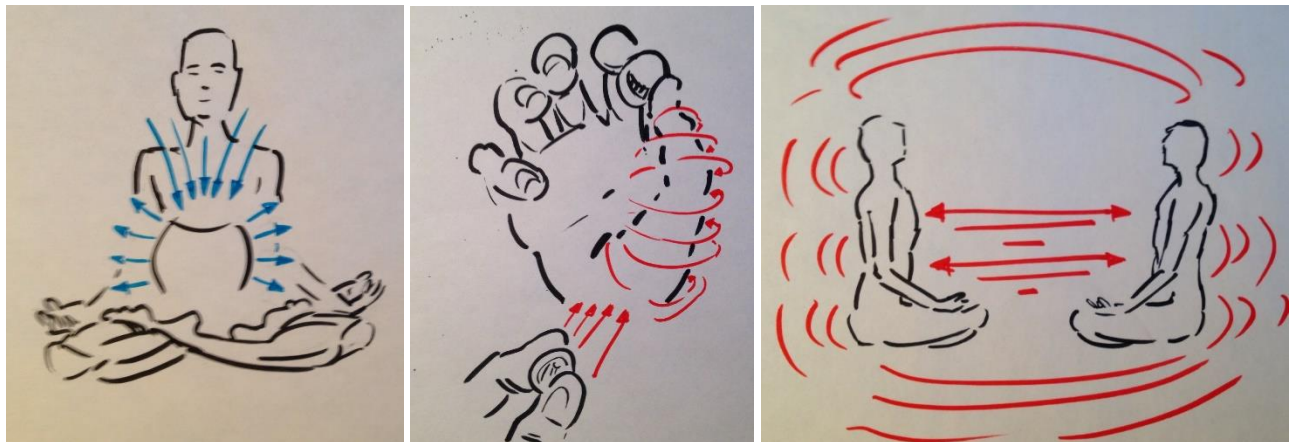


Near-Body Energy Sensation 101

Our bodies exude heat, electricity and magnetism in complex currents and vortices; these fields and rivers around the body we call your energetic anatomy.

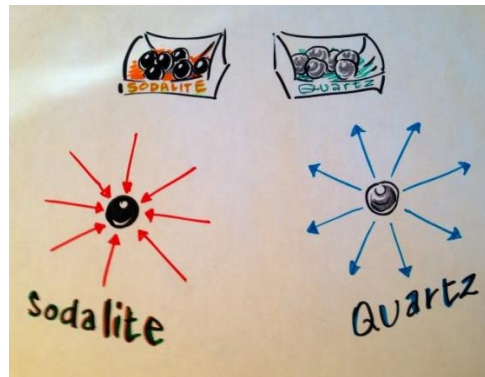
In this 5-20 minute experience, we teach how to feel your own Near-Body Energy Fields; where they are, what shape they are, and how you can “attune” yourself to recognizing them.

Please follow the breathing instructions and remember to keep an even breath at all times to ensure that your circulation, which causes the electro-magnetic fields, stays strong.

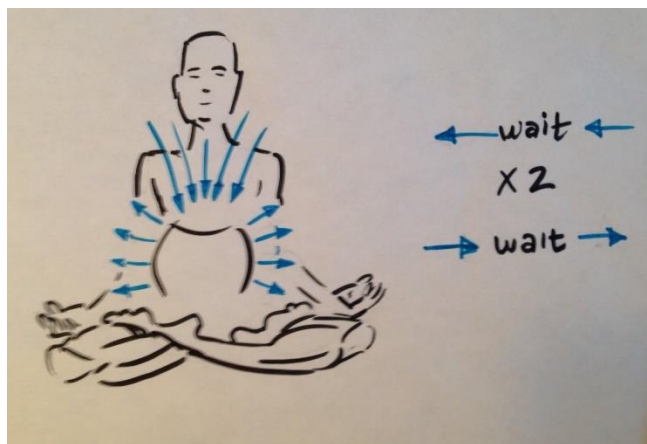


Energy work is a vital part of inter-personal communication, creating the subtle physical sensations associated with emotion, connection and exchange. Ideally a guide will lead you through these exercises, their intention should be to help you better interpret yourself and exchange with others via accurate self-awareness.

1. Begin by selecting and holding two quartz spheres or related meditation crystals, to synchronize and amplify the electrical currents in your body.
Alternately, use the tips of your index and middle fingers held together.



2. Take **2x Deep Breaths**, in the nose, inflate your stomach, wait, out the mouth, relax your stomach, wait, repeat; to encourage blood and electrical circulation.



Breath In Nose
Diaphragm Down
Stomach Inflates

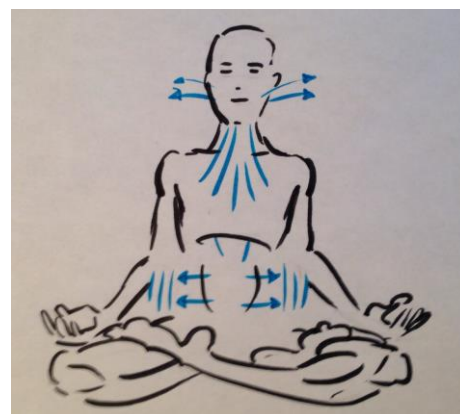


Breath Out Mouth
Diaphragm Up
Stomach Relaxes

3. Take **2x Reverse Breaths**, in the nose, tighten the stomach, wait, out the mouth, relax the stomach, wait, repeat; to partially reverses your electrical circulation. Then return to normal breath.

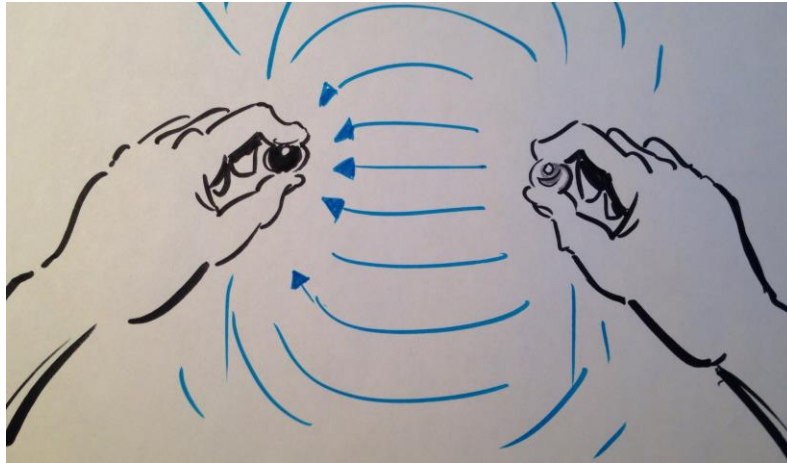


Breath In Nose
Diaphragm Pushes Down
Stomach Muscles Pull In



Breath Out Mouth
Diaphragm Up
Stomach Relaxes

4. Move the stones in and out to **feel the electro-magnetic field formed between them**. The force and direction will change with each motion and your breath (which should be kept at a steady rhythm).



5. Move one hand's stone about **1½ INCHES FROM THE OUTSIDE SURFACE** of your opposing wrist. Feel for **ANY SENSATION ANYWHERE IN YOUR BODY**; at first move only one hand, and then only the other to correlate the in-air sensations; this is the method of gradual self-attunement:



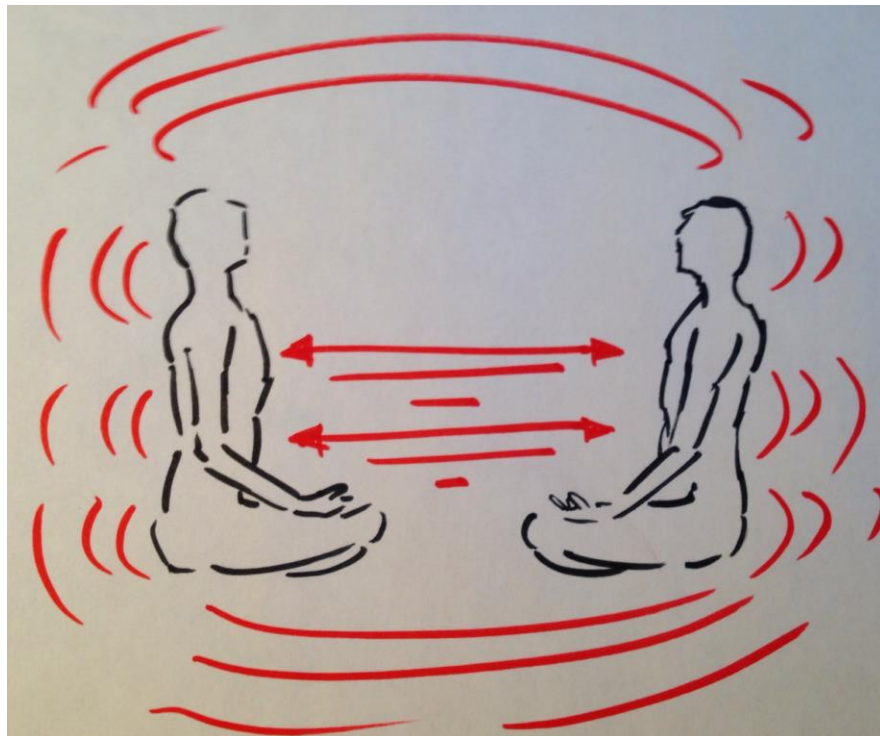
6. Move one stone above the center of an open hand, around **2 INCHES OUT**, you should notice a cone of stronger sensation near the middle of the palm, this is known as "chakra" ('spinning wheel') or **MAGNETIC POLE** where the twisting fields from around the edges of your hand combine:



7. Now try sensing the **SOLAR PLEXUS CHAKRA** in the center of your chest at the bottom of the front rib cage. Other major chakras can be found along the spine, head, shoulders and hip sockets.



8. When two or more people are near each other, their magnetic fields often interact. One particularly well aligned configuration, often associated with deep emotion connection, is shown below.
If possible, try feeling this connection with another.



Steps 1-8 can be experienced with one crystal, and then only finger tips.