



Power Healing Techniques

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Power Healing is a revolutionary healing system that teaches people to heal themselves. It includes the essence of Western Medicine and Traditional Chinese Medicine: 5000 year old energy and spiritual healing wisdom.

In the view of Western Medicine, illness is caused by the biochemical changes at the cellular level. In the view of Traditional Chinese Medicine, the illness is caused by *chi* blockage (*chi* means vital energy and life force). In the view of *Power Healing*, illness is caused by *chi* blockage at the cellular level. *Power Healing* teaches everyone to use the simple and practical tools to remove the *chi* blockage.

The techniques are:

1. Body Power

Body Power uses special hand and body positions to heal. The specific technique is called "one hand near, one hand far". Near hand is pointed 4" – 8" toward the area of sickness. Far hand is placed 15"-20" facing the area below the navel. Energy flows from the area the near hand points to, to the area the far hand faces.

2. Sound Power

Sound Power is a healing mantra. It uses vibrational sound to heal. For example,

weng vibrates the head area
ar vibrates the chest area
hong vibrates the whole abdomen

Buddhist version
hung
ah
om

3. Mind Power

Mind Power means mind over matter. Your mind can heal you with the use of creative visualization. Simply visualize the Golden Light flowing through the area of sickness.

4. Soul Power

A person has a soul. Soul is spirit. Power Healing teaches that each organ has a soul. Each cell has a soul. To request the souls or organs and cells to heal themselves is Soul Power.

In *Power Healing* applying one technique is powerful. Applying more than one technique increases the power. Applying all four techniques maximizes the healing power.

Soul of my _____ I love you
pain spot or challenged organ
You have the power to heal yourself
Do a good job
Thank you, thank you, thank you.

Imagine this
spoken in the
enthusiastic !!!
Chinese accent
of Dr Sha.

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