking. Thus a knowledge is mediated to him giving him that certainty out of which, in place of belief, there gradually grows the conviction necessary today. (Reference: Selected Lectures, Stiftung Gralsbotschaft Publishing Co. Stuttgart)



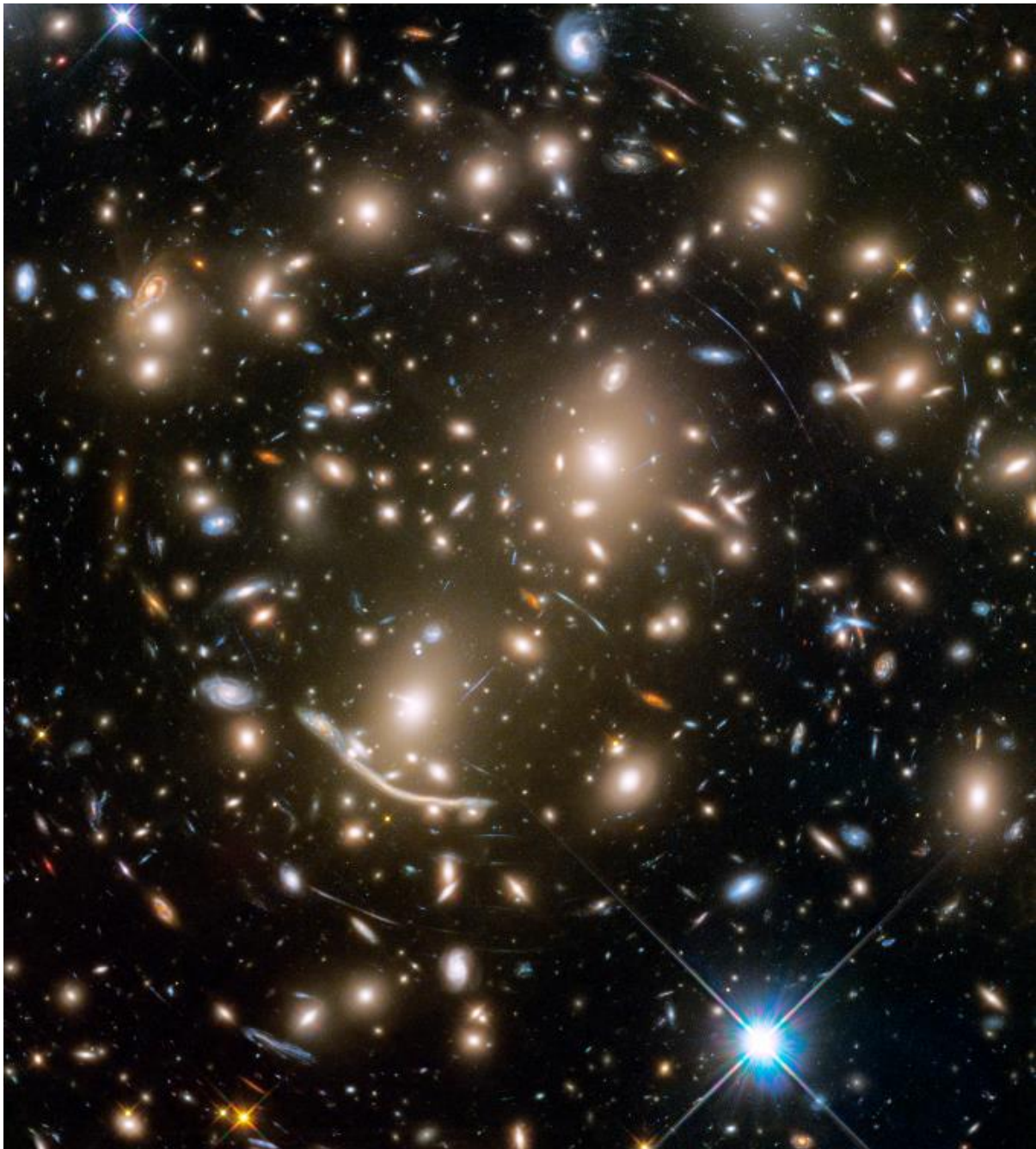
Let's now have a brief but closer look at how pervasive magnetic fields are in our Cosmos, across our entire Universe. We can start by comprehending the incredible vastness & The Laws of Nature and we can have a look at a galaxy. At the Triangulum Galaxy.

The Triangulum Galaxy is a typical – smaller galaxy: One of over 100 Billion in the Cosmos

It is a smaller Galaxy with approx... 40 Billion stars and a distance of approximately 3 Billion Light-Years away from us. At the speed of our fastest spacecraft at this time, we

would require around 64,800 Billion years to reach this Galaxy. It is possible that our life support systems may have run out of EverReady Battery Power by then...

We have here an excellent example of the vast magnitude of space in our Universe. Please note that this picture (next) is but a tiny fraction of the horizon that the Bubble Space Telescope can view. In this instance, it was focused on an area of space called Abell 370.



Abell 370: A stunning example is a galaxy cluster that contains an astounding assortment of several hundred galaxies tied together by the mutual pull of gravity. Each galaxy has an averaged count of around 100 Billion stars. Beyond the galaxies, in the foreground (each point or blob of light is an entire galaxy) each pinpoint of light in the background is also an entire galaxy!

As with all of this Creation, this Universe or Cosmos we live in, 95% of it is empty of physical matter as we know it. However, ALL of it is flooded with electromagnetic waves, fields, forces & energies.

The Vastness – The 95% Emptiness – Dark Matter – Dark Energy – Scientists Faith & Beliefs

Science has discovered and calculated that the Universe as we know it, the Cosmos, is approximately 95% empty. That's right, 95% of the Universe has no "matter" or "physical stuff" as we know it. No gasses, no atoms, nothing solid, no molecules at all. Nada! They can detect nothing there at all. Neither see nor detect.

BUT, interestingly they have discovered that something **MUST** be there. They cannot see it with any device or method they have. However, they can detect and measure the effects of "something" being there. The number of **electromagnetic forces & energy** present, the levels of gravitational forces **that hold our galaxies and indeed the entire Universe together**, cannot be accounted for by the objects and matter they can see & detect. Thus, something else must be there. It has been there since the Big Bang; the name science gives to that point where everything in our Cosmos came into existence and was instrumental in the creation of everything we can be conscious of in this Universe.

To put it succinctly, cosmologists and astrophysicists estimate that approximately 27% of the entire Universe consists of "Dark Matter," which they cannot detect, but they are certain that it is there.





Furthermore, an impressive 68% (!!) of the entire Universe consists of “Dark Energy,” which they cannot detect but they are certain that it is there. (*The label “Dark” referring to it being undetectable, not “evil”!!*)

As a fascinating point to consider at this juncture: Never let a scientist, skeptic, materialist or other like-minded folks ever claim that only that which you can physically detect & prove exists, actually exists... Science today tells us, and I for one fully believe them, that 95% of the entire Cosmos cannot be detected nor proven to exist at this time. They have scientific “faith & belief” that is does.

That in itself is exceedingly healthy. Most of them may need some more time to recognize this.

For the same reasons and in the same context that science cannot detect or view Dark Energy & Dark Matter, so they also cannot detect or view the Astral Body and other aspects of human existence. We can detect the effects and interaction with this aspect of our being today, and use this to improve the health, well-being, and balance of ourselves and others around us.

However, to conclude here and understand what the connection of all the above has to do with BioMagnetic fields, why we can work with these to heal, increase the well-being of others, resolve blockages and disruptions in the energy fields of human beings, how this, directly and indirectly, relates to our conscious and unconscious selves, to our physical and astral bodies and beyond those, let us be aware of the following:

For all of the apparent emptiness of the Cosmos, of the approximately 100 Billion galaxies we know of, of the estimated average of 100 Billion stars in each galaxy, of the untold trillions of molecules, atoms, atomic particles, planets and objects careering throughout this Cosmos: ***Magnetism floods & regulates it all.***

When Magnetism floods & regulates it all, we are here literally on the trail of the energy of life

For thousands of years, investigators have faced the big questions: What is it that, ‘acting from within,’ enables life and movement? Today, the concept of ‘energy’ (from ancient Greek ‘en’ = inside, ‘ergon’= working) takes on an everyday use beyond science, for example in describing personal moods. Thus can someone be said to be ‘bursting with energy,’ to suffer from ‘lack of energy’ or to be agitated by ‘energy blockages,’ something we also say when we conduct BioMagnetic Healing with Hands? **We will now explore that concept of energy a bit more from many different directions.** We will not be able to cover all that should be mentioned here, but everyone who would like to delve into energy healing and Healing Magnetism in depth, we recommend the accredited Practitioner training offered at. www.healing-magnetism.com nevertheless the following gives us some hints and insights that we will be able to use. Let’s see what we discover.



As far back, the ancient Greek delved into the phenomenon that we are surrounded and permeated by energy, and searched for laws governing the 'movements of life.' They discovered that there are different forms of energy and that no changes or developments would be possible without energy.

Then from the 19th century, essential principles were formulated that are still recognized as the basis of science:

- Energy is 'the ability to perform work.' It is needed, for example, to accelerate the body, to heat or make electric current flow. Also, all biological processes depend on energy.
- Energy occurs in different forms (we speak, for example of 'thermal energy' or 'chemical energy'); however, the total energy always remains the same in a closed system. According to 'energy conservation,' it can neither be increased nor decreased.
- Energy can be converted from one form to another, but only within a 'hierarchical order': heat (thermal energy) can only transfer from a body of higher temperature to a body of lower temperature, but not in reverse.
- Energy flows as long as there are different energy levels because differences in level tend to equalize. In Healing Magnetism we talk here **about the Principle of Transmission** that says that the person giving the healing should be of better health (having more energy available) than the person receiving the treatment. Energy flows from the stronger to the weaker organism.

Numerous experiments have led to these findings and are confirmed by simple everyday observations. The heat from a heater or radiator, for example, can only radiate to the cold surroundings, but the heater itself cannot be made warmer by draining thermal energy from the cooler surroundings.

Looking at the big world events against the backdrop of these principles means there would be life and movement in the universe only as long as different energy levels exist. Once the cosmic bodies have 'burned out' and everything only has a uniform temperature that would be the end – for us, for all creatures, and for planets, suns, galaxies: the universe would die the so-called heat death.

Today's scientific worldview is based on the same scenario. However, it should be noted in the first place that the principles described are based only on experiences, they are not irrefutably proved. Secondly, in particular, it remains unclear whether the universe can be regarded as a closed system. Opinions differ on this key question.

Materialism with 'feet of clay.'

The prevailing materialistic view of life assumes that the energy system that is the universe cannot be subject to any influence from outside. Although it remains unclear how and why the most comprehensive 'outside influence' by far, the Big Bang, came about. That said, the view was formed

that the total energy established at the beginning of the universe would only temporarily – as long as there are differences in level – enable the phenomena of life. There is, therefore, no higher reality with which our life and fate can interact. All subjective experiences with unmeasurable energies – whether it concerns Far-eastern life energy concept ‘Chi,’ the phenomena of aura or astral body, Healing Magnetism, the flow of energy through body meridians, chakras or whatever finer-material phenomena are called – would thus be mere imagination. ‘Straight-laced’ scientists consider it calculating or simply naïve if esoteric or spiritually minded people ‘misapply’ the concept of ‘energy’ to the non-measurable scheme of things. In their opinion, the semblance of scientific approach and objective reality is then merely evoked, while in reality utter ignorance, vague conjectures or simple errors lurk behind.

But perhaps misuse of the concept of ‘energy’ – which describes that which ‘works from within’ – lies less in the description of subjective experiences, but, quite the reverse, in the one-sided scientific definitions, since some naturalists and philosophers are convinced, in the meantime, that a purely materialistic view of the world stands on feet of clay.

This is especially indicated with experiments and observations in the microcosm. It is clear, for example, that matter is not really in the form of a union of very small particles, as long as envisaged. ‘Basically, there is no matter. At least not in the usual sense. There is only a web of relationships, constant change, liveliness’, the physicist Hans Peter Duerr described in a magazine interview the nature of all the material things. *“We find it difficult to imagine this. Primarily, there exists only connection, without the connective material foundation. We could also call it spirit — something that we can only experience spontaneously and do not interfere with. Matter and energy occur secondarily in appearance — as a sort of congealed, solidified spirit. According to Albert Einstein, the matter is only a diluted form of energy. But its background is not even refined energy but something completely different, vibrancy.”*

Duerr thinks that it would be better to apply verbs to the subatomic world because it does not embrace objects, nouns or things that we can touch and grasp. There are only movements, processes, connections, and information, thus giving us a glimpse of the primordial ground of liveliness.

As soon as one wants to observe its smallest components and define things in a traditional manner, matter dissolves into ‘nothingness.’ Even more spectacular is the view that the whole of reality, as we human beings experience it, manifests only through the interaction with our consciousness. The so-called **quantum theory** throws up by phenomena in the microcosms a completely new worldview that is in stark contrast to materialism. Some key points of consideration:

- Quantum objects have a field character and are not bound to a specific place. They can so to speak be in several places at the same time.
- Only by our observation do they manifest as particles in normal space-time; this makes the field ‘materialize’ in places.
- Hence there is no separation of subject and object and also no world that is working only according to mechanical principles.



- Consciousness is not a concomitant of matter, does not arise from it but is, quite the contrary, at the center. *Everything material is an appearance in the consciousness!*

The energy of consciousness

The approach of attributing a decisive role to consciousness in the making of the world may well seem to most people today as too far-fetched. Our worldview and thus the logic our thinking, our language, in short, the whole range of our assumptions or hopes, is based on everyday experiences which influential scientists such as Newton, Descartes or Darwin have condensed by experiments to theories. However, consciousness has up to now remained ignored in all formulations and descriptions. Therefore, the so-called inner world of a person- our experiences, perceptions, expectations, and motivations and so on – is considered unpredictable and also an insignificant side issue for world events. Only (supposedly) objective material reality is deemed critical: consciousness, in contrast, is seen simply as a side effect of biological development, specifically of the brain. (When you remember Unit 1 and 2, you will recall that our inner consciousness but effects every single aspect of ourselves inclusive our body.)

It is our spiritual attitude that is at least to 50 percent responsible for how healthy we are and in reality not only 50 percent, but it does affect every part of us.

Therefore the materialistic worldview does not offer any explanations for some phenomena of daily life. Why is there precognition, telepathy between people or between humans and animals? Why are healing energies or the so-called placebo effect helpful? Why does motivation as well as good thoughts have an invigorating effect? There are undoubted scientific studies for all these effects – but no logical explanation by a material worldview, because we have not yet even begun to understand what consciousness is. The assumption that it arises from brain activity is supported merely by the observation that processes of consciousness have something to do with brain waves. But it can just as well be inferred from such observations that the brain functions do mediate consciousness and thus are a tool to receive and transmit impulses of consciousness. Always, only effects of consciously experienced processes or events can be described.

If quantum philosophy now makes consciousness central to world events, then it leads to the remarkable end that consciousness has not just arisen from the brain, but **rather the brain is a result of consciousness**. For every material, development is, therefore, a result of spiritual causes.

Reflection: Every material development is a result of spiritual causes. Can you relate some personal experience to that?

While the majority of scientists today still assume that every event follows a ‘rising causality’, thus that future effects entails causes lying in the past, the ‘falling causality principle’ dominates in the



new quantum philosophical view of the world: An already spiritually molded goal acts from the future into the present and provides the framework for all processes of formation and development.

What has always existed as well as what originates anew is thus the result of a process of consciousness. The really important factor is not then the 'visible effect', with which all science deals, but **the non-measurable impulse which proceeds the effect**; not the 'dance of atoms, which the observer beholds, but **the 'music' that gives way to this dance of life** – in a wide variety of individual choreographies.

This view of things also opens up a broader understanding of the concept of 'energy.' For if consciousness essentially acts 'from within' and gives impulses to all happenings, then the question whether 'system' within the material reality is open or is closed is no longer particularly relevant. And all 'energies' that affect our lives can – whether they are measurable or not – have meaning and be effective.

Interestingly, from such 'theory of consciousness' bridges can also very well be built to many religions and wisdom teachings, all of which comment on higher realms – on a 'fine-material or ethereal world' for example, on the 'kingdom of God' or on 'paradise' – and regard the will of the human being, thus the activities and engagements of his consciousness as key to his future fate and wellbeing. 'Whatever a man sows that shall he also reap,' the Bible teaches.

Abd-ru-shin, the author of the work, In the Light of Truth, (www.grailmessage.com) made clear in the framework of a question and answered the essence of energy: '*Energy is spirit!*' The nature of the spiritual which moves the material world, therefore, goes back to higher, non-material 'radiations.' How this relates to Healing Magnetism is of great interest by the way, and we cover this in great detail in the internationally accredited Practitioner course, whereas here we will stay more with the basics that will be enough for you to start to treat yourself and your family.

Maybe religion and science again will find a common basis of approach. The physicist and Nobel laureate Werner Heisenberg (1901-1976), for example, saw a scientific path to knowledge in optimistic religious terms: 'The first gulp from the cup of natural science will turn you into an atheist, but at the bottom, God is waiting.

'Finer-material' energies

Whoever ventures today onto terrain not (yet) secured by science and wants to fathom the so-called finer-material energies faces different expressions and traditional terms that are difficult to reconcile. Nevertheless, there is broad agreement on some basics.

- Every kind of life and form absorbs and gives off energy, converts, and stores it. We see two energetic systems, on the one hand, measurable 'gross-material' energy, which is used for the body's biochemical energy supply and flows through the 'energy chain' sun-food-water-oxygen-breathing, etc. And on the other hand, 'fine-

material' energy, which **is responsible for the domain of information**, thus for the regulation of coarse-or gross-material transactions.

- Fine-material energy is associated with finer bodies of the human being – called, for example, '**astral body**' or '**soul body**.' The outer, visible body, which we can perceive and feel as single, is only a 'coarse cloak' that is penetrated and influenced by the energy field of the finer-material body. The fine-material energy chain' conveys information and is connected with spiritual consciousness. Consciousness does not arise from the material body, but from the immaterial spirit. When we conduct Healing sessions, we will effect these areas.
- All physical bodies develop through impulses from the fine-material world, which is called, for example, the 'ethereal matrix,' 'inter-world' or 'morphogenetic field.' The visible in the coarse-material world is only the consolidation, the condensation of what is happening on the finer planes. Energy materializes (in a certain frequency spectrum) through consciousness and information.
- If one wanted to relate the gross material and the fine material aspects of the atom to each other, one would say: only 0,0000000000000001 percent corresponds to gross material, but 99,99999999999999 percent to fine material.
- Known examples of fine-material energy systems that have led to remarkable empirical knowledge are the 'meridians' described in oriental medicine- tracks of life energy- or 'chakras,' energy transformation points of the body which play an important role in therapy. Also in Healing Magnetism we treat the chakras and unblock the meridian system as well as bring Healing Energy into these areas, and we will learn in this course the basics about that. An energetic field surrounding the physical body and responsible as a 'blueprint' of the individual human figure for the development and formation of the body in the material domain is called the 'astral body.' In Healing Magnetism we work on the astral body level.

Reflection: When you think about the last points, what is important for you?

Rupert Sheldrake and the morphic field

Among those investigating the fine-material fields today are established scientists, including the British biologist Rupert Sheldrake, who has published more than 80 major works and belongs to several scientific societies (such as the 'Cambridge Philosophical Society' or the 'Society for Experimental Biology.' For example, he explored the navigation ability of homing pigeons. How do these animals succeed in finding their way home over hundreds of kilometers? Even a 'magnetic sense' could not explain this ability. Someone may hold a compass in his hands and indeed know where the north is – but that does not mean he can come home.

Sheldrake also looked into the question of how forms take shape in nature or how learning processes work. Animal studies confirmed, for example, that what animals of a previous generation had learned can be learned more easily and quickly by the next generation.

Sheldrake concluded that there must be a universal 'field' which governs or 'codes' all the processes of development, thus the development of form as well as the process of learning. Using a 'morphic field'- Sheldrake coined this term in 1973, later he also spoke of the 'memory of nature'- a form that already exists in one plane can easily arise in another place. This field, for example, also controls the exact appearance of a life form and ensures coordination between organisms of a species. Phenomena such as the formation of bird flight, construction of anthills or long-distance transference of impulses of consciousness (telepathy) can relatively easily be explained by this theory.

Sheldrake's 'fields' essentially point to fine-material backgrounds. He has long been convinced that materialism, together with the restriction of all scientific considerations to coarse material processes, is obsolete. He calls this attitude 'science delusion' (the title of one of his recent books) and notes that non-material realities must henceforth be incorporated in our worldview. Only then will science succeed in approaching those central phenomena of life and consciousness that remain ignored because scientists give these a wide berth.....at least officially.

Fritz-Albert Popp and the light in cells

The German physicist Dr. Fritz-Albert Popp investigates so-called biophotons, light emission by living cells. In his view, the cells of an organism control their metabolic events and communicate with each other by biophotons. Biophotons transport information and create a coherent field in which each cell is connected to every other cell and knows what to do. 90 percent of the biophotons is thus emitted by DNA in the cell nucleus. Biophotons coordinate all the biochemical events in the human body. Their radiation can be measured with highly sensitive devices.

Research suggests 'that cells absorb not only light energy (=photons) from sunlight but also save the information and the order it contains and that these are made available for the metabolic processes taking place in the cells. The coherence, the order of light, appears to be directly related to the order in biological cells.

Thus biophotons provide information about the energetic state of cells. Weak or diseased cells emit little and above all, chaotic light; in contrast, healthy cells show a strong and structured light emission. Disease and aging in cells go hand in hand with a drop in biophoton concentration. In Popp's view (also), every illness can be contributed to a light deficit in the cell. Biophotons are from this perspective a measure for 'life energy.'

The human body can, therefore, be regarded as a 'light mammal,' whose main 'food source' is sunlight. 'Without the light of the sun there would be no biophotons, then no cell communication and thus no 'life,' says Popp. 'We virtually live on light.'

In a series of daily experiments, the physician measured the photon emissions from the hand of a healthy test person. Analysis of the data showed that the light emission followed certain patterns- biological rhythms at 7, 14, 32, 80 and 270 days when the emissions were identical.

Popp also investigated some cancer patients. They all lacked these periodic rhythms as well as the coherence of the light. An indication, perhaps, that these patients had lost their 'connection with the world'?

In contrast, patients with multiple sclerosis showed a too high degree of coherence. Excessive 'cooperative harmony' apparently prevents flexibility – as if too many soldiers marching in step across a bridge thereby cause it to collapse. Coherence could, therefore, be regarded as an 'optimum state between chaos and order.'

In any case, light in cells appears to be a key to well-being and health- and thus to what is experienced subjectively as 'life energy.' Dr. Popp also explains the effect of homeopathy by the absorption of biophotons. He is of the opinion that electromagnetic signals could explain the effect of acupuncture. According to traditional Chinese medicine, the body has deep in the tissues and invisible meridian system through which flows invisible energy which the Chinese call 'Chi' or 'life force.' This Chi presumably enters through the acupuncture points and flows to deeper situated organ structures (which do not correspond with those of western biology) in order and provide them with energy. The disease occurs when this energy is blocked along with their channels. In Popp's view, the meridian system could represent a kind of 'waveguide' and direct the body's energies to certain zones. On the same level also the transition of Healing Energies in Healing Magnetism works.

Dr. Popp is also a researcher for whom science is not exhausted in materialism and wants above all to include the phenomena of consciousness. Popp states '...it seems only logical to assume that life in its urge to express itself must follow a plan, a basic structure, which it can resort to in its manifestation and reactions all the way to the cell nucleus. Call the intelligence behind it whatever you want – but there must be an order-creating force for the development and emergence and the interaction of participants in this universe.....and every 'template' also bears the signature of the conscious force. In my opinion, everything is rooted in the light.' (In Healing Magnetism we use light and colored light to effect harmonization of the energy field.)

Ulrich Warnke and quantum philosophy

The studies and theories of scientists like Rupert Sheldrake or Fritz-Albert Popp exemplify how the world of science is drawing near ancient teachings of wisdom or spiritual traditions and thus also allowing for the reality of finer-material events.

The German biologist Ulrich Warnke goes one step further with an integrated worldview which has consciousness at the center – as 'an entity beyond our body (.....) energy that can change matter.'

The idea that the ‘life energy’ of our spiritual consciousness acts in a forming and shaping manner in the world is not anew. As humans, we assume simply that we can deliberately shape our lives and for this, we have personal responsibility. This presupposes that our conscious will, in the end, has a decisive influence on all developments. However, it is unusual that this reality is substantiated scientifically since human will, intentions, thoughts, and perceptions are not regarded in the materialistic view of the world as relevant factors for the course of events. In contrast, one can also find conclusions formulated by the biologist Warnke readily in some fine spiritual teachings. He writes: **‘The first step to changing our tangible reality starts out (...) from our will and our strong emotional desire. The subsequent chain reaction is mapped out without our being able to stop it. Once initiated, the creative process continues automatically like a domino effect and becomes our fate. The point is that we can influence our fate in this way in this long-term only by our strongly perceived thoughts and desires. (.....) It lies in all our hands to change the world for the better or worse. (...) We benefit from immeasurably great energy equally flowing through everything. From the smallest atom to the boundless cosmos this energy flows through everything that exists. We find it in every stone, every plant, every animal, every human being. Unlike the stone or plant, the human being can focus and thereby reinforce the cosmic energy – just like a magnifying glass can intensely focus the sun’s rays. Lively perception in a human takes over the function of a focus lens. Thoughts then turn into bearers of the focused energy, the will or volition determines the goal, and the wish or desire activates the process of realization. Provided this chain of events runs unhindered, an energy field is channeled, which leaves visible traces as far as the quantum domain of the atoms. (...)**

Therefore, a person bears responsibility for his actions already at the stage when he or she decides on a wish, a plan or action. In the interworld, there is no difference between thought and deed. Good or bad intentions already create reality. If all human beings realized this, they would essentially be more careful.’

But when we realize such abilities of a human being, we also can understand why Healing Magnetism works. Human beings can open up to the life energy and absorb it into their hands and guide it on to the other person, or also to themselves for healing purposes. Important is our focus and intention here too, as intention guides energy. In every country in the world, we find people who all of a sudden discover their healing abilities. Some of them feel an energy field between their hands which they then start to use to affect another person’s body and bring healing. In the accredited Practitioner Training you can receive a step by step understanding why this is happening and how that works in detail not offered anywhere else.

The concept of ‘interworld’ in the sense of Warnke describes a ‘field’ beyond material reality. Like Rupert Sheldrake, Warnke believes that our conscious (and also unconscious) inner world connects with this field – for example, in remembering something: “Because our experiences are stored away in the interworld, we transcend the concrete sensory experience in the act of remembering – for memory occurs beyond time and space. It is purely virtual. (...) As soon as we recall former experiences, we resonate with the interworld where these results are accessible as information complexes.’



‘Interworld’ is a makeshift term to describe energies, potentials or realities beyond the space-time dimension perceptible by the senses. Whether it gains acceptance remains to be seen.

The same applies to the popular concept of ‘zero point field,’ which is sometimes used to describe the basis for interactions between mind and matter. Some quantum physicists assume that consciousness has its origin in a comprehensive field which pervades the whole of Creation. The term ‘zero point field’ describes ‘immense field forces of the subatomic level’ (Warnke). Traditional names for ‘life energy,’ such as Chi, Od, Orgon or ether, are linked accordingly with ‘zero-point energy.’ All the known forms of energy would, therefore, originate in zero point energy. This universal energy would also be used with every spiritual intention, and also we use it to conduct BioMagnetic Healing sessions.

Reflection. What was most important for you in the last pages?

Antennas to the ‘universal matrix.’

In current theories, this energy field is envisaged as a ‘matrix,’ from which all matter arises in a condensed form, as every matter is predominantly – almost 100 percent – space devoid of mass. Warnke: “What we perceive as material worlds are only condensations within a field. (...) The matter of the universe is made up of only three components: proton, neutron, and electron. Depending on how they are combined, elements with very diverse properties such as the specific atomic weight arise. However, quantum physics proves that matter, as solid and unchanging as it may seem to us, is, in the end, an energy vortex with characteristic condensations.

‘Our body is also made up of such energy vortices in the flow of universal energy. They condense in the micro and macro range to a constant form, to structure and shape to be able to work in earthly conditions. This energetic constitution of the body makes us energy and information channels, able to transmit and receive energy and information.’

In Healing Magnetism we learn how to affect the energy field, how to open to healing energy and use it for the benefit of healing. Here we open up in prayer first, and we use our hands to guide the energy to where it is needed.

Some researchers believe that vortex-like spirals, as occur everywhere in nature, are the key to the immeasurable reservoir of life energy. Therefore, the geometric spiral shape would be the ideal antenna to concentrate and store energy. This would underpin the special significance of the 100 billion ‘life energy antennas’ in the human body – the DNA spirals in the cells. They are in resonance with the ‘interworld’ or the ‘zero point field’ and draw all life impulses from there.

The ordinary day consciousness linked with the physical brain can be described as a resonance phenomenon by this approach. Insights, knowledge, ideas would then not arise in the head but are so do speak ‘downloaded’ from the field by the brain, which acts as an ‘information antenna.’



What remains, are personal consequences

The different concepts, images, and theories about 'life energy' under discussion, and contradictory ideas of what holds the world together at the core make it nowadays practically impossible to formulate well-founded statements which universally describe the central phenomena of life. But the personal 'energy management' remains an important foundation for the health and well-being of each person.

According to traditional ideas we have a part of our life energy provided from birth, another part we need to acquire in the course of life from surroundings – from food and respiration. The acquired energy is functional; it is subject to a cycle of consumption and renewal. We must, similar to a battery, again and again, recharge with energy. We can obtain a certain measure of energy through the right choice and composition of our food, through correct breathing and also the balance of our emotions.

Yes, it is not just the measure of energy that determines our physical and emotional health, but also its harmonious flow through the body.

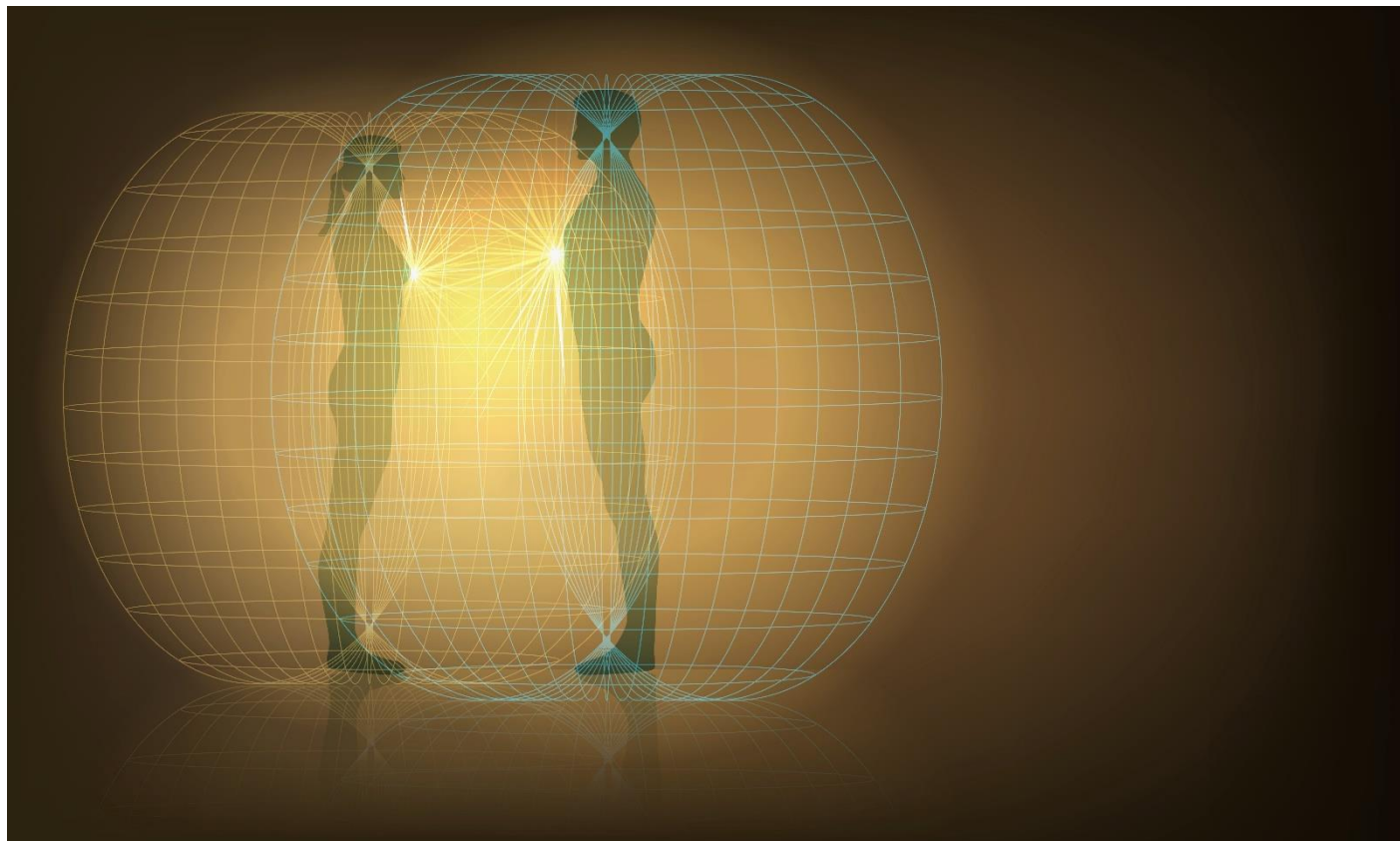
Due to the modern lifestyle, the advancing environmental degradation, the denatured food, and stress, less life energy are available to the individual today. Added are personal factors such as psychic and physical burdens. If the body has too little energy, regeneration is also delayed. All adverse life circumstances generate inhibitory emotions and cost energy. Such blockages in energy flow can be removed and balanced via Healing Magnetism.

It is more important than ever to recharge the 'batteries' through as good a conscious lifestyle as possible because every increase in life energy promotes physical fitness and spiritual growth. Breathing or physical exercises (outdoors) can also help to bring this about as can regular self-treatments with Healing Magnetism (or receiving treatment). In Healing Magnetism we also find a solution to emotional conflicts – via opening to helpful luminous energies in prayer.

In any case, it is about new consciousness impulses, because

The real quintessence of healing is in becoming aware!

BioMagnetic Healing



In Healing Magnetism we transfer healing magnetism to another person or animal or ourselves, which effects an ordering and harmonizing in our biomagnetic field.



It is here interesting to look at the nature of living things, especially humans, to understand why we can respond to such medicine and we repeat it here again. If we were to start from the prevailing image of man, in which all life processes are regarded as biochemically controlled and justified, then we would have to stop here, because it knows no radiation processes. But this view is outdated as we have just learned previously and it needs to be expanded, and I want to try to clarify it here with different words with a picture: Science studies the smallest unit of life, the cell. In doing so, the scientist behaves like a giant who, to gain insight into the functioning of a factory, would lift the roof to observe the workings of the factory from there. He is of course fascinated by the variety of events in the factory. Gradually, he discovers that all activity is directed from a central point, the management office (which is: the cell nucleus). Maybe the giant believes to have grasped the essentials now, and that the factory will continue to function nicely if you only put in enough

necessary materials and fuels. But the giant escapes many things, for which his eyes and ears are not sharp enough.



He sees well that raw materials and products go in and out of the factory, but he does not realize that this is due to contracts that are low in energy but very substantial. The content of a telephone conversation, for example, may result in a change in the whole operation, perhaps to entirely different products. The giant would not be able to hear such a conversation.

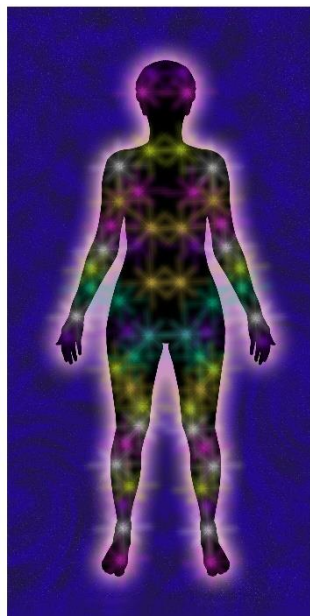
Today's communication is increasingly electronic, via computer, fax, etc.; because it is efficient and fast. And so, our body has always worked, with very weak, but very content-rich electromagnetic waves. Scientists in Germany and Russia have recognized what unfortunately has not yet become known in wider circles: **each cell contains weak light radiation; it can store and radiate. Transmitter and receiver of this radiation are in all probability the spirally wound up nucleic acid or DNA, the carrier of the genetic material in the cell nucleus. Lightning-fast signals from cell to cell are given by this "biological light."** As the events in the factory floor of a factory obey the regulations of the management, so it is here: The fine radiation in and between the cells must be decisive for the nature of the larger, biochemical processes. Indeed, for some enzymes (proteins that accelerate biochemical reactions) it has been found that their efficacy can be significantly altered by shallow radiation at quite specific frequencies.

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When looking around you can see that it is a general - actually self-evident - principle that the finer one determines, the coarser one. Take, for example, a beautiful building: what was there first, the building or the architect's idea? So first came the idea, later the drawing and only then did the visible order of stone and glass emerge.



Reflection: What insights have you gained in the last pages?



With Healing Magnetism we also bring information into the energy matrix. The material body of man consists of many molecules, each of which has a specific electromagnetic field dependent on its form and the constituent atoms, caused by the constant movements of the electrically charged atoms. On a larger scale, every cell, every organ and finally every person has its unique electromagnetic field.

From this one could conclude that the electromagnetic field is an energetic imprint, depending on the material body. But it is more logical to assume the opposite: there must be an ordering principle at work that keeps the matter in its form and controls it in a meaningful way. This order must already exist before any form can arise. When this principle, called "life force" by Hahnemann, ceases to work with earthly death, the form in which the material body formed breaks down again.

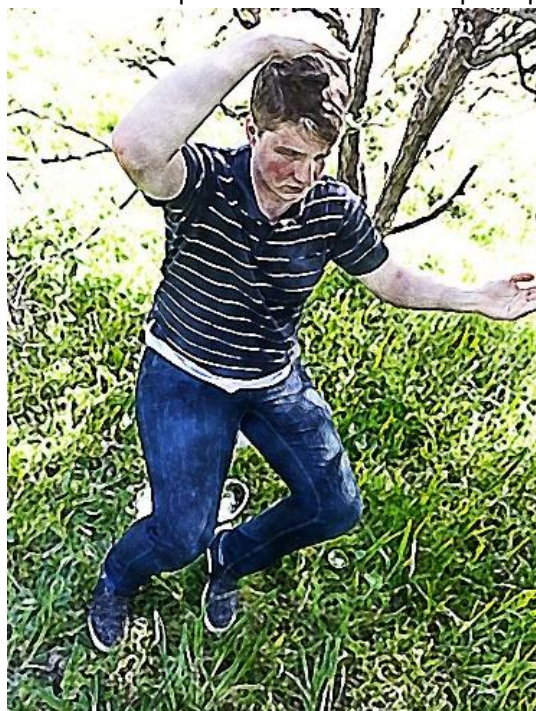
The life and functioning of our material body depend on the existence of the "life force."

This fact should make us more concerned with this important part of ourselves. The invisible life force acts on our material body via the bridge of our electromagnetic field, which is also called the "astral body." This electromagnetic field body is very stable and ordered. It is perceived in color by clairvoyants, and it can be measured up to a few meters away. This explains why sometimes we can feel it when someone stands behind us, who entered the room unnoticed: the astral bodies touch each other.

The radiation of the astral body can be partially made visible by the so-called Kirlian photography. With the help of this technique, it has been discovered that radiation changes precede the gross matter deviations. The average, healthy leaves of a tree, which later became visibly ill, showed up in the Kirlian radiation image a few weeks before the disease. Energy healing methods can be at this moment used for prevention of disease.

A human being is very receptive to certain similar radiating impulses through the "antenna" of his astral body. We know this principle from the radio: it is only "susceptible" to the wavelength to which it is tuned. If someone immediately "resonates with" another person, he might say, "He has my wavelength." You could also put it this way: "I resonate through his presence."

Here is also explained that when we open up in sincere prayer to Healing Energies from the cosmos,



that according to our openness and resonance we can receive. And there are some people who receive such healing energies also without prayer, but in any case, we are always only the receiving ones, and we guide on what we have received. When we conduct self-treatment or treatment on others with Healing Magnetism, we are opening ourselves for these helpful energies.

Here we also already start with the first basic guideline in Healing Magnetism. **To absorb, for this, we hold our left hand upwards in a receiving manner.** We ask for the Healing Energy, absorb it into our left hand and then let it flow to our right hand and then the right-hand channels the energy into where it is needed. (On left image the energy is guided into the Crown Chakra)

One can therefore logically assume that the astral body, which is just measurable with specialized instruments and therefore still material to a certain

extent, is in turn directed by an even finer principle. At this point, however, we have finally reached the limit, and above and beyond that we can no longer measure with material instruments. This is also where science will need to stop using material means to discover the truth. Due to our current knowledge of the subtler layers of our body, we must assume the existence of a non-material control, the nature of which is even finer or higher than that of the astral body. **Many people feel in themselves the existence of a core that is not bound to space and time like the body. How is that for you? Do you feel such a core in yourself?** But it will not be possible with technical aids to investigate these non-material areas because such resources are themselves material and thus do not go beyond the limits of matter.

But we do not have to remain ignorant about the construction of the invisible parts of creation and our nature - the Grail Message gives detailed explanations, which need not be repeated here (see some of it in Part 1 and in the accredited Training we deeply extend our knowledge in that regard). Shortened to the essentials, one can say that the Grail Message portrays man as a spiritual being, dipping into materiality for his necessary development. The earth body is only the outer cloak, with which the spiritual core of humans encases itself during an earthly incarnation. The only living thing in man is this spiritual core, and from it comes the life force. We need to expand our understandings given from a higher viewpoint.

Now when we take what we already covered in the previous pages, the cause of illness can be a wrong lifestyle but often, the cause of illness is a wrong attitude of the soul. Also, it may be that a person is unable to digest a mental shock well so that the effects/vibrations caused by the blow continue to exist - consciously or unconsciously - as a disturbing factor. In both cases, this results in

disharmonic radiations that reach over to the astral body. After a short or more extended time, the earth body will finally be affected. Of course, strong physical or chemical influences from the environment can lead to a disease of the earth's body as well how we already have explored in the previous unit. The resulting damage is greater or lesser depending on the resilience that must be built up from the inside and kept strong and healthy.



"Magnetic energy is the elementary energy from which is dependent the entire life of the organism" - Werner Heisenberg, famous physicist (1901-1976)

"Future medicine will be based on controlled energy fields."

(Prof. William Tiller, Ph.D. Yale University)

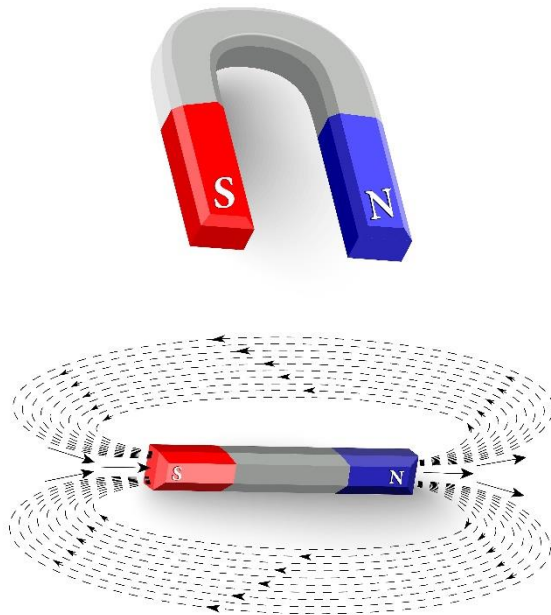
Let's now occupy ourselves with Magnetism in regards to the basic ideas about the magnet as this is what most people first think about when they hear about Magnetism and indeed we can learn a lot from the simple ferret magnet which we can use as a guideline how we conduct Magnetic Healing with our Hands. You might have learned basic facts at school as a child similar to the following: A magnet is an object or device that produces a magnetic field. The magnet attracts objects as nickel, iron, and cobalt. A magnet has two poles, the North and the South Pole. Opposite poles of a magnet always attract each other and also affect each other the most when they hold the opposite. Something we also keep in mind when we treat ourselves with Healing Magnetism with Hands or another person, while always working with the opposite polarity when conducting treatments.

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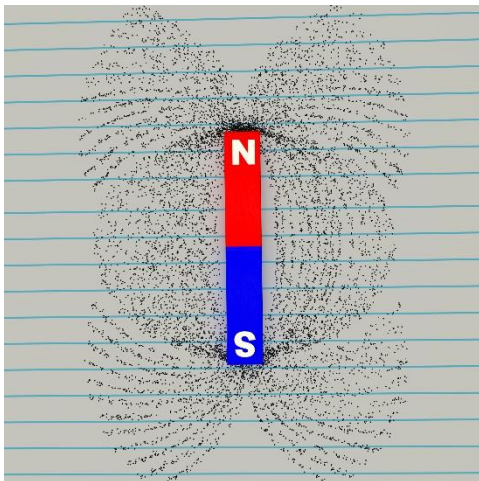
EG: The North & South poles of two magnets will seek to “click” together and hold.

EG2: The South & South poles of two magnets will seek to repulse each other, hold them separate.

Magnets have a field effect as you can see in this picture.



A simple and enjoyable exercise is to take two magnets and seek to push them together when they try to stay apart.



It was the famous Doctor Franz Anton Mesmer who re-discovered how to heal with the magnetism of our own body. He first started out using mineral magnets to treat his patients and only then he discovered that the human magnetism was even stronger.

DISCOVERING OUR OWN HUMAN MAGNETISM

Let's do an exercise so that we can understand our own magnetism in more practical terms. For this, I take a piece of iron and a file, and I file that piece of iron, and I get a pile of iron dust called iron filings. Now I stick those iron filings into a salt shaker (or throw them as they are) and sprinkle them on a piece paper or the back of a shoe carton the way I have done that. And now look what happens. When I did that at my home, I got a random pile of iron filings as illustrated in this picture that I took.



If I throw this pile away and sprinkle again, I get another similar random pile of iron filings. Every time I do it, it's completely random.

But now I change the experiment a little bit because this time I take a magnet, and I guide this magnet underneath the piece of paper always in the same direction. Now, when I sprinkle the iron filings, look what I get. This beautiful structural array of the iron filings and you might say now, “**Yes, that’s a reflection of that magnetic field that’s invisible.**” Correct and here’s what the point is: **iron filings without an energy field are randomly distributed. But iron filings in this case in a magnetic field, become organized entirely.**



The structure that you see in this field is due to, not just the iron filings, the structure is due to the matter, the iron filings *plus* the field (the invisible forces) and together the field shapes the matter into the structure. And this is a significant insight. Read it a few times, so it sinks properly in. Then, for example, consider instead of iron filings... let’s say these iron filings are cells and what you’re looking at is a dis-ease.

The energy field around it is shaping the dis-ease.

Read that again: THE ENERGY FIELD AROUND IS SHAPING THE DIS-EASE.

For example, if we would think of cancer. Trying to kill the cancer cell doesn’t get at the source of what the cancer is. The cancer is a physical structure that is altered by a field that is not in harmony and, as a result, when you change the fields is when you change cancer.

Already Einstein said that: “The field is the governing agency of the particle.” Dr. Bruce Lipton said to that the following: *“The field, in this case, is the governing agency of cancer. The gene? No, no. The gene, just as the physical characteristics of a body... but it’s the energy environment around that body that will determine whether that cancer will express itself. The gene did not do it, okay? We now recognize that this energy field is what’s governing the structure of matter. Through what? Entanglement.”*

But let’s focus now again on our iron filings exercise. We take a sheet of paper or plastic, sprinkle it with iron filings and draw a magnet underneath. What happens? The iron filings align along a line, depending on how we move the magnet. The iron filings order themselves via the magnetism.





This ordering and aligning Power on a more delicate level is given to each of us from our Creator into our own Hands.

And this ordering and aligning Power which we have in our Hands is the result of our electromagnetic field. The understanding about this aligning Power we hold in our Hands, the Healing Nature of our Hands is ancient knowledge and used in many energy healing methods worldwide. Every human being possesses these magnetic powers, only slightly different according to their personality. The “magic” power of our hands might also be because we can freely and quickly move our hands in whatever direction we desire, and our hands are indeed suited incredibly well for Healing purposes.

The hand

But there are also other reasons why the Hands are so suitable be it for helping others or self-help. There is an important physiological reason why the hands should be used to achieve the best healing results by the absorption and transference of vital energy: in the palm of the hand and in the inner side of the fingers there are large number of “Vater-Pacini” particles of lamellae, which were discovered in Wittenburg in 1747 by the anatomist, Abraham Vater (1684-1751), and rediscovered by Pacini in 1842. These are large terminal particles consisting of lamellae of the nerve fiber in the hypodermis for depth sensitivity.

Each of these formations encloses the end of a primitive nerve fiber with a delicate covering which can only be perceived under a microscope. By means of their structure and design, the Vater Pacini particles work as a condenser to the nerves. The more of these there are in a part of the body, the more it can affect another system of nerves.

Mesmer too, recognized this fact, for he said: **“The fluid radiates most powerfully from the inside of the hand.”** Reichenbach and all the later researchers confirmed this view. The best tool for healing magnetism is, therefore, the human hand.

Professor Schweninger, doctor to Bismarck for many years, wrote the following about healing magnetism and the hand of the therapist: *“Whether it is a matter of warmth or emanation, it cannot be denied that certain people’s hands possess power over certain other people.”* He said that this power is all the more effective if the person concerned has an innate medical character. With laying on hands, or using them to stroke or hold, the hands can soothe pains and bring about changes in the surface parts of the tissue that have deep effects.

Undoubtedly Professor Schweninger’s open-minded attitude to new methods of treatment had a lasting effect on the ideas of the founder of the German Empire, for even nowadays the following statement by Bismarck remains relevant: **“Anyone who has been given the ability to heal by God or nature, cannot have this gift taken away from him by the police.”**

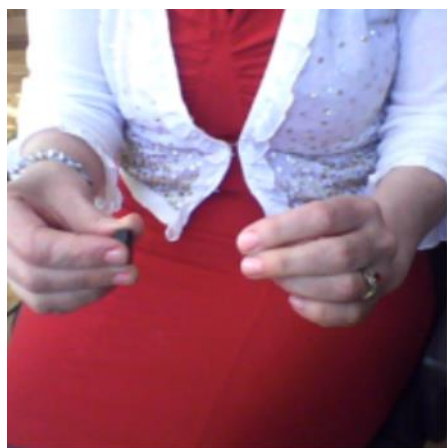
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Here we come also to the point that we need to realise that there are some naturally gifted individuals who can heal by the Grace of God or nature, and not everyone is that gifted. Nevertheless, with practice and diligence every person can indeed use their hands to affect a harmonizing on their own or another person's energy field and therefore effect a benefit.

We can now try the following:



Organize yourself 2 round Ferrite-magnets (<http://magnet.com.au/ferrite-magnets.html>) and hold one of them with the fingers of the right hand, the other with the fingers of the left hand, so that either north or south poles are both facing each other.



Now play with these magnets that now repel each other and feel the strong field effect. Close your eyes for a while and fully experience what is happening while you guide the magnets away from each other and back together again repeatedly. This way you sensitize your perception and brain by memorizing the sensation of the magnetic field. Once you have done this for a while, lay the magnets to your side.

Now close your eyes. Take both of your hands- palms facing each other- moving your hands towards and away from each other alternately. (Should you have no magnets start from here:)

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You will now recognize that you also can perceive a field between your hands!

Now please slowly brush along your left arm about 2-6 cm hovering above the skin, using your right hand and starting from the height of your shoulders right down to the level of your fingertips.



Always only from the shoulder towards fingertips, not the other way round.

Which sensations do you feel on your left arm or right hand?

Now you can also try it on the other arm. Which sensations can you perceive?

Tingling? Warmth? Other sensations?



Now you can also lead your hands along your neck area and feel the sensations. Like Kira Sanchez shows you here.

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Lead them upwards towards the top of your head too.



Hold your hands in front of your face.

Which sensations do you perceive? Tingling, warmth or other sensations?

You just discovered your electromagnetic field and your healing powers, and now we will slowly learn how to use our own magnetism to cleanse and order our magnetic fields and the magnetic fields of your child, family member or friend.

To apply healing magnetism, we need to become again more aware of what a human being actually is, and we will look at it here again. Only when we know what a human being is, can we also treat the human being in accordance with his nature and even understand why we conduct specific Healing Magnetism methods the way we do.

We are opening to the Healing Light

We human beings, due to our own ability to decide what we focus on, and therefore depending on how we develop and control our colors of radiation, we are similar to a radio and attune our vibrations to the same colors from the Universe, which we then absorb. Therein lies such great simplicity and also the key to the mastering of our life and the key to the application of Healing Magnetism. We use the Power in Creation to build our fate.

“.....He should picture to himself the Primordial Power poured radiatingly out upon the Work of Creation! It streams through Creation, through every part and every species. And every part and every species thereof will pass it on in modified form. Thus the varying consistencies of the different parts of Creation produce changes in the Primordial Radiation which also alter its colour!

Thus the whole of Creation presents a wonderful picture of the most glorious colour-radiations such as no painter could reproduce! And every part of Creation itself, every star, indeed every single object, be it ever so small or minute, resembles a finely-cut prism passing on every ray it receives in numberless different radiant hues!

These colours in turn give forth ringing sounds that blend into harmonious accords!

And confronting this magnificent realm of radiations stands the human spirit with its equipment of radiations derived from the various cloaks given to it!

As the human being, i.e., develops and controls the colours of his own radiations so, as with a radio, he attunes his own vibrations to these same colours and absorbs those from the Universe.”

(Extract from the Grail Message, In the Light of Truth, Abd-ru-shin. Book 2 Lecture 53)

And then we can read:

“The different species of matter form the lowest strata or end of Creation. As with every sphere in Creation, it begins with the lightest species above and, in continuing downwards, ends with what is heaviest and densest. All these species of matter merely serve as a means for the development of everything that is spiritual which, as a germ, descends into it as if into a fertile field, in the same manner as a seed of grain needs the earth in which to germinate and grow.

The World of Matter with its various strata remains inactive and helpless of itself. Not until it is penetrated and bound together by the animistic substantiality above it does it receive warmth and vitality and serve as the coverings or bodies of a great variety of forms and species!

As I have already mentioned, the different species of matter cannot be blended, but they can be united through animistic substantiality, and also linked up in many ways. The resultant unions and alliances produce heat-emanations and radiations. Each individual species of matter thus produces its own definite radiation which blends with the radiations of the other species to which it is connected, and together these form a halo of radiations which is today already recognized and called “Od” or emanation.” (‘The Grail Message,’ Book 2, Lecture 53)



Today, through the knowledge of the atom, we are in a better position to conceive that the coverings from the various planes of Creation between the Spiritual Realm and the Earthly sphere, which a human spirit who is dwelling on Earth carries with it, do send out rays. Man emits radiations which are continually changing.

In Earthman, the radiations of the finer coverings, together with the radiations of the physical body, form a combination which results in a colorful wreath of radiations, called by some aura and by others Od, the “fluid” that surrounds the man.

With this radiation-wreath, he determines the strength of the waves for the vibrations which he absorbs out of the cosmic radiation-system.

The combination of radiations must always be harmonious so that the spirit of man can develop fully in the World of Matter. The radiation connection between the different encasements have to be in order, the flow of radiations free and harmonious, and the combinations of colors beneficially. In cases of dis-ease, we find here disturbance.

We can, by the way, find the same concept of the aura when we observe the connection between the electromagnetic field of the earth and the electromagnetic field of the sun. Here we call it the Aurora (Northern Lights). The interaction between these two spheres create these magical, colorful curtains of light that look incredibly beautiful.

The Aurora – The Northern Lights – The Aura of Planet Earth



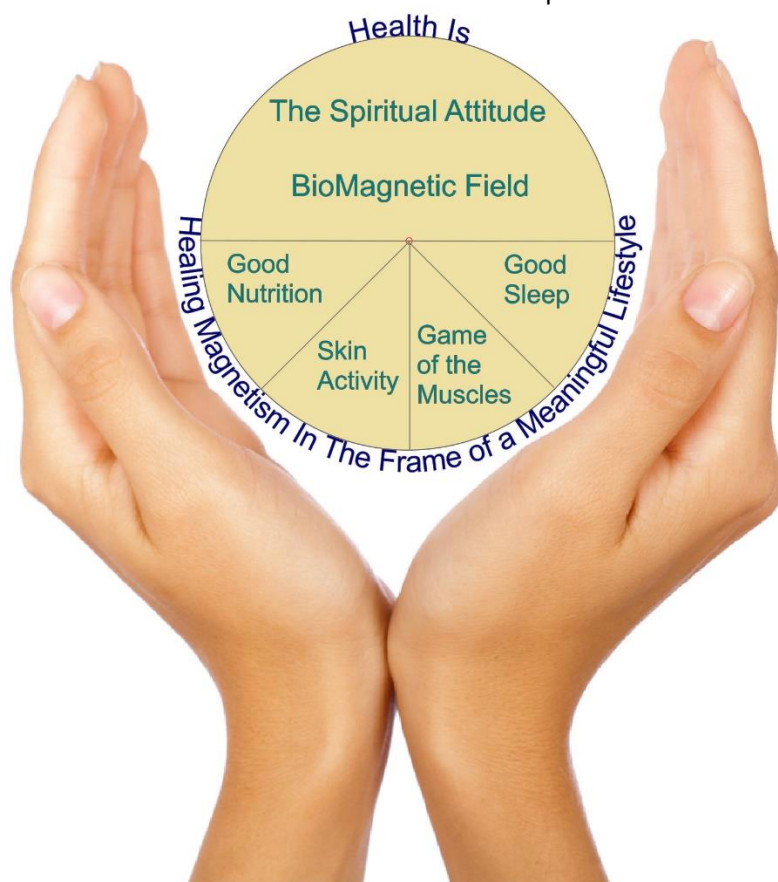
The concept of the human aura or radiation is thousands of years old, and clairvoyants of all times have been able to see it. Even if you are not clairvoyant, the character of a person can be felt very clearly by everyone and is also expressed in the language, when for instance someone says: *“His whole being radiates peace and serenity.”* The human radiation is **communicated to objects** which man carries about with him, and to his writings, as well as to photographs, something which is, in fact, well-known and made use of in various fields. In illness the radiation changes. Mediumistic people can recognize in the radiation-wreath that hidden seat of disease which has given rise to the physically visible condition in the first place. But you have not to be mediumistic to develop the ability to find the area in the human aura that needs attention and help.

The knowledge of the radiation of Earthman is part of the image of man which will be decisive for the New Age of humankind, the time of spiritual awakening. The human spirit as a matter of fact due to the magnetic attracting quality of spirit controls the colors of his radiations. **A human being consciously or unconsciously attunes his vibrations, same as a radio, to the same vibrations and thereby same tones and absorbs them from the Universe.** The attracting is due to the Law of Attraction of the Homogenous Species. When we become aware of the magnitude that was

just said we can find here the master key for any type of success in the Healing Arts, Astrology, Healing with Herbs and also the Art of Healing with Magnetism.

When you think on the beautiful Aurora which is the effect of the radiation interaction between the electromagnetic field of the sun and the earth, the human being and his different encasements also show an Aura field, but in cases of illness or when a person has been under the effect of severe trauma, long-term stress and also other reasons, the aura can show disharmonious patterns, disturbances, and blockages how already mentioned before.

The state of a person's aura, the quality of its radiation is a reflection of how a human being indeed is in his inner being at that moment in time. Plus, the quality of the emissions at that moment in time decide what he can absorb from the Universe. Now, what can you incorporate when you have got a blocked area where nothing can pass through? Your ability to absorb will be genuinely blocked, and so you will absorb not much at all, or more of that unwanted phenomenon of being stuck. What we find in a person's aura are his works, that is his thoughts, intuitive perceptions and deeds all of that find expression in the aura. Every happening, everything that is coming from or having affected a human being is registered in the aura field — something that becomes vividly obvious to myself all the time when I conduct Therapeutic Magnetism treatments. (There are naturally also other elements that decide the colors and consistency of your aura, like choices of food and lifestyle, etc. and we covered that also and should keep that in mind as well.)



But as a simple matter of fact we can say the following:

Good uplifting intentions will always help and enhance the radiation field

Dark, heavy intentions will always block the radiation field

How can we now work with that? How can we find the exact areas in our aura that need healing? Nowadays there are some testing methods available that can reflect what is going on in at least some of the finer energy fields around us. But we do not use machine testing systems in BioMagnetic Healing as we use our own intuitive perception our own self to test and what we will mainly cover in this introductory course is good questioning, and we will also practice using our hands to sense/feel disturbances in the field. But let's start with the very basic facts of finding the location of an energy block in your finer body as you might be surprised how simple that is. Naturally, we can bluntly say, anywhere in your physical body where there is a pain, dis-ease, etc. we also find an energy block, but in the following, we want to focus on the effects of **emotions**.



Simply put, the same way as you can feel your emotions having an effect on your finer bodies when you are feeling very sad for example, in the same way, you can perceive a location of an energy block as you will feel the effects of any energetic heaviness/blockage coming from sadness for example that is felt in the soul also on a certain specific location in your body that often appears as if it is directly in the physical body whereas it is coming from the Soul body. It is situated in the Soul body which effects directly the Astral body. First from inside the sadness will be felt in your finer body, but as we carry all the bodies of finer nature in the physical body the effects of the depression can also be felt in your physical body and using that simple understanding gives us an option of how to detect blockages in our own or another person's energy field.

When we think about how our body functions we can see that it is governed by a general Law: **the Law of Cause and Effect**. Its activity makes each causes inevitably engender an effect. Therefore, each effect is triggered by a cause, there can be no effect without a cause, or as the popular saying goes: there's no smoke without fire. It is helpful to never forget that in Healing Magnetism as it can be used as a guide.

Detecting disturbances in our finer bodies- with focusing

In the following, I will describe to you a straightforward way how to detect where disturbances are in your finer body or another person's energy field. When a client comes to me and talks about an emotional problem they are experiencing, I most of the time ask them to **show me with their hands where they feel that problem in their body**. I ask them to show me that place with their hands and

describe to me the sensations they are feeling in that place. I also ask them to not overthink my question, but let their hands decide where the location of the blockages is in the energy body.

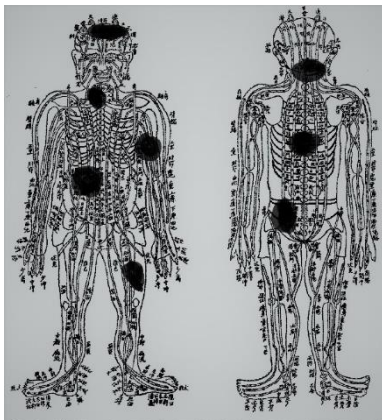


The reason I ask a client is twofold. First I would like to know where the client himself experiences the blockages from his perspective and second, I want to give my client an experience that helps him to realize the existence of his finer body and that there is a substantiated reason for his emotional distress. Many people still believe that what we can't see does not exist. Grief can almost destroy their life for years on end, they feel like screaming or jumping from a bridge, there are hidden forces that drive them to the most illogical deeds, and still, they believe whatever is so strong and pushing them to their limits, cannot exist and cannot be real **as they cannot see it**. But this is wrong. There is an excellent and also logical reason why people feel the way they do, and we can do something about that and help them feel better.

When our physical body is not functioning correctly, without any doubt, we will be able to notice that earlier or later due to the feedback we receive via our physical symptoms. There will be pains, tiredness, acute illness, twitches, heaviness, feelings of being blocked, and imbalances and so on and with these symptoms, our body reflects us, tells us and eventually shouts to us that something is going wrong and it needs help. The Spirit/Soul has a similar warning system. We can feel the effects on a Soul level and receive feedback on how our Spirit with its different layers is doing via our emotions. To be accurate about it, we need to pay attention.

Very important for us is to become aware that our deep intuitive perceptions, our hunches, our emotions are the feedback devices that tell us of the state of our inner life, and about the state of the inner life of another person and our environment.

When we think on our own inner soul warning system we can hereby say that anything we feel, be it anger, hatred, despair, grief, depression, anxiety, terror, fear, loneliness, love, delight, joy, sadness is a direct response of what is going on in us and can also be distinctly felt and also apparently located in our finer bodies. As our finer bodies are all like a telescope or like the layer of onion in us, we feel these energetic realities in our body and can give them also a location.



We could also say that our emotions are the cries of pain or joy from the energy system. They will be found at a particular location in our finer bodies which we can feel in our physical body. (See left image some example locations) This is also where the term psychosomatic symptoms are coming from. Psychosomatic symptoms can lead so far that severe psychosomatic pain can develop so profound that one can hardly distinguish them from physical pain.

Unfortunately, people from a young age learn to ignore these psychosomatic sensations, instead of paying attention to them. They are letting us know how another person or we are going on inside. To acknowledge such feelings is only possible if we keep

our deep intuitive perception open and this is vital when practicing Healing Magnetism. This is a human life skill that in a perfect world every single person should recover to understand themselves better and also the world around them and this is to take heed of their hunches, sixth sense sensations, and deep intuitive perceptions.

This is very important to realize and then also to use accordingly for our benefit.

What you will discover is that our physical hands move to the area where the effects of the energetic disturbance are located. So literally we invite the other person when we ask them to tell us where they feel an emotion about a situation, to use their deep intuitive perception, or otherwise known also as a sixth sense to detect where there is a disturbance in their energy system. No significant effort is necessary for that, just a focusing, a becoming aware or reality, of what “is.”

The same applies to the person who conducts the Therapeutic Magnetism session. When you focus on the person, you are treating, what is your impression? Where do you feel, see, sense where energy is flowing correctly or not? What hunches do you get? To properly absorb what is present on an energetic level, it is vital that you are yourself in a balanced and stress-free and therefore open state of mind. When you enter a session, you want to feel harmonious and open as otherwise, you will be unable to pick up what is there on an energetic level with the other person. In a stressed-out state, you cannot perceive reality as it is. Stress is like a fog that stands between you and your deep intuitive perception. So, make sure you are in a harmonious state of mind (Body-Soul-Spirit) when you treat your children or friend or partner.

There is naturally much more to what we just touched, and for this, please go through our Practitioner training which you also can do via distance learning. www.healing-magnetism.com

Here is a straightforward way to give you an experience of how your soul affects your body.

Think of an insult that is very hurtful for you. Something you know is a problem for you when you hear that someone is saying to you. Imagine that someone is delivering that insult to you and watch what it does to you in your inside.

Where do you feel the effects of that insult on your body? Let your hands show you.

Now you found the location of the unpleasant energy or blockage that is the result of your feelings coming up about the insult. Now focus on that area where it hurts and describe what is there. You might feel a certain density in that area (different from the area around it), heaviness, an area where



it feels even painful, you might be able to describe a form or color too, describe the consistency of the tenseness, etc. Perhaps the area you feel that insult in your body, has already been injured many times before, and perhaps the original energetic blockage developed already in a fully diagnosable dis-ease on a physical level.

When you describe what is in that area, we want to focus on the sensations. Whatever it is, become aware of it. Now can you understand that if that energetic form, that energetic reality that is in your body/ energy body would disappear, when this unwanted block would be gone, when that unwanted energy would soften and flow out of you, and all would be flowing again fine and coherent/harmonious in that area, that also your feelings would be changed and you would definitely feel better again. Can you resonate with the last sentence?

Reflection: Can you feel that when you think of an insult, it affects your energy body? Can you point to the location?

With magnetic healing, we remove energetic blockages first, and only then we magnetize/ energize and thereby harmonize the area. Although you will indeed feel better when the blocked energy is starting to flow out of you, only after cleansing will we conduct the magnetic healing, but to remove blocked energy will already make a huge difference, and I would like to invite you now to have an experience in that regard.

Let's give this a try now should you like:

Think of an insult that is delivered to you. (Or on any problem you could think on now.) Locate where you can feel the effects of that insult in your body when you visualize and hear and feel as it is delivered to you by a person. If you like, give it a number. (So you can, later on, compare how you feel after the self-treatment)



Now describe the sensations you feel in that area. Describe how big the affected area is, which form this blocked energy has, the density, does it feel heavy or light. Is it anchored in the area or free flowing? Do you feel that the area has a sense of coherency or chaos? Is there perhaps a sense of a lack of energy and depletion? Is it cold, warm, hot in that area? Jot down what comes up in you on a piece of paper in order to be able to compare the before and after treatment sensations. In fact, all we want to do is becoming aware of that unpleasant energy, that phenomenon that is located somewhere in our body, usually in the areas below our head, somewhere in the upper, middle or lower body. When we would describe these feelings and give them a label, you would describe them probably saying something like: these are unloving, unpleasant, unsatisfying feelings or however you would label them in your language.

I think it is not difficult to imagine that if these unpleasant feelings would be gone the person would feel lighter and better. So we need to find a way to unload this negative energy that is very unpleasant and which came up in us due to the insult or conflict.

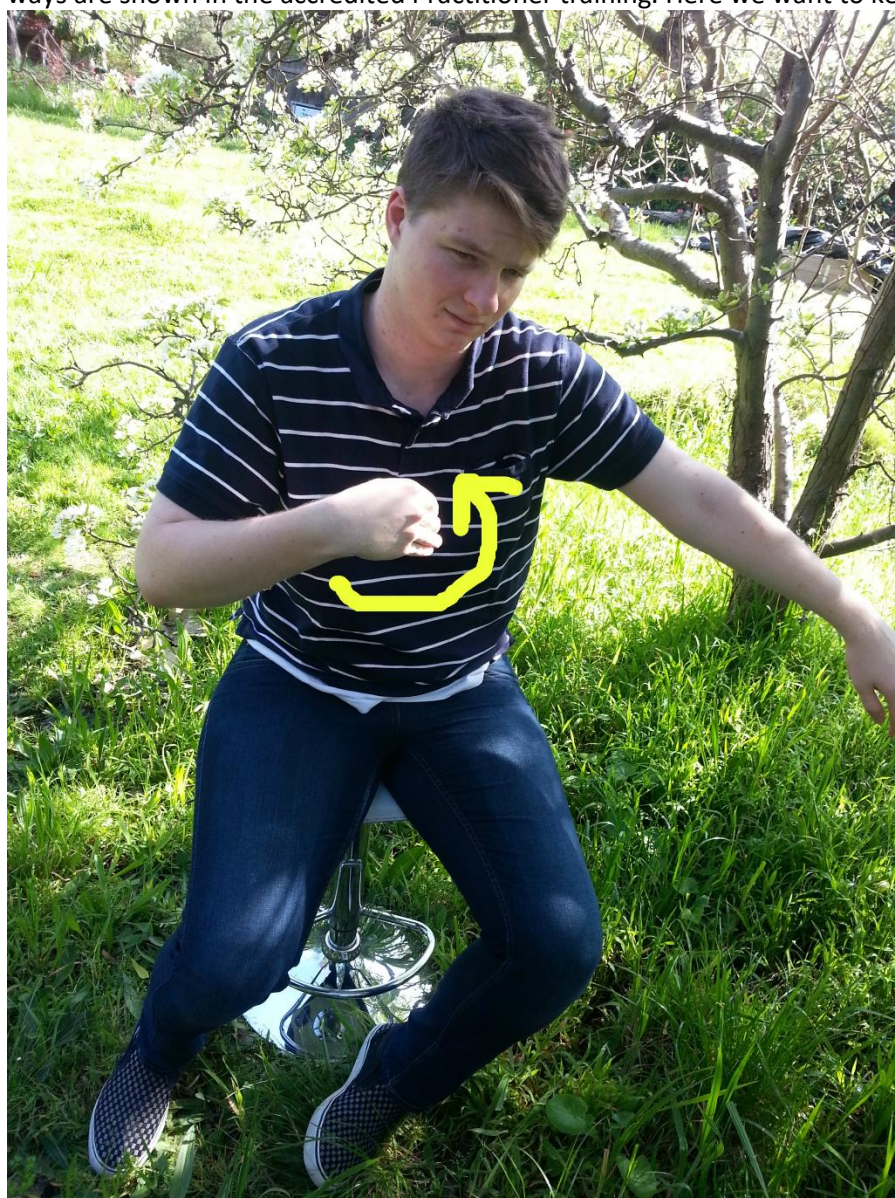
Can you follow here what we try to achieve? I give you an example. Someone suffering from depression will often feel as if being completely darkened inside. As if no light flows in them anymore, they feel heavy and blocked. Now when we suffer any kind of emotional issue, often such feelings are located in one specific place. We could experience it as an energy block in that area, or others might feel erratic sensations, like fire, or coldness, or a heat. However it is presented, interesting with these emotional issues is that it is often also **represented in us via a metaphor**, a inner living picture. We feel as if being in a cold, lonely place, or others experience it according to their state representing metaphors of danger, chill, heat, darkness, emptiness etc.



But at that moment in time, we would like to find the exact location in your energy system where you feel that energy blockage that came about due to that insult, or problem as we would like to remove the energy obstruction and cleanse the area.

Become aware where that unpleasant energy is located when you think on that insult or problem, and then you hold your right hand above that area and start to conduct **swift continuous left circles** pointing your fingers into the direction of this blocked and unpleasant energy letting your hand rotate out of your wrist. You literally let your hand rotate from out of the wrist in a counterclockwise direction. In the meantime, your left hand is away from your body (not touching the body) hanging downwards, and with your right hand, you make these counter-clockwise movements above the area of disturbance. Your focus is on the unpleasant energy being released, so you visualize it

flowing through the hands towards outside, and it will now be sucked up by the counterclockwise circling movements of your right hand and guided onto the left hand, and flowing through you like through a protected tube and then being released towards the outside. You can also shake your hands occasionally while you conduct unblocking. If you fancy you can put even a bowl with water below on the floor under the left hand so that the unwanted energy has a place to go. (Throw that water out into the drainage afterward) You can really also visualize your household vacuum cleaner as a helpful image and how it sucks up dirt from the floor and guides it on through the tube into the container, and then you throw the content of the container in the rubbish bin. Here you just discovered *one* way how to remove blockages from your or another person's energy field. (More ways are shown in the accredited Practitioner training. Here we want to keep it very simple)



So, think on that insult, detect what sensations it brings up in you, focus on that area and have the intention to cleanse, suck that energy away from that area, outside. Here it is first up simply to give it a try and experience what happens. Your concentration is on the cleansing while concentrate on sucking the energetic disturbance up. Try not to force it, but stay light and free. So forget about pondering about the words or what they mean in the insult and simply focus on the releasing of that block. The circling movements act as the vacuum cleaner suction, sucking the ill energy up and out through the tube. Give that a try until you sense something is indeed happening when you conduct this

exercise. (practice 5 minutes)

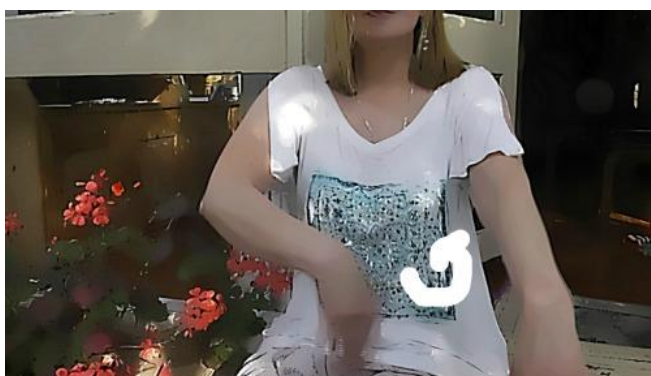
Reflection. How does the cleansing work for you?

What you might even feel after a while is perhaps a certain sense of heaviness in your right circling hand or right arm or some tingling or sensations on the left hand that is held down during the releasing, these sensations should also be taken as feedback for you which show you the density and severity of the blocked, unwanted energy which is in the process of being released. So continue until it feels lighter. You can also naturally shake out your hands in between and continue then. Shaking of the dense energy and then keep with the counterclockwise movement. Whatever emotions or thoughts come up, let them come up and flow out. Not pondering about them, accepting and letting them go. Now such ways of energetic cleansings are actually used in many energy healing methods. I can think here also on Therapeutic Touch (But here is used mainly sweeping and brushing), the Release Technique where a visualized tube is inserted into the blocked area, shamanic healing methods, etc. etc. I found the way described here for myself and my clients the quickest and most effective method to release energy blockages, so give it a try.

I invite you to give that a serious try now until you have a sensation of more lightness in that area and then think on that insult/problem again and see what comes up and if there is more blocked energy to release. Have your attention again on that area and start circling with your right hand (counter-clockwise circles) and let the energy, yes allow it to flow through you like through a vacuum tube and out via your left hand towards outside, away from your body where it cannot harm anymore. This might be quite a new way of dealing with such energy blockages.

However long it takes continue until that area feels lighter. So when you have done that for a while, check again and think on that insult and check what is remaining. Conduct the cleansing again as outlined. (Check your number on the Chart)

If you do not like the image of a vacuum cleaner visualize that you are acting as a lightning rod, absorbing and guiding away from the house (your body- your home) the excess (and potentially dangerous) energy caused by the lightning.



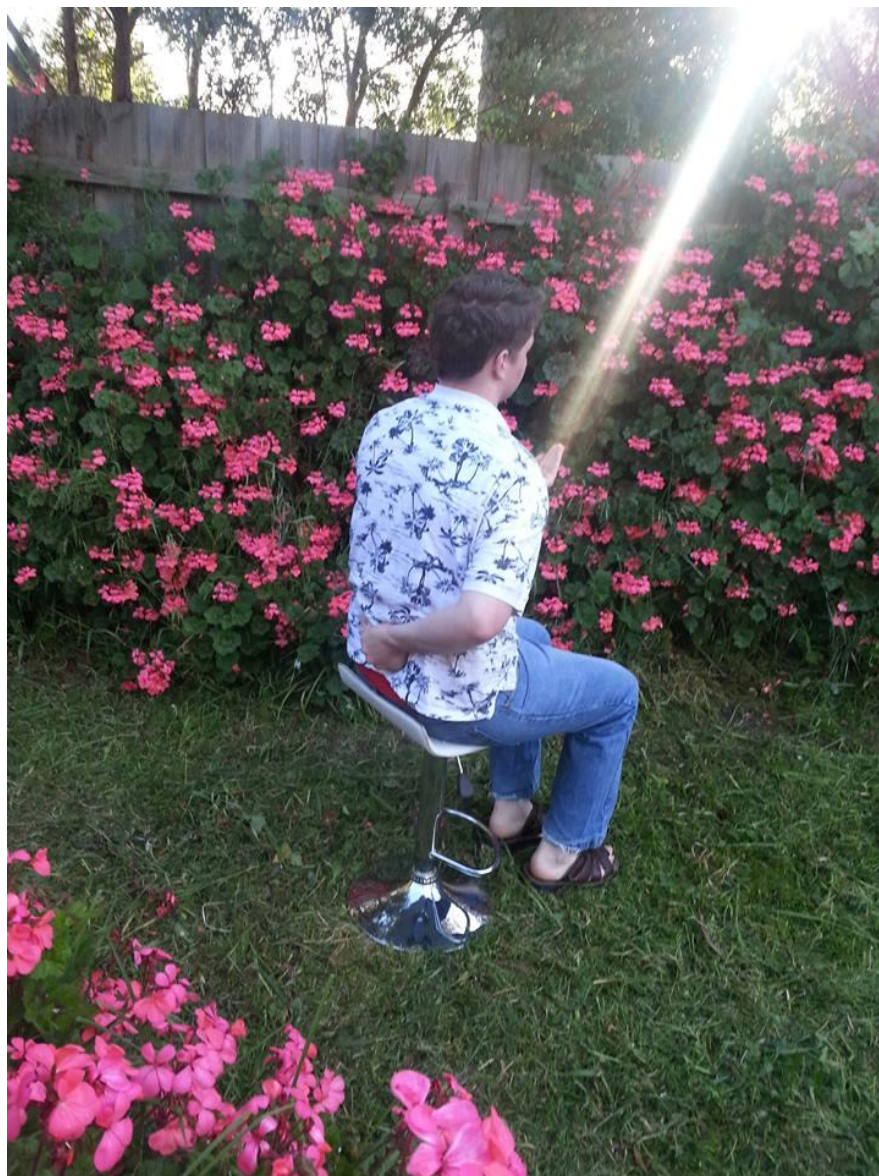
Counter-clockwise movements above the affected/blocked area. Left-arm away from your body, left-hand hangs down.

Please do that now while thinking on that insult/focusing on the energy blockage and the cleansing.



Now check if there is still something left of that unwanted energy. By the way, unwanted energy might be even a wrong expression. What is harmful about that energy is that it is blocked/suppressed and stuck in your energy body in that area and doing significant harm due to its disharmonious vibration, effecting the biomagnetic field and therefore also the cells in your body. Like the physical body has to remove toxins and eliminate waste products from its system, so we also have to eliminate energy blockages. What you will find out in time is such energetic blockages when they start to flow, hold in it a lot of “information” for the person and some people while conducting the cleansing all of a sudden become consciously aware of the “information” which was beforehand not accessible due to the suppression and blocked state. The information can help you to see things clearer, to understand your part in a situation for example, or that there is help to be found that you have not considered yet to use and that in itself is very helpful as it allows you to make new decisions about how you see that situation. Now while we release the blockage also the information is available again. Should this not be obvious, do not worry, just focus on the unblocking and cleansing then. This is here simply some first practice.

Now that the area is “cleansed” we will conduct the energizing of that area. How do we do that? For this, you want to open yourself to receive Healing Energy. For this merely picture yourself the Primordial Power poured radiating out upon the whole Creation. Make yourself a picture and know that the Power streams through everything, through every part, through every species, therefore also through you. Open your left hand in a receiving manner towards above and visualise how the pure Power streams through your left hand and how it flows towards your right hand which either lies directly on the place where it is needed or hovers about 5 – 10 cm above that area and then just allow the Power to stream through your right hand into that area and affecting it. This life-sustaining Power flows through everything. Otherwise, we could not exist. (If you like to receive more understanding about where the Power comes from and how it all is connected, please enroll in our Practitioner training as here we will delve into these fields with great depth. Here we want to only touch on these areas, in order for you to start with the practice of Healing Magnetism)



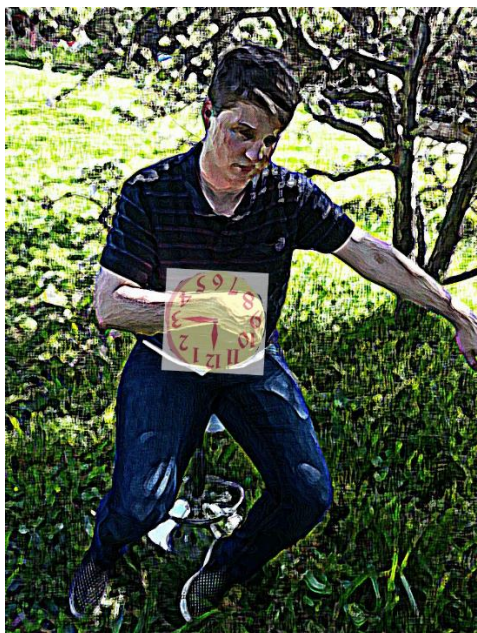
So ask for that Power in prayer and merely visualize how the Power streams into that affected area and has a harmonizing and healing effect. Keep your attention on that area, absorbing Power and guiding it onto that area until you have a sensation of saturation and satisfaction in that area or at least for 5 minutes.

To practice further, think of anything in your life that is bothering you at the moment. Perhaps you have money

problems, maybe issues with someone, perhaps you are anxious about something, etc. When you think about that specific problem, let your hand find the place where you feel that disturbance in your body. Then you might try the cleansing and energizing exercise again and find out how that changes things.

So here we have two simple steps:

Cleansing: Holding your left hand downwards away from the body and right-hand conducts counter-clockwise movements above effected, blocked area. (Here below my son Maximillian performing cleansing around Solar Plexus area)



Cleansing, right-hand counterclockwise movements. The left hand is held down away from the body. Keep circling until you feel a sense of relieve.

Energising. Here how I do it, it is the following. I pray for Healing Light and simply trust and visualize how the Healing Light flows into my left hand, which I hold upwards and then flows to my right hand that hovers or lies on the area in need. I just know it flows into my hands and I treat the area. Then I thank also for the Healing Light at the completion of the treatment.



So that gives us a clear guideline and if we now discover an illness in the human being, so when his body is for example not functioning correctly anymore at one place or several places, there will always be also a magnetic distortion be present around that area of illness in the more delicate body (astral body), whatever has caused it. But with a human being, we already know that we never only deal with the physical level here when we refer to a magnetic field.

We know that there are other bodies around our spiritual ego. An experience of one of these other bodies, the Astral body can be made when people experience phantom pain. By the way is the scientific explanation of phantom pain along the lines that the brain has nerve cell modules that correspond to every single part of the body. Any given module will persist after an amputation. Since

the brain is constantly receiving sensory input from the whole body, it could falsely attribute some of these sensations to a limb that no longer exists. Therefore, the affected person would believe that he feels pain in the missing limb. Thus, that phantom sensation is probably a projection caused by stimulation in the brain of the nerve cell module corresponding to the affected limb. A study conducted on children born with a missing limb, however, contradicts this explanation. Since these children have been from birth, without a certain limb, the brain could not have preserved the pertinent module. Nevertheless, they also feel something in the place where the limb, which they never had, would have been. The astral body certainly exists.

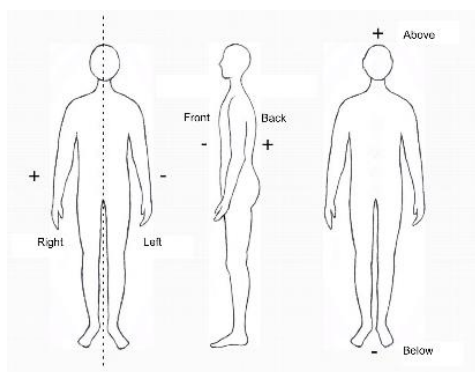
Reflection: What have you learned in the last pages about cleansing and energizing?

Extend your ability to test the energy field for disturbances

Now we would like to extend our ability to test our or other people's energy field even more. For this I would like you to invite you to make a very simple exercise:

As our own body also has the properties of a magnet, therefore the right and left hands also have different polarities. Thus holding your right and left hands towards each other will naturally encourage a balancing of the Polarities. But to balance one part of a system will also effect the whole system, therefore, this simple exercise will affect the energetic state of your whole body.

Now I will tell you something. The right hand is magnetic +, and left hand is magnetic-. This is to prepare you for the following exercise.



The exercise encourages the balance of the entire body.

For this exercise, you are standing, or for people who feel unwell, they can also sit on a chair with both feet firmly on the floor/ground. (Seriously ill patients can also conduct this exercise lying flat on a surface)



Institute for BioMagnetic Healing with Hands - Copyright

1. When you do this exercise while standing, you can also lean your back against a wall or stand free (best) and look at a clock or a picture or outside of your window.
2. Feet should be shoulder width apart and pointing forward.
3. Bend your knees a little as if squatting to sit on the edge of a stool;
4. Hold your hands in front of yourself, like what you can see here in this image so that the palms of your hands face each other:



You hold your hands towards each other with a space between and while you are doing that, you might even start to feel the biomagnetic field between your hands. You might even want to visualize how the energy flows between the right and left hand.

When you keep your hands in that position, the whole wheel of energy starts to flow, because of the attraction between the right hand which is m+ (Positive Magnetic Pole) and the left hand which is m- (Negative Magnetic Pole), opposite Poles attract. An energy exchange takes place.

Start with this exercise standing (sitting) holding your hands facing towards each other for 1 to 2 minutes (should you straight away be able to stand for a longer time stand up to 5 minutes) and increase gradually the time of standing in this position up to five minutes.

5. Your shoulders and elbows should be relaxed.
6. Inhale deeply through your nose into your diaphragm.
7. Exhale fully through your nose.
8. If possible, stand for two minutes (or longer). Gradually see if you can stand for five minutes or longer.

Any reaction that comes up, any pain or discomfort, any sensation in your body while standing in position is showing you that due to the energy balancing a re-ordering of our magnetic field is taking place. The more sensations that come up, the more such an exercise was necessary. Also, emotions

can come up that were hitherto pressed into the unconscious. **Best is to keep standing until all sensations have subsided and there are no more reactions.**

I invite you to stand as long as you feel that the left-hand feels the same as the right hand and in a moment, you will understand why this is useful.

To balance our hands can give us a wonderful tool with which we can test our or other people's body for energy blockages. At the point when our two hands are inverse each other they have a polar impact and therefore a heightening stream of vitality between them, and when we use the hands in that way, subtle signs in the energy field become easily discernible. As the life vitality stretches past a person's



body, it is felt most effectively when the hands are held around 7 to 15 cm away from the skin. In the case that the hands are held closer, the surface of garments and the impressions of body warmth will irritate.

If you go further away, the perceptions are more diffuse and therefore less easily observed.

Here we always test leading our hands from the direction Head towards Feet and never the other way around. Leading the hands through the vitality field this way, either on ourselves or another person can help us to decipher energetic disturbances. In the following, I will give you some hints in that regard for testing.

The developments of abilities of such a testing method are extremely basic. When you have practiced them for some time, they will become very easy and normal for you. Here we will now only focus on self-testing.

The signs

When you test yourself in a truly healthy and sound state of being, you will feel the vitality streaming in an adjusted-coherent way, which shows either as a delicate warmth or as a delicate vibration. The same applies while testing another person. People tend to feel the stream in either of these ways, however not in both. A sound vitality stream feels unbroken, equally disseminated, and agreeable to your hands. It likewise feels broad around the whole body and on the feet area and below as the energy flow between the individual and the earth is open and free. When you survey yourself or another person while sick, you will get various diverse sensations, or signals, which show issues with the vitality stream. These prompts are subjective and subsequently hard to portray correctly in single words. Along these lines, I will utilize a few words to help elucidate the description. To make it less demanding for you to recognize among them, I have separated the signs into four general classifications: free congestion, tight congestion, deficiency, and irregularity. In real practice, be that as it may, these signals are not independent but rather tend to converge into each other.



Free Congestion-free hovering block: This feels something like a cloud or a flood of warmth or heat, thickness, weight, or something big. In the circumstance that a person has an injury or a disease, free congestion can regularly be found around that area. Notwithstanding, it can likewise be "free-floating" - that is, found over regions where there is no known physical issue. Perhaps you might feel it as unpleasant warmth or as thickness. The reason behind this might be that individuals tend to decipher and portray sensations in various ways. Regardless of how one perceived and depicted the free congestion, its treatment is always the same.

Tight Congestion-hard to move block: If the blockage settles or moves toward becoming tightly held up in a area, it hinders the stream of the life energy (Block in the BioMagnetic field). Along these lines, in this situation you might feel the benchmark stream in areas that flow as well as pleasant warmth, the blocked region might feel chilly.

Deficiency-lack-shortage of energy: Illness is constantly connected with a lack of imperative vitality. The shortfall is most effortlessly seen around the area of issue, for example, the site of an injury or disease. Obviously, a deficiency in one place weakens the entire individual. On appraisal, a shortage can be felt like a pulling sensation, just as a flood of fine water bubbles were being pulled through one's hands. Occasionally, the hands appear to be very much attracted to a specific area of your body. On different occasions the deficiency might be felt like an emptiness; this is unique in relation to the absence of reaction of a blocked region, for it delivers an unmistakable impression that the region is open and effectively pulling in the vitality. Deficiencies be that as it may, the zone quite often found underneath is intensely congested or blocked zones. Keep in mind that wellbeing is related with a consistent vitality exchange with the Cosmos. Blockage in any area that makes the absorption of life energy impossible leads to a deficiency of vitality inside the person. Whenever free congestion or tight congestion blockage is discharged during a treatment, the area opens, and you may then feel a pulling or drawing sensation caused by the hidden shortage. In the circumstance that a zone is in part hindered, the underlying appraisal will occasionally deliver both the pulling of the deficiency and the coldness of the layer made by the tight clog.

Irregularity: The fourth sort of signal or sensation you may get is awkwardness, caused when a specific region in the vitality field is not streaming in harmony with the entirety. One regularly discovers this around the territory of a dis-eased organ. (the organ is not at ease). A typical sort of unevenness delivers a region of static or sticks and needles, which is thorny and awkward to one's hands. In another sort of irregularity, the vitality appears in a chaotic or in a muddled way. Remember that the signs are not always completely clear; they tend to cover and obscure into each other. For instance, you may feel a territory of thickness, showing free congestion, which is sprinkled or overlaid with the pins and needles of turmoil. I have some of the time felt a cloudy sort of disturbance in the field, which could be marked as either blockage, awkwardness, or both. Consequently, one could state by and large that when you get a range that gives you any unmistakable unusual sensation, this is a territory that requires consideration since comprehensively any kind of issue puts the framework out of harmony. Energies should stream in an even, precise/coherent way; regardless of the possibility that just a single territory is obstructed, the framework all in all is not in harmony. The whole Healing Magnetism approach is an endeavor to re-setup unique coherence inside the field.



Using your hands parallel to each other you can lead them through your vitality field and pick up the above-described sensations. So, you lead the hands from head to toe, and you can easily pick up the different clues and sensations.

This will be natural difficult when you would like to test the back of your body. For the time being, I recommend you simply start with questions as outlined in Part 3.

Reflection. Did you give testing with both hands a try?

Let's now return to our general considerations. The human being is more than the body. Many scientists but still follow the materialistic approaches. Most scientists assume that only matter exists for most scientists, the human being is no more than the physical body. For materialist thinkers, cells-thanks to their genetic key –self-aggregate to form the physical body.

How we already explained is there, fortunately, a more comprehensive way to tell things. A human being is more than just flesh and blood, as he is an immaterial spirit incarnated in a physical body. Only the presence of the spirit can give life to the body. The spirit is protected by various finer coverings, which are put on during its descent towards Earth, each cloak corresponding to the increasing density of its surroundings. Together with the finer cloaks, the spirit is usually called the soul. The soul is not without form but likewise shows the human form. The soul is what already incarnates into the physical body at birth; when death occurs, it detaches itself from the body. The outermost fine-material cloak surrounding the spirit is the one connecting body and soul; this is the so-called astral body, already mentioned by many clairvoyants.

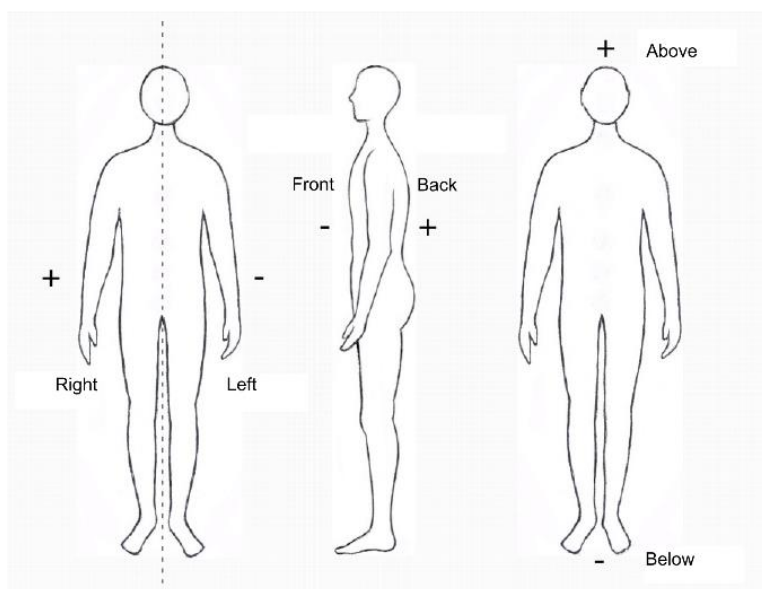
The astral body acts as a three-dimensional prototype for the physical body, its model as it were. Accordingly, the cells do not aggregate by themselves to create the body, but they rather conform to an invisible blueprint. Thus, while the organism develops, the pre-existing astral body is already active; it regulates the formation of the physical body, which will later adopt the same form. Moreover, it thereby ensures that the proliferating cells develop into the different tissues such as muscle, heart tissue, and nerve cells and so on. But its task is not limited to the formation of the body. It is also involved, via the meridians (of Chinese medicine), in the animation of the organs, as well as in the harmonious coordination of the various body functions.

When we talk about the magnetic field of a human being, we, therefore, speak about the field which develops due to the combination of the different radiations between the layers around the spiritual core.

Science already knows that the information transfer between cells happens in that magnetic field.

Any blockage in that field will lead to disturbed information transfer on a cell level. Energy does not flow anymore correctly due to the clouding or distortion in the magnetic field. This is why you will in every illness also be able to detect the block or distortion in the magnetic field of that person, or you will see that we can discover a block or distortion way before an illness can be diagnosed, which is so valuable for prevention of dis-ease.

To realign the proper flow of energies, we need to influence the blocked area with something that brings order back into the magnetic field, so that we can effect healing and a re-ordering so that proper flow can be re-established. First, we cleanse the area, and then we energize. The same as one mineral magnet effects another magnet strongly, similar are we able to affect the magnetic field of another human being. So, we use our own human body and hands as through our human nature we are like a magnet, we can affect the energy field of ourselves or another human being, and we can absorb higher level energy and transmit it to the area in need. Also, our body has specific polarities, and all our hand movements are adapted in a way that we also adjust to the correct polarity.



Left image: Body Polarities

The proper energy flow on the physical level can be disrupted by toxins from food or environment or other imbalances or malfunctions and diseases in the body, and in order to heal the body on that level, we need to remove these toxins from the physical body, or remove the imbalance that is caused by outside or environmental toxins or other medical attention might be necessary and it is vital we live hereby in harmony with the natural laws. The proper energy flow can but also mainly be disrupted from within, on the astral and the soul level, so from within also affecting the physical body. It can be disrupted by moods, negative emotions, trauma or long-term stress and the wrongful usage of spiritual power that effects a clouding and leads to a culmination of debris in the magnetic field that hinders proper energy flow. To influence the proper energy flow in a human energy field, therapeutic

magnetism is used to affect a cleansing of the aura and a strengthening of the body through the channeling of healing energy according to the principle of magnetism. In how far someone can guide on magnetic energy is dependent on his nature. There are indeed some highly gifted individuals who can give exceptional healing powers, and most people will not be that gifted. But with diligence and practice, everyone will be able to a bigger or smaller extent to beneficially effect the human energy field. This is also especially interesting to know to parents and can be a life changer to parents of Special Needs Children, as especially Special Needs Children can highly benefit from magnetic treatments that parents can give them regularly.



Please also watch <https://www.youtube.com/watch?v=vRUP4VDpc8s> produced by Edeltraud Grace

Please also watch the video about the Solar Plexus to grasp its significance <https://www.youtube.com/watch?v=0FzgbxIMMgl>

Reflection: What comes up in you in regards to the previous pages?

Order for disorderly cells

The information transfer between cells happens in the magnetic field. A Biomagnetic Healing treatment does not influence the tissues directly but harmonizes the magnetic field. Blockages which disrupt the natural flow of energy can be eliminated. The renewed circulation of energy manifests in a harmonious magnetic field, and therefore an excellent therapeutic magnetism treatment can tremendously accelerate the physical regenerative processes. Cell activity is activated and harmonized and the pace of the natural regenerative processes accelerated. Energy treatment is a very subtle and effective way to stimulate natural processes in the body.

Nevertheless mostly, energy blockages cannot be permanently removed by a single intervention, because they have a strong tendency to reconstitute – either because they are connected with existing organic damage, or because they have been formed over a long time and might still be kept up with lifestyle or attitude. It may then be necessary to have repeated energy treatments to disband the blockage completely or at least reduce it to an acceptable level and also lifestyle and attitude change



need to happen. Relief of discomfort or alleviation of complaints is therefore far from being healed-only in minor cases, such as functional disturbances, can an energy treatment quickly resolve conditions at the tissue level. Consequently, it is also beneficial when a client conducts self-treatments between sessions, or a parent conducts daily therapies on their ill child.

Energy harmonization accords with the individual activity of the organism, for example, in making more effective use of the regenerative capacity of the remaining tissue or the possibilities of the defense system. But of course, the body can regenerate only where something is not already permanently lost. Just as it would be absurd to expect an amputated limb to re-grow, one would not hope for organs that have been severely impaired by disease or aging to regenerate fully.

Every healing process is carried out using cell activity at the physical level. Strong, pure energy pressure can considerably increase the pace of the natural regenerative processes, which would ordinarily require weeks or months.

When energy healing does not work

Not everyone seeking help with energy healing is helped. The inner orientation is decisive. Someone is expecting the fulfillment of his or her wishes, perhaps even placing indirect demands or wanting to bargain, is much more distant from the healing energy than one who can open up in confidence and without reservation.

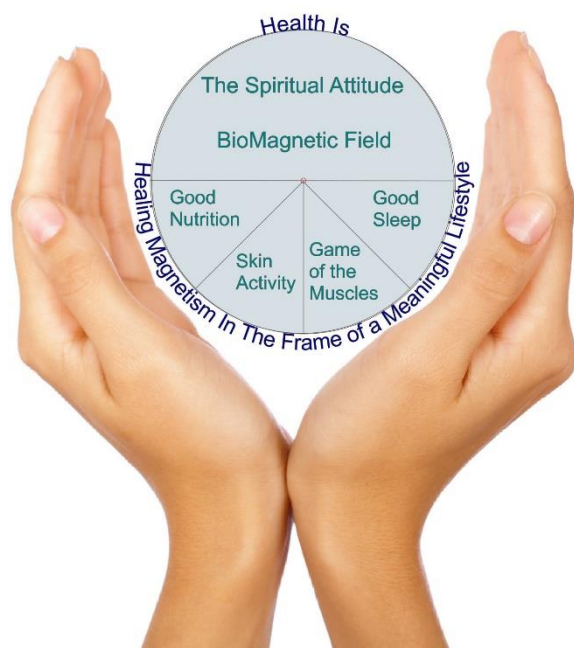
To be able to absorb healing energy requires a heartfelt request for help. This does not need any words but calls for an earnest perception that is linked with a willingness to uncover and eliminate the true **inner** causes of the complaint. Being relieved of symptoms and yet continuing life in the same mode that led to the illness in the first place will not bring a lasting recovery.

Healing Magnetism, in any case, will always have only Healing effects and no side effects and when conducted with love, gratitude and openness can not only help the one receiving the healing but also the one giving the healing.

Reflection: What did you learn in this book that was of importance for you?



Integrating what you learned in this Part 2 book



Ask yourself what you will integrate into your life about Unit 2

Practice unblocking/cleansing of areas that feel tense, areas where already dis-ease is manifested, areas of emotional blockages. Then practice absorbing energy and guiding it onto these areas.

Contact: www.healing-magnetism.com

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Part 3



In the following, I will introduce you to the basic methods of BioMagnetic Healing with Hands how I conduct it in my daily practice. Beforehand we will first summarise the essential aspects again.

Today, most people are aware that we can only perceive a small part of objective reality with our senses, and that matter is made of tiny, invisible particles. The origin of these “elementary particles” can best be described as “radiation.” Matter, thus the “material world” familiar to us, is from this point of view merely a form of radiation.

But we can assume that this radiation can manifest in different frequencies, that its vibration can also be considerably higher. Hence the essence of the “material” is radiation, which at a certain frequency exhibits specific characteristics that are familiar to us or to express it differently: **Matter is a form of radiation which is formed only at a certain reduced frequency or “cooling.”**

Its origin is Light

Where is the source of this radiation? If the material universe is its by-product, the result of a transformation or cooling off, the origin of radiation itself must lie outside the material world. The universe has its boundaries where, as a result of a lowering in frequency, the finest of all material structures begin to manifest – while no one definite elementary particle marks this boundary, yet a plane on which the wave character clearly prevails has come into existence.

It can hardly be imagined how many non-material planes arise in the higher-frequency radiation beyond the boundaries of the perceptible universe. Each plane is characterized by a definite cooling of radiation, thereby by a certain distance from the starting-point of the radiation.



The origin, where no human eye can gaze, is the **Light** – an eternal and inexhaustible source of living power, which, however, is impenetrable to us, because it lies far above our origin.

As unending and fascinating as the world that is perceptible to our senses may appear, it forms only a part of the gigantic Creation, which is formed from out of the radiation of the Light.

The radiation of the Light takes on the most diverse qualities with distance from its starting-point and separates into individual planes and species. This creates a chain of spheres which interact with each other.

The human spirit and the intellect

This overall picture of Creation is also important in recognizing who we humans are in our core of being. For the human spirit does not arise from the material world, but originates from a higher plane of vibration, the spiritual realm.

The work “In the Light of Truth – The Grail Message” by Abd-run-shin summarises the situation as follows: *“Spirit is not wit and not intellect! Nor is spirit acquired knowledge. It is erroneous, therefore, to call a person ‘rich in spirit’ because he has studied, read and observed much and knows how to converse well about it, or because his brilliance expresses itself through original ideas and intellectual wit.*

“Spirit is something entirely different. It is an independent consistency, coming from the world of its homogenous species, which is different from the part to which the earth and thus the physical body belongs. The spiritual world lies higher; it forms the upper and lightest part of Creation. Owing to its consistency, this spiritual part in man bears within the task of returning to the Spiritual Realm, as soon as all the material coverings have been severed from it. The urge to do so is set free at a very definite degree of maturity and then leads the spirit upwards to its homogeneous species, through whose power of attraction it is raised.

“Spirit has nothing to do with the earthly intellect, only with the quality which is described as ‘deep inner feelings.’ To be rich in spirit, therefore, is the same as ‘having deep inner feelings,’ but not the same as being highly intellectual.” (Vol.1 “Once Upon A Time...”)

The human spirit is, therefore, the core of human nature, it is the animating force within us and can by its nature absorb radiation from higher spheres. This source of inspiration and help issues forth as intuitive perception from the depths of our inner being, independently of our external sensory perceptions.

But let’s just keep this in mind that by our nature we can absorb radiation from higher spheres. Therefore, to conduct Healing Magnetism when we absorb radiations from higher spheres and guide it on to where it is needed is something that is indeed a natural ability. Just be aware that some people are highly skilled in that regard and others not that much. But with practice,

everyone can indeed via opening and absorbing also guide on radiations that are beneficial and affect the energy field when practicing Healing Magnetism.

While the spirit is the core of a human being, the intellect is, in contrast, merely a product of the human brain, therefore of the material world. The brain has the task of receiving impulses emanating from the activity of the human spirit and making this reality in the material world. But nowadays, the intellect, for the most part, is accorded the highest place, and the brain itself is usually considered the only source of stimulation; it dominates the person and ultimately makes him incapable of perceiving the more delicate stirrings of a spiritual origin.

Many people erroneously consider the important physical instrument, the brain, as their core of being, as the true ego. In following only, the impulses of the brain or intellect, human values of the heart and the spirit are lost.



The connection of spirit and body.

The human spirit, the actual ego, is not directly connected to the physical body. Between our spiritual origin and our physical body, there are vast differences that preclude a blending of the two species. Between spirit and body are therefore some “coverings” of different species which the human spirit acquires on its way from the spiritual realm down to the material world. In the process, these coverings grow ever denser with increasing distance from the spiritual origin of the human being, until finally in the world of matter the last two coverings – the ethereal and the physical – cloak the spiritual core.

Ethereal matter, generally called the “beyond,” is still part of matter, but of an entirely different consistency, a more delicate species than gross matter. This condition makes possible the reciprocal permeation of these two worlds, which join into a unit – *matter*, where the human spirit at the beginning of its wandering matures to consciousness. The human spirit in its ethereal covering, but without the physical body, is designated *soul*.

In a particular aspect of its development on earth, the human spirit is meant to be a mediator of “cosmic radiation,” somewhat like a floodgate, through which constructive spiritual knowledge and harmony flow down to the material realm, which latter is in this way ennobled and uplifted.

This also includes Healing Magnetism, we are a mediator of cosmic radiation. In Healing Magnetism we can also practice that, as unfortunately the human spirit has frequently not fulfilled this task of being a mediator and squandered the power bestowed upon it in satisfying earthly cravings.

The “astral body” and the “chakras.”

The so-called astral body is the link between the ethereal soul and the physical body. It forms the bridge between ethereal and physical matter. The astral body does not, however, arise from the physical body, as is sometimes believed. It is no copy of the physical covering, but a separately functioning unit, which is connected to the physical body. With a limb amputation, for example, the corresponding part of the astral body is not removed. This is why pain is often experienced where the severed limb used to be.

The astral body is formed before the physical body and is, therefore, a model and prototype for the latter.

On the intermediary level between the physical body and the astral body energetic organs are formed, called “chakras.” Because the astral body in its species stands close to the physical realm perceived by our senses, these chakras are seen by some people. Naturopaths with this ability can make use of this perception for the benefit of their patients but also we in Healing Magnetism treat the chakras.

The physical body develops jointly with the astral body, which the transformations of the chakras best document – depending on the age of the person (The chakras of a child are different from those of an adult). Not only the adult or child’s body has an astral model, such already exists for the earliest stages of the human fetus.

The entirety of binding forces

The binding forces that make one a complete human being of spirit, soul, and body are the radiations of the spirit, the astral and the physical body. These three sources of radiation exhibit a magnetic power of attraction. Magnetism is a general phenomenon of radiation, which makes possible the union of individual particles and the creation of larger units and forms.

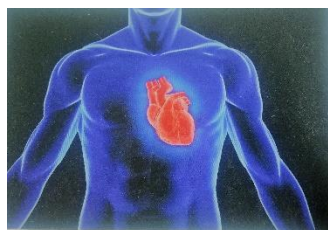
The essence of the matter is radiation, with specific characteristics at a certain frequency.



As we also discovered in Part 1 book, does the right nourishment also play a decisive role in health. Eating errors can weaken the radiation of the body as well a generally unnatural lifestyle.

Spirit, astral body and physical body with their radiations, therefore, ensure the maintenance of human existence, as we know it on earth.

In this, the astral body represents a link that is affected by the radiation of the physical body on the one hand and that of the spirit on the other. Therefore, it mirrors the condition of the human body as well as that of the spirit.



A holistic medicine must assume that the body with its organs represents only one level of our being. The spiritual core of being is decisive for the ‘whole person.’ The radiation of the spirit and the physical body influence the astral body.

In the course of one’s existence, a weakening can occur in radiation. In most cases, this happens to the physical body due to an ailment. But

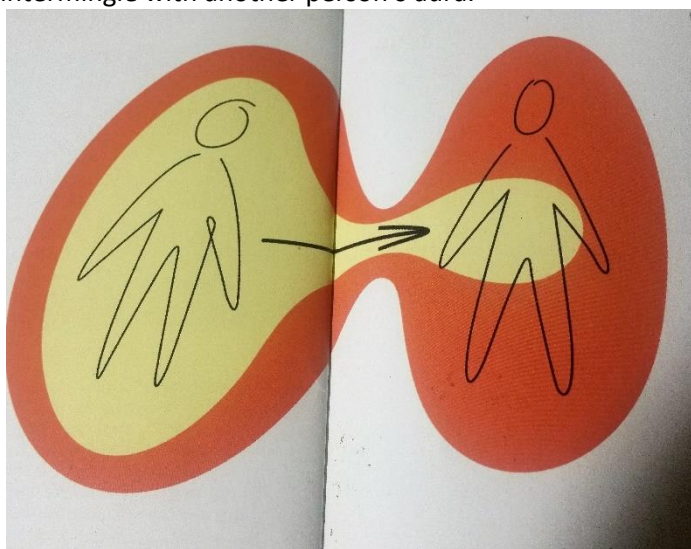
the weakness can also emanate from the spiritual side, which manifests in a reduced zest for or lack of will to live.

Aging naturally causes a weakening of the union of radiation and finally to interruption, which means death for the person.

The astral and the physical body disintegrate after death, as they cannot continue to exist without the radiation of the human spirit, under the influence of which they developed in the first place. The necessity follows that each person should look after his physical body so that its radiation is kept strong –for instance by eating health-giving foods and avoiding the wrong lifestyle in obeying to the laws of the body (muscle movement, skin care, proper sleep and proper nutrition). But also the application of Healing Magnetism can be a help to keep the radiation healthy.

Most important for us is that we seriously engage with the life of the spirit, because the inner level determines the nature of the spirit's radiation and in addition to that also the firmness of its connection with the body. And the more cosmic energy we can absorb, the healthier our body.

How can we transmit such cosmic energy to another person when we want to give Healing Magnetism to a sick child or a relative or friend? Here we need to understand that our aura can intermingle with another person's aura.



When two people meet each other, an exchange of energy takes place. The aura becomes a channel through which energy flows from the place of its abundance to the place of its deficiency.

Therefore, the most essential thing in Healing Magnetism is that the person giving the healing is of better health than the person receiving the healing.

In Healing Magnetism, we but do not get drained with the energy exchange as we are a Channel and mediator for higher energies. To get there, it needs practice,

and in the following, we will start it. First in self-help and then treating family members. (For anyone who would like to learn Healing Magnetism in great depth we recommend our internationally accredited Practitioner Training. www.healing-magnetism.com)

Preparing your Healing Space

Important for us in self-treatment and when we treat family members, or friends is to prepare our **Healing space**. Make sure you can enjoy your treatment without disturbance. You might want to light a candle and start with a short Prayer while opening to the Healing Power. Prayer is here the natural expression and tool of the spirit which is open to receive Healing Energy and then we just trust and absorb it. I personally never conduct a Healing Session without Prayer.

As a suitable location for where to have treatment is wherever you feel well, and you can also find a peaceful space in nature, near water, on a mountain, in a park. Nevertheless you can give Healing Magnetism everywhere as the Power that streams through Creation can be accessed from everywhere and it is up to your own ability to open to it, what you can absorb.

Keep it simple and remember that everything lives from the spiritual Power that streams through everything. The nature of the human spirit is like a lens, and we can absorb the power and guide it on with our thoughts to where it is needed for healing. We do not need anything more then to ask for the healing light and then to visualise the healing power to stream into our hand and envision how it is guided onto where it is needed. That can be done in all simplicity and only requires from you a heartfelt prayer for help and then your trust. The first step is simply to give it a go.



Healing Reactions

After a BioMagnetic Healing treatment, many people can experience a healing reaction in the frame of the first three days after treatment. These healing reactions can also feel at times as if things get worse. Negative feelings or physical symptoms intensify. But these reactions are not side effects; they are the first indication of the healing process, comparable to the term aggravation of homeopathy.



Just as a numb or paralysed limb that is suddenly re-enlivened or a painful, long-repressed thought that resurfaces in your consciousness can create pain or hurt, these shifts can cause you to experience discomfort. Just as there are waste products to be expelled by the physical body during a healing crisis, so too is there psychological waste that you must become aware of and release.

It is crucial to understand this phase of perceived worsening as a positive step in the healing process.

As a general rule, you should accept any reaction, try to take in the experience as consciously as possible, and go along with whatever need arises. Let it come up and flow through and out. Indeed, it's the purpose of this reaction to help restore the energetic equilibrium. During these times plenty of rest and the drinking of lots of water can be beneficial. Additional help can be the application of EFT (Emotional Freedom Technique see Bonus course) or the taking of Flower Essences adapted to the country where you live.

During the first three days you may experience either positive feelings or negative feelings:

- Feelings of being set free, of happiness, lightness, or being uplifted, which are expressions of the new connections with your inner physician, inner guidance.
- Increased everyday activity; you begin a project that has long been delayed
- Increased interest in exercising or getting out into nature
- Inner unrest, irritability, or dizziness as expressions of your inner struggles.
- Increased need for rest and sleep, particularly if you normally need little sleep-the inner work you are doing takes up a great deal of extra energy that is no longer available to your physical body.
- A desire for cleansing: taking showers, fasting, and so forth
- Bodily cleansing in the form of sneezing, diarrhoea, frequent urination, swelling of lymph nodes, or sudden rashes (your body is responding on some levels to the shifts initiated by the new order in the magnetic field)
- Reduced desire for stimulants such as coffee, nicotine, and alcohol.

Stronger reactions are to be expected with simultaneous fasting or use of therapies that work with subtle energies. In these cases, it is recommended that you wait until your subsequent treatment until all reactions have subsided.

People also often become insights through their dreams.



The content of dreams might be the most interesting to observe because it shows most clearly the working of Inner Guidance. Often after the first few treatments, people will react with a symbolic dream. Analysis of hundreds of such dreams show three main recurring patterns:

-A basic personal conflict is presented symbolically- for instance, you are trying to find the central bus station but can't locate it.

-An inner cleansing process is expressed metaphorically-for instance, you dream of a large number of washing machines doing your laundry in the basement

-A blocked personal potential is revealed- for instance, you dream that you discover a new room in your house that you've never seen before.

Observing these symbolic expressions in dreams makes it possible to recognize developmental and consciousness-building processes at an early stage. Not only do dreams show your current state, but they also suggest the direction in which you should look for your next step.

(Text about healing reaction is inspired by Mechthild Scheffer, The Encyclopedia of Bach Flower Remedies)

The right attitude in self-healing sessions and session for others

We always start a healing session in becoming fully aware of the other person standing or sitting opposite of us. **We give the person respect.**

The same you should also do when you start a self-healing session. We stop for a moment and become fully aware of ourselves. Perhaps you can recognize that there is a child of God. Perhaps you can also recognise the wonder of your life and body.

Then we can open to Spiritual healing energy. It is about our inert tuning towards God. Then we relax when we lay our hands on. You indeed do not have to dislocate yourself to treat areas in hardly to reach places as what you will find is that all can be accessed via your chakras. When you have pain in the back, you can lay your hand opposite on the front and treat yourself that way. At the end of the treatment, you say a "Thank You" for the Healing energy and the healing.

With self-healing, we can have the opportunity to practice the right attitude that is also beneficial to have when treating our children or partner or friends.

We open in **PRAYER** for the spiritual healing energy, and we experience ourselves as a **CHANNEL** or **INSTRUMENT**. We need enough **TRUST** to open for the healing energy, and as we do not know how the healing energy will affect us, we are in the space of simple and humble opening and a state of **not 'knowing.'** Let us then stay open for that space for a moment, consciously and with full trust. Additionally, we can practice **GRATITUDE**. For what can I be grateful for in the situation that I find myself in in my life? Am I able to be grateful also for small improvements?



PATIENCE. That principle is also in self-healing important for us. How patient am I with my body? How does it feel like when I am patient with my body? Another principle is here naturally also **LOVE**. Can I love myself when my own body does not function the way I would like it to function? How does it feel like if I feel empathy with my suffering? Do I have the same sensitivity and care towards myself than I have for other people who are also suffering an illness? When we are in contact with the love and empathy towards ourselves, and we also can give it easier to other people.

Laying on of Hands is a path of practice.

We will experience times when it goes easily to open up and to let go, to be patient, trusting and loving and other times we find it hard and almost impossible. Laying on of Hands is like a COMPASS. It always reminds us what is healed and light in us and eternal. We open to the Power of Love and healing happens on that level that is possible.

Reflection: What are the essential attitudes during a Healing session?

Let's now go through the individual treatments in a moment. Which treatment do we need? We will here ask ourselves some questions or lead our hands through the other person's or our own energy field and simply sense where a treatment is needed.

Self-treatment methods

Hands and Feet treatment

What I found over the years is that the first area I always test/check are the feet and the hands. When energy is not flowing through your feet properly, it will effect the entire body. So, what you can do is to simply start with the treatment of the feet as a matter of fact.

Also to treat the energy field of the hands, I mostly do that, before any other treatment. Especially when I treat people who go through serious diseases, or are very tired and weak.

When you conduct your own treatments in that regard, the simplest way is to hold your hands polar to each other. So hold your hands polar to each other for 2 to 3 minutes and simply become aware of the flow between both hands and how right and left side is slowly balancing out.

In regards to your feet. Pray for the absorbtion of Healing Light and simply hold your feet. Right hand on the bottom of your feet and left hand on top. Hold until you have a sensation of a saturation and completion, then continue with the next treatment.

We check then what else we need.

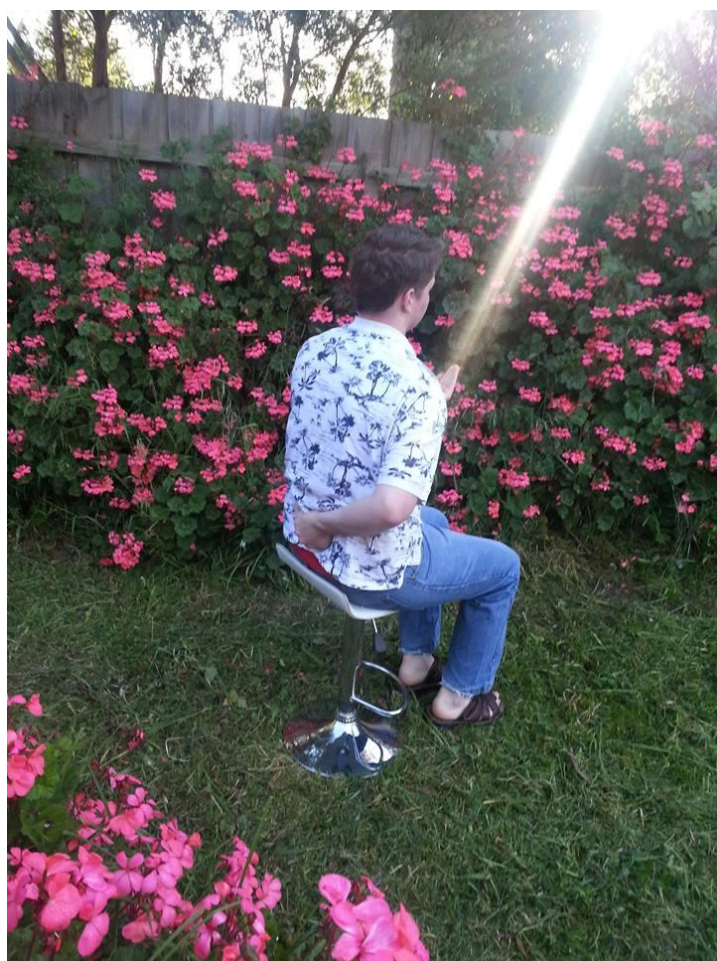
Ethereal Bridge Treatment

Questions you might want to ask yourself to establish if you need an Ethereal Bridge Treatment.

Did I experience long-term or short-term stress?
 Have I experienced shock or fright or grief?
 Do I feel out of sorts?
 Do I have a long ongoing inner conflict?
 Do I feel correct in my body or not?
 Am I completely exhausted?
 Am I traumatized?
 Am I very ill?

With this treatment, we work on the ethereal body-astral body level and also support a proper radiation connection between these levels.

To absorb the healing light, we ask for it in prayer.



Then place your right hand on the sacrum area on your lower back, the way you can see on the left image where Maximillian, my son, is conducting the Ethereal Bridge treatment on himself.

The left hand is angled from the body and opened towards the ceiling (sky) in a receiving manner. Pray towards Above for the Healing Energy. Trust and absorb. Visualise the Healing Light coming into the open left hand. (Picture on the left is actual sunlight which just happened to be like that when we took that photo)

The left hand receives white light energy, which the right-hand passes into the area of the spine, where it can now have a healing effect on that area which is also located around the Governing Meridian. Keep your attention on that area. Visualise the light energy and how it saturates the whole area where you focus on. Visualize how each cell in that area

absorbs the healing light. Keep treating that place until you have a particular sensation that the area

is “done,” completed and feels harmonious. Then go to the next area on your spine, one hand length upwards.

After a certain time when you have reached the feeling of saturation/satisfaction (5 minutes at most and usually it is shorter than that), with a feeling of gratitude change the position of the right hand a place further up, by about the length of one hand again. It is better to work slower than quicker. You have your full attention on channeling the healing light.



You work up to the nose energy field. Step by step. It takes as long as it takes. Any hard to reach places you can work from the front of the body, while visualising that the energy goes into the area on your spine. This is important to know for many people who find it hard to work on the back in self-help.

The areas you cannot reach with your hand, you can also hold up a hand and visualize how the energy streams towards the targeted regions. The targeted will direct the energy. One area at a time. The Healing Light will follow your will and focus.



Holding hand up and visualising the energy streaming into the targeted area.



You can additionally treat the area on the back opposite the spleen. Here only highlighted, so you know the approximate space. Follow here your intuition. Does it feel right to also treat that area? If yes, simply trust your hunches.

Stay at each place until you have the sensation of a saturation/satisfaction/harmony and order.

The Ethereal Bridge treatment is a very beneficial treatment which you also can regularly do before falling asleep.

Institute for BioMagnetic Healing with Hands - Copyright

Here we also repeat the simple guidelines for hand placement.

Left hand held upwards and open towards above is receiving energy. The left hand is magnetic –

Right hand placed onto where it is needed, is guiding energy into the tissues and cell field.

The right hand is magnetic +

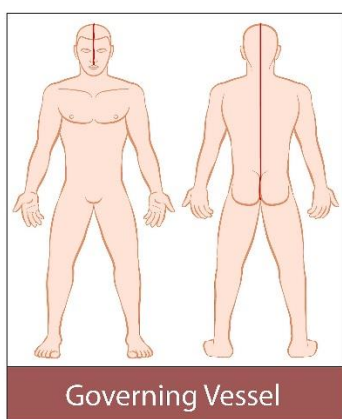
Relevant here is that **Energy flows to where attention goes**. Have your intention and attention on what is happening and on the place that needs treatment at all times.

Reflection: How did this go for you?

For many people starting to practice will take some effort, but once you have done it a few times it will become second nature. When in doubt book a Skype session with me. Whoever has purchased the three books can have a free 15-minute Skype session with Edeltraud Grace. info@virtuosity.net.au This is a little gift from me to you, as sometimes it simply needs some short guidance to get into it.

Do not stop too early. When you have the sensation that there is still something darkish (for visual people), or not correctly flowing (for kinesthetic people), not yet feeling right in that area, continue with a complete sense of patience until **all these sensations**, reactions have subsided, and you have an impression of saturation, and the treatment feels completed. Any feeling of uneasiness or feeling unwell is a sign the procedure is not yet completed in that area. So do not worry if you have weird sensations. Literally it is for you a feedback that the area is in the process of balancing out. But when you stop then, the disturbance will most likely reinstate again. So continue until all sensations have seized.

Conduct the treatment starting on the sacrum and ending on the nose area. Or you are ending on the neck or back of head. Follow here again your own hunches.

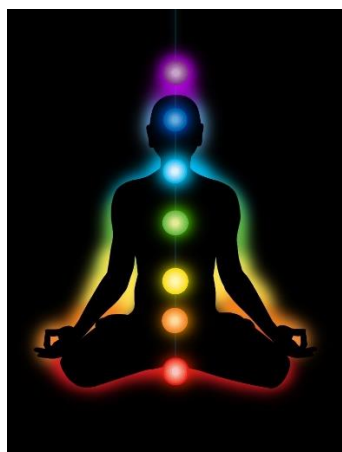


With the full treatment, we follow the Governing Vessel Meridian.

Extended Ethereal Bridge Treatment.

This extended healing treatment brings harmony and order into the nervous system, digestive system and into the tissues. It is beneficial for tumor patients as well. Start treatment like explained for the basic Ethereal Treatment on Sacrum and then working upwards along the spine. You can also treat left and right side of the spine with Healing energy. This can be naturally tricky in self-treatment, but you can always treat the spine also from the front. Here your intention is on letting the energy flood deep into your tissues to the area on the spine but holding your right hand on the front side of the body.

Then after you have concluded the first part of the Extended Ethereal Bridge Treatment straight away conduct the Chakra Treatment working on the front of the body focusing directly on the Chakras. There are seven chakras which we will treat. (For more info about Chakras or anything here, please enroll in the accredited Practitioner training) Start always from the Root Chakra working upwards. We cover the Chakra Treatment next.



Reflection. Are the explanations clear to you and can you conduct such a self treatment? Or perhaps go through the explanation again. Sometimes what is missing is simply to give it a go, as then you will experience that it is not so difficult at all.

Coloured Light Chakra Treatment

It can also be a standalone treatment. Here the following questions you can ask

- Do I feel depleted in some specific area of my body. In the area of a specific chakra?
- Do I need more color in my life? Is a colour missing? Do I long for a specific colour vibration?
- Do I feel unbalanced in some areas of my body? (Often the Chakra treatment will then also effect the general physical area)
- Do I just sense I need this treatment?
- Do I suffer under a serious dis-ease? (Chakra treatment can have a deep healing effect on the cells of our body)
- Do I have specific emotional issues that also relate to a specific Chakra?

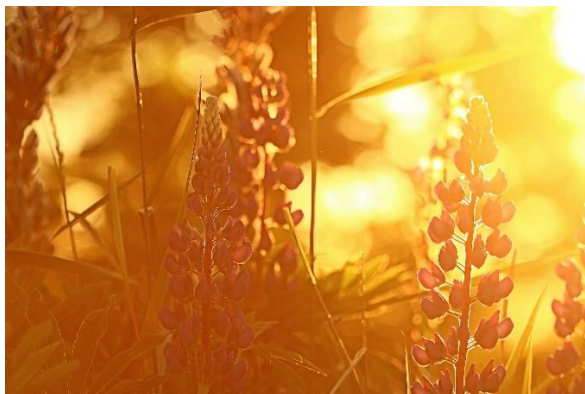
The left hand is open and palms facing up for taking in the respective color frequency that you then also are visualizing. First, you ask in prayer for that color frequency, and then you envision. The right

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hand is about 5 cm above the area or lying on the area, directing the respective color's spectrum into the responsible chakra. The colours of the flowers in the following are only examples. Perhaps the specific colour you are opening to will be slightly different. Trust here in what feels right for you.



Root Chakra Colour Red: Open left hand to receive red color vibrations. Let it flow onto the root chakra, over pubic bone until you have a sensation of warmth or that it is enough.



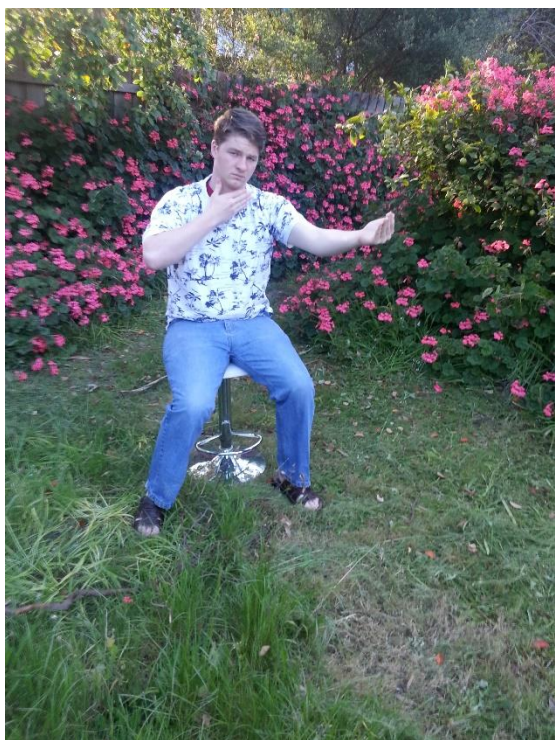
Navel-Chakra- Sacral Chakra-Colour Orange. Hold right hand between the navel and pubic bone.



Solar Plexus Chakra – Yellow. Hold right hand between navel and end of your breastbone.



Heart Chakra- Colour Green or Pink. Hold your right hand above the heart.



Throat Chakra- Colour light blue. Hold your right hand above the throat.



Third eye Chakra –Indigo. Hold your right hand above the forehead.



Crown Chakra – Colour Violet or White. Hold your right hand above the top of the head.



Where a large quantity of the respective color frequency is needed you will begin to experience a deep warmth.

Reflection: How did the Chakra treatment go for you?

Intuitive Perception Empowerment Treatment

Questions to ask yourself:

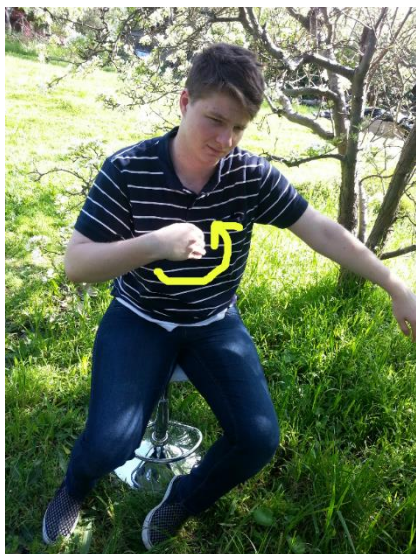
- Do I have exam nerves?
- Do I feel emotional strain?
- Do I feel pressure in the head, dull headache?
- Do I feel an inability to concentrate?
- Do I experience mental overload?
- Am I not sure what is right or wrong?
- What is my intuition telling me? Do you feel confused about it?
- Do I just sense that I need this treatment?
- Am I diagnosed with a mental dis-ease?

With this treatment, we first unblock and energize the solar plexus area and then the third eye area. Also on forehead and eyes unblocking and energising, as well as energising of back brain area and then we conduct the Intuitive Perception Empowerment treatment. This treatment is very helpful and we literally area adapting our hand placements to encourage the proper flow of energy between Solar Plexus to back and frontal brain and visa versa. The importance of this bridge is in my view nicely explained in this video. <https://www.youtube.com/watch?v=0FzgbxIMMgI>

Also here start with a Prayer and visualize in the forefront what you are about to do. You are setting the scene. Become aware of how crucial it is that the connection between solar plexus, back and frontal brain and vice versa flows unhampered and then focus on each step of the treatment individually. Via this channel our intuition works, our spirit speaks to us via this bridge. Therefore, this treatment is vital for each human being, but also especially helpful for children experiencing autism or other developmental dis-orders.

When you perceive a blockage in the Solar Plexus energy field, conduct counter-clockwise circles above your Solar Plexus for cleansing. Do that until you feel a sensation of a certain relieve. Do it slightly longer than shorter. (Longest 5 minutes) Also here always remember to keep your attention and intention on the area that needs treatment. While you conduct cleansing become aware of whatever comes up in you or your body/soul/spirit. Often when blocked energy gets released, emotions, memories, feelings come to awareness. Let it come up and flow through you and out. Here while we unblock, the left hand is holding downwards away from your body and it acts as a lightning rod or vacuum tube that leads blockages outwards, away from you. The way we already practiced in Book 2.

The right hand is conducting counterclockwise movements. In self-treatment visualize a kitchen clock lying on your tummy with the number 12 showing towards your feet. Conduct counter-clockwise circles until you feel a significant relief in that area. It can be that while you conduct unblocking you feel it in your circling or releasing hand, as strain, pressure, tingling, etc. This is a feedback that shows you the intensity of the blockages released. I often then also shake out my hands during unblocking treatments. When these sensations subside, it gives you valuable feedback that the cleansing is completed. You can do this exercise lying down or sit or stand up.



Counter-clockwise circles above Solar Plexus as long as it takes or approximately for 5 minutes.



Then energize solar plexus with healing energy that you have asked for in prayer. You absorb the energy via your left hand and continue until you have a sensation of saturation in that area. You can here also energize with a bright and warm golden light for which you can ask for – absorb and guide into the Solar Plexus area. Left hand here is holding upwards in a receiving manner. It absorbs the energy, and right hand is guiding it onto and into Solar Plexus region. You let it just flow, so you are not forcing it to flow intellectually.

This is important in general. We are not intellectually visualising the energy but we pray for it and only then we envision it how it flows into us and we guide it on.



Then test your forehead area. Does it feel blocked? If then cleanse forehead with counterclockwise movements. You can focus on the third eye area or/and also around both eyes and also towards the top of the head.

So at this step, we conduct a cleansing of forehead/third eye area, top of the head also again with counter-clockwise movements above the area with a right hand and the left hand leading downwards away from the body and acting as a lightning rod/discharging tube. You can also focus above and around the area of both of your eyes and conduct the cleansing in these areas.



Then ask for healing energy for your forehead, absorb and channel on and continue with energizing until you have a sensation of fullness/harmony in that area. (Approximately 5 minutes). You can also flood your forehead with indigo, white or violet light. Here again, the left hand is now held upwards

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in a receiving manner, and right hand is either placed on the forehead or hold in front of the forehead with a distance of approximately 4-10 cm and guides energy onwards to that region.

Then the treatment on the energy bridge between the solar plexus, back brain, and frontal brain can start

Here we treat the radiation connection between Solar Plexus, back brain, and frontal brain again. The necessity of a proper usage of these physical areas is in depth explained in the Grail Message to us. (www.grailmessage.com)

Ask for Healing Energy and absorb it. Visualise it streaming between both of your hands while conducting this treatment. You also can ask for golden white light and let it flow either direction where you are treating.



Right Hand is placed on the Solar Plexus and left a hand on back brain area or hovered above these areas. Conduct this treatment until you have a sensation of proper energy flow.



Here left hand is placed further up the head to cover all parts of the brain.



Here the left hand is placed on the frontal brain up to where the hairline starts. Visualise energy stream between your right and left hand and vice versa, until you have a sensation of proper energy flow between both hands.

Visualise how the channel between Solar Plexus, back, and the frontal brain is cleansed and energized with healing light. Visualise light streaming from right to left hand and vice versa. So energy streaming in both directions.

When you feel blockages between Solar Plexus and the pathway to the brain/s conduct sectional treatments starting on Solar Plexus with energising via the right hand, left hand is hold up for receiving of energy. Then one hand length higher up on heart chakra field, here energising until you have a sensation of proper energy flow. Continue with the throat chakra and then forehead chakra and then return to the above stated treatment again.

Reflection: How was that self-treatment for you?

Transition treatment

The Transition treatment is generally conducted after each full self-treatment session. It helps the person transition back into day to day life.

So the questions you ask yourself:

- Did I just conduct another or several other BioMagnetic Healing treatments?
- Do I need a short stress release?
- Do I just sense that this session is right for me?
- Does the session come to an end?

You can simply brush with both hands from heads towards your feet and hereby smooth and further cleansing your aura.



Cleansing and harmonizing brushes from the head

towards feet. **Never the other way around.**

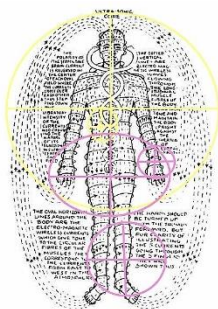




Do that a few times. Then you THANK for the Help you have received during the session, and then you take a rest for 10 - 15 minutes approximately or more extended with closed eyes.

Polarity treatment

The name Polarity treatment comes from a method developed by a Dr. Stone. (Pic left adapted from a Dr. Stone image)



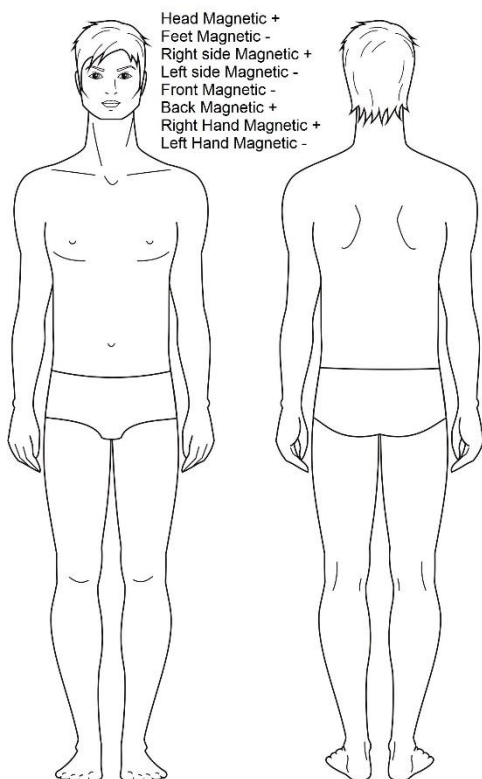
We need balanced Polarities in the energy field of our body to keep healthy. When the right leg is weaker than your left leg, you will feel hampered. When there is no balance between the head and feet, you will feel it. Simply there needs to be Balance all the time, be it in nature and be it in our body or our BioMagnetic field. With the Polarity treatment, we do bring back this Balance. The Polarity treatment reminds us also that it is vital in our whole life to keep a balance between giving and take.

Everything grows from the inside to the outside. Therefore, any healing also starts with the inside. Thus also in Healing Magnetism as such, the healing effects first change the inner levels of a person, and it might take some time until you can observe the physical changes on the outer levels. For chronic conditions generally, give yourself and another person at least three months of regular treatment until you might see some tangible improvements. For acute situations you will often find the effects of the treatment are experienced quicker.

Questions to ask:

- Do I feel unbalanced?
- Do I feel ill?
- Do I sense I need this treatment?
- Do I have mood swings?
- Does my left body feel different from my side of the body?
- Did someone recommend this treatment?
- Do I feel not correctly in place?
- And so on – the polarity treatment is always an excellent treatment to conduct to start or end your day in balance and harmony.

The Polarity Treatment



Right=+

Left = -

Front = -

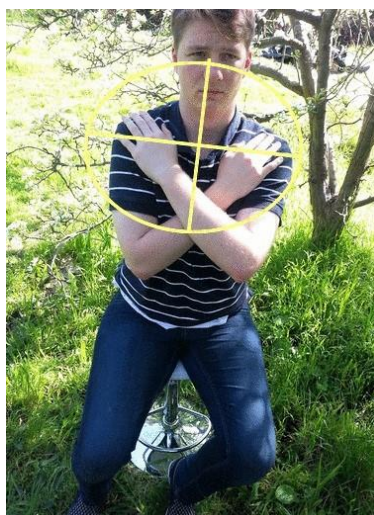
Back = +

Above = +

Below = -

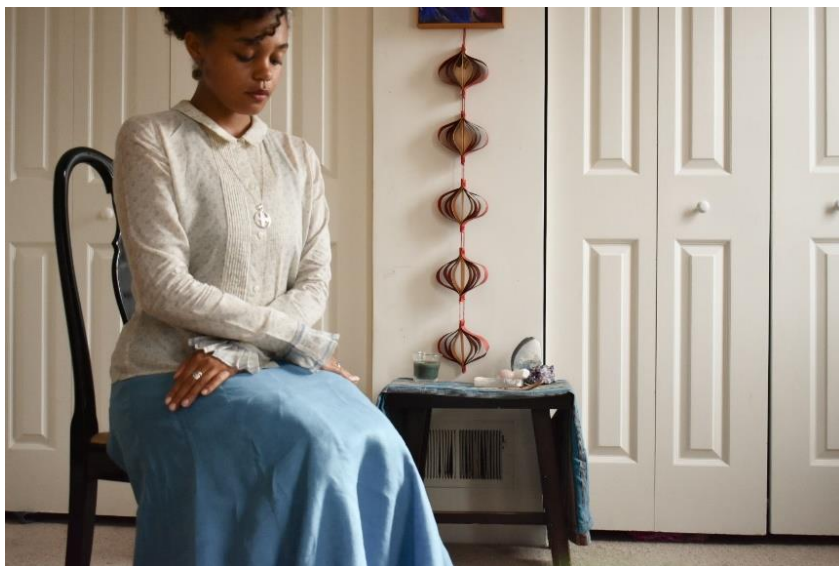
Right hand= +

Left hand =-



First, we pray for help and visualize ourselves standing in a stream of light. Then we start with the treatment. Wherever you focus your treatment on you can envision a Circle with four quadrants should you like. The vertical midline always aligns with your spine direction. Then in self-treatment, you always treat with the opposite polarity hands.

Polarities can be treated on every single part of our body.



Polarity balancing for the right and left side of the body. The right side of the body is M+ (Magnetic +), and the left side of the body is M-. Therefore we balance with a left hand that is M- lying on the right side of body M+, and right hand M + lying on left side of body M-. Here in that photo of Kira Sanchez, she conducts treatment on her upper thighs.

First pray for energy then visualize energy flowing between both hands through the area between the left and right side and vice versa. Your thoughts guide the energy to where it is needed. Continue until you have a sensation of proper energy flow or conduct treatment for approximately 5 minutes.

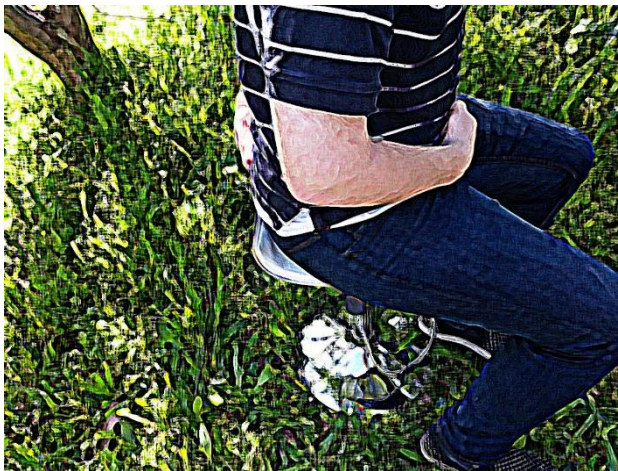


Polarity balancing for the right-left side of the body. Solar Plexus level. Right hand (M+) on the left side (M-) of body and left hand (M-) on the right side (M+) of body.



Upper chest area. Polarity balancing for right-left.

Right hand (M+) on the left side (M-) of body and left hand (M-) on the right side (M+) of body



Front body and back body Polarity balancing

The front is M- and Back is M+. Therefore, we take right hand M+ to the front and left hand M- to the back. Here lower abdomen and left hand is placed opposite on the back.

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Please note. The left hand, the palm of the hand is turning towards body letting energy stream into the body.

Front body and back Polarity balancing. Solar Plexus.
Right hand M+ on front M- and left hand M- opposite on back M+



Front body and back body polarity balancing. Upper chest. Right hand M+ front and left hand M- back.

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Polarity balancing Head which is Above and M+ and Below M-

Left hand M- is laid on the back of head M+ and right hand M+ is laid on sacrum M-. Also, here again, visualize energy/ light streaming between both poles after your prayer and hold that position until you have a sensation of harmony and balance.



Polarity Above (Head) balancing M+ and Below M-.

Here on front body and again the left hand is placed on head up to end of the hairline. The left hand is M- and Above is M+. Right hand M+ is laid on lower abdomen M-. Visualise light streaming between both hands after your prayer. Keep that position until you have a sensation of harmony and balance.

This treatment is very beneficial to either do at the start or end of your day or whenever you feel ill or out of balance.



You can extend that treatment for the entire length of the body or also left hand to right hand as well. In reality are the Polarity full length as head and feet and right hand and left hand.

1. Reflection: How was the Polarity self-treatment for you?

The Polarity Treatment can be conducted on every part of our body and naturally also on specific organs that might be weakened due to ill health. In self-help you can simply practice standing with the two hands polar to each other. Stay in a standing position until you feel no more reactions. (Reactions are sensations you feel, that can be anything. Feeling unbalanced, tingling, pain, shaking etc. It also can be emotional reactions, for example sadness, anxiety, memories coming up etc.)

Healing Radiation bath



Healing Radiation Bath

In self-treatment, you open in prayer for the Healing Light and visualise how your space is filled with that light. For example your space might then be filled with white golden light. You intend to preserve that space during your healing session. You are staying in that space which you visualize flooded with white-golden light. Light orders and magnetizes. Then you just “be” in that space and wait and allow what happens. When we allow our inward spirit to take the lead, it will always guide us to what we were missing, what we need, as long as we do not intellectually suppress such a process. Stay in that space for a minimum of 5 minutes and just become aware of what is happening.



2. Reflection: Have you practiced a Healing Radiation Bath? How did it go?

Organ field and Pain origins treatment

Organ and Pain treatment are conducted very similarly.

Organ field and Pain origins treatment: You can treat any organ in your body with Healing Magnetism. Only be careful with the heart as here you should never conduct counter-clockwise movements on the heart.



One of the most important aspects is that you are fully present and feel what is going on under your hands. **In Healing Magnetism it is not first up about a particular technique but our openness and absorption of the Healing Power and the guiding it on to ourselves or others.** I have known people and I also do that sometimes who all they do, is lay on their hands and say a Prayer, for example the “Lord’s Prayer”.

Do not directly treat the heart but you still can indirectly address the heart. This applies to yourself or treatment for clients.

Heart: A lot of clients who have problems with the heart show blockages in the shoulders. Therefore focus on these areas also in self-treatment on yourself. With heart troubles also always conduct an Ethereal Bridge treatment first.

Another area to keep your attention with problems of the heart is the Solar Plexus area. Here you will often find blockages.

Liver: The liver can be treated like every other organ. First, you conduct a cleansing above and around the liver area with counter-clockwise circles of the right hand. The left hand is away from the body, downwards and acts as a lightning rod.



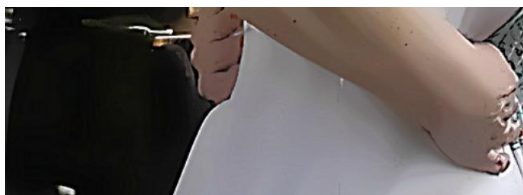
From your position always visualize a kitchen clock lying on your leg, and the 12 is pointing towards your feet. Then it's easy to know the counterclockwise and clockwise movements. Counterclockwise means cleansing and clockwise always means energizing. Then there are several possibilities to treat the liver.

You can hold your right hand on the liver directly or slightly above the liver, and with the left hand you absorb energy that you guide onto the liver area via the right hand. Conduct that treatment until you have a sensation of fullness of energy or well-being.



You can also treat the liver and any organ according to the polarities.

Front (M-) and Back (M+). Place your right hand which is M+ on top of the liver area M- (front of body) and your left hand on the opposite side of liver on the back of body (M+) Flood energy in both direction between hands, until you have the sensation of all, is flowing well and is saturated.



Then you can also treat via Polarity Up (M+) and Below (M-). Hold your right hand (M+) below the liver and left hand (M-) above the liver in front of the body. Flood between both polarities until a sense of well-being occurs. (Please also find an image below when we treat the knee)

Then you can treat according to the Polarities Right (M+) and Left (M-). Put left Hand (M-) on the right side of the body besides liver and right Hand (M+) on the left side of the liver. Again flood between both polarities.

You can treat any organ according to the polarities.

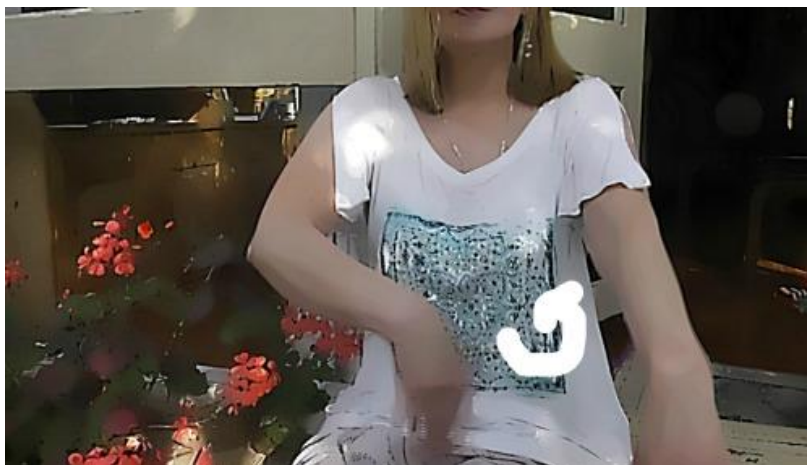


You can conduct a treatment like that for every organ of your body.

For the pancreas, spleen, gallbladder, stomach, lower abdomen, eyes, mouth, teeth, Female or male organs, etc. etc.

Below, for example, we treat the pancreas:

Again first we conduct counter-clockwise movements (cleansing) with right hand above the area. The left hand is away from body hanging down and acting as a lightning rod or a vacuum cleaner. Then we conduct energizing/ harmonizing of the area with right hand on or lightly above the area and left-hand held up in receiving manner, receiving energy that is guided on to the right hand and onto the needy area. You can then also harmonize further via the polarities Above-Below, Right-Left, Front-Back.



Cleansing



Energising

Now what to do when you would like to treat hard to reach organs on the back, like lungs or adrenals or kidneys, etc.?

Here we can do **Proxy treatment or remote treatment.**

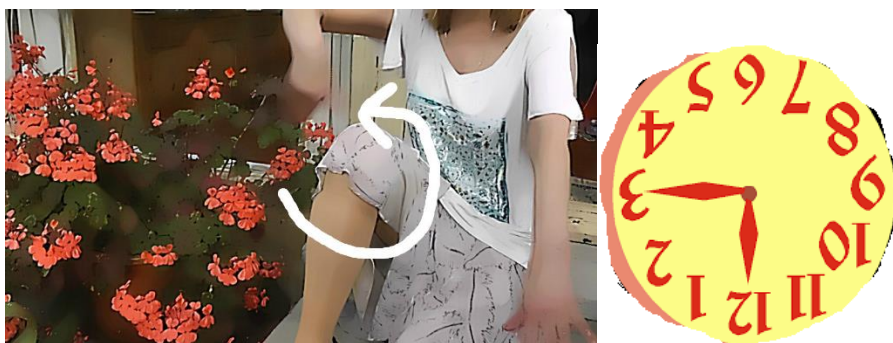
The way I conduct Proxy treatments on myself is similar to the way I conduct distance treatments on clients. I write my name on a piece of paper, and I lay the writing on the surface where I would like to conduct the treatment, usually on the treatment table in my office. (You can use any surface, sofa, etc.) Then I visualize myself lying on my tummy. Sometimes I also use a photo of myself, so I can easier envision. Then I conduct treatment on my visualized self-focusing with the intention on the organs or areas I am treating.

So you see yourself lying there. Now you have your intention on the organs you want to treat on yourself, an organ which is for example on your back, like the kidneys or adrenals. You focus on your adrenals and treat them via proxy. You visualize the adrenals and do for example counter-clockwise movements above the visualized area on your sofa. Until you can feel in your adrenals some relieve. Also, you can conduct then the energizing in that way. Visualise your body with your adrenals turning towards your direction, and you treat yourself that way. This works just as good as direct treatment. Try it out and see what happens.

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But you also can directly place your hands on the front and let the healing energy stream towards the back. Do not force that intellectually but merely have your intention on it and let it happen.

Now we come to the treatment on the legs as here the polarities are a bit different. Our legs we treat via the polarity yin (M-) and yang (M+) each leg and adapt our treatments accordingly. First, we naturally do some cleansing like always.



Then we conduct the energizing via the Polarities Yin (M-) and Yang (M+). Inside of leg is Yin (M-) and outside of the leg is Yang (M+). Therefore we lie our right hand that is (M+) onto the inside of leg that is (M-) and the left hand that is (M-) on the outside of leg that is (M+).



Flooding with energy between both hands until there is a sensation of fullness and satisfaction.



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Then you treat according to the Polarity Above (M+) and Below (M-). Here you see again we take the left hand which is (M-) and put it into the Above knee position which is (M+) and the right hand which is (M+) on the Below knee position which is (M-).

Then you treat according to the Polarity Front (M-) and Back (M+)



You can treat every organ or limb according to the polarities.

Also when we treat the arms due to their flexibility, we need to treat via polarity inside of hands/wrist as Yin (M-) and outside arm/wrist as Yang (M+)
In regards to treatments in self- help on arms proxy treatment is here easier to conduct.

Another important point. If one of your organs is very weakened, you can strengthen it through absorbing energy with your left hand like always held towards above in a receiving manner and the right-hand conducts CLOCK-WISE movements above the weakened organ for approximately 4-5 minutes or as long you feel is right for you.

Clockwise movements with the right hand mean energizing
Counterclockwise movements with right-hand means cleansing/unblocking

Or just flooding with light or colored light on the area without conducting any cleansing. This can be done regularly every day until you feel a change in that area. Some people when they had an operation/surgery often feel for years a weakening in that area. Also here regular strengthening treatments can be of benefit and re-balance that area again.



Pain is always a sign of a blockage of energy flow. Therefore it is vital first to unblock the area and then to conduct energizing according to polarities. Often pain is fluctuating first getting worse and then getting better. Continue treatment until the pain subsides to an acceptable level. Always start with the cleansing, then the treatment of the area according to polarity. Repeat a couple of hours or a day later again until the pain subsides completely.

Areas that are inflamed should not be touched by your hands but treated from some distance of 5-10 cm.

Liver, gall bladder, stomach, abdomen, female organs, male organs. Organs on back proxy treatment or via the front. Tooth, eyes, ears, etc. Legs, knees, all kinds of conditions. Varicose veins. Find out which organ disease is connected to and you can treat the organ. All the other treatments like Ethereal Bridge Treatment, Intuitive Perception Empowerment treatment, Polarity treatment naturally also always effect the self-healing powers in general for your whole body.

Organs that are weakened you can strengthen with daily light bath, or right circles of your hand. Treat with color vibration too.

During the pain treatment fluctuations are possible.

- Pain arises to a certain extent
- Ache goes down
- Painless intervals
- Pain arises again but less than before

This is arising and decreasing last for a while until no more reaction is happening. This indicates the completion of the treatment.

For further information also about accredited training visit www.healing-magnetism.com



There will be people who cannot wait to practice some Healing Magnetism with one of their loved ones. Therefore in the following you have the opportunity to already get to know the methods of treatment on a basic level.

Treating others- treating your child

For parents who would like to use it for their children, all methods can also be conducted while your child is either asleep or lying on the couch or in their bed. Be flexible. Also with your treatment. Sometimes a simple treatment focusing on one area that feels right or the child points you to is enough. Listen to your intuition in that.

When you treat relatives or friends, you can treat them wherever they feel comfortable. I have treated them sitting on a chair or lying on a sofa or in a hospital bed.

If you apply the following guideline for treating others, you should experience significant benefit for your children, friends, and relatives.

Although the practice of Healing Magnetism can have incredible results, please make sure that you use BioMagnetic Healing responsibly. **It does not replace the treatment or diagnosis from a doctor or naturopath!**

When you conduct Healing sessions on others, be it your child, partner, friend or relative you can go through four steps: preparation, testing, treatment and transition phase.

Preparation phase

When you treat a relative, friend or adult partner, it is useful to inform the person about potential Healing reactions. Naturally, for a child, this is not applicable. You should also let the person know that they should not take a bath on that day and that a short shower is ok.

In the following is how I conduct such a preparation phase. I always let the person (inclusive my child) know that I pray for Help and Healing. I tell them that they can keep on their clothes but remove their shoes.

I also ask them if it is ok to touch them during the treatment or if they prefer that I do not touch them at all if you give treatment to a more distant relative or friend.

When someone is ok with me touching them, I explain that sometimes I will lay my hands on them, and sometimes I treat from a distance, so they should not be surprised.

All the treatments can be conducted directly on the body or approximately 10 cm away from the body in the aura.

I tell the person I am treating that I always start treatment on the back, often along the spine and ask if he prefers to sit down or lie on the treatment table.



Testing. Then I merely become still and open myself entirely to the person (child) and to what “IS THERE IN THE PERSON’S ENTIRE FIELD” at that moment in time. I just perceive that human being is standing or sitting in front of me. (Or your child might be lying on his bed)
First, we are fully open for that person, and we pray internally than for the Help from Above, for the Healing energy for the receiving one and in full trust we let it happen.

As beginners, we can decide on the treatment we give, based merely on some questioning. In the accredited Practitioner course you will learn more means for testing. Should you have read Unit 2 of this series you already know that you can also use your hands to find blockages in the energy field.

Treatment. Then I always start with the treatment on the feet if that comes up and hands and then on the back and then only continue with procedures conducting on the front of the body.

Transition phase after the treatment.

When treatment is coming to a close, you can conduct a simple Transition treatment.

Transition treatment for a child, family member, friend, etc.

The Transition treatment is conducted at the end of the session. Here is how I perform such a treatment. It does not matter where my hands find themselves at the end of the treatment, I always conclude with expressing my Gratitude internally. I thank for the Healing Energy in the session, and the help is given and the Healing given to the person, and I do that in silence.

Then I hold my hands above the crown of his/her head and slowly sweep palms down about 10 cm above the body from the head towards feet and beyond. Then I take my hands back and start again on top of the head. When a person/child is lying on their back my right hand is on the left side of the person’s body, and my left hand is on the right side of the person’s body. When the receiving one is lying on the tummy, it is the other way round. This makes sure that my heart is open towards the human being during that transition treatment. When I conduct such movements, I internally say a blessing for the person.

So literally I run my hands down the person’s aura, about 10 cm above the body, smoothing the aura and ending at the bottom of the feet while saying a blessing for my child/partner/friend and internally express also gratitude for the person that they gave me their trust. Important always sweep the aura from the direction HEAD TOWARDS FEET and never the other way around. When you return your hands, move them away from the person’s body and start again from the head.

With this type of transition and conclusion of a session, a protective cloak is laid around the other person.

I always thank God for the Help in the session.



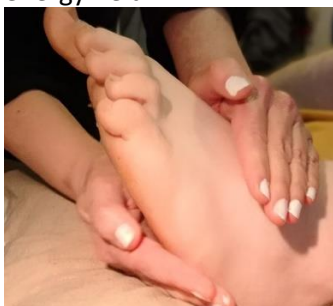
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I often personally leave the room and conduct after cleansing. I let the other person rest for at least 20 minutes, sometimes with some beautiful music or some lovely colored light.

When an adult friend or partner starts to talk a lot and starts to analyze things in their head, I try to explain to the person very gently that it is better to leave that now and to just trust in the effect of the treatment.

Hands and Feet

I personally always first check if treatment is needed on the feet energy field. As a matter of fact you simply can treat the feet at the start of any treatment. If you have a sense that also the knees benefit from a treatment, then conduct treatment on the knees according to the Polarities. Simply have your left hand on top of the knee and the right hand under the knee. Then also check the hand energy field.



You can hold the foot directly or treat only in the energy field



Treat both feet



You can treat hand in the energy field or also touch hands should it be your child or partner.

Always treat until you have a sensation of satisfaction or completion and proper energy flow.

Ethereal Bridge Treatment

In general, you conduct this treatment for a person when they have experienced long-term stress, shock, trauma, PTSD, fear, fright or generally give you the sensation or tell you that they feel “out of their mind” or not properly connected to their own body anymore. This is also a vital treatment for autistic children. Many children experience small shocks through what they see while watching TV or in their daily life. The Ethereal Bridge treatment is also important to apply to your child after any type of immunization. Children who are diagnosed with Autism also benefit from daily Ethereal Bridge treatments.

This treatment is highly beneficial also for people with serious diseases or a weak nervous system etc.

Did the person experience long-term or short-term stress?

Has s/he experienced shock or fright or grief?

Does s/he feel out of sorts?

Does s/he have a long ongoing inner conflict?

Does s/he feel appropriately in their body or not?

Is s/he completely exhausted?

Is this person ill or weakened? Etc.

You can conduct that treatment in two different ways.

Ethereal Bridge treatment. You conduct the therapy from the tailbone area up to the top of the head and the nose.

Extended Ethereal Bridge treatment. You conduct the procedure in an extended format checking additionally right and left from the spine also for potential blockages and treat these areas as well. Up to the nose. Then the person turns around, and you conduct a colored Chakra treatment.



(All the Chakras can also be treated on the spine by the way)

Most important for all treatments you conduct on a person is your sensitivity for what you feel under your hands. And fore up naturally you ask for the Healing Light. There is no healing without healing light. This is the most crucial aspect of any healing session.

The receiving one is lying on his/her front.



(You can also lay both hands right and left from the spine.)

The right hand is on sacrum on the lower back of your client (client here refers to the receiving one, be it your child, partner, friend, parent, etc.)

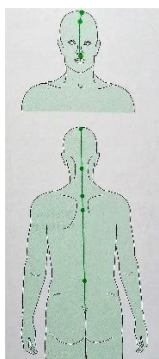
You ask for healing energy and absorb it via the open left hand, and it flows into your right hand into the area where you are focusing on. After a certain time, when you have reached the feeling of “fullness” (5 min at the most), then you move your hand one hand length further up.



The left hand is angled from the body and opened toward the ceiling in a receiving manner. Visualise the healing light/white light coming into the left open hand. Stay in one place until you have a feeling of saturation and then move your right hand one hand length up to the spine.



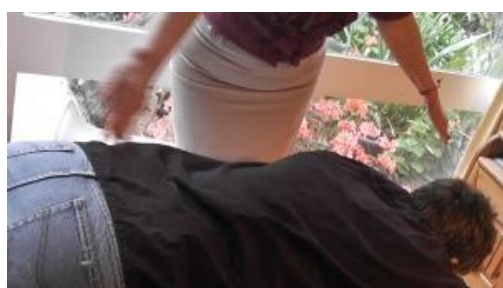
Continue your treatment until the neck or further up back brain, crown, forehead, and nose energy field. And then conduct discharging /brushing movements along the spine.



You get up, left hand pointing down at an angle to discharge. Your right hand executes brushing movements about 4-10 cm above the body, leading from the head over the spine to the tailbone and feet and beyond. Then direct your hands back to the head of the person. Leading back have your hand as far away from the body of the other person as possible.



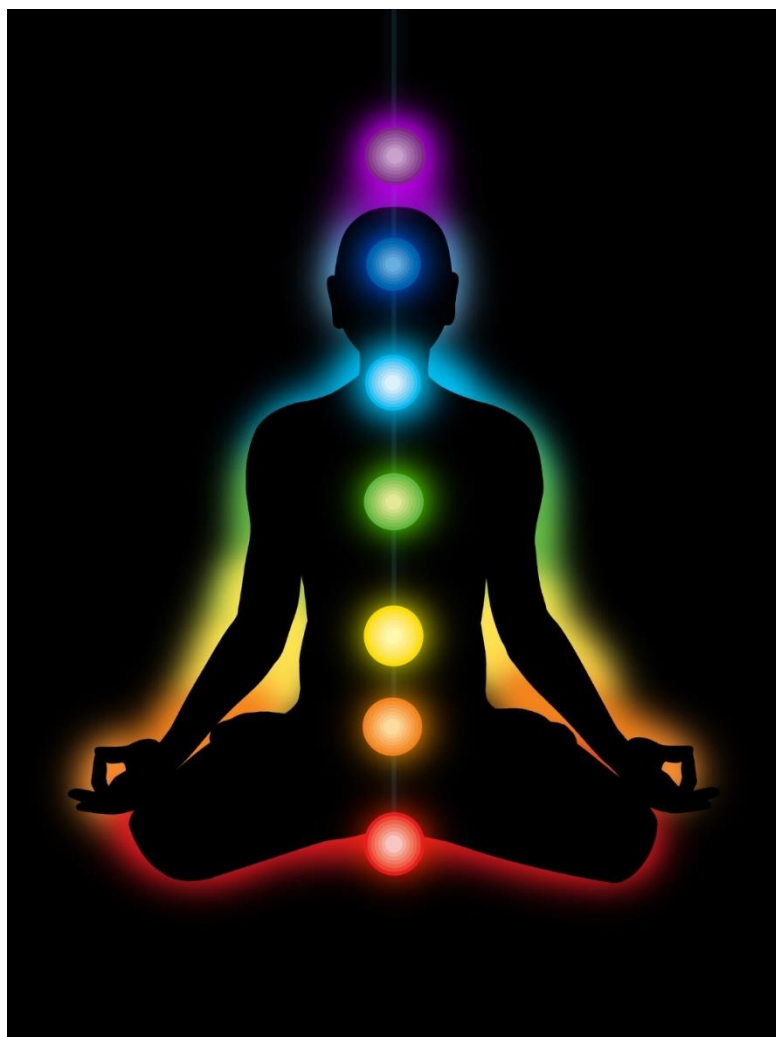
About 50 discharging brushes direction always from the upper head towards feet direction.



It is advisable to close your fingers while returning to the head of your client and move back as far away from the body as you can to only touch the aura in the right direction which is from the head towards feet.

When you conduct the Extended Ethereal Treatment, you ask your client to turn around, and you conduct then the Chakra treatment starting on the Root Chakra. Here we use colored light for the treatment. You do not touch your client here but only hover above the chakras.

A color treatment you can conduct on a regular basis with the treatment of the chakras. That the different chakras resonate in different colors is by the way already widely known. To treat the different chakras with the frequency of the colour we ask (in prayer) for that color, and then we absorb the color's spectrum via the open left hand and guide it into the responsible chakra with our right hand. We just let it flow through us into the other person's energy field, and we do not mentally force such a flowing.



Colour Red for the Root chakra,

Colour Orange for the Navel chakra,

Colour Yellow for the Solar Plexus chakra,

Colour Green or Pink for the Heart chakra,

Colour Light Blue for the Throat chakra,

Colour Indigo for the Third Eye chakra,

Colour Violet or White for the Crown chakra.

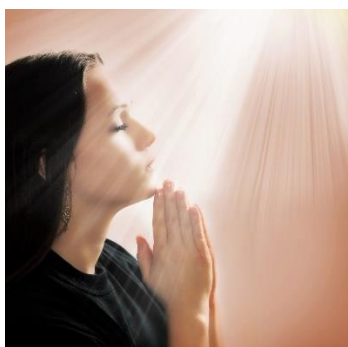
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Where a significant amount of the respective color is needed the person will eventually feel pleasantly warm. When you focus on the chakras and conduct treatment with colour, first you might get a sense of depletion, of sucking and that there is a need for that color. Also perhaps a sensation of the chakra appearing or feeling out of balance. Continue with treating the chakra until you feel a saturation or satisfaction and it appears harmonious. Here merely trust your sensations and intuitions. To absorb the color do not try to intellectually or mentally produce that color with your head, but first, pray for the frequency and only then you can visualize it entering your left hand, and you guide it into the tissue with your right hand while hovering above the chakras. The Ethereal Bridge Treatment in combination with the Chakra Treatment is a treatment I also always use for clients who have serious diseases that affect specific organs, inclusive tumour clients etc.

After that

1. Transition treatment
2. Rest

Can you conduct Healing Magnetism Treatments without prayer? You can indeed, and a stronger organism will automatically, via the principle of transmission, give a weaker organism energy, but in my experience it is far more effective to conduct treatments in combination with using Prayer which helps you to connect to the Healing Light, absorb it and give it on to the one in need. This is up to you how you do that. I always pray at the start of a session and ask something like that: "Please give me the Healing Light for (name of person.....) should this be according to your Will." Then I give on what I receive.



In the following, we would like to go through the **Intuitive Perception Empowerment treatment**.

Intuitive Perception Empowerment treatment

Questions to consider

- Does the person have exam nerves?
- Does s/he feel emotional strain?
- Does s/he feel pressure in the head, dull headache?
- Does s/he feel an inability to concentrate?
- Does s/he experience mental overload?
- Is the person not sure anymore what is right or wrong?
- What is their intuition telling them?
- Do I just sense that the person needs this treatment?
- Does the person have Autism or other mental disturbances?

This treatment is also useful to regularly apply to Special Needs Children as is the Ethereal Bridge treatment and the Polarity treatment.

The Intuitive Empowerment Treatment is divided into two sections

1. Cleansing
2. Solar Plexus-back brain-frontal brain connection

We start with the unblocking and cleaning of the solar plexus. (Connection between astral body and physical body)



You conduct counter-clockwise circles with your right hand above solar plexus. The left hand is pointing downwards, away from your body and acting as a lightning rod.

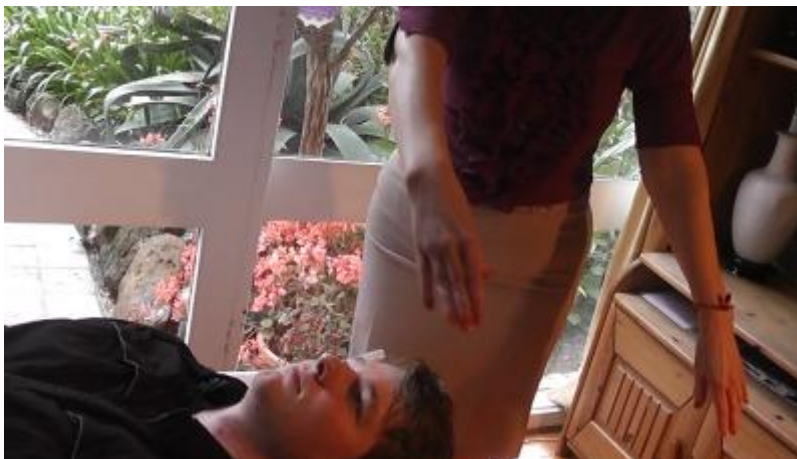
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Then place your right hand on or above the solar plexus, pray for Healing Light while your left hand receives energy and pass it on to the client.



Or place your right hand on the solar plexus and the left hand on the back of the client.

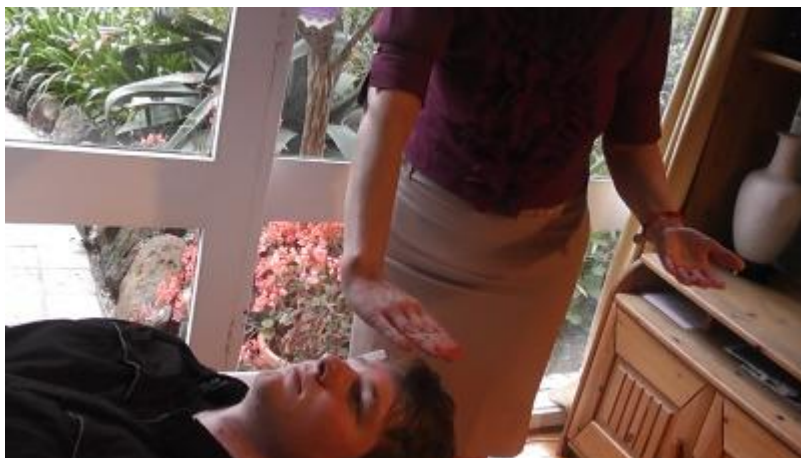
Then comes the unblocking and balancing of the head



Here again counter-clockwise movements with the right hand above the forehead and eyes. The left hand is acting again like a lightning rod or vacuum cleaner.

Once the cleaning has completed this area will be then be provided with Healing Magnetism.

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Now the treatment between solar plexus and brain/s can start.





Right hand is on Solar Plexus and left hand first on neck, then back brain and frontal brain area. Pray for Healing Light to flood between both hands. Keep the different positions always until you have a perception of harmony and fullness between the hands and the sensation of proper energy flow.

Here note: In cases where energy is blocked between the channels from Solar Plexus to back brain, I also treat these areas step by step on the spine of the person, holding my right hand onto the spine area with energising. In some situations, I also might unblock specific areas, using counter clockwise movements with right hand while left hand is hanging away from my body downwards. Only when I perceive that this channel is flowing nicely, I conduct the actual treatment between solar plexus and the brains.

Afterward

- Transition treatment
- Rest

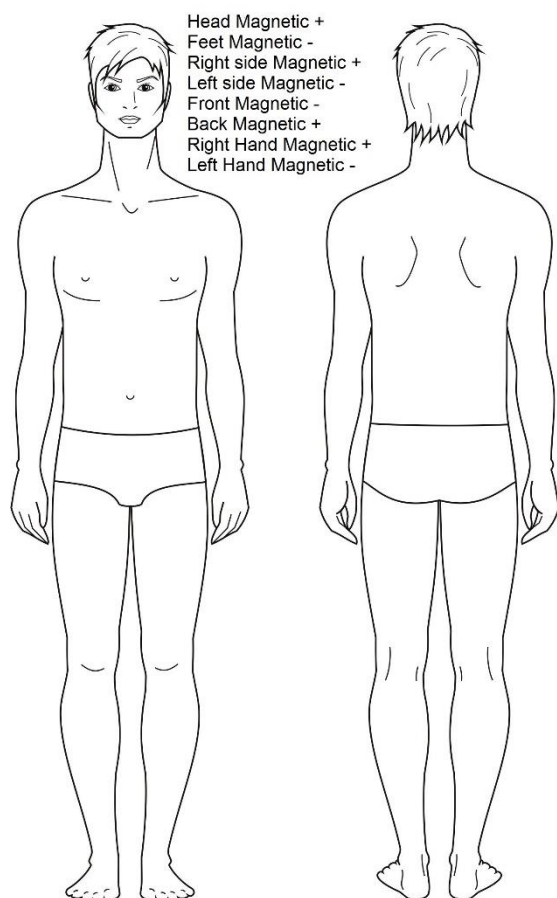


Treatment of Polarities

Questions to ask:

- Does the person feel unbalanced?
- Do they feel ill?
- Do I sense they need this treatment?
- Does s/he have mood swings?
- Does the left body feel different from the right side of the body?
- Does s/he feel unbalanced?
- Do they feel not adequately in place?
- And so on – the polarity treatment is always an excellent treatment to conduct to start or end your day in balance and harmony.
- This treatment is also a good regular treatment for children with Autism or other mental disturbances.

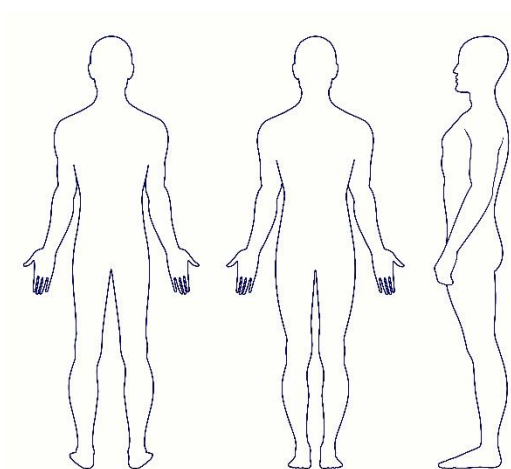
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Everything in nature is designed based on polarities that life happens between.

In this treatment the polarity of the body become balanced. The real polarities of the full body are Head-Feet, Left and right Hands, also Head to Feet on both sides of the body. Here I always hold my left hand towards the head of the body and right hand pointing towards the feet of the body while treating from some distance. I treat also the sides of the body this way.

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The following way to conduct Polarity treatment is a partial treatment.

1. Polarity balancing on Front and Back body Axis: Front (m-), back (m+)
2. Polarity balancing on top head and bottom (direction feet) Head (m+), bottom direction feet (m-)
3. Polarity balancing of the right side and left side of the body: Right (m+), left (m-)

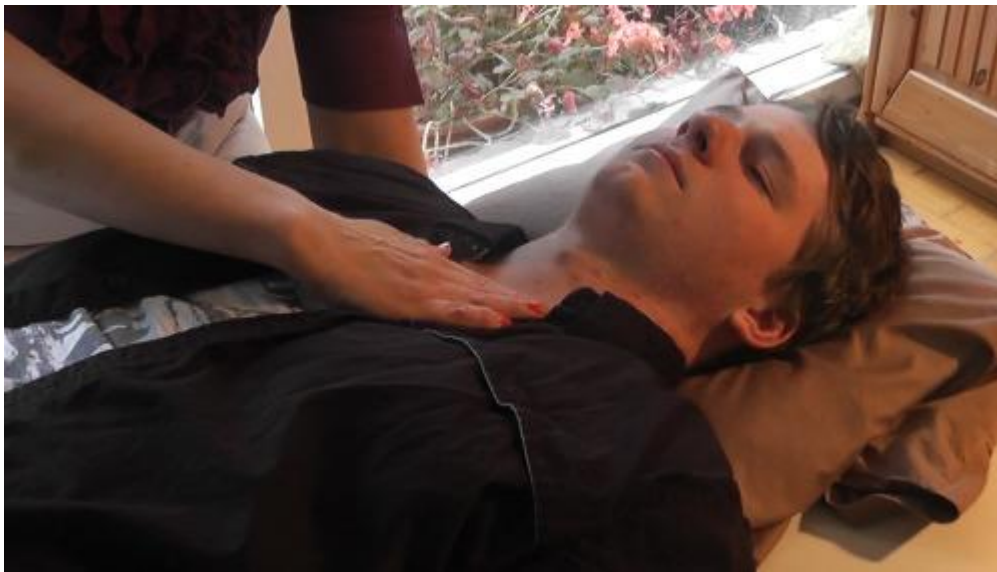
As a general rule for the length of treatment at each position, when the practitioner has a sensation of completion and the perception of proper energy flow between the two poles (5 minutes at most), the position is changed.

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Polarity balancing for the front body (m-), back body (m+)

A person is lying on his or her back (or sitting down);
You can treat three areas or adapt to what is standing out:

- a) Chest
- b) Solar Plexus
- c) Lower abdomen



Practitioner: The right hand (m+) is placed on the person's front (m-) and treats the stated areas. The left hand (m-) respectively rests opposite of the right hand on the client's back (m+). The energy flows between the two poles!



Right-hand solar plexus here and left-hand opposite on back of the child. Keep this position until you have a sensation of harmony and proper energy flow.



Front-back here the lower abdomen area. You do not need to touch the person by the way, you can also hover simply in that area in the energy field with your hands.

Polarity balancing top (m+), bottom (m-)

- Client: lying down.
- Two areas that we treat:
- Front: Head – Lower Abdomen
- Practitioner: Front: The right hand (m+) rests on the lower abdomen of the client, the left hand (m-) on his or her frontal brain area. Finger is pointing upwards.



Back: Head-Sacrum

Practitioner: Front: The right hand (m+) lies on the sacrum of the client (who is now lying face down), the left hand (m-) now resting on his or her back of the head. Finger is pointing upwards.



Polarity balancing: right side of the body (m+), left the side of the body (m-)

Client: lying on the back, three treatment positions

1. Upper chest.
2. Abdomen
3. Upper thighs (NO PICTURE INCLUDED. BUT STILL IMPORTANT TO CONDUCT)



Practitioner: Sitting or standing on the left next to the client. Right hand on the right half of the client's front body (is left side from the perspective of the client) alternately in the three placements. Here I also sometimes lay my hands on the side of the person's body, or on the outside of arms.



You can also lay your hands outside of arms.

A Polarity treatment is helpful for prevention or treatment of illness and general balancing of the energy field. In illness, you will always find a distortion in the polarities. Therefore, Polarity balancing is of great importance.

You can also conduct the Polarity treatment on other areas of the body, for example the head. Right and left ear for example, or front and back head. The same applies to each part of the body, inclusive legs and arms.

Pain origins and Organ field treatment

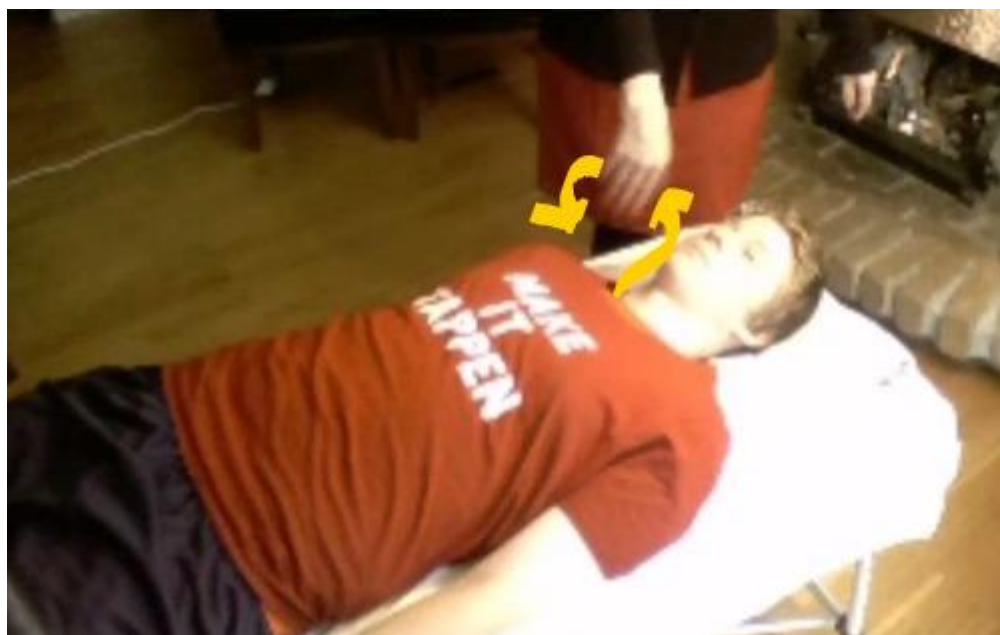
Pain is always a sign of blocked energy flow.

Pain is often connected with an inflamed area, the sensation of blockage and irritation and tension. The blocked energetic area needs to start flowing again to the location of the pain.

The first thing we therefore do is to energetically cleanse the area.

We conduct in the area of the pain anti-clockwise movements with the right hand about 5-10 cm above the body. The left hand has a tube function to let disturbed energy and blockage flow out. Circle as long as it is necessary for a significant betterment effect to be felt.

Here in this example, you see me conducting a treatment for a toothache. (The same would apply for any other type of ache, for example also earache). The left hand is away from the body while the right hand does circular counterclockwise movements.



Through anti-clockwise circular movements stressful sensations, blocked and tense energetic structures can be discharged.

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The practitioner might feel these tensions from the client on the right or left hand. This is valuable feedback in regard to the severity of the blockage and the length of the treatment necessary. You can shake out your hands regularly before continuing with the treatment.

After diligent cleansing, we conduct then the magnetizing. Here: When you treat inflamed areas, do not touch the area but treat from a distance.

During the treatment, we often experience the phenomenon that the client experiences pain that seems to get worse and then almost disappears but comes back again. This balances out after a while and when no more reactions are experienced the treatment can be concluded.

The following image shows you an example of energizing/ harmonization on the knee.

The location is magnetized with both hands from a distance of 5 to 10 cm.



Depending on where you treat, make sure you are operating from all possible directions. Horizontal treatment of knee. In this case, we treat according to the Chinese teaching of yin-yang as we treat inside (yin m-)/ outside (yang m+).



Vertical. One hand above the knee, another hand below the hollow of the knee. (Polarity front (m-) / back (m+))

And the left knee is precisely the same principle too.



Horizontal polarity according to the principle of yin and yang.



Vertical according to front-back.

In the next picture, you will see the treatment of the wrist.

In this case, we only treat according to the principle of yin-yang and not according to the polarities front-back. This is due to the freedom of movements of the arms.



Vertical. Outside wrist (m+) is treated with the left hand (m-). Inside is treated with positive right hand.



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The same applies to horizontal treatment. Outside wrist (m+) is treated with the left hand (m-). Inside wrist (m-) is treated with positive right hand.

During the treatment fluctuations in pain, reactions are possible.

- Pain gets worse
- Pain decreases
- Painless intervals
- Pain arises again but less than before

This is coming and going last for a while until no more reaction is happening. This indicates the end of the treatment.

Depending on where you treat, brushes from the head towards toes can be conducted to order the aura.

Organ treatment

When we treat the organs, we treat according to body polarities.

This can be carried out in respect to the polarity of the front body and back body.



Right hand in the front of the body and left hand on the opposing side of the body. This way the treatment of the liver, bowel, the bladder, the solar plexus, etc. can be executed.

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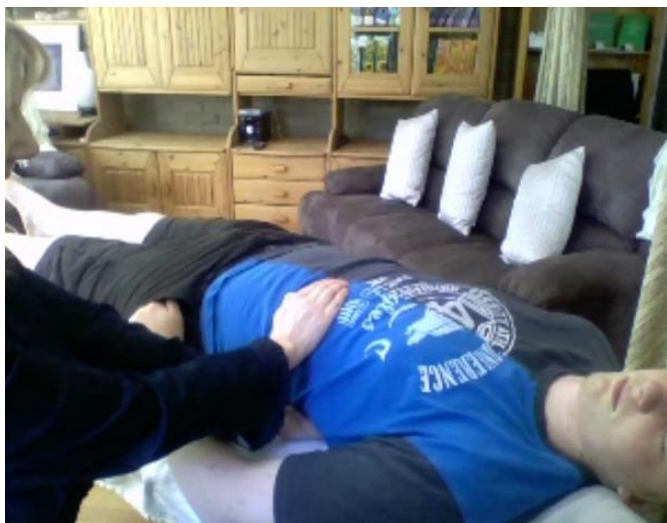
Here we treat the liver and the gallbladder

Right hand on liver or gallbladder area, left a hand on opposite side of the right hand on the back of the body.

In the next image, we are treating the Solar Plexus. Right hand on Solar Plexus and left hand on the back opposite the Solar Plexus.



Treatment of Solar Plexus.



Treatment of Spleen



Treatment of Pancreas

The treatment can also be carried out concerning Polarity of right side body (m+), left side body (m-)

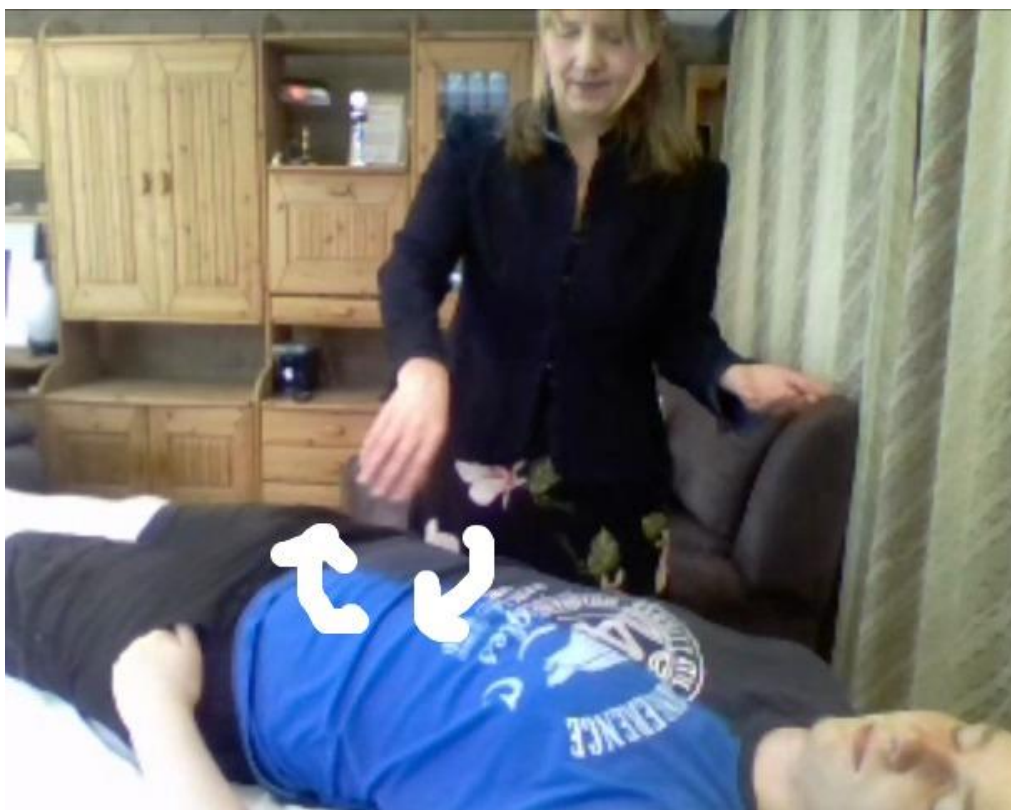


Treatment of Kidneys



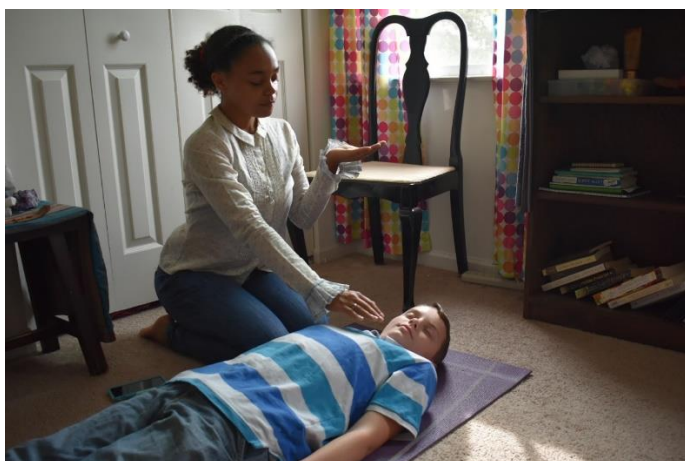
Treatment of Adrenal Glands

When an organ is especially weakened, we conduct right circles with the right hand above the weakened area. The left hand is holding up for absorbing energy that is guided on by the right hand.



Treatment of Thyroid Glands

With the Thyroid Glands, we harmonise and energise for a minimum of five minutes to observe if reactions occur. Reactions can come in waves, increasing and decreasing until they happen less and less and until there is no more reaction. In case of hyperthyroidism, reactions can be: palpitation of the heart, having a lump in one's throat, pressure on the throat, sense of warmth or heat.....



The treatment is concluded when there are no more reactions.

Healing Radiation Bath for others

The practitioner prays for Healing light, then visualises the healing light as a stream of light entering the client's field. Now send such Healing Radiation, emanating from you to the client, with the stream of healing rays expanding in a way that it covers the entire back of the client. You can visualise that the healing radiation comes from the centre of your eyebrows, from the heart chakra or from the entire front of your body, radiating towards the client into the client's entire energy field and every cell of his body.



Praying, visualising and thereby effecting the client. Visualise a continual flow of healing radiation, touching the client first in his or her aura, then on the body and eventually through the body, into every cell. This treatment has an ethereally ordering and harmonising effect on the layers of the entire aura.

During the treatment, ask the client occasionally how s/he experiences the therapy and what they feel. Continue with the treatment until all sensations the client has have disappeared. If you conclude too early, the disturbance will tend to reappear again easier.

Chakra Treatment

Questions to ask

- Do they feel depleted in some area of their body?
- Does s/he need more colour in their life?
- Does s/he feel unbalanced in some areas of their body?
- Do I sense they need this treatment?
- Do they have problems that relate to a specific chakra?



Here we focus on the chakra we want to treat. We pray for help and ask for the specific colour frequency. The left hand is open and palms facing up for taking in the respective colour that you are THEN also visualising. The right hand is about 5 cm above the area or lying on the area, directing the respective colour's frequency into the chakra. You are focusing on that area the whole time to observe how it gets saturated with the specific coloured healing light until there is a sensation of balance, warmth, and completion. You can also simply treat one chakra. There is no need to address all of them at once. For children especially the Sacral Chakra can be used for treatment.

There are typical emotional conflicts that relate to specific Chakras.

1. Root Chakra

Extremely self-controlled
Loss of control
Lack of concentration
Independent

2. Sacral Chakra

Show of strength
Perseverance
Hectic



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3. Solar Plexus Chakra

Craving good feelings
Wanting more
Pent-up emotions, exploding
Isolated

4. Heart Chakra

Panic
Apprehensive
Introverted
Withdrawn
Mental overexertion

5. Throat Chakra

Rushed
Emotional Emptiness

6. Third Eye Chakra

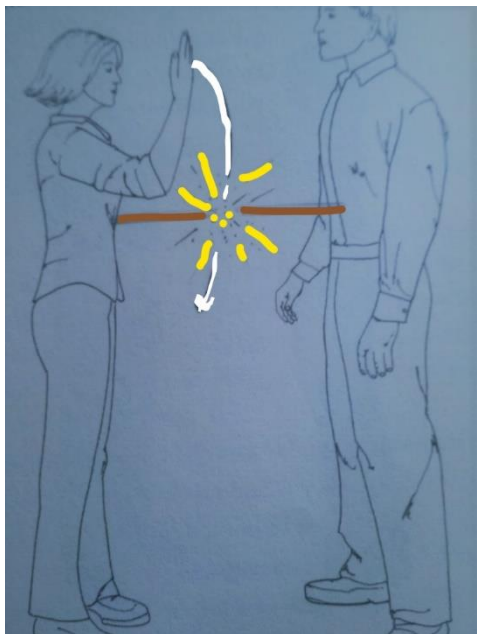
Uneasiness
Tense
Restless
Physical overexertion
Self-sufficient
Faint-hearted

7. Crown Chakra

Wrong thinking
Unwilling to face reality
Materialistic
Mistrust

8. Reflection: Could you think of someone who could benefit from treatment? Will you give it a go? Should you have given a Healing session, how has it been for you and the other person?

Your own after cleansing after treatment



When you have conducted a treatment on another person, inclusive your own child, it is important that you conduct an after cleansing. Here hold your hands under running cool water and visualise a stream of light flowing through you (white or gold or violet). Visualise how all remnants of the session are streaming away from you. Also cut the connecting chord between the person and you. I find especially this part very important for me after sessions.

You visualise an energetic chord between you and the person. Via a karate chop you are cutting that chord. Continue with holding your hands under water. Also open the window or door in the treatment room for a few minutes.

Additional reading for interested individuals:

Many people familiar with practices designed to raise the “kundalini” (Sanskrit: kundula = rolled, twisted) or awaken it to raise it upwards from the lowest chakra along the energy axis. But here are great dangers often overseen. The following will occupy itself with that.

A natural Protection of the soul can be easily destroyed when the person undergoes certain so called personal development exercises. Often people believe they will be beneficial as they lack the deeper knowledge about the inter connections of all things. The aura gets disturbed which has far reaching consequences. To understand the dangers I will add here an interesting



article about the chakras, the aura and the energetic field we live in which was published in the Grail World, an international magazine for spiritual consciousness and integrated into The Manual for more Joy in Life which I offer free on our website for interested individuals. <https://healing-magnetism.weebly.com/inspirations.html>

Chakras: What are they and how do they work?

Chakras (from the Sanskrit word meaning spinning wheel or circle) are energy centres or energy “organs” which form in between the astral body and the earthly body and have an intricate relationship with different aspects of human life. They provide a clear picture of all energy changes in the body and can, therefore, be used for diagnosis as well as therapy.

Imagine each of the seven chakras as a spinning vortex or funnel. They are connected to the body’s vegetative nervous system and the brain. In addition to that, every chakra is directly connected with one of the endocrine glands; and some are also connected with the sense organs. The top of each chakra vortex points in towards the body, where they join a type of central *energy axis*.

The chakras animate the astral body, and thus also the physical body. (Please note that you can find more information about the connection between astral body and physical body, in the Grail Message, In the Light of Truth www.grailmessage.com). They make up the main circuit board of the body, where the astral body and the physical body can communicate with the vibrations of the *unified energy field* (UEF) that surrounds us.

The individual chakras can communicate with this energy field (UEF) only within certain frequency ranges which means that they can react only to quite definite radiation frequencies, ones which match their own vibrations. These frequency ranges correlate with certain colours and tones and are interconnected with all bodily and physical manifestations of life.

Every psychic quality is represented in the unified energy field as a specific vibration, which depicts the naturally ideal form of this quality.

When a person’s chakra frequency resonates with this ideal vibration, the corresponding quality or attribute is strengthened and at the same time this “resonating with” opens a flood gate allowing energies to affect the corresponding part of the physical body in a favourable way. When, however, the chakra frequency concerned does not match the ideal vibration, the chakra remains impermeable to these radiations and this has unfavourable consequences for corresponding physical functions.

The chakras develop in parallel with body growth; this means that they open only gradually. At different stages of development they remain closed to certain radiations-and thus also closed to receiving certain information. The possibilities for psychic development increase as a person matures because the chakras open more with advancing age. Because the capacity to receive and digest information that comes as a radiation out of the unified energy field only develops gradually over time, the human psyche goes through many changes during childhood, puberty and actual adulthood.

The chakras regulate the uptake of this information independently of the will of the individual during childhood and puberty. With maturity into adulthood, the person then becomes fully responsible for his actions. Only then does he decide by himself how he will develop further, and a result of this, dictate to what extent his chakras will open.

Opening the chakras naturally without any harmful effects is brought about only through a striving for spiritual development and purity. Whoever strives for good things has an inner volition that produces vibrations which are in resonance with the

vibrational frequency of each respective chakra. The chakra is then purified through these vibrations and can receive similar radiations from the surrounding unified field. Any energy received in this way always has an up building effect and poses no danger, since it is moulded exactly to the spiritual volition of the person.

However, when a person who has not attained an appropriate level of spiritual development tries to force the opening of the chakras with the help of different practices, as are known about in Indian esoteric teachings for example, the opposite situation results. Opening the chakras in such a way can actually be dangerous to the individual.



The seven chakras of the human being: energy centres as a transition between the “astral body” and the physical body. The chakras have a complex relationship with all manifestations of human life and are therefore used in diagnostic and therapy

Dangerous meddling with “serpent power.”

Many people are familiar with practices designed to raise the “kundalini” (Sanskrit: kundula=rolled, twisted) or awaken it to raise it upwards from the lowest chakra along the energy axis. By raising the kundalini, vibrations are emitted similar to the ones that swing in the same frequency as the individual chakras, and the body receives more energy than it could otherwise absorb. Initially, this can happen only during a particular practice, but in the longer run chakras thus stimulated may remain open also at other times. The human being receives a large number of energy vibrations that do not have a resonating affinity with his spirit and as a result, disturb him. If this onrush of alien energy is continuously increased, it can lead to psychic chaos. Typical symptoms are persistent sleep disturbances, hallucinations and a deep physical and mental exhaustion, which can degenerate in suicidal tendencies. Those affected often say that their brain is “flooded with energy which they cannot handle.”

Even if this person ceases these esoteric practices, his chakra will have become so permeable that it can take a long time before they close back to the degree of functioning that corresponds to his spiritual level of development. Being in this state



is particularly dangerous because no relief or intervention is possible; forces were set into motion, and these forces can only be steered and controlled by the inner attitude of the human being, not outside help.

Indian writings consistently warn against “serpent power” and are very specific about the type of circumstances under which these exercises may be carried out. However, this is completely ignored in many parts of the world where people are inclined to misjudge their own degree of spiritual maturity.

Whoever pretends to be able to attain the desired degree of spiritual development through special exercises all by himself, secluded in his own room, is deluded. To arrogantly look down on those who do not practice such exercises and feel sorry for them only worsens this state.

How much further along spiritually is a human being who, without the need for any practices, lifts and ennobles the world just through the very nature of his thoughts, deeds and intuitive perceptions!

Chakra stimulation as therapy

It is clear that a well-informed healer can influence a patient’s health by targeting the chakras. Experience tells us that the chakras, in their appearance and colour, are not at all ideally what they should be. They mostly appear blurred, indistinct, and sometimes they cannot even be discerned straightaway. It is evident from this, how few people are interested in awakening noble spiritual qualities within themselves. It is a pity as they are only closing themselves off to higher forms of energy, which could flow to them through the chakras and bring valuable qualities to life within them.

The energy that a human being receives from his surroundings supports not only his spiritual growth but also the development and maintenance of his bodily cloak. On the other hand, disturbances in the chakras can lead to illness over time, just as conversely, organic illnesses can show up in the corresponding chakra.

Experienced healers can stimulate a chakra to receive energy and thus work to promote health. But for this functional correction to have a long lasting effect, the cause of the complaint has also to be found first.

Nor should the healer’s attention be placed only on his patient's chakras, but he should also pay attention to his own chakras because the success of any treatment depends to a large extent on his own physical health and spiritual orientation.

Qi, Prana, Orgone energy and the “Unified Field.”

The fact that it is vital for a human being to have contact with the so called *unified field* has always been known to highly developed cultures and is still recognized in most cultures. The energy which is at the source of all phenomena perceptible to the senses as well as all those which are invisible is referred to as *Qi (Chi)*, *Prana* or *Orgone* energy. Today, the somewhat more scientific-sounding name *unified field* or *unified energy field* is used.

In very simplified terms, it could be said that the UEF embraces any radiation in our environment and this energy ultimately brings about the existence of the entire material world with all its phenomena. Whatever our sense organs perceive or whatever can be observed with technology, are merely the condensed effects of UEF. (Source: www.collectedworksofsriaurobindo.com/index.php/01-works-of-sri-aurobindo/01-sabcl/03-the-harmony-of-virtue-volume-03/40-The-Brain-Of-India-Vol-03-the-har)



The unified energy field is interwoven with the entire universe. It shapes and animates all forms, has an organizing influence on matter and is essential for the maintenance of its structure. The UEF is an inexhaustible reservoir of energy, but if we want to make use of it, we must understand and respect the laws which govern this field.

The importance of the human aura

Aura is a term for the sum-total of all radiations which result from the combining of all material forms-that is, the ethereal, the astral and the gross material, physical body-with the animating energy currents of non-material origin. The resulting *halo of radiation*, also often called *Od*, surrounds not only the human being, but all material forms in nature, and their different qualities lead to various aura manifestations. The aura of a human being differs from the radiations emitted by animals, plants, and minerals.

The 'ring' or halo of radiations is indispensable to the physical bodies or coverings, which were given to the human spirit as an instrument for his development in the world of matter. On the one hand, the aura forms a protective layer, but is at the same time also an important communicative medium, with which a person absorbs radiations from around him.

The colour and character of the aura are directly related to the vibrations that every individual produces with his spiritual and physical activity. They, therefore, reflect the inner striving of a person and his physical constitution. Changes in colour, deformities, defects and other variations in the aura are diagnostically very conclusive for those people who can perceive and interpret this radiation ring. The insights gained from this perspective can be so comprehensive that they surpass all other diagnostic methods.

The character of the aura changes with the state of the physical body. The type of nutrition, exercise and the lifestyle in general form the outer frame of the aura.

An unnatural lifestyle, which nowadays is, unfortunately, the norm, results in serious disturbances of the ring of radiations in the aura. If a person has isolated himself from beneficial, up building forces, he may not have a capacity to resonate with helpful energies and can make it difficult or impossible for himself to receive healing. Nutrition, physical exercise and other aspects of lifestyle are all significant factors. They are all control-levers for our wellbeing and even our fate because the condition of the aura is absolutely decisive for whether or not we can absorb impulses to further ourselves and our environment.

Nutrition plays a particularly important role in our life because with every meal we absorb a certain type of radiation, which is then bound to manifest in the aura ring. To a certain extent, the choice of food also determines what radiations we can receive via aura.

Our bodily radiation, arising from our lifestyle, provides the framework for the activity of the *spirit* but is the volition of the spirit, that is, our inner volition, that determines the make-up of the aura.

If a person unfolds up building characteristics in his soul, he emits energy vibrations of a certain wavelength, which condition the dominant colour of the aura ring. Then his aura resonates with better and purer vibrations in the environment, and he can experience an influx of similarly good energy that strengthens his good will.

The ability of the aura to communicate is also important about other people. When two people approach each other, their energy fields (which can surround a person up to a radius of about six meters) intermingle. Thus, an information exchange takes place, and the two people can experience certain emotions or receive impressions of the other person. Sympathies or antipathies arise due to either a harmonizing between the vibrations of the auras or a mismatch.



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As well as that, a very real energy exchange can take place depending on the difference between the strength of energy in each aura. The aura becomes a channel through which the energy flows from one body with its relative abundance of energy to another where energy is scarce.

That is why during a journey on public transport or during a visit to the supermarket in the middle of a crowd it can often happen that one is seized by sudden, inexplicable tiredness. Also one can easily lose one's energy in the presence of frail elderly people or seriously ill people. In fact, there are also people who could even be called "conscious leeches" because energy-wise they really do "suck" others dry.

A temporary loss of energy is nothing tragic for a healthy human being, however, since he can restore the disturbed balance quickly. All he needs to do is to go out into the fresh air and to breathe deeply for some time.



www.healing-magnetism.com

Sources:

Secrets of Energy Exchange. Marcela Palouckova, naturopathic physician and Jan Paloucek MD

Parts of Light and Radiation. A Series by Marcela Palouckova, naturopathic physician and Jan Paloucek MD



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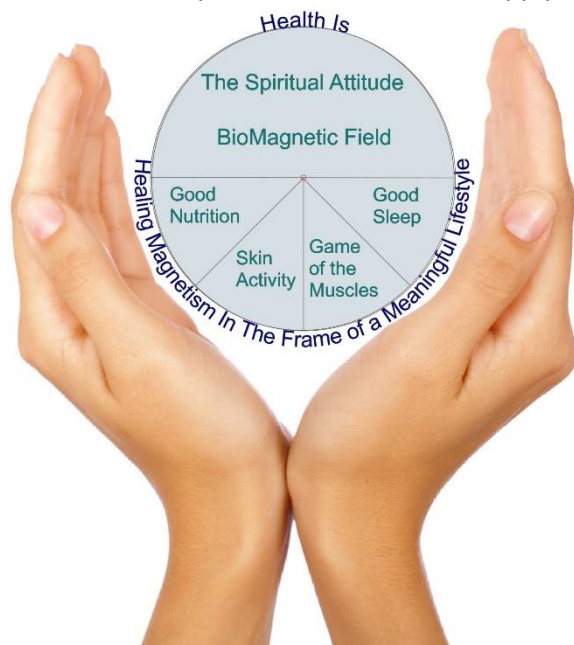
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Some added considerations that effect our energy field

Just like an apprentice, the human spirit too once began his development. He has just reached the stage at which he knows how to make use of some of his abilities – not always very skilfully either. He still lacks understanding of the connections, of how to fit his activities into the great, complete whole. This applies not only with regard to the earthly, where even today the ecological problems demonstrate quite clearly to us this lack of understanding, but to a far greater extent with regard to our place and task in Creation. But for this we must “seeking” in order to learn to use the understandings right. In regards to Healing Magnetism it is just the mesh of the network of radiations that we need to learn to tap into and use for our own benefit and the benefit of others.

So we human beings are learners. But when we look how humans behave, man the learner, man the apprentice, he often acts like an immature youth, who – instead of concerning himself with the far away goal of his spiritual ascent – leads a carefree existence with only his comfort, his well-being and his pleasure in mind. For that is precisely what we do when we put our extremely short-term imaginary advantages in first place, and do not ask what will benefit our spiritual development. For we should long since have become conscious of the essence of our apprenticeship. The main point is to recognise the Laws of this Creation, into which we are placed as a co-operating part because of the influence exerted by this part. The religions are no longer needed today to remind us of this responsibility; the natural sciences already see to that. So for example the famous science journalist Hoimar von Ditfurth wrote already decades ago:

“One of the most exciting results of modern science is the fact that from the vast number of individual results produced by it there begins to emerge ever more clearly, as though fitted together from countless mosaic pieces, the picture of a world in which everything is interconnected, the greatest with the smallest, the nearest with the furthest.....A united, integrated world.” (“We are not only of this World, Hoffmann and Campe/Hamburg)

And the well-known biochemist and environmentalist Frederic Vester actually completed this with the words:

“When all at once it was established that every system projects into another, that not a single one exhausts itself in its own sphere of life, it became clear that here too there could be no separate rules.”(DVA“Breaking New Ground for Thought).

And now I ask you to consider the full significance of this statement! There can be no separate rules! Everything is subject to the same Laws! We are no exception either! Within their limitations, these statements confirm the Grail Message, in which it had long ago been stated:

“There always rests in everything only the same simple Law! In the finest spiritual as in the coarsest earthly. Without change and without deviation. It takes effect and must be observed.”

We have to fit in with these rules. For they form the framework of our existence. And since we as spiritual creatures are capable of and destined for conscious activity, this fitting in must also be done consciously, that is knowingly. With the plant and the animal, evolution, as we have had to discover, has always ensured that whatever was not adapted to its living conditions died out, was eliminated, became extinct. How can we assume that it would be any different with us? This is slowly beginning to dawn on us in connection with the manifold environmental problems.

In our small daily affairs we have long since been practicing these realisations. What would you tell your little son if he failed to solve his mathematics exercise correctly, if for example he calculated $3 \times 3 = 8$? However much he pleads and begs “Mum, I really tried to do everything correctly; please let 3×3 be 8!”, you will nevertheless have to say to him: “My dear child, I am sorry, but there is no haggling or quibbling. The laws of mathematics are simply immovable. You will just have to do the exercise again, for exercises have to be practised until they are mastered!”

If you, as a responsible parent with his child’s progress at heart, were to speak thus in such a case, you would, strictly speaking, have thereby acknowledged and put into practice two recognitions which are of vast importance for your whole existence. Firstly: You have found out that there are rules which are immovable, before which there can be only “right” or “wrong”. And exactly that applies to the Laws of Creation, for which mathematics is simply a means of making them comprehensible.

And secondly: in demanding that the wrongly-solved problem be repeated you have recognised the purpose of rebirth, of reincarnation, which is still a mystery to many people; and moreover you have realised the need for it! For rebirth is indeed the grace that allows us to atone for mistakes made and to go on learning, since the subject matter which we are permitted to acquire can as little be grasped in one life as your son would have exhausted the whole subject of mathematics even if he had rightly calculated 3×3 equals 9. So you see, it is



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for this reason that so many people cling to life on earth, thinking that there is still so much to be made use of and experienced. They quite rightly perceive intuitively the magnitude of the not yet mastered task.

Reincarnation certainly makes it possible for us to continue this learning process. But just as in the end a pupil must be rejected if, despite all the re-examinations offered to him, he fails to reach the required standard, so too is the possibility for our spiritual development, which must first take place here in the few decades ago what we have long since been told in the Work “In the Light of Truth”, namely that each heavenly body passes through a cycle of development and dissolution.

Nevertheless we should not imagine that this end lies in the unforeseeable future. Consider: Millions of years passed before man could establish himself on this earth. Going by the assertions of science made even our central star, the sun, will one day blow up into a red giant and finally cave in on itself in a gravitational collapse, it does not take much imagination to assume that already long before that human life, bound as it is to very definite and critical conditions, will no longer be possible on this planet. Moreover, through this behaviour man is zealously attempting to render the earth uninhabitable long before that. From this you can realise the clearly discernible limitation that is set to our spirit’s possibility of maturing even in the course of rebirths. For by then the spirit must already have had all those experiences which it can only have in material substance, and which it absolutely needs for its maturing. Through these it must in good time have so grown in strength – that is, become conscious of its possibilities and tasks within the framework of Creation – that it can exist as spirit in the extra-material worlds without still needing the support of material substance. This is the same Law, but obviously in much greater dimension, that we can also observe here in the earthly world: for the child too, on attaining adulthood, must be able to do without parental care if it does not wish to become unfit for life; the fruit also must detach itself from the tree after the period allotted for its ripening, otherwise it would decay.

But perhaps you may still think: “Reincarnation – that is only conjecture! Would I not already know something about it, if I am supposed to have lived a number of times before?” Well, this allegedly most weighty argument, which has ever and again been put forward to refute reincarnation, has after all long ago been invalidated by science. For we know today that everything we retain in our memory for longer than about twenty minutes – the so-called ‘long-term memory’ – comes into being through the forming and storing of protein compounds in the brain. But this brain – like the whole body – decays after earthly death. With rebirth we receive a new body and with it also a new brain, in whose day – conscious memory there cannot logically be contained these protein compounds which were once formed by another brain. For this new brain is like an unrecorded magnetic tape. If you buy such a new, unrecorded tape, you do not expect to rediscover on it a recording you made previously on another. Therefore the experiences, the lessons of former existences cannot be found in our day-conscious memory. But they have entered into our spirit, into our personality. They determine the character, the abilities and the talents which we bring with us even at birth, as the formative result of our previous existences and journeying. And at times some faint memory of past lives flashes in the spirit as impression of “*déjà vu*”, something seen before, which we cannot associate with the present earthly life.

And consider: The fact that this review is generally hidden from us is indeed a grace, which enables us to confront unburdened by the past those situations and persons with whom we may be linked by certain ill-fated entanglements from previous lives. Redemption is thereby made easier for us. (Last 2 pages: Richard Steinpach. Hidden Connections determine our earth life)

The effects of past lives are still registered in the Human Aura.

The effects determine the character, the abilities and the talents which we bring with us at birth, as the formative result of our previous existences and journeying. And at times some faint memory of past lives flashes in the spirit as impression of “*déjà vu*”, something seen before, which we cannot associate with the present earthly life. Also unexplainable fears, or astounding talents that come to the forefront at very early age can be connected to one’s past life experiences. The acknowledgment of Reincarnation gives us the knowledge of the great meshwork in our existence. For people who deny Reincarnation, they question the continuance of their ego, the outliving of their physical existence; it conceals to them the purpose of life, and makes them doubt the Justice of God. For if we proceed from this birth as the origin of life, must it not seem unjust that the one is born rich, the other poor; the one healthy, the other sickly? If there is an after-life and rebirth, the circumstances of our next life will be of course be shaped by the good qualities we bring with us, but also by our faults and weaknesses and all those ties clinging to us from former earthlives, which are yet to be severed. That frightens many person. But the Laws of Creation will not change, whether or not we wish to acknowledge them.

The knowledge about the Laws of Creation is vital for all our work in regards to Healing Magnetism and also helps us why we conduct certain treatment approaches the way we do.

Reflection:.. Reincarnation. What are your own thoughts about that also referring to the insights



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