

**Would you
like to feel
this
Energy?**

PRANIC HEALING[®]

DISEASE FIRST ENTERS OUR ENERGY BODY
BEFORE ENTERING THE PHYSICAL BODY

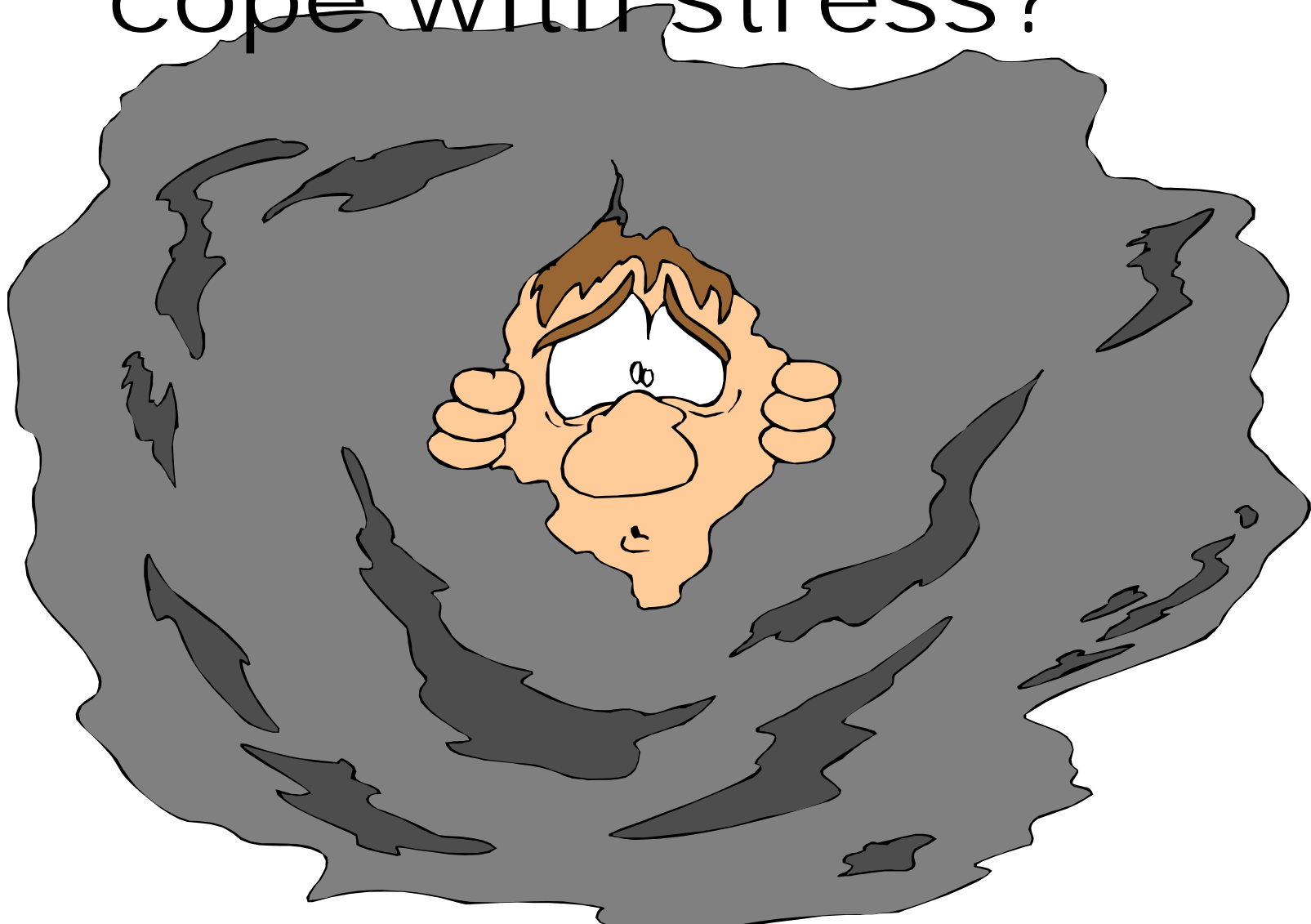
Human Aura
– Invisible
Energy Body



In Response to Stress Fight -or - Flight

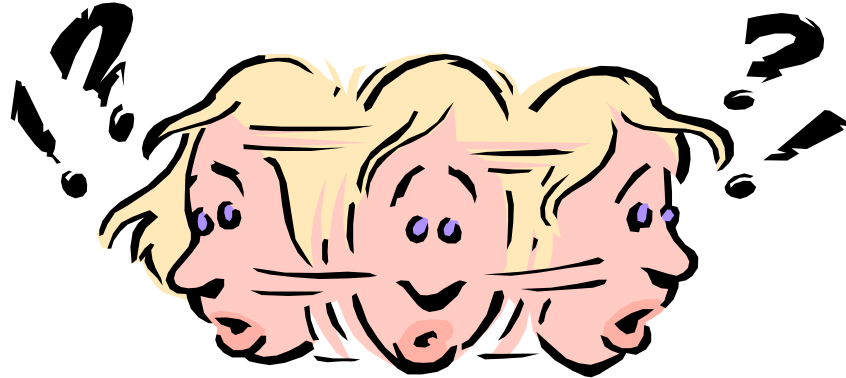


How should you
cope with stress?



Be Aware

Recognize
when you are
stressed



Practice reducing
stress through
your positive
mental attitude.



Change Your Lifestyle

SAY YES TO...



▪ **Healthy Diet**



▪ **Proper Exercise**



Forgive Easily

▪ **Letting go of anger**



▪ **Relaxing**



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	MT202 Ordinary Differential Equations 8th		LA6C20102 Dynamics: Rotations (8) Lab	MT2202 Numerical Analysis I 10:00-11:00	
10:00	MM 2202 Ordinary Differential Equations HO (8) - Review 2.3		LA6C20103 Computer Graphics (8) Lab	MM2202 Ordinary Differential Equations 10:00-11:00	MM2202 Ordinary Differential Equations 10:00-11:00
11:00	CN012 Algorithms and Data Structures 1.5		MM2212 Further Linear Algebra 1.5	MT2212 Ordinary Differential Equations 10:00-11:00	MT2212 Ordinary Differential Equations 10:00-11:00
12:00	MT2212 Further Linear Algebra Review, Theory A	MT2212 Further Linear Algebra 1.5	MM2212 Further Linear Algebra 1.5	MM2212 Further Linear Algebra 10:00-11:00	MM2212 Further Linear Algebra 10:00-11:00
1:00	CN012 Algorithms and Data Structures 1.5		MM2212 Further Linear Algebra 1.5	MT2212 Further Linear Algebra 10:00-11:00	MT2212 Further Linear Algebra 10:00-11:00
2:00		CN012 Algorithms and Data Structures 1.5			
3:00					
4:00					

▪ **Making a Schedule**

Preventions?



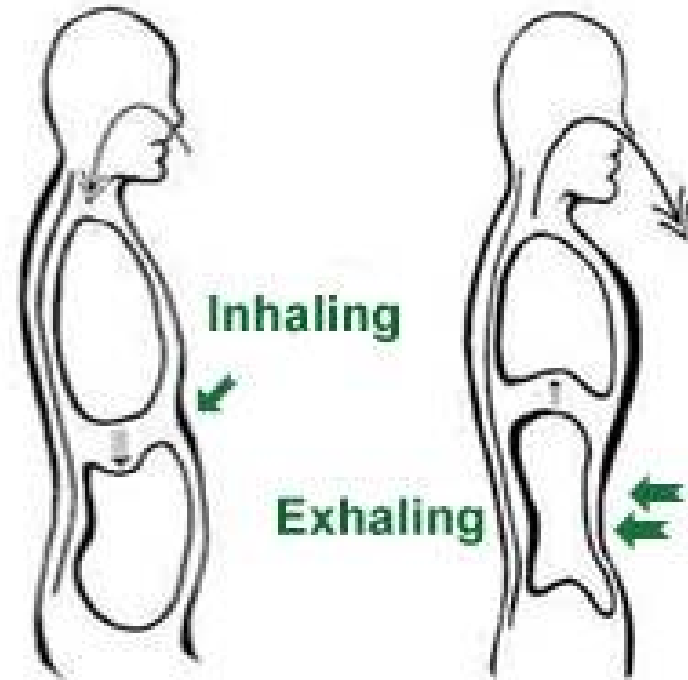
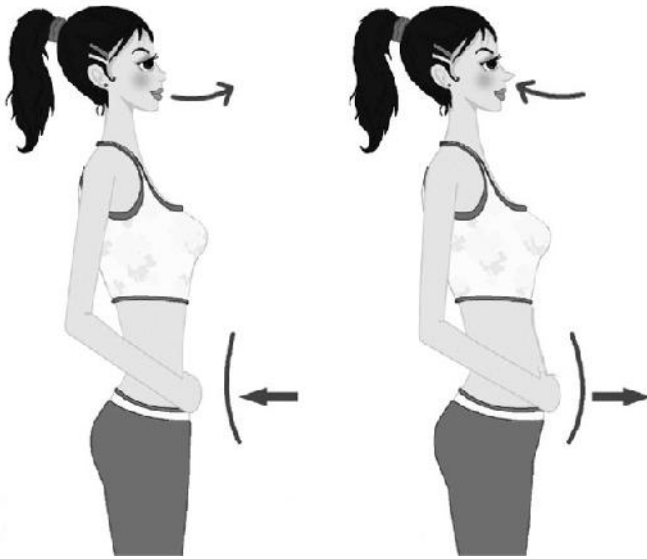
Refrain from -
Anger,
Hatred,
Jealousy
etc..

Preventions?

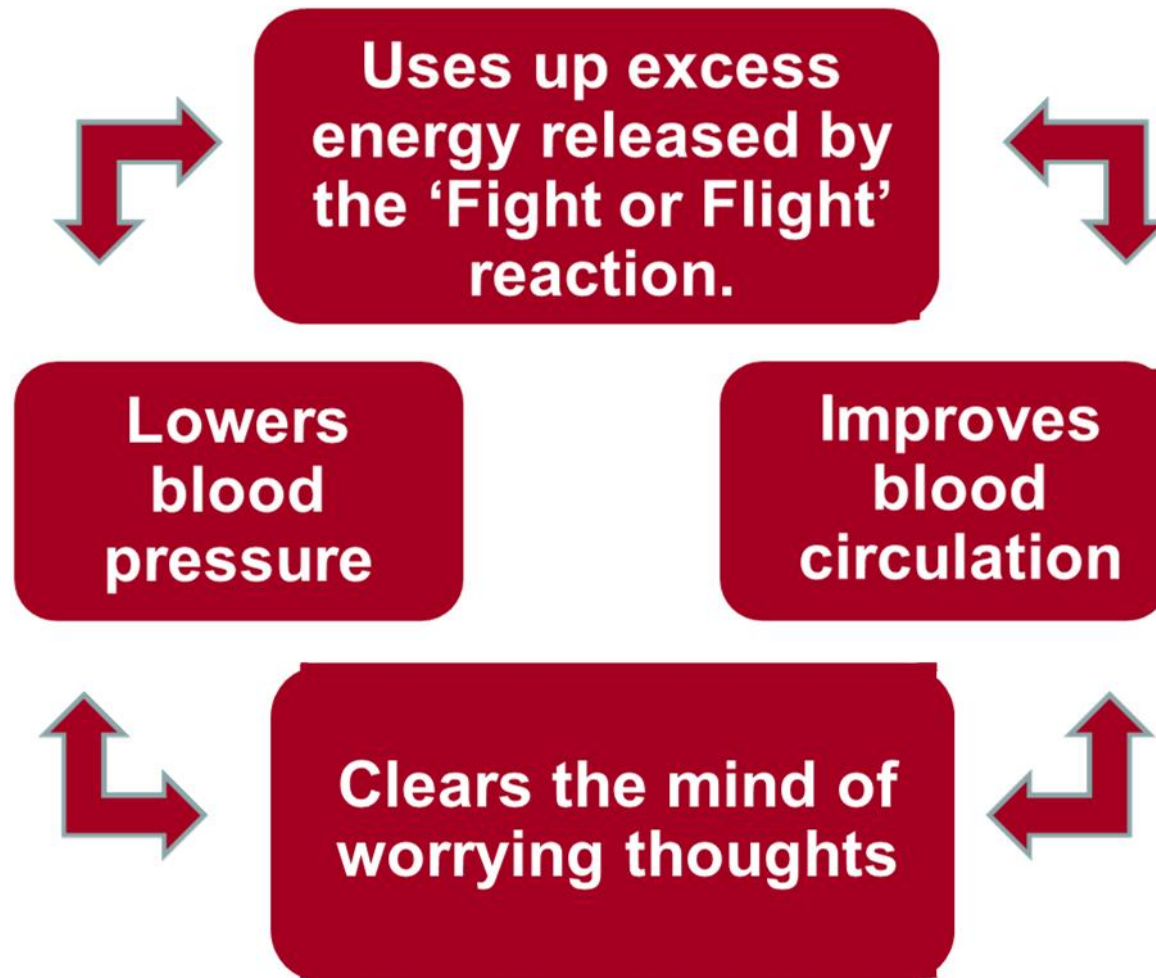
Correct Breathing

When the breath is Still & Strong, so is the Mind.
Learn the power of breathing and its relationship
with your energy source. “to breathe properly is to
live properly”

Deep Breathing Abdominal Breathing – Inhale Hold Exhale



Benefits of Exercising



Sleep

