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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Power of Feeling

By George Lockett

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We see all the top Scientist and Physicist and Business People, all using their mind to try to understand life and the world around them. What they find is that the more they look into a subject the more they realise how little they actually know.

Yet the true process of knowing is not in understanding, it is in being. It is through your feeling and releasing, relaxing and centring your energy that you can truly know whom you are. Take a deep breath and stay conscious of your breathing as you reach out with your feeling.

This works best with your eyes close using one's imagination, creating images with your feelings and expanding your consciousness outwards. You can imagine your energy field connected to the Earth and being as one with the planet. As you do this you may realise that your consciousness is margining with that of the planet and you are helping the planets own consciousness to wake up and become aware of its' Self.

You can expand again and feel the connection to the Sun and Moon and all the planets of our Solar System. Astrologers have known for years of this connection and influence. It is time now for us all to wake up and put our energy in tune with planet Earth and the Solar System. Just allow yourself the freedom to dream and feel the connection.

We should not limit ourselves to imagining that we are just connected to the Solar System. We are part of a much bigger system and we should feel the connection to all the stars and planets in the Milky Way and the Whole Universe. Then expand further and feel all the Dimensions and the Parallel Universes and the Whole Omniverse. There is truly no limit, but the more we feel connected the more support we will have in our daily lives.

I have made some meditation recording to help with this if you would like to try them. Just follow the link and instructions on the page: http://www.healergeorge.com/guided_meditation.htm

I would recommend listening to the second one first; "Connecting to Earth and Universe – Guided Meditation" as this is a good general meditation and will balance and align your energies with both the

Earth and the Universe.

You can email me at healergeorge@ntlworld.com if you have any questions or requests.

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Power Breathing

By Alan Tutt

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<http://www.KeysToPower.com>

How would you like a technique that will increase your mental and physical performance? With the technique I am about to share with you, you will be able to clear your mind, increase your intelligence, restore your energy, and increase your physical strength. This is also a technique that you can use any time, anywhere you happen to be, without drawing attention to yourself.

I'm talking about 'Power Breathing'. The fundamental concept behind Power Breathing is very old, so it's possible that you've seen a variation of it in other places. One thing that I've found is that some descriptions of the process are so vague or misleading that you end up doing it wrong and get none of the benefits that Power Breathing can give you.

In Power Breathing, you hold an image in your mind while breathing slightly different from normal. Let's cover the mechanics of Power Breathing first, since that is the simplest component of the technique. In normal breathing, you usually use only about 1/3 of the capacity of your lungs. During exercise or other physical exertion, you will use more of your lung capacity, but you breath faster to get more oxygen to your muscles. In Power Breathing, you want to breath deeply, but slowly.

One way to control the tempo is to count. Breath in for a count of 5, then hold it for a count of 3. Breath out for a count of 7, then hold it for a count of 3. When holding, don't close your throat as this will create unnecessary tension. Use the same muscle you use to breath in and out, but hold it in place. Just pause the in and out motion of air. Try it now and get the feeling of the tempo. Practice it several times until it feels natural and easy.

One of the easiest ways to direct Power is to imagine that it is carried by the air you breath. As you breath in, you are bringing Power into your being, and as you breath out, you are sending Power away from you. Your thoughts and feelings will condition the Power while it is inside of you.

Using this image, if you imagine that Power is energizing your body while you are breathing in, then

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Power is being directed to energize your body. If you imagine that Power is cleansing your mind and emotions while you are breathing out, then Power is being directed to eliminate any tensions and negativity from your mind and emotional nature. And if you combine the two images, then Power is being directed towards both goals with a phenomenal result!

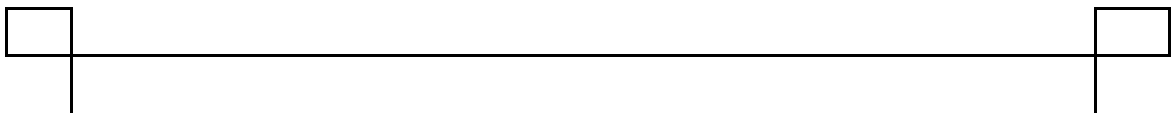
There are many uses for Power Breathing, but this is perhaps the most useful. Another use for Power Breathing is for healing. If you imagine that the air you are breathing in is bringing healing energies to whatever part of you is less than perfect, then you will be directing Power to heal that part of you. Make sure that you also include the image of any negativity or infection being eliminated from your body as you are breathing out.

It is also possible to "breathe in money" and "breathe out poverty". Or you could "breathe in love" and "breathe out loneliness". The possibilities are endless!

Alan Tutt is the creator of the phenomenally popular Keys To Power Mastery System available from <http://www.KeysToPower.com>. Become the Arnold Schwarzenegger of Mind Power using the Keys To Power Mastery System, and get everything you want in life.



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