

1. FIRST LEVEL

1.1 Introduction

The goal of this course is to turn you into a connoisseur of energy healing. Firstly, you must learn about the energy – what is it, what are its advantages and how can it be used. During your studies you will realize that it is going to be your choice as to how you use this energy and in what way, but the explanation of this matter will shape you. Natural energy is an integral part of every biological organism. You are now entering the world of esotery, where the likes of human energy are just small components.

We start from the fundamentals – what is esotery? Any matter in this world exists because of certain internal processes. There are links inside every piece of matter that make everything stand in its place, keeping it from falling apart. All these processes, these links, are a part of esotery. Esoteric or internal processes form matter. Meanwhile, everything that we can relate to the form and shape of this matter is a part of exotery. So, esotery is the keeper of the inside secrets while exotery holds secrets of the outside.

Anything that consciousness fails to categorize falls into esotery. Perhaps even magic. Science is constantly venturing into the territory of esotery, taking what is believed to be impossible, miraculous and obscene and then organizing it all, turning it into a field or branch of science. During the relatively short life of the human race on planet Earth, science and esotery had a close symbiotic relationship where, in the end, the entirety of science came from esotery.

In order to understand the possibilities we have and energy in general, we need to understand how our world is arranged, along with the Universe we live in. When we say energy, what do we refer to? Energy refers to waves. A particle that is moving is a wave. The intensity and speed of this wave represents energy. We could say that you are sitting in a room right now where nothing else exists besides energy. What does this mean? That a wall in your room does not exist? If you were a billion times smaller in size, what would you see? You would see a huge open space, not the wall. That wall would look as vast as the solar system. We would see nucleuses and electrons, just the way we see the Sun and planets now. The Universe is always as it is, and yet definitions are based on different dimensions. What we see in our natural size is what we call matter – we can touch that wall or paint it. But what we can't see from this position is space. If we are very, very small that wall becomes space. So, what is it, a space or matter? As it turns out it is space unless we define it from our regular human size as matter. Energy is present here as well; the tension it applies to space is called matter. Energy is everywhere and everything, and nothing else exists but it.

Let's continue getting to know the space around us. Our planet rotates around the Sun. The closest bright star such as the Sun is 4.3 light years away – called Proxima Centauri. That is an enormous distance. Even so, they are still connected. Their family is called the Galaxy. All of these stars hang out there communicating with each other, interacting with each other. Now, there are approximately 100 billion stars in our galaxy called the Milky Way. The entire galaxy, this mess and chaos of stars and systems, rotates around its center. And yet, no one knows how it is all rotating or why and how come everything does not fall apart?

Universe and brain share a lot of similarities. In fact, as much as the brain resembles a universe, the universe itself resembles a brain in both function and appearance. And we are located inside it. If anyone ever asks you if you believe in God, you can freely say that you are in one. And if they ask if you believe in human energy, know that they are not aware that this energy is just a tiny, microscopic part of all wonders that exist. Nothing else exists but energy, and this energy had been built by rules and protocols, so that everything else could work perfectly.

But, how are we connected to any of this? We are a tiny, tiny, microscopic part of this huge mechanism. And yet we are each a universe - we have billions of cells and those cells are fully organized and working so that we could exist in the first place. Microorganisms in our body outnumber our cells. Thanks to them, the tense state of the space is being made inside of us. If you decide to clean yourself radically right this instant, you would simply dissolve. A bacteria is not a cell, it is a completely different organism. It is like an entire zoo inside one man or woman. And thanks to the differences between these organisms, human beings can exist and everything in them is in balance.

It is very important for you to understand that energy is everything that exists, and this course will provide you with the techniques of using it. What is also very important is learning the anatomy of the human being. Therefore, during this level, each class will also contain advices and pointers to the specific system of organs that should be studied and memorized. The list is as follows:

- 1) The cells and tissues
- 2) The human skeletal system
- 3) The muscular system
- 4) The circulatory system
- 5) The respiratory system
- 6) The digestive system
- 7) The urinary system
- 8) The human reproductive system
- 9) The endocrine system

- 10) The nervous system
- 11) The human sense organs
- 12) The human skin
- 13) The immune system