

MATATEC

Energetischer Maschinenbau , - wie energ. Umwelt – u. Medizintechnik

Energetic Mechanical Engineering , - plus energ. Environmental – and Medical Technologies

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The very Basics of

M A T A T E C - " A U M " - E n e r g y - F e e l i n g

o r

" How to feel and to classify finest Energies " !!!

Are we now opening our view to the health of the whole environment , the health of forests , of rivers , of the (- also for us agricultural used -) soils , of whole landscapes , of personal houses , cities , of lakes and the ocean , of the air and atmosphere of all the human beings of the plants and animals around , - as also to examine our actual as future visions ideas and also deeds ,

- We are in highest need of , - same easy , as highly functional testing - methods , - to feel what's going on within the subtle energetic (- for the inner functions of nature and all life - most important) levels .

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How to test subtle – or finest Energies ?

Are there a few apparatus – testing – methods , to show in a relatively short time changes of energy – levels and – statuses , like

- some electronic acupunctural apparatuses (- to measure the different or changed flows inside of our body's energy – lines or meridians) ; -
- the bio – photonic apparatuses of **Mr. Prof. Dr. Alfred Popp** (- Neuss – Germany – ; - to measure the bio – photonic light - outcomes of plants - , of water etc . -) ; -
- also the higher climb of higher energetic – levelled water inside of (- at best to see inside of **0,1 mm** - and cooled down -) capillaries ; -
- also some testing – methods of and around of **Mr. Kirlian`s** – photography - ; - the (- basically through **Mr. Wolfram Schwenk** founded) Drop – Picture – Method of the **Institute of Flow - Science** of Herrschried / Germany – ; - the water – or better – the ice – crystal testing – method of **Mr. Masaru Emoto** from Japan etc. ,

but to say what's really happening on an energetic level and to qualify anything deeply (- short to tell , because all nowadays common technologies are full of other (- the expected results maybe just inside the procedure of testing polluting -) energies ; - also all these methods don't show us what's really happening - ; -) , – there is (- in science , maybe at best with additional chemical – physically apparatus – technologies as with bio – indicator – methods like the milieu – behaviours of zoo - plankton etc. -) no other way to learn to feel it personally , – at best by own long – time experiences !!!

Is it not so easy to learn or using divining – or dowsing – rod – techniques (- nevertheless they are for a deeper understanding and for researches highest essential , - here especially to qualify and describe what happens exactly on what kind of energetic level an of what kind of energy – frequency and – intensity ; -) (- same , for the safe use of ones own body , - as for clear and precise results and measurements) ,

– over the years of (- sometimes very) hard practice , (- I`ve found , - or better -) me where shown some very nice and easy ways for everyone :



(- **Important notice – and remark :**

All Healing – and energetic Testing – Procedures etc. (- with the exception of cases of emergencies or calamities etc. -) , – **please practice and start them outside of RAHU – KALAM – times ..** (- see under **Additional - 1 -**) **only !!!**

– **S o** –

)



Allways at first –

(- see please at Testing – Methods **Fig. 1 – A**) ,



– we are praying and singing **3 times** the

– **OM – AUM – OM** –

the light of Thee **Absolute**

inside our – (- *in front of our face positioned*) inside – palms of our hands
(- *same as for best and purest tests and measurements , - as for the protection of our
own body and mind whatever energies we will test , -*) in the thought that our
hands and body it getting charged up and en-lightened through !!!

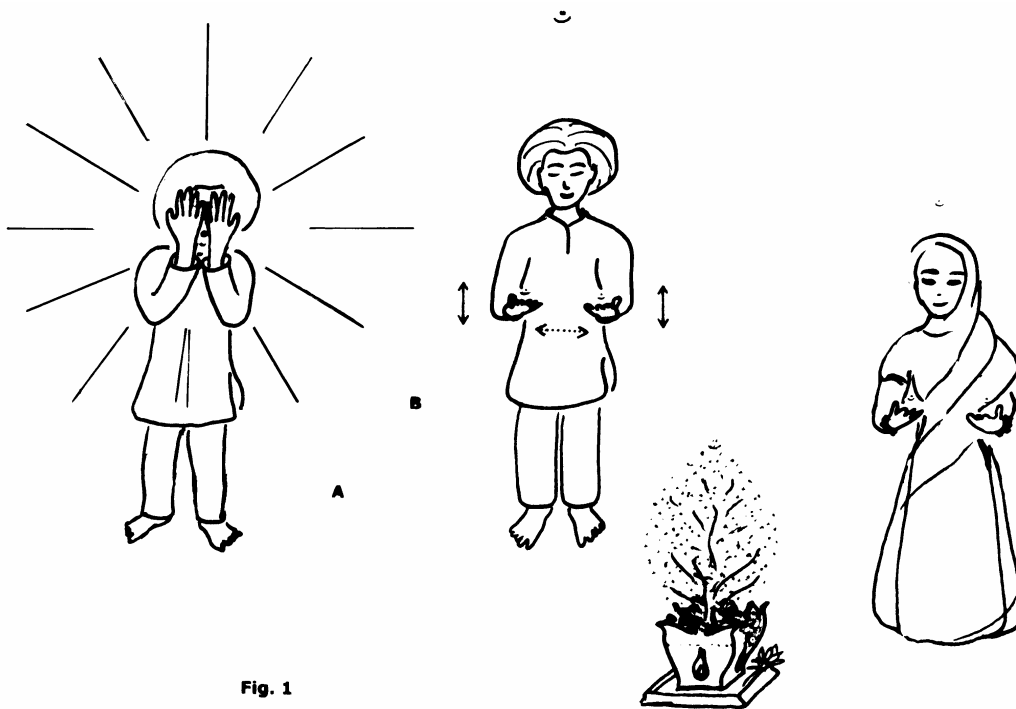


Fig. 1

1 . Energy – Testing – Method

To feel , whether something (- or some part of consciousness) **is in a** (- to anyone and anything - , - better to say – in a relation to the Absolute -) **harmonic subtle energy – status** (- see please at Testing – Methods **Fig. 1 – B -**) –

(- ; - **is** it beside of what kind of different energies or frequencies are (- for example) inside a material working or existent , - highly important , that these energies are in a harmonically mixture and composition , - same for everyone’s body and self as for the environment , this method is (- close with the testing method of **Mr. Körbler** with his one – handed – dowsing – rod , - for specialists ; -) a very easy and fundamental way to achieve best measurement – results **by approximately only about 5 minutes of learning , -) :**

After praying three times the “**OM**” (- as described above -) , we are searching for a (- for us) good place and (- a maybe at best to the sun directed) testing – direction .

Is it for holy procedures always good and best to have enough bodily contact to mother earth , we could remove our shoes (- sometimes if our body is at this moment energy - blocked stressed , we could (- at second) short – time rub down our back and spine with our upside finger - knuckles (- of made feasts) ; -) and try to stand there upright and relaxed , breathing a few times (- may be at best additional with **NAMA – SMARANAM**) deep inside our belly .

Then we are angling our arms in front and beside our body (- as You see inside the drawing , - also at **Fig. 1 – B**) that our hands (- with upside – directed palms) will be and rest over our **2. Chakra** (- anywhere on the level of our navel) .

Thinking and feeling that our arms and hands are reacting like or same – like a pair of scales ,

(- **Phase one** -) - before of any other test and any other feeling , we are feeling inside of -

- “ OM – HARMONY ” -

and look if our hands and arms want to move anywhere , maybe higher or more down , – one hand up , the other more down etc. and we’re agreeing with our body’s decisions and go with him (- letting our hands and arms (- inside of this setting) move wherever they want to) .

(- **Explanations** : **Is it for everyone of us** (- especially for healers) **highly important , that** (- nevertheless not everything looks and seems to be good and nice inside the world , -) **we fix our mind and senses** (- minimum at first and last , -) **to the good and hopeful – positive ,**

- **to feel here** (- at first and at last) **inside of – “ OM – HARMONY ”** is like a always available energy – status , where we could find back anytime and we will use it further on (- through the movements of our hands and feelings after some time maybe lovingly well – known and got familiar with it , -) as our very calibration – or gauge – standard and gauge – level .

(- *At this point I won't tell You what's going on here or what You may feel etc. , because it will be better You will try it at first for You alone - ,*

- *then and afterwards , You could look inside the footprints (- **under * 1** -) and we could speak about and join or participate our (- from the experiences of others pure , -) own experiences .)*

After enjoying "OM – HARMONY", - we are open to (- **Phase two** , - or to) test other things and situations :

In the same and out of the same "OM – HARMONY" - position and state ,

- (- if we have prayed before also through feeling inside of "OM – HARMONY", - for all things and situations we will pass and contact , -) we are now (- , also looking what's going on with the body – movements of our arms and hands , -) feeling inside whatever we like to test and qualify (, - maybe for example an apple , an energy – situation of a bees – house , or the wellbeing of a plant etc.) .



If the energy – situation or energy – level is same (- respectively in the same quality - , -) alike by feeling inside of "OM – HARMONY" , - nothing will change and we will have same feelings , visions and emotions .

If the energy – level (- of the tested thing or situation) is different (- , - and as more its against and away of "OM – HARMONY" , - as more it will be dissimilar) , - our arms and hands will react (- maybe at the one or other side , going more down or up etc. (- as described above) - , maybe only with parts of millimetres moving (- through a pressure – feeling , -) out of balance and symmetry -) at once ,

and the "OM" – alike feelings will disappear .

But there is an other highly essential and important effect , – we will recognize , if we are testing with friends or others !



If we are testing , the resulting angles (- or proportions of our two arms in relation to our body`s upright – position ; -) of different height - levels of our (- in front our bodies maybe so in different heights positioned) hands , they are (- maybe without longer experienced testing – practices at the first times (- through just arising of blockage – free energetic flows inside our bodies) by a few persons , - at first with mirrored hand – positions - ; - by further practice , after some time getting also from the side – position identical -) always same – and thus (- , so also the findings and results not related to the tested person , - individual , - but therefore -) absolute .



After tested anything , we are always going back to (- **Phase one** , or – to our inside) “ **OM – HARMONY** ” (- experience) !!!



Reflections about the **1 . Energy – Testing – Method :**

What are we doing now with these results – and how could we (- *maybe with the help of additional same – like tests*) interpret them ?

Have we noticed and said above , that our hands will go up or down as more differently as the tested energy – level is away from –

“ OM – HARMONY ”

– we could say , that even with smallest differences – , if they will not disappear through prayer – technologies , they are for all living beings and nature disharmonious and ready to be healed or (- *for example in the case of foodstuffs , to eat – (for our body - to identify with -) and if not essentially important or better than nothing -*) , – out of discussion .



If some of You will start to test maybe several energetic water – treatment – technologies , or inner behaviours of agricultural and natural soils etc. , You will be shocked about the results .

Don't be upset , this is quite normal and typical nowadays .



Now if You like to , You could try to cleanse or change the energy – level however You like to in the best intention ,

– but a true solution will only come through and in addition with –
 “ SA – OM ” – alike ethics , combined with same – alike Transforma-
 tive “ A U M ” – Whirl – Structures or

MATATEC “ A U M ” – Healing – Technologies !!!



If there will be and are some technologies or apparatuses (- may be for example in the case of (- always not transformable) microwave – stoves for private kitchens etc. , -) which will be none – changeable to a good subtle energy – status , they are so worse and such big faults , just to crash and recycle their parts .



If the results – , of the inner energetic harmony – and the spiritual energy – intensity is or are (- or may be once) at highest state and supreme level ,

– our hands will or like to levitate in a harmonious move (- above the 7. Chakra) towards heaven (- same – alike by “ feeling ” inside of “ OM – LOVE ” or PREMA) .



Reminds us (- *and nevertheless for my feeling the regular to You all here at first shown testing method is best , also to describe maybe once all over the world with the same energetic practice and language , what's happening on this level - ; - so also to secure same testing - results ; -*) the inside of this testing - method used kind of body - posture and - attitude to vary old - type modes and bearings of praying , -

a) may be with heaved up arms to the rising sun (- *which we will find afterwards as a highly effective tool for agriculture - technologies*) , other-wise same - alike usable (- *see please next sentences -*) , -

b) also related to a basic praying - position of Islam (- *with in front of the heart or the Heart - CHAKRA , - to heaven raised arms and palms of hands , - to receive collecting the heavenly light of Thee Absolute*) ,

where by same (- in principle - **test - method 1 , phase 1** - identical -) feeling towards and to **ALLAH - HU** ,

- the praying devotee could classify and feels at once through a same - alike changing movement of his arms and hands , if he is just concentrated to the Absolute or out of and away in body - consciousness .

So Muslims could (- *if they like to*) (- *and if therefore also the - " OM - HARMONY " - feeling - inside - method is practiced , -*) just use their very own praying - position for this highly valuable **1. testing - method** same - alike .

- c) or also a little bit like praying with in front of the breast crossed arms (- *with the hand – palms towards – and laying on the front side of our shoulders , - the arms touching each other and connected in front of our heart or Heart – CHAKRA*) – , also in Jewish – , Christian – Orthodox , ancient First Nation American (- *documented through a in the same bodily position figured ancient sculpture , found at the Isla Zapatera inside the Nicaragua – Lake*) and old Egypt – traditions (- *here also a sign of the sovereign of the pharaoh*) , -
- where there is (- *through this crossing arms*) a high energetically protection of the heart and Heart – Chakra (- ; - *whereas the Absolute protects us every time , especially if we are living a prayer – alike life with lived human values and love towards all and everything forever*) ,
 - together with the thus strong made known and reminding to all of us , – to love Thee – and search for the Absolute not only in the outside cosmos or beyond of cosmos , – but concentrated and sincere in our heart and very own self also ,
 - this prayer – position could (- *if therefore also the “ OM – HARMONY ” – feeling – inside – method is practiced , -*) also be used same – alike for our **1. testing – method .**

Is this prayer – mode to maintain this arm – position over longer time not so comfortable , – it is otherwise very easy to feel lowest energetically differences (- by the **1. testing – process , - Phase 2**) , through the stretch – effect of the skin at this point where the arms are touching each – other .

d) or also with symmetrically positioned arms and hands palms folded and joined together in front of the heart and the **Heart – Chakra** (- like in all traditions all over the world , also in **Hinduism** , **Buddhism** , **Christianity** , **Islam** etc. -) , which is a the oneness of **SHIVA – SHAKTHI** representing **and manifesting MAHA – MUDRAM**

(- for the lived harmony of joined and working aware together **KARMEN – DRIYAS** (- the 5 senses (- or organs of perception) of activity -) and **JAANEN – DRIYAS** (- the 5 senses (- or organs of perception -) of consciousness) , - also (- in oneness with – and together with our heart – and the our heart serving mind strength and knowledge) to a heavenly better sun – principle progressive directed future (- folded hands , are looking also holy – fire – alike -) , signifying also the relationship to the sun and oneness with the Absolute) .

If we are folding our hands for praying (- over our **2. Chakra**) – by closed palms the holy light rays over the fingertips till heaven – ; – are we a little bit opening our folded hands inside – or between of the palms , the out of our right hands middle – part of palm coming out heart – energy (- for my feeling and inner sight , -) is there saved like a small orb or a **Lingam** of light .

This light radiates delighting and pleasing the outside environment , presenting us feelings of joy , warmth , safeness and love .

So suchlike folded hands (- , representing also the Absolute) , could (- if therefore also the "**OM – HARMONY**" - feeling – inside – method is practiced , -) in principle (- , also through its all over the world common acknowledge , well -) function and used same – alike for this **1. testing – method** ,

– where subtlest (- relatively to the Absolute) disharmonic energetic differences (- by feeling inside -) , are effecting a spin to the side of the folded hands , out and away of a direct path – and a upright concentrated connection from the heart to the sun , – to the heaven and God .

Otherwise or additionally , – we will find this highest valuable **MUDRAM** – method ones more as a also there highly important tool inside the explanations about spiritual healing – procedures .



Is it – as almost said , highly beautiful , that through this **1. testing – method** we have an easy as safe tool to " feel " inside of and to recognize subtlest energetic levels and statuses ,

– here especially the state of inner harmonious combinations of all the different working together energy – frequencies ,

– for a deeper energetically qualifying , we have to use better the at next described **2. Energy – Testing – Method** :



2 . Energy – Testing – Method

To feel energetically Qualities and Health – Statuses (- of any part of consciousness) (- see here please at Testing – Methods **Fig. 2** and **Fig. 2.1**) -

- **Here also , always at first** - (- see please above at **Side 2** and at Testing – Methods **Fig. 1 – A**) , **we are praying and singing 3 times the**

- **“ OM – AUM – OM ”** !!!



Here , as we have learned it before (- with - and by practicing of the **1. testing – method** , -) , we are concentrating us (- by testing different things , situations or parts of consciousness) to the might – be movements of our (- even if it's in principle function both sides - ; - may be at best with the -) right hand

(- for me better the right hand (- , - for some people even it may be easier with the left hand - ; - because of the heart – energy , who is coming out (- with-out our will – intention and concentration naturally) inside the middle part of the right hand (- if she is over our **2. Chakra** positioned , - and here same if we will have a male or female body, -) only - ; - so may be it's long termed better to train it right side)) ,

which we have before positioned (- with a flatted and straight on palm) somewhere in front our heart (- or the **Heart – CHAKRA**) .

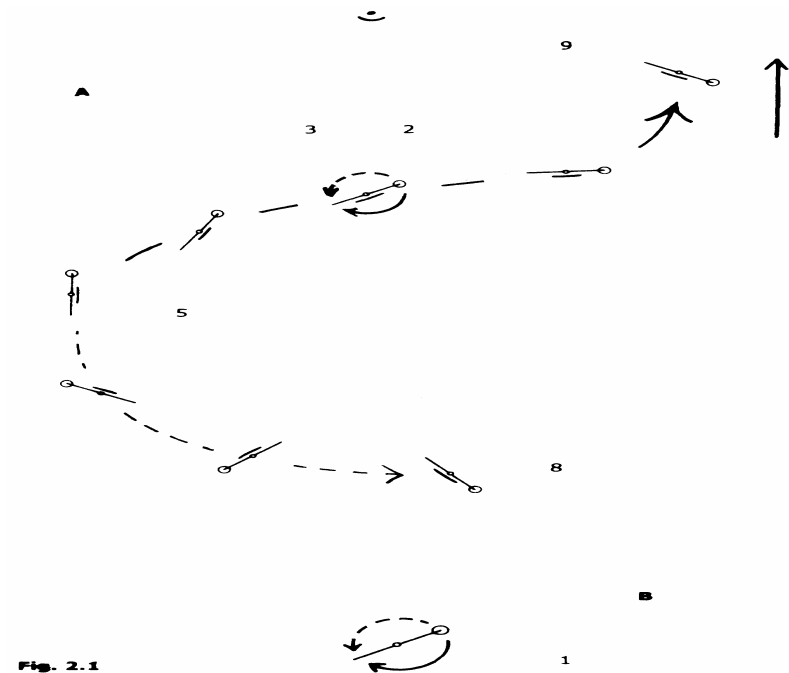


Fig. 2.1



Are we ever starting with a smoothly half to heaven or upside directed hand – angle – position – (- of (- see please above or at -)

Fig. 2.1 – B - , - where the line symbolises the horizontal proportion and angle of our hand , - the one – sided circle symbolises the thumb) ,

– as we see at (- Testing – Methods -) **Fig. 2** , our hand will react turning or rotating (- adequate and related to the tested things or situa-tions) to a may be , – more upside – (- to the highest position - **Nr. 9** ; -) or downward (- till lowest position - **Nr. 8**) – direction .

If the energy – situation is not alike (- , the only through anatomic bondage for our body in the movement – process one - times ending -) **Nr. 9** or **Nr. 8** , – our hand will stop ones , at a special position and angle anywhere between of them .

And also these tested positions and testing – results are (- after a little experience and practice for all people (- for these people who will use nevertheless their left hands for testing , then accordingly mirrored - ; -) quite identically) – **what a surprise** – also **Absolute** .



Are may be a view of You , by looking to the drawings (- recognizing the look like a little too much mixed or disorganized positions and their numbers (- especially of **Nr. 9** and **Nr. 8**), -) think of , – there will be a mistake , – but no – there isn't :

Was there the theoretical opportunity for me to count the different energy – levelled positions from the highest – **1** till – **9** , downwards ,

– but for specialists it's better , if there are (- to other techniques or methods) comparable results with same verbal skills .

Had we spoken once above shortly about a very nice (- but not very easy to learn) energetic quality testing – method of **Mr. Körbler** with his one – handed dowsing – rod ,

– he found (- beside of other methods , especially in the range of the energetic health – effects of special forms (- known as New – Homeopathy) ; -) , that such a dowsing – rod will react to a special kind of mental testing – question (- in his example , - about the healthiness of a human body), all the same - ,

towards special rotations or moving – situations and – statuses .

So he found , that if a **CHAKRA** has such a good energy and is in a suchlike condition what we may call to be healthy , his dowsing – rod or pendulum will show this (- here also Absolute and for all testers same and alike) through a special movement , – this status he termed to be - **Nr. 1** .

Downwards from this energy health – status **Nr. 1** – , it is going through **6** more (- *for every tester one and the same*) dowsing – rod – or pendulum – statuses to the (- *there last*) energy – status **Nr. 8** , – which is marking the most worse energy – and sickness – situation ,

– whereas the energy – status **Nr. 9** shows us a energy – quality – and health – situation , where a **CHAKRA** is – or is got nearly forever (- *what will ever happen*) unshakable ,

– totally pure and full of vigour (- *what's very nice , because the " 9 " is representing - and stands in all mystic – religious – traditions - for God and **Thee Absolute** -) !!!*



But there is an other highly special and for various diagnosis - practices very important point or energy – status , – **Mr. Körbler** named him status **Nr. 5** .

Here is exactly the point , situation , border – line or frontier , where a also suchlike tested organ or **CHAKRA** etc. shows us directly , that it is just at this point , where more downward illness is starting to be manifested ,

– same as more upright from there , as better healthy – conditions are manifested .

So for Us analogically

(- and nevertheless ,

- for sincere bodily illnesses and sicknesses , - even if You are - or may be able to test suchlike (- which may be then a good but only additional testing - method for the doctors themselves) , contact ever a medical doctor ;

- **We are using this methods here exclusively and auspiciously only for environmental health - technologies ; - so -**) ,

- a final hand - testing - position (- with our now used easier to learn and at any time and everywhere available **2 . testing - method**) nearby - around or at status **Nr. - 5** (- , as similarly with all the other clea-rest - differentiated energy - and health - quality - statuses -) , - shows us now (- respectively - are showing us now -) directly the same ,

- as also , how far or wide we are away from it .



Especially food as foodstuffs , things and energy - situations , **which won't move or reach after processed and practiced prayer - or energy - transforming - technologies not inside of the energy - status **Nr. 9** , we don't use .**



Are we now testing the energy – situation of an apple , of soils , of seeds , of plants , of rivers etc. , the final angle – position of our hand and palm shows us directly not only the present situation ,

– with some more practice and longer experience of ,

we could (- if we are deciding a special treatment (- maybe only to give some in the dosages suchlike tested water for a thirsty plant , -) to better or solute the situation and health – status , -) test also it's past energy – statuses and it's potentially health – and being happy – prognosis for a future evolutionary development .



Is it also here **highly important , to be protected** and not to feel to much inside of bad or worse energies (- nevertheless we had sung the “ **OM** ” and filled our hands and body with heavenly light before -) ,

– we are (- and also I`m) starting to test always and only with the hand – palm – position of **Fig. 2.1 – B** , - respectively with a better and healthier energy – status around of **Nr. 2** (- downward , - maximum to status - **Nr. 3**) .

From here , You could feel at once if its going higher or more down .

If it will go more down under position of status **Nr. 5** , – in most cases , for me this information or result is enough and I don't have to know it more exactly (- so my inner focus is anytime utmost to the healthy side directed) , – so I'm finishing this test (- or this feeling inside of this actual consciousness – situation , -) at once .

If the hand will go otherwise (- out from position – status **Nr. 3 – Nr. 2**) to the better direction (- which is under nowadays environmental conditions not easy and relatively very good -) , I will feel inside more deeply .



The highest healing – energy – intensity and healthiest status we could achieve , – we find here (- as just told before (- at **Side 17**) -) at **Nr. 9** ,

– but this supreme status is also (- alike the highest energetic harmony level of the **1 . testing – method** (- see please at **Side 8**)) highly auspicious .

Here the little fingers (- as higher and more valuable (- also from an ethical view and analysis , -) the energy rises , they -) are moving more and more upright

(- **the littlest finger** (- representing the physical existent world -)
- **and the ring – finger** (- representing the emotional world , -)

are both extending themselves to a heavenly direction -) ,

– and also here , our (- suchlike (- to the end of our bodily anatomy – possibilities stretched and -) upright turned hands , – will or like to levitate in a fast move (- above and higher than the **7. Chakra –** till up to our **9. Chakra**) , enjoying us deeply from inside (- and also same – alike by “ feeling ” inside of “ **OM – LOVE** ” or **PREMA**) , – towards heaven .



If we like to use this highest valuable **2 . testing – method** in a hurry , – maybe while shopping or anywhere on the street etc. for example as a help for any decisions (- *always with best intentions and for best progresses*) , (- *and if we aren't able even to think of to breath Godly energy and light inside our body and power up whatever is around , - but also additional -*) WE could use for fast protection the finger – constellation or the **MUDRAM** shown at (- Testing – Methods -) **Fig. 3 - C** (- *what's not so easy to hold while the testing – procedure , but for short – time it's very very good and helpful*) .



Are these now shown and explained to You (- **1 . - and 2 . -**) testing – methods filling up nearly whatever will be interesting and usable for You and us ,

– the next both (- **3 . and 4 .**) testing – methods are given , to round this themes with two , – same very nice as very fast and effective usable techniques .

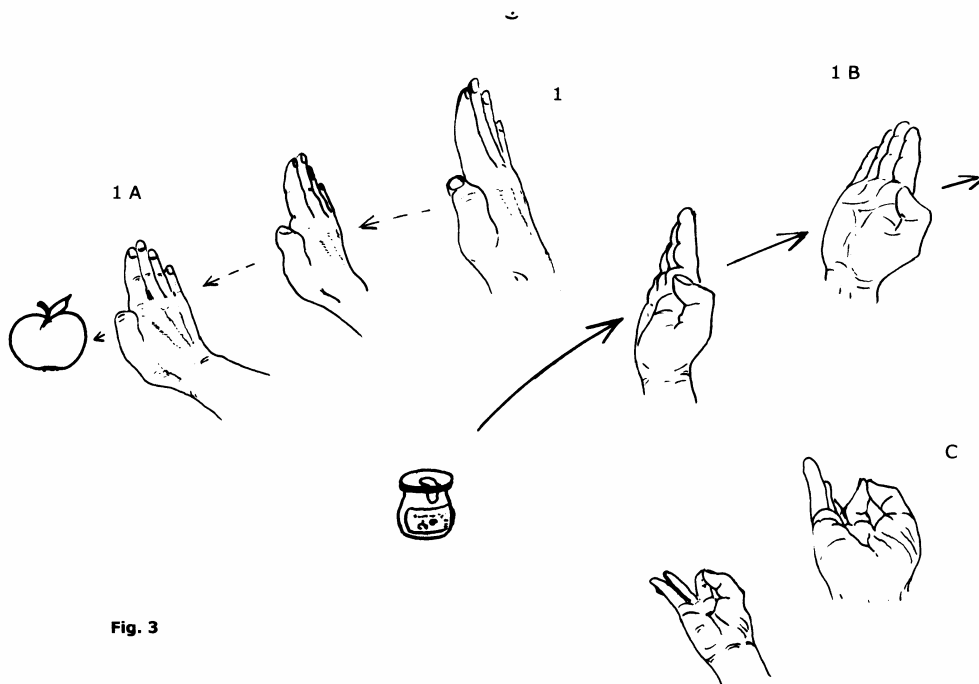


Fig. 3

3 . Energy – Testing – Method

A very short and easy to learn testing – method to difference and qualify energetic levels (- see here please also the drawings at Testing – Methods **Fig. 3) (- with not so high specifically differenced results , but for this purposes more as enough - and highest efficient) of food or needed things , – for example while shopping ,**

– to help to decide (- beside of logical understanding - ; - even under same – like packages , wrappings , boxes etc.) what’s good and adequate to use for us , – quickly :



Is our body highly intelligent and gifted to know and decide what's good for his system ,

- (- nevertheless humans where thousands of years everyday living in free nature , where also this kind discrimination - or distinction - power was highly essential to survive even to the next day , -) we nowadays ,

- living inside of modern - or cultivated - called urban and nearly full - industrialised circumstances , far away from the basically needs inside of wild nature etc. ,

have nearly forgotten this body - talent and - capacity .



Are we (- as described in the article - "**MANTRAM – YANTRAM – TANTRAM – prayer – technologies**" : Before we will go inside a store , or for shopping , we are at best praying at first for all food and things for everyone inside the whole cosmos , - then after we're -) using for this testing - method ones more at best (- as described above , because of a coming out radiation of the heart - energy , -) our right hand ,

we are taking her (- with an open and stretched palm , - our fingers straight together , -) in front of our body (- as You could see inside the drawings of

Fig. 3 - position – 1 , - anywhere in front or above the heart - or the **Heart – Chakra** -) .

Then , we are concentrating us towards our suchlike reached – out hand (- *which is additionally powered – up and strengthened through this*) and to the might – be movements of hers ,

– if we are looking to a special thing may be like a vegetable or a glass of jam , – also all kind of bottled liquids etc. .

Does now our hand like to move towards (- *till of touching to*) this special thing (- *as You could see at the **Fig. 3 – movement - 1 A** , - ?*) ,

- which shows us , that this one is in principle (- *in his now energy – status and as basics for future – on deeper energetic – transformation - and prayer – proceedings , -*) best or good for us and our body – system ; -
- or is she liking more running off it – and away – to a upward – and backside – direction (- *as You could see at the **Fig. 3 – movement - 1 B** , - ?*) ,
- which shows us and makes us here clear , – that this thing is (- *also in the cases of foodstuffs -*) nearly indigestible and out of discussion .



May be some of You think of , – we can't understand what will be different from may be for example (- *all same organic – grown , may be from the same farmers ground , with same procedures of working – on etc.*) one apple to an other one or of one package of grains to an other one etc . ?

Yes , it sounds strange , – but according to the place of growth even on the very same tree on the same or a different branch , apples as other things are having sometimes (- *according to the subtle terrestrial or cosmic energies going there through , - easier spoken about -*) highly different energy – levels and together with other energetic – difficult harvesting – , working up – and transporting - processes (- *You could see here deeper inside these problems and solutions , - inside the **Article – 3 - “ MANTRAM – YANTRAM – TANTRAM – prayer – technologies ”**) , afterwards they are nowadays often with a heavy mixture of different energies (- *You could qualify it additionally shortly with the **2. Testing – Method** + the **MUDRAM** of **Fig. 3 – C** , - as described above - ; -) on the subtle level really quite different .**

This **MUDRAM** or finger – position , – could also be used same to strengthen the measurement as also to fortify the energetic protection of this **3. testing – method** (- , *especially if we are testing such – way more difficult or toxins – including materials etc.*) , – by holding our hand from and out of the (- at **Fig. 3** seen) test – starting – **position – 1** with suchlike close together connected finger – heads of the thumb and the forefinger .

If we will or like to touch something (- *in this testing – procedure*) , then we do it here with the just upright standing (- *middle – and ring –*) fingers .



4 . Energy – Testing – Method

Also a very short , with a little practice achievable testing – method to difference and qualify energetic levels of food or needed things , – for example while shopping ,

– to help to decide what’s good and adequate for us and anyone to use :

Are we are taking something (- *let us here also take as an example our apple ,* -) in our (- *here also at best right – side -*) hand in front of our body or beside of him (- *this doesn't matter*) starting at best also minimum above the **2. Chakra** (- *remember of the heart – energy*) , or higher (- *with heavier things like a big bag of potatoes , - as it is comfortable -*) and we are feeling whether our hand will move more down (**?**) , - or more upwards (**?**) , -

– the from the energetic – level good or better things will go and move (- *their may be heaviest weights doesn't here matter at all*) upside – to heaven ; -

– bad energies – including materials , accordingly downwards .

If we're looking here more deeply inside , – there is also a connection between the tested things (- *respectively the subtle energies of our tested materials*) and our own **CHAKRAS** the body – energy – system :

If we may test something and are going for example (- *according with " the guidance of our body " , -) (- here for with a not so good material – specific energy – quality - ; - also not very fast , - so (- to feel the differences and changes better , -) more slowly , -) downwards ,*

- we will sometimes surprisingly find , that the move downwards will stop anywhere above the ground , maybe on the height of our knees , or wherever ,
- also – and this principle reflecting , – materials with better energy – radiations out of ,
- if they are not purest , also then our hand with them inside , will climb or raise not over or above the **7. Chakra** at all , it will also stop before .

ADDENDUM



Have we ones tested something , especially when intentional out of our will , – without a prayer ,

- may be for example one cup of water without a prayer and a same – sized cup of water with a prayer (- *may be to test the differences of them*) ,
- afterwards , please always pray for these materials or things too ,
 - **everything inside the cosmos waits for love and blessings**

and if we won't do or miss it , – even materials could react (- *on their emotional body – level , -*) with sadness , disappointment and sorrow .



Now finally I'll tell You that this **4. testing – method** could function also with the use of our third eye .

Therefore (- *please don't use it too much or too excessively , because it could need much of power , getting stressed and tired through it , -*) we look to and at things with a wide view and feel whether our third eye – , or the third eye together with the whole head will like

- to lower himself (- *with not so good energy*) ; -
- or otherwise (- *if the energy – level is highest and supreme*) , - to lift and raise the eyes to heaven .



Ps . :

Are our eyes related to the sun and sun – principle , – it's very beautiful , same – for the whole surrounding and environment as for us ourselves , to bless (- *or just think of , that we are blessing through the huge light radiation of our eyes*) everything , anything and Anyone We or our eyes will look upon !!!

Practicing this , You and we will find , that even this method will change the energy – quality of materials deeply .



How to cleanse our bodies on the energetic levels

At best just before any healing – treatment and also after difficult testing – procedures for healers or other practices , – also by being stressed after professionally work etc. :

Is it especially for healers (- as for all hard working people , - same for students , -) highly important ,

- same as starting a new healing – treatment ,
 - as also to cleanse our bodies after work
 - and especially after energetic difficult practices (- even some-times) from these strange energies ,
- which sometimes are (- for us , - sometimes through healing – processes or just being together with other people or difficult surroundings , -) coming inside our (- body`s energy – field or the -) Aura and constructing or generating maybe to – and for Us before totally unknown emotions or thoughts (- all in principle to be noticed through ourselves and solved by love and prayer - ; - where we shouldn't be troubled of - , - or as **a Teacher** once declared , - that we all should be happy , if we could and are able to take something from others) .



Is it for a short help or small energetic pollutions sometimes enough , just to hold our (- *through a little bit downward the wrists putted together forearms connected to each other* -) hands over the backside wrist – area from both (- *left – and right hand* -) sides for a short time under (- *at best cold*) flowing water ,

- but for more difficult cleanses ,

(- beside of the highest efficient all the time “ **SO – HAM** ” , “ **MA – OM** ” - light – love – meditations , - please look here inside the **Article - 3 Side 42** + ; - plus the “ **Cutting the Ties** ” - method of **Mrs . Phyllis Krystal** ; -)

- we could and should use the from

Her Holiness MATA AMRITHANANDA MAYI MA

taught and recommended practice :

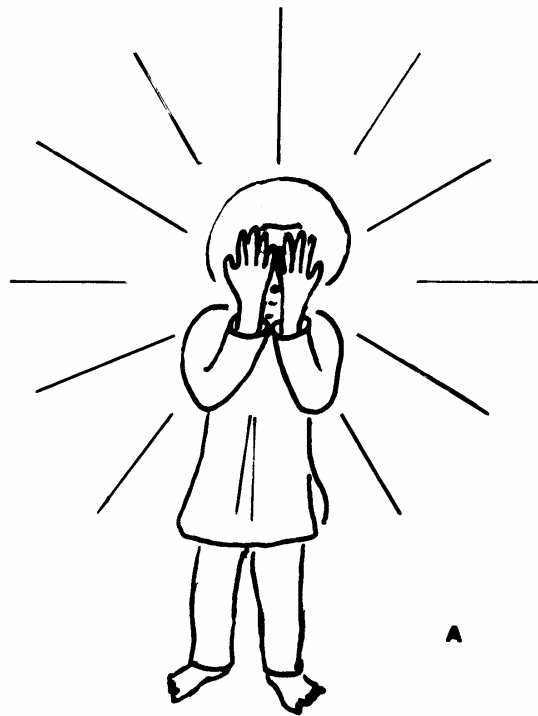


Also here at first

- We are praying and singing 3 times the -

“ OM – AUM – OM ”
the light of Thee **Absolute**

inside our – (- *in front of our face positioned*) inside – palms of our hands in the thought and vision that our hands and body it getting charged up and illuminated through **!!!**



Then , also three times (- *for every world - , or for every aspect of the trinity of **God** once , - for the physical world , - for the emotional world and once for the spiritual world , -*) we are wiping off or striking out our (*own*) body (- *that* (- *maybe filling up our body with the Godly light of our hands additionally ; -*) **through this procedure almost automatically , - all impure or for us strange energies will leave him and going outside -**) from top to toe .

May some of You (- *and after some practices*) may feel these energies ,

- for me it's not so nice if they (- *after wiping them out of , -*) will just go outside and going anywhere around or to the surroundings etc. .

So therefore , before of wiping them out , or plugging them away from my bodies , I'm asking (- God or the angels) mentally for a amphorae just to come and standing (- *a little bit beside*) in front of my body .

If she is coming (- *she has been since now always presented*) , I'm plugging , wiping or let flow these energies (- *at best , till full clearance is achieved*) , - inside her .

After this , I'm asking to let her (- *the amphorae or vase*) please depart and that the angels or God will also please neutralise or transform these inside energies for the very best of all -

- and for my inner feeling , this just happens accordingly .



However You will practice it now (- *without the mentally amphorae or with ; - for experienced healers who could additional look upon afterwards , - if the aura is **LINGAM** – alike figured and everywhere closed , - if the **5** bodies are upright together centred and concentrated , - if the **Chakras** are all regularly not too much and same , also backsides open - (- , - into these special energetic treatment – procedures , - we will view deeper inside the maybe future chapter of - **YANTRA – Healing**) ; - may be sometimes additional also with **ĀRATHI** and bell (- please look here also inside of the article “ **MANTRAM – YANTRAM – TANTRAM** – Prayer – Technologies ” - **Side 10 – 12**)) , -*

- after this , - we could stand , folding our hands and pray

(- rotating with our body (- may be starting and finishing to the sun) rightside for every single **Shanthi – Mantram** once (- to calm down and greet Thee (- physical – emotional – spiritual - , past – present – future - , **BRAHMA – VISHNU – SHIVA** -) trinity – aspects of God’s absolute reality - , - here , experienced devotees could wait a little bit by praying till the word - “ **Shanthi** ” is everytime formed from inside and look then - , if the environmental surrounding is also like our inside and our subtle bodies peacefully and silent calming down , -))

- (- maybe at best just letting the syllables and words just flow and come through us and the outside world , - out of the inner **Absolute** , - who blesses and enlighten like this the whole situation and cosmos , -) **for heavenly peace –**

“ Shanthi – Shanthi – Shanthi ”

and thank for healing , -

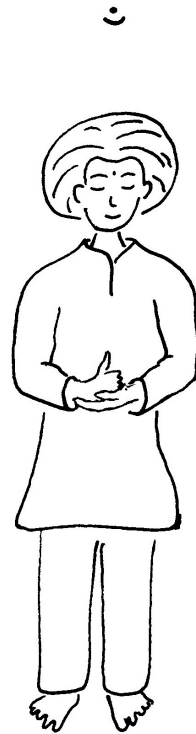
- then we could and should (- *because our body is like a little child and needs experienced love sometimes*) stand or sit for a little while , feeling inside and getting aware and enjoying our inside purity

OM

SRI GURU BHYO NAMAH

HARI – HI – OM !!!





Additional we could activate Our All personal – as always with us –

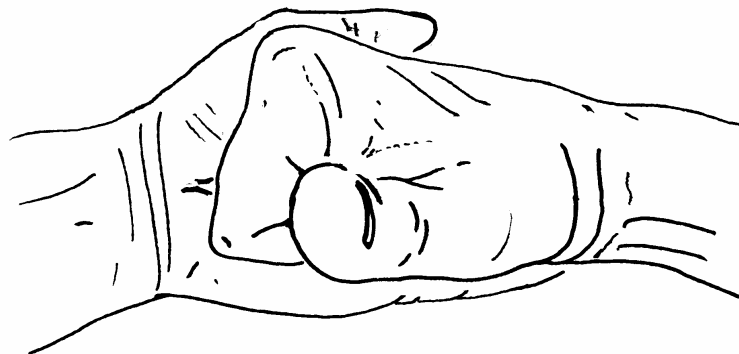
SHIVA – Lingam !!!

Also at first we are singing 3 times Thee **"AUM"** inside our hands - and then -

The left palm as a little cup

The right hand with a tensed fist and straight erected thump

The elbows and hands in one line with a little distance towards the Solar Plexus



Holding it for a few minutes , - it's very healthy to come back to health and strength !!!

The Footprints

*** 1** (- From **Side – 6**) :

Here nearly all people I've shown it (- *including myself*) , are feeling at once a deep and highly affecting warmth , safeness and quietness is coming to them ,

- where the hands are moving vastly soft and tenderly (- *pendulum - alike*) to a totally balanced symmetrical horizontal level (- *where even if we won't look to our hands , - on this horizontal level our little fingers are easy able to meet each-other by moving (- on this level) inside – or in a together – direction with our arms and hands*) .

The body and spine uprights (- *after little more going – and seem to be like feeling inside , -*) to a highly powerful – , after a little time heavenly bliss enjoying position and intensity ,

- (- *then*) the little fingers are twisting towards heaven , the full environment and the whole cosmos is filling him–her–it – self and arising in heavenly light and brightness and starts healing .

The explanation of this :

Is “ OM ” the Absolute – God , – feeling inside of (- *whatever is related and connected with , -*) **is a supra – mental – thus spiritual experience of the reality of our very own and one soul** (- , - *but not of our mental – or body – consciousness -*) , -

- therefore , (- *maybe after a little more time* , -) all heavenly and Godly benefits , - even love towards anything and everyone is coming , opened and for us aware residing (- *or starts to reside more and more permanent - conscious and liveable , - forever*) inside of us .



For further or additional experiences , You could (- *also looking what's going on with Your hands according to the* **1. Testing – Method**) try to “ feel ” inside of

PRE – MA or “ OM – LOVE ” !!!

And
ultimately inside of Thee

HIRANYA – GHARBHA – LINGAM

- **Your as Our All own as One spiritual Heart** -





Thus – Happiness and Success while Testing !!!

wie

Somit viel Freude und Erfolg – beim Testen !!!

Yours

AUM JAI SAI RAMA

and

HARIOM NAMAH SHIVAAYA

B o t i d a

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