

SPC-USA Advanced Healing Techniques

Equipment Needed: One or two people exercise.

Degree of Difficulty: This is a mid level to an advanced exercise

Lesson Learned: To begin process of effectively providing a very reliable method of healing from using the proper techniques.

One extra step while doing auto suggestions trying to relax a person down, that they use the tips on slowing the person you're working on heart's rate lower, along with their blood pressure . This helps them relax down further,so they won't tighten up while working on them.

Talk to the person you're working on from your mind to theirs using your soft inside your mind voice, to calm them down.

Most people do the preparatory things wrong in healing someone, so they end up working hard instead of smart.

Stretching is hated by most people because they stretch the wrong way. Since they don't warm their body up first, making it sweat, their body is still cold which leads to ripping & tearing the ligaments & tendons.

Simply warming up correctly gives you the ability to stretch w/o the normal pain factor. Most people want to start right in on a person before they have gotten them ready for the healing process, which is why they are so tired after working on a person..

This method of healing is all about getting the person you're working on to help their body help them self. By getting in gear their own hormones and energy flow patterns, you are able to calm & relax a person down much more than normal. The more relaxed they are the less work for you.

There are many ways after the preparation part is done in order to take away the pain. Refer to the acupressure book or use your normal procedure at that point.

What we are showing people is that doing the preparatory stage right makes all the difference on how well you are able to relieve a person's pain. If they start doing all the little things shown before they actually put their hands on a person, they will have a much better time of it.

The following process is used to effectively help a person get over different types of pain or discomfort:

1. Start out by using a place which is comfortable as possible to be in. Make sure the person goes to the bathroom or has an empty bladder.

Next make sure you tell them to always get worked on when they have an empty stomach. Come to get worked on either before they eat or a couple hours after they have ate.

2. Use different ways to create a relaxing atmosphere, like scented candles, incense or other type therapies. Your body is designed to respond to smells. The right ones really work well in getting a person relaxed properly. Check if they have a favorite smell.

3. Check to see what kind of state of health they are in. See what their emotional state is in. If they are in a yang state, have them take several long inhales & exhailes to calm them down before lying on the table to be worked on.

4. Start doing the circles in a very soft & easy way, making the energy to come out good feeling & cool like you have been learning.
5. As they get comfortable in the lying position, have them close their eyes. Take the blob of energy, you have learned to build up and move it around the person, using the macro cosmic orbit.

Concentrate sending the energy thru the person's pineal gland in this nice easy way, so that you put their melatonin hormones into their bloodstream. Do all this without physically touching the person. Make sure they have their eyes closed when doing this or you'll release the wrong kind of hormones.

6. Do this macro cosmic orbit thru the person like you send it thru you. Do 4-5 reps around the body and check how well you did after doing a couple reps with the blood washing pattern.

Touch a person on a normally tight area like a shoulder or arm and see how much they start to tense. If they tense, repeat the macro orbit process, until the tension is gone. Try not to knock the person out completely by doing the process too hard.

7. Next, use this non touching blood washing pattern to thoroughly saturate the body with those hormones, so the person goes more into a relaxed state. A couple minutes of this will totally relax a person down, so that you have a much easier time sending the energy thru.

8. You use your energy to slow down the person's heart rate (as you have learned previously how to do) and it will also lower the person's blood pressure allowing the person to get in a better state of relaxation. This makes your job easier as you won't have to apply as much pressure hands on. Think in your mind to activate their body's natural killer cells into gear for them. Think of them going to the different areas of the body (especially any sore areas they bring up) and you'll put their own energy right to work for you.

9. Most healers take in too much bad energy from the person they are working on. To avoid this, don't try to absorb their energy into your body, as this can give you way too many bad side effects. Instead, by using their own hormones you can change the way they feel and not take into yourself any bad feeling energy.

10. As you are doing the blood washing pattern, moving your hands above the person's body a few inches and mentally moving the energy, start giving the person auto suggestions, that they are getting very relaxed and are starting to feel better & better as all their problems are being washed away by the energy flow. Keep repeating until you feel a noticeable relax down in the person.

11. Remember, to do healing right and so you can avoid getting too tired, learn to work smart and not hard. By doing these techniques right, you will be able to relax the person down enough, so they won't be tensing up so much, when you physically start touching them.

The more relaxed the person is, the lighter you can push and still do the job. This keeps them from bruising or you from exhaustion from having to push too hard.

12. Make sure you do the blood washing pattern in the right way, by using both your mental thoughts and the physical presence of your hands going through the pattern right above their body.

Don't use your muscles, use your chi or electricity to move their circulation around, so the hormones do their work right. The better you do this process the less actual work physically pushing you'll have to do.

13. When you are taking this kind of chi thru their body make sure it is good feeling & cool. The cool energy will boost their immune system, kicking out the right pheromone/hormones and keeps their natural killer cells on patrol. It helps you to activate the law of attraction for them (at least for awhile).

14. Talk with the person in soft tones and you'll be able to relax them down further. Your tone will also allow you to reach the good feeling states you need to in order to effectively calm the person down.

15. Use the techniques on slowing down the person's heart rate and lowering their blood pressure will also help in this relaxing down process you want the person to get in.

16. Use your chi to feel around the person's body to feel areas of too much heat. Those are the areas you need to focus & concentrate on to cool them down even before you start physically working on those areas.

You can find areas of heat better, if you do the good feeling & cool thing a couple times, cooling down the inside of their body in a general way. Then check to see what areas still have heat coming from them and those are the places needing the most work.

17. Going thru a check list of things you need to do before you ever put your hands on the person is essential, to avoid all the bad side effects from regularly working on people.

18. Now, they are ready to start their normal loosening and untightening the muscles, tendons & ligaments of the person you are working on. Since the hands on techniques are taught so many places, even our acupuncture course teaches things like this, you can use a variety of methods at this point and they should all basically work.

Use the proper preparatory check list to get the person relaxed enough, so that you can work on them, is the best way for you to get them over their pain and without you having to feel it up close and personal.

19. Use these techniques in the way stated for best results. After awhile, as your chi builds you will be able to use your chi in much more effective ways than you get a first. As you keep building up your nerve fibers from the chi exercises, more & more healing power will come out of you.

20. The main reason we don't show you actual pressure points or method of applying pressure is because it would be different for everyone. Putting your hands on someone is a pressure thing, that takes leverage on your part. Everyone is built a little bit different, and so they will use a leverage technique which will work for their body. Using the posture & form that works for your body is something you have to find out for yourself.

20. In summary, the main difference between using this method and other ones out there is this method will effectively relax down the person you will be working on, so you are conserving much more of your own energy then you usually have to spend, since you won't need to press as hard.

**This video and mp3 information is provided to you, so that your hands on techniques will work better. We also didn't go into actual hands on pressure points to use, as this is covered in so many other places, including our acupressure package.*

Most people hit the right spots on the body for healing and taking away pain. The problems they avoid by going thru this preparatory healing checklist will be evident to them very quickly. They save wear & tear on their bodies as they don't have to push as hard, because the person they are working on are relaxed and not tightening up the whole time (making your job harder).

Using this preparatory checklist I teach you how to have the person, you are working on, use their own energy to heal themselves. Plus never absorb some one's bad energy into your body, thinking it's a good way to heal.

You absorb their pain and so many other unseen things that it isn't a good way to do it. Using the circles and changing the energy over like in these techniques we show will save you from the bad energy, some people hold on to. Learn to work smart and not hard.