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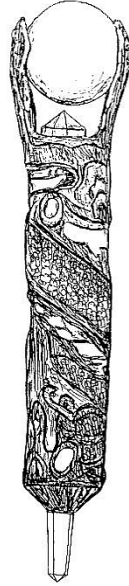
Tibetan Healing Book

Energy of the Himalaya

Title

Tibetan Healing Book

Energy of the Himalaya



Bird Publisher, 2008

Om Mani Padme Hum

*Om Mani Padme Hum
My Wish is all
The time with you
Come out of the dark
And see Good
Inside your heart*



About this eBook

TIBETAN HEALING BOOK

Energy of the Himalaya

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Om Mani Padme Hume

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Foreword by the editor and translator to Slovene language

Despite its simplicity, the Tibetan Healing Book can be compared to other contemporary literature on alternative medicine. As such, this book will be of interest to all natural healers and to other people interested in natural healing, rather than the use of chemicals.

There are no complicated procedures and healing methods in this book. A careful and thoughtful reader will find out, that behind the simple words and healing methods there is a profound knowledge and understanding of many different methods of natural healing from different branches of alternative medicine. Some of them that are currently known and accepted in our society include the following: bioenergy, radiestezy, gemstone therapy, ayurveda, herbalism, acupressure, massage, meditation healing, feng shui, mudras and positive affirmations. These methods are not described in detail in this book. They are only mentioned in relation to their approaches and methods.

The simplicity of approach and the way of explaining the contents enables us to enter into a profound and conscious self-discovery and discovery of the world in, and around us. We can already find advice to begin with self-discovery in the first chapter with the loving ourselves as well as all the other people around us. Only after we heal ourselves and accept certain findings are we able to help others and pass on to them the knowledge that we have acquired.

Healing methods described in this book are based on the use of a healing stick. The healing stick is known to gemstone therapists far more than to the general public. It is normally composed of seven to nine gemstones. It is known that the use of gemstones can enhance the entire energy capability of a human being many times over. Besides the general feeling of a human being, changes in his emotional, rational and higher spiritual levels are also included in this process. As others have told me and as I read in other literature, the use of gemstones is quite frequent in Tibet. Especially women, who like wearing jewellery with many different kinds of gemstones. This is why the presence of gemstones and the faith in their power and usage among the people of Tibet is common. We can read in the healing book that they use gemstones for healing purposes as well. All around the world people use gemstones for many different purposes. Many books have been published on this subject. There is a complete void regarding the healing stick in Slovenian literature as well as other international reading material. The contents of this book fill this void in a unique, practical way and up to date manner.

Healing methods described in the Tibetan Healing Book are based on the very fact that everything that surrounds us is energy. There is positive as well as negative energy in the harmony of energy in man and his surroundings. Simply put: in the case negative energy prevails we feel bad and vice versa. In general, the point changes as to what we perceive as negative, bad feelings or negative energy into positive opposition. Bad feeling changes into good feeling, illness into health etc. It actually changes into everything we like and we want.

Here are described several examples of how to reach that level in the introductory part of the Tibetan Healing Book. A few examples are described: The use of a good place and atmosphere for healing, the usage of gemstones, healing stick and singing bowls, basic knowledge of human energy fields, advice on a healthy food nutrition intake, exercises against tiredness, different types of meditation, general healing points on the body etc.

In the following chapters we find some suggestions for possible health improvements. Examples include: how to improve concentration, depression, allergies, burns, neck pain, coughing, and immobility of limbs, swelling, rheumatism, varicose veins, cancer, sexual disorders, abdominal pain, and different types of inflammation. A list of all disorders can be found in the content of this book.

General advice for healing reflects the very pure lifestyle of Tibetan people. We rarely think of water, cotton socks, diet, herbs and so forth to help us to alleviate our everyday difficulties inflicted on us by current western civilization. We prefer to use medication that is recognized and approved by society. They rarely relieve the consequences and do not influence someone's thinking and feeling and their general lifestyle that leads towards different diseases. But nothing is permanent and in the playfulness of the world around us we notice on a daily basis that the lifestyle slowly but steadily changes. It is often a little patience required by the individual in order to achieve some major changes.

However, we must not ignore knowledge, good will and the necessity of western medicine. On the contrary, it is my belief that we have western medicine simply because we need it. Everything in this world is somehow miraculously arranged and interconnected, is in harmony, and this also holds true for western medicine. A healer should also know that he is not almighty and is not able to heal certain conditions. Being modest and knowing one's own boundaries is a great pleasure and to have the possibility of sending a sick person to a medical doctor or to another healer. In the Tibetan Healing Book we find advice when to send a patient immediately to a medical doctor in the case of an emergency.

The original English language version of the text is very personal and simple and I have tried to keep this feature in the Slovene translation also.

There is no little point in transmitting everything that is written in the Tibetan Healing Book directly to our immediate surroundings. But this does not diminish the comparative value and colourfulness of the book.

Truth is sometimes hidden from us so as not to find out the whole truth at once. It is better to live in the present, in a place where we are and discover one's self through this life and experience. If I may say so with Buddha words as follows. We would often like to know and have a vast sea of knowledge as soon as possible, better even yesterday, not to be at the same time aware that sea is actually composed of single drops of water. And we are also not aware that sea without drops does not exist at all. So, every little drop is important. Be aware of it! My wish as editor and translator of the Tibetan Healing Book is that this book helps finding the truth in at least one of the drops in the sea of your knowledge and that this brings you at least a step closer to yourself, to all these wonderful things that are in all of us, in the light of our true being.

Editor and translator,
Damjan Plut

Ljubljana, 4th Feb 2005

1. THE TIBETAN HEALER

This book has been written for all the people who want to become a healer. You can do this for your own health or to help others. If you want to become a healer and you want to cure others, than it is good to start by yourself. To become a healer you don't have only to develop your healing powers, but also you have to live in a more spiritual way. You need to develop love for other people. The meditations, given in this book you can use to develop this spiritual way of living. This can take a long time, but it is well worth it. When you succeed in curing yourself you can help other people. Also by giving healing power to others, you can develop your own healing powers.

First it is important to know why people are ill. Everything in life is energy. All you see around is any form of energy. All you see around, whether you like it or not is made by your own mind. This process goes on and on. Positive ways of thinking makes your live bright and shining and it makes you healthy. On the other hand, negative ways of thinking will make your live more difficult and this will make you unhealthy and ill. This process is ruled by the chakras. They give the energy to your body. If you have a negative way of thinking and emotions rules your life, some of the chakra's can be blocked or will be closed and this can give you certain problems with your health. The main problem is that people's minds are in fixed patterns. They usually will not change their minds. That means that a lack of energy, caused by the mind and its emotions, will grow and grow. What start as a harmless disease can grow and can later give you a far more dangerous disease.

It is the task of the healer to change this negative energy. Then the disease will go away. But it is far better to change the way of thinking of the patient in a more positive or spiritual way to prevent diseases for the future. That is why a healer has to give a good example by living a good spiritual life. He can do this by speaking softly and calm, by playing soft and nice music and by giving a good vibration on a singing bowl. Also the room must have a positive atmosphere. You can put a big crystal in the room and make a puja at one side.

The most important thing for a healer to do is to see the patient as a friend and to give him your love unconditional. Explain everything what you do. Avoid any kind of emotions. Stay calm when the patient has lots of emotions. You are there to help the patient but don't take his problems into your life. This is only possible when you are strongly rooted. In spirituality and when you have lots of unconditional love for others.

A good way to change the mind of a patient in a more positive way is to give him an affirmation. Give affirmations like: I am completely healthy, I am bright full, I believe in myself, I am lovable, I have everything that I need. The patient has to say this loudly many times a day. Slowly this will change his mind.

It is also important that there are no strong fragrances or perfumes in the room. Do not use too much incense in the puja. All this fragrances and especially a strong perfume will distract a person's attention. The following rules are nothing more than an example; you have to find out for yourself the best way to work with your patients.

2. THE START OF THE HEALING

When a patient comes into your room first talk with him like a friend. Use your intuition to find out the connection between his emotions and his mind patterns on the one side and the illness or complaints on the other. Give love to the patient.



Take the - point of the healing stick and give a massage on the forehead. First upwards and downwards and then from the right to the left. Then give a massage to both of the temples. The massage can take a few minutes. It gives the patient a feeling of peace and makes him more open to the treatment. Turn the stick clockwise.

It can be a good idea to put every day some drinking water into the singing bowl. Give sounds for some minutes. Also you can put a crystal in the water. Every patient you give some water from the singing bowl.

Also you can give one or more sounds on the singing bowl to every patient. It will give peace to the patient.

You can use a pendle to test the chakra's. Keep the pendle as still as possible in front of the chakra. When the pendle turns clockwise, then chakra is open and good. When it turns clockcounterwise then there is a problem with the chakra. Also when the pendle goes to and fre the chakra is not in balance. Cheque all the chakra's and write it on a note. When a patient comes back, you can do it again and you can see the changes.

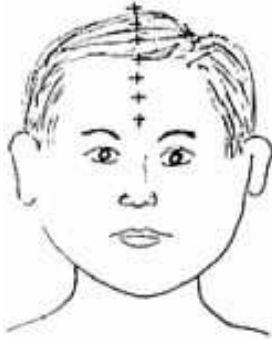


You can also ask the patient to do a few minutes pranayama. For pranayama put your left thumb in your left ear and close the left hole of your nose with your left little finger. Breath deeply and slowly through your right hole of your nose. Do this one or two minutes and than change the practice from the right to the left side.

Now give the treatment for the disease. Never work in a hurry. Take your time for everything, especially for concentration on love for the patient.

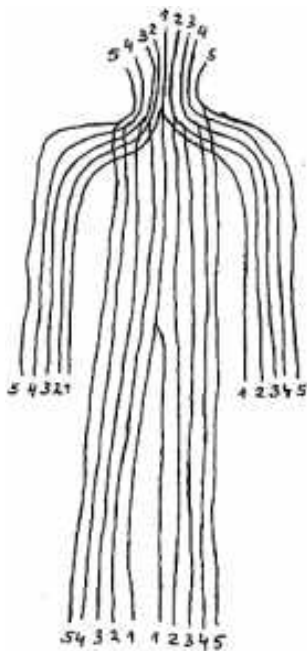
3. THE END OF THE HEALING

At the end of the healing you can take the + point of the healing stick and give + points from about 5 seconds, from the forehead to the crown. So you give energy to the seventh chakra.



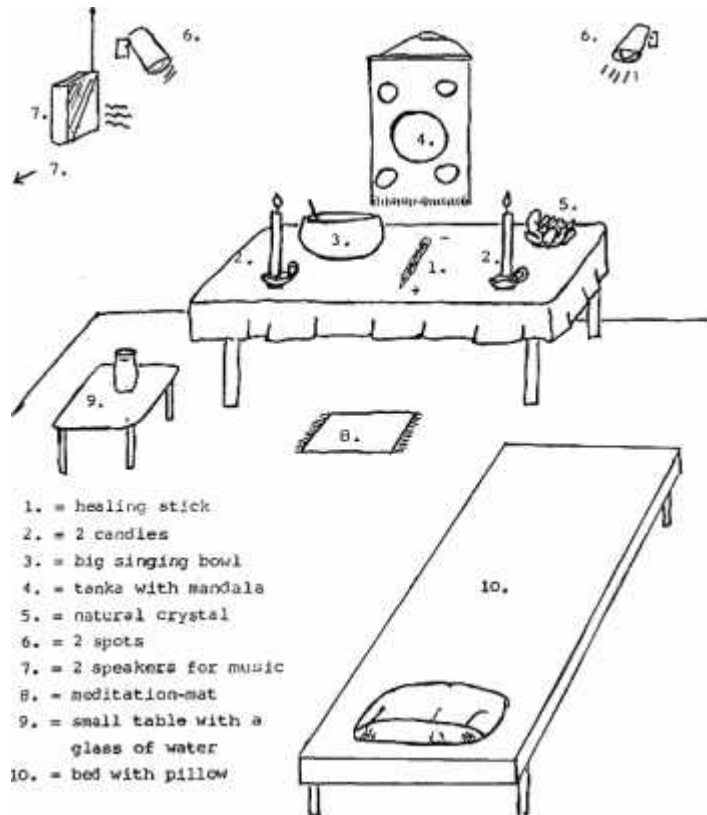
On the end we bring all the negative energy to the earth. So we bring all the five elements in a perfect condition. Use the + point of the healing stick. Follow the lines 1 to 5 from the head to the toes and from the head to the hands, without touching the body with the stick. Pass the healing stick across the body.

- line 1 = fire (third eye is fire energy)
- line 2 = space
- line 3 = air
- line 4 = water
- line 5 = earth/nature



4. A GOOD HEALING ROOM

If you are sitting in front of the puja, the + point of the healing stick has to be directed to yourself. Use two candles. The second candle makes good things come back to you. Hit the singing bowl once for every patient. The sound will help the patient. The natural crystal is good against every mental problem and gives a good vibration. Play only soft and quiet music. The toilet has to be in an other room. The small table with the glass of water is for your master or the one you are praying for. In the picture you stand with your back to the door.



- 1 Healing stick
- 2 candles
- 3 Big singing bowl
- 4 Tanka with mandala
- 5 Natural crystal
- 6 2 spots
- 7 2 speakers for music
- 8 Meditative-mat
- 9 Small table with a glass of water
- 10 Bed with pillow