



HOW TO INITIATE  
**ENERGY**

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# How to Initiate Energy



## Relaxing

Relaxing is pretty important when your starting out. One of the best techniques is to go mentally go through your body from top to bottom or bottom to top and imagine how it would feel if your muscles would relax in those areas. For example, think about your toes and try and feel the muscles there and relax them. Sometimes the imagination is a bit rusty so you can tighten up the muscles. Curl up your toes really tight. Then release the tension and breath out at the same time. Say

in your mind 'relaxing'. Then you could think about your calf muscles. Maybe raise your legs of the ground using your toes as support and really tighten them up almost until they hurt. Again, release and in your mind say 'relaxing'. You want to go through every part of your body doing this. Thighs, glutes, stomach, back, chest, arms and hands neck, face...EVERYWHERE.

It is NOT necessary to spend an hour doing it. Try out 5 to 10 minutes and see how it goes.

This exercise may seem slightly boring at first but it's useful for a couple of reasons .

1. It relaxes you (obviously) and 2. it sort of gets you in a slightly imaginative frame of mind and also a body conscious frame of mind both of which will be important as you continue .

I also mentioned that you should consciously breathe out and say 'relaxing'. This may seem like a waste of time at first, but trust me, it's not. Even though you might not recognize it or believe it at first, breathing can quickly become a hugely important part of this whole process.

Connecting processes like breathing with words is easy and seems like it accomplishes nothing, but it does. Slowly it builds up in your mind an idea of connection which is too subtle for the conscious mind to see at first. Just trust in the process for now.

Now that we are nice and relaxed let's look at how we can take advantage of this lovely relaxed state to hijack the bodies energy system.

## The IP Spoof

In the computer world, IP spoofing is the creation of a false address, for the purpose of hiding the identity and impersonating another computing system. When we engage the energy system we have to do exactly the same thing.

### **Uhh..exactly how might we do that?**

The way we spoof the body's energy system is remarkably easy. So easy that the big problem might be simply believing that it could possibly work. It does work.

## Here is the BIG trick

Look at your nice relaxed left hand. Use your right hand and squeeze it thoroughly. Place your 4 fingers at the back of the hand and your thumb in the palm and use a lot of pressure to massage it. Now pull your right hand away. Feel the left hand. You can still feel the recent touch from the right hand correct? The body has a sort of sense memory. When you rub or scratch a part of yourself you can still feel the faint impression of it for a minute or 2 afterwards. That faint impression is like an unsecured network, easy to hack into.

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Now use your right hand and scratch and rub the other hand all over. Be very comprehensive and rub and squeeze each finger from base to tip. Bend the fingers back a bit to really stretch them out. Give your left hand a real workout as you rub, scratch, bend, twist it with the right hand. Be creative but don't hurt yourself.

Now stop. Wow your hand should feel good. It was already relaxed but now you've really stretched it out and massaged it and even though your not touching it there is still that residual after touch feeling.

## The Magic

OK. Here is the big trick. It is so easy, it's almost stupid. Like how did I miss this my whole life? It was right under my nose?

OK now you have to use your imagination. This is not a visualization this is 100% pure imagination. That's right, you have to pretend something. You have to pretend that there is a ball of burning pure blue energy filled with love and light that is in the palm of your left hand. Just pretend for a minute. Totally pretend and imagine that there is a magical ball of light in your left palm.

### The spoof

Now in your imagination **PRETEND** that the after touch of your touching, massaging, bending and scratching you did was actually caused not by our right hand, but by the amazing and totally imaginary magical ball of energy. Allow yourself for 2 or 3 minutes to double down and just believe it might be true.

Now move the ball up to the fingertips and back down to the palm of the hand. Do it repeatedly. Tell yourself in your mind that the feeling of your recent rubbing was actually caused by the energy ball. Believe it and want it to be true.

Something amazing might happen to you right away and you will feel the imaginary energy ball start to apparently re-stimulate the hand where you recently scratched it. If that's you, try making the ball of energy a little smaller and then sliding it up each of your fingers to the tips. Try spinning it around the tips of your fingers, then back down. Imagine that the ball of energy is

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leaving a trail of brilliant energy behind it which gradually fades out over a couple of seconds. Try letting your imagination be creative and see what happens for a few minutes.

For others you might feel a tingling and some people feel nothing. Some friends of mine felt explosive energy. Others felt some light tingling. My wife felt nothing at all, but her sister felt full on energy re-stimulation right away. So it kind of depends on your sensitivity. If you don't feel anything keep trying and it will come with practice. Remember, we get better at what we practice and worse at what we don't practice.

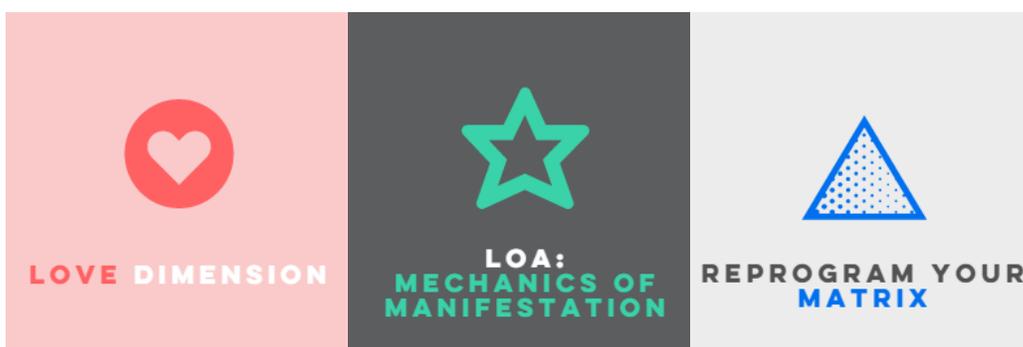
I am lucky because I also felt it immediately. Instantly I thought I realized what the implications of this amazing imaginary effect, but I now realize I had no idea, the implications run very, very deep into the roots of all philosophy and psychology and into the nature of reality itself.

If you felt the energy, then really my job is done here as far as initiating you into the biggest secret of the universe. In short the energy can be extended through the entire body and through completely imaginary systems - the chakras and the aura...but with the highly surprising effect that it yields physical and eventually spiritual results which are astonishing to word it mildly.

I discuss these implications of the energy in great detail - how to work with chakras and how to move the energy and how to augment the energy with other energy structures and how to stimulate the kundalini and merge with energies greater than our own.

The energy has changed my life and my goal is to teach as many people as I can about this life changing ecstatic energy of joy and life

If you want explore further check out my classes **Reprogram Your Matrix**, **LOA: Mechanics of Manifestation** and my new course **Love Dimension** on [ayahuascamagic.com](http://ayahuascamagic.com)



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All my best wishes for your future and that you become one with the energy.

