

# Healing with energies

## Practical healing and therapy with energies - Self-healing with energies

### Energy healing in general

**Reiki** is a form of alternative medicine, apparently developed in 1922 by Japanese Buddhist Dr. Mikao Usui. The word Reiki was created by combining two Japanese characters. With the sign **Rei**, we translate it as "universal, all-pervading" and **Ki** means "life energy".

**Ayurveda** is a Sanskrit word and means a system of traditional Indian medicine practiced in other countries, including the Czech Republic, as a system of alternative and complementary medicine. The oldest literature on Ayurveda dates back to the Vedic period in India.

**Feng Shui** is a Traditional Chinese teaching that deals with the relationship between man and his living space over time. It attempts to establish harmony in space and allow the unhindered flow of chi energy. Such a space can be, for example, an apartment, a house, a workplace, a garden or a city.

**Chinese medicine**, Czech **Biotronics** of the healer and biotronics of Tomáš Pfeiffer, pupil and authorized successor of Josef Zezulka and the actions of **Ukrainian and other healers and shamans**, etc. are alternative medicine, working with energies - basically it is biotronics, i.e. different ways of delivering healing energies to affected areas in order to correct them, regeneration, revitalization, removal of causes and subsequent conditions, pressure, swelling, blockages, pain, etc.

This is not a so-called spiritual or spiritual treatment, it has other, non-physical means (I underwent spiritual treatment twice in a row with the Australian healer Steve Ryder about 30 years ago - he has a lot of videos on the Internet, a very famous spiritual healer).



In these techniques, working with energies, their integrity is essential - that is, the body is viewed as one harmonious whole, which is out of tune in case of problems. Nutrition, lifestyle, spiritual fulfillment and life attitude also play a role here.

## Practical energy healing and therapy

These healing energies can be delivered by contact - hands, touch, non-contact action over the incriminated place, but also at a distance, without any distance limitation. The healer can give his energy, energy transformed from the environment, use the patient's energy, can also change energy - turn it from negative to positive, all according to the current state and need. With energies, it can initiate or stop various processes, change states, make changes, etc., just as effectively as, for example, medications or other procedures and healing processes of classical medicine.

The healer does not heal directly, but acts as an intermediary between the patient and his creator. The Healer may, at his discretion, change, stop, remove or dispose of the problem in any way. The healer also chooses who to attempt to heal. The healer does not think like an expert medical specialist, but diagnoses and acts according to need and intuition, perceives the patient as one indivisible harmonious whole.



Energies can flow into the patient 1. from space - astroenergy, 2. from the earth - geoenery, etc., 3. from the healer, energy can be transformed from other energy and from elsewhere, negative and harmful energy can change into positive and healing energy, etc. everything can also be combined in any way and thereby synergistically multiply their effects, completely freely and creatively. There are no rules for this, because everyone feels and perceives it differently, but a part of a successful procedure should always be a present clear idea of the goal and its intense inner visual vision.

It is also possible to use various substitutes when working with energies, i.e. substitute objects, for example amulets or talismans, herbs, drinks, etc., which are charged (programmed) by the healer and without his presence these objects heal the patient gradually or even by shock. Here it is already intertwined with white magic and magical ritual ceremonies.

However, nothing must be overdone, a balanced yin-yang harmony must remain. Of course, as with other techniques and by extension esoteric fields and areas, success is never 100% guaranteed. In addition, the latter is very dependent on the patient's cooperation, on his trust, faith and will, and it is also impossible to treat effectively against his will or without his knowledge. However, it is possible to do damage effectively this way (e.g. forms of voodoo). The most difficult, and sometimes impossible, is working with small children, they usually do not cooperate.

The flow - the flow of energies - can be felt, perceived. Just rub your dry hands-palms together for a while and then bring them closer to each other a few centimeters or to another place and you will feel it. For example, like heat or tingling, etc., everyone is different and everyone feels and perceives it differently. But you feel it's there. This is that invisible energy which, depending on its destination, purpose, timing and direction, can work almost miracles. When I name the energy, program it, determine its mission and goal, direct it with a vision of the desired state, goal and success, and if the patient cooperates, it usually works.



## **It is also challenging**

I must point out from my own experience that working with energies in the sense of a treatment that is supposed to be effective is sometimes very exhausting and cannot be done all the time or very often. Therefore, such a matter is also relatively expensive.

The effect of the intervention depends on the diagnosis and the appropriate choice of methods, on their intensity and the number of repetitions, but always according to the condition and current need, because it is rarely possible to eliminate problems with 100% efficiency, permanently and at once, which especially concerns protracted and long-term problems and changes.

And such work is time-consuming and causes exhaustion of the healer or shaman, who must then consolidate for an adequate period of time. Inexperienced people and those who are not completely convinced of their abilities, but want to make a quick profit, can also cause the disease to be transferred to such a wannabe healer or other problems may arise if he does not fully master these techniques and if he does not have full control of the situation.



## **Self-healing**

With self-healing and self-therapy, it is relatively simple, here we have the situation 100% under our own control. We have feedback and can repeat the actions at any time,

change ways and methods, work as needed or slow down when we feel relief or deterioration, etc. However, a continuous deterioration of the condition can also indicate emerging healing processes and ongoing changes.

Everyone has these healing and self-healing abilities, they just don't know about them and have suppressed them. Practice and practice develop these hidden abilities and possibilities and make a master. However, I warn against any unprofessional and amateur attempts at treatment or self-treatment with energies by inexperienced or uninitiated persons, as this may also lead to the risk of worsening the existing condition.

**Otakar Almatir Jaluvka**

[otakar@jaluvka.com](mailto:otakar@jaluvka.com)

<https://www.jaluvka.com/blogg.htm>

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