

Table of Contents

Congratulations!	4	The Etheric Body (Etheric Double)	33
Part One—Health, Healing, & Medicine	5	Astral Body	34
Section 1 - Allopathic Medicine	5	Mental Body	36
Allopathic vs. Eastern Medicine	6	Causal Body	37
Section 2 - The Complex Nature of Dis-ease	7	Chakras, Cords, and Prana	38
Physical Injury	7	Chakras	38
Pathogens	7	What are Chakras?	39
Genetics	8	Chakra Facts	40
Life Style and Diet	9	Chakras 1-7	43
Chemical Toxins	10	Chakra Functions and Attributes	43
Thoughts and Emotions	10	1st Chakra, Root	43
Other Causes for Imbalance	11	2nd Chakra, Sacral	45
Meridian Imbalances	11	Spleen, Alt. 2nd Chakra	46
Miasms	11	3rd Chakra, Solar Plexus	47
Karma	12	4th Chakra, Heart	49
Chakra Imbalances	12	5th Chakra, Throat	50
Noxious Energies	13	6th Chakra, Third Eye	52
Geopathic Stress	14	6½ Chakra, Soma	53
Spirit Attachments	15	7th Chakra, Crown	54
Energy Zappers	16	Additional Information about Chakras 6 & 7	56
Negative Thought Forms and Black Magick	16	Third Eye Chakra	56
Section 3 - Energy Healing	17	Crown Chakra	57
What is Energy Healing?	17	Energy Flow of the Chakras	58
How does energy healing really work?	19	Prana and the Chakras	58
Part Two—Our Multi-Dimensional Self	21	Solar Prana	59
Dimensions of Manifestations	22	Lunar Prana	59
Astral	22	Kundalini/Planetary Prana	59
Mental Realm	24	Silver Cord and Seed Atoms	60
Buddhic	25	Seed Atoms	62
Nirvanic	25	Physical Seed Atom	63
Monadical	25	Astral Seed Atom	64
Logos	25	Mental Seed Atom	65
The Physical Dimension	26	The Meridians	66
The Physical Universe	26	The Aura	66
The Atomic Force of Life	28	Part Three—Journey of the Soul	67
Levels of Energy and Vibration	28	Infant Souls	68
Aethers	30	Baby Souls	69
Magnetic Aether	30	Young Souls	69
Life Aether	30	Mature Souls	70
Emotional Light Aether	31	Old Souls	71
Mental Reflecting Aether	31	Shifting Global Consciousness	72
Aetheric Biology	32	Non-Physical Cycles of Evolution	72
Physical/Dense Body	32	The Journey	73

Part Four—Techniques and Methods	74	Possession	104
Grounding	74	Dark Forces	105
Creating a Grounding Cord	75	Black Magick and Directed Dark Forces	106
Karmic Energies	76	Handling Black Magic and Directed	
Karmic Bag Technique	77	Dark Forces	106
Scanning—Detecting Energy Imbalances	78	Blocking Directed Dark Forces	106
Hands as Subtle Energy Detectors	78	Additional Elements when Working	
Scanning with the Hands	80	on Others with Re Hu Tek	108
Using the Fingers to Scan	81	Role of Intention	108
Pendulum Scanning	82	Rapport	108
Visual Scanning	84	Pacing	109
Sound Scanning	84	“Maps” and Karma	111
Clearing Information Energy		Recipient Reactions	112
and Subtle Matter	86	Recipient Results	113
Disposal Methods	87	Environment	113
Clearing Techniques	88	Charging for Your Sessions	114
General Aura Clearing	88	Legalities of Helping	114
Localized Clearing	89	Additional Considerations	115
Hand and Finger Clearing Method	89	Ethics	115
Sound Clearing Method	90	An Example Table Session	116
Clearing with the Eyes and Intent	90	Clothing	116
Clearing with a Crystal	91	Preparation	116
Clearing with a Pendulum	91	Clear the Environment	116
Adding Re Hu Tek to the Energy Body	92	After the Recipient Arrives	117
Adding Re Hu Tek with the Hands	92	Start the Table Session	117
Patting Motion	92	An Example Chair Session	120
Circular Motion	93	Distance Healing Sessions	120
Stationary Hands	93	Healing in a Group	122
Running Energy Between Two Points	93	Starting a Healing Circle	123
Head to Feet, Feet to Head	93	Directing Re Hu Tek Energy from a Group	123
Filling the Aura	94	Raising Global Consciousness	124
Using the Breath Directly On the Body	94	Re Hu Tek with Other Healing Modalities	124
Adding Re Hu Tek with a Pendulum	94	Re Hu Tek on Animals, Plants, and Objects	125
System Groups as Points of Focus	94	Where to Get Additional Information	125
Sitting Beside	95	Recommended Reading	126
The 2nd Degree Power Yantra	95	2nd Degree Power Yantra	129
Using Sound with Re Hu Tek on Others	96	Videos	131
Re Hu Tek with Crystals and Stones	97		
Temporary “Hand Attunement”	98		
Earthbound Spirits, Dark Forces,			
Astral Shells and Astral Realm Beings	99		
Earthbound Spirits	99		
Spirit Attachments and Hitchhikers	100		
Helping Earthbound Spirits Cross Over	101		
Astral Shells	102		
Astral Realm People	103		