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USE YOUR HANDS TO HEAL YOURSELF!

Are you well, well in the greater sense than just the physical? Are you at peace? Do you feel joy often? Are your finances where you would like them to be? Or maybe you have a loved one who isn't well and would like to be.



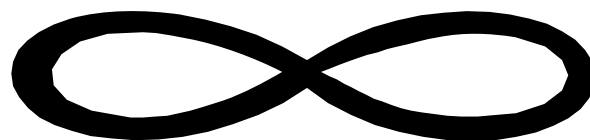
Then read on. This short book contains tidbits of ancient information. There were great civilizations that ruled the earth at various points in history. These civilizations contained knowledge and very wise individuals who understood secrets of staying healthy. They also understood the power of manifesting things they desired into their lives.



It is common knowledge that what you eat can affect your health.

Many people also know how great the power of **thought** is in maintaining well being.

Still there are many who understand the dynamics of **energy** and how it affects the mind and body.





But not many understand that **the hands** have great healing power when one has the knowledge of how to use them!

Following are a few facts about an ancient healing science (and art) that originated in Egypt many years ago. Pictures of people performing this art are contained on the pyramids.



But this natural, safe, easy-to-learn science is very effective when practiced on oneself! There have been many variations of this science through time that emerged in other cultures and it eventually spread all over the world.

The essence of this healing art is so simple that even a little child can perform it. It can help one grow calm, centered, be able to focus and pay attention in school and extracurricular activities.



People who practice this regularly have been known to get off drugs of all types, stop smoking and heal illnesses that have plagued them for years!

But we make no claim to these effects, you simply have to try it for yourself to see what it can do for *you!*

The Essence of this Ancient Healing Art



**It balances the energy
currents in the body**

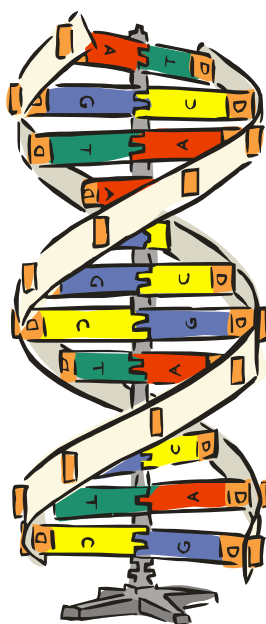
**The body has energy currents that
flow throughout it. These currents**

actually envelop the body like an egg and can be seen by some who call it the aura. The aura is the part of the energy current that is closest to the body.

When these currents don't flow properly, dis-ease manifests in the body and/or the mind.

This healing art helps to balance these energy currents. This promotes natural healing as the body is programmed to heal itself!

It opens the chakras.



Chakras are spinning vortexes of energy that are situated along the spine. Over time, this self healing art will open and balance these energy centers, causing one to be in

connection with the earth and the universe.

This brings you in tune with your natural abilities to make money and to feel grounded and in control of your destiny.

It also makes one joyful, peaceful, aware of one's life purpose and a sense of unity and harmony with all that exists – a truly beautiful feeling!

It strengthens the immune system.

This is important so that the body can naturally and effortlessly fight off diseases and illnesses that seek to take set in the body.

It opens the intuition.

This still small voice is what the ancients used to alert them of future events and dangers. For example, hunters in the wild could sense a dangerous beast hiding in the brush way before it was too late.

Knowledge of natural disasters was known by many before they happened so that they were able to get to safety and survive.

The intuition also causes us to be ‘in the flow.’ Being at the right place at the right time, making optimum decisions, and knowing when a person means us good or harm are important to our survival!

**It helps one to maintain
the optimum weight.**

When our system is balanced, cravings for sugars and fats are

(almost) alleviated. And when we do eat foods that aren't the healthiest, our metabolism is able to easily burn them off.

**It increases clarity
and mental focus.**

One of the worst things to experience is not being able to focus or to maintain a sense of logic. When our emotions become off balance we often react rather than act, most times to our detriment.

Being able to think clearly is a great ability. It helps us at work, in giving advice to others, in parenting, in emergency situations and a host of other areas.

It comes with an attunement.

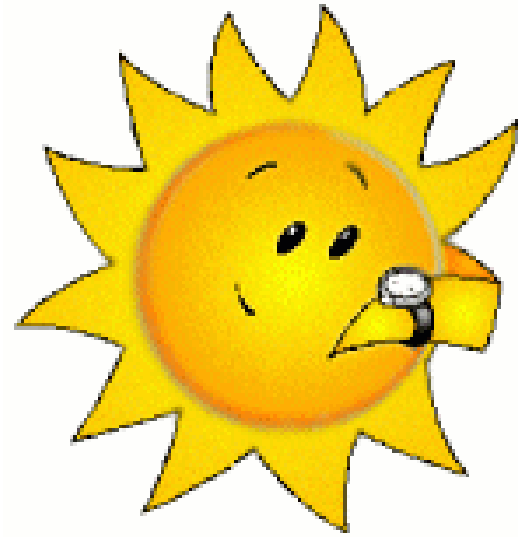
An attunement is an energy initiation. It helps you to open to higher levels of consciousness. A good analogy is that energy is like radio frequencies. When you get an attunement, it is much like tuning to a higher radio station where you can get more information from the

universe that is beneficial to your well-being.

This attunement is administered via distance. This is how the ancients who were aware of how to maneuver through time and space operated. This attunement will quickly and powerfully charge you with healing energy that is in reality already within you! It simply acts as a jumper cable to give you a 'boost' and open you up to the higher universal energies.

Want to Learn this Healing Art?

Universal Temple of Healing put together this eBook to tell you a little about it. We are intuitively guided to spread the word and teach many at this critical juncture in time. If you want to learn this science for yourself, a comprehensive online (home-study) course is available to you. You may begin immediately and progress at your own pace.



Although this course has 3 levels, **only Level 1** is needed to learn the art of self healing using your hands.

Instructors are available to answer any questions and guide you along if necessary. But again, this course is simple, easy-to-understand and more importantly fun! It is like taking a journey to a new and

unknown place and can be very exciting.

[Click here for more information.](#)

If you are in the Atlanta area or able to travel, UTH practitioners can perform energy healing sessions on you and/or give you private instruction.

By the way, you can freely share this book and we encourage you to do so. Why? Because if many people understood this art, the world would be a MUCH better place, harmony would be the norm and peace would eventually overtake us.

Wouldn't that be the best for our children and the future of mankind? If you believe so, then please share this book with others.

For any questions or comments, email: heal@temple-of-healing.org

From our hearts to yours, we wish you **Love, Light and Harmony!**

