# Would you like to feel this Energy?

## PRANIC HEALING®

DISEASE FIRST ENTERS OUR ENERGY BODY BEFORE ENTERING THE PHYSICAL BODY

Human Aura

InvisibleEnergy Body



# In Response to Stress Fight -or - Flight









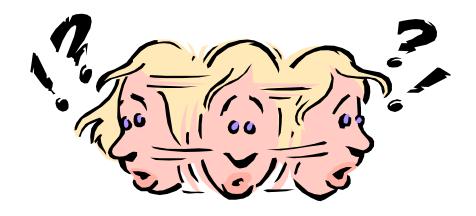


How should you cope with stress?



# Be Aware

Recognize when you are stressed



Practice reducing stress through your positive mental attitude.



# Change Your Lifestyle

#### SAY YES TO...

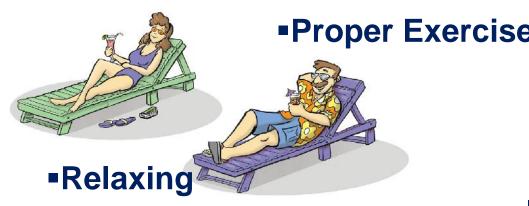


Healthy Diet





Letting go of anger



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Making a Schedule

## Preventions?



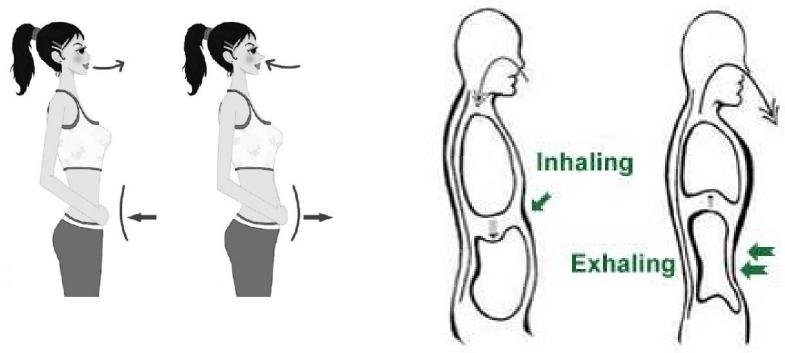
Refrain from Anger,
Hatred,
Jealousy
etc..

#### 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



Uses up excess energy released by the 'Fight or Flight' reaction.



Lowers blood pressure

Improves blood circulation



Clears the mind of worrying thoughts





