Summer 2016

HOW TO . . .
ACTIVATE YOUR ENERGY EGG™

Protect your life energies (ki) from electromagnetic pollution, geopathic stress, other people's energies, 'sha chi,' 'sick building syndrome,' entities and many other forms of environmental stress. Cultivate your ki for a better life.



Congratulations on getting one or more **Energy Eggs** - the uniquely powerful energy protection and ki-cultivation instruments created at **Energize Your Life**. Since 1982, Original Ki™ products from Energize Your Life have helped thousands of people, worldwide, protect and develop their *health ki* and other forms of life energy. The range includes:

• **The *Akiva Guardian* Energy Egg**	*protects and cultivates Health ki*
• **The *Abundance (Wealth)* Energy Egg**	*protects and cultivates Abundance ki*
• **The *Loving Relationships* Energy Egg**	*protects and cultivates Relationship ki*
• **The *Star* Energy Egg**	*protects and cultivates Security/Respect ki*
• **The Relationship Recovery (Chronic Shock) Egg**	*protects and cultivates Happiness ki* (through recovery from an abusive relationship)

You can read more about each **Energy Egg** later in this information. But, for now, let's get started with how to use them. These instructions apply to all the **Energy Eggs** and supercede any previous instructions.

TUNING YOUR ENERGY EGG & TRANSMITTER TO YOUR ENERGY FIELD

Tuning your Energy Egg to your Energy Field

1 Hold your **Energy Egg** vertically with all the fingers and thumb of one hand

2 Then, looking at your **Energy Egg**, blow on its top out of your mouth then your nose - a 'mouth/nose blow'

3 Then turn it over so it's the other way up and do a mouth/nose blow on its top again

4 Now turn your **Energy Egg** so it is horizontal and do a mouth/nose blow on its side

Congratulations. Your **Energy Egg** is now tuned to your whole energy field. The breath from your mouth and nose contains different forms of an energy called *prana*. When you do a mouth/nose blow on your **Energy Egg** held in these positions, you are connecting your **Energy Egg** to three energy channels running up your spine. Your tuned **Energy Egg** will now protect you from incoming environmental stresses and start eliminating accumulated environmental stress from your body.

> Even though most people don't experience *stress-elimination symptoms,* please be aware that if you are unusually sensitive, you may experience some elimination symptoms as long-held environmental stresses leave your energy body. In that case, *limit your exposure to your **Energy Egg** to a short time per day* - e.g. 1 or 2 hours - increasing this time slowly until you no longer experience stress elimination symptoms. This can take up to 8 weeks.

Once you have attuned your **Energy Egg** to your energy field, it starts to strengthen your natural immunity to many of the environmental stresses or foreign energies entering your energy field which obstruct your ki (and therefore, your life). Keep your **Energy Egg** with you, *within a ½cm of your body* - typically in a pocket, pouch or bra. Alternatively, you can keep your **Energy Egg** on a tuned **Energy Egg Transmitter** (see below).

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Tuning your Transmitter to your Energy Field

If you have an **Energy Egg Transmitter**, you need to tune it to your energy field as well . . .

Hold your **Energy Egg** in one hand, pinched between the tips of all your fingers and thumb and hold your Transmitter pinched between the tips of all your fingers and thumb of your other hand. Now ***do a mouth/nose blow through the Transmitter hole from one side. Then turn it around and do a mouth/nose blow through the hole from the other side.*** Your Transmitter is now connected to your energy field.

Next, stand your **Energy Egg** *vertically* on your **Energy Egg Transmitter**. It is now active remotely (no matter where you are) and responds to environmental stresses or foreign energies entering your energy field the same way it responds to them when you have it within ½cm of your body. This immediate response occurs even if you are a very long way away from your **Energy Egg**.

Tuning the Omega Base

For a stronger connection - and particularly if you wish to protect yourself from *pulsed microwave radiation stress*, (e.g. wifi, smart meters, mobile phones, DECT phones, bluetooth, etc.) - stand your Transmitter on an **Omega base.**

> Activate your **Omega** base by first picking up your **Energy Egg** on its **Transmitter** so both are pinched between a thumb and finger. This means your thumb and finger are each touching both the **Energy Egg** and **Transmitter** where they join. With your other hand, pick up the **Omega** base - the olive wood and glass together pinched between your thumb and fingers - and ***do a mouth/nose blow on the wood side then on the glass side.***

Place your **Energy Egg** on its **Transmitter** on the **Omega** base and ***tap the top of your Energy Egg with the tip of your thumb.*** This thumb tap is the only action you need to repeat - ideally, when getting up in the morning and when going to bed at night - if you wish to maximise the rate of elimination of any environmental stresses acquired overnight or during the day.

Notes:

> An **Energy Egg** on a **Transmitter** must be kept at least 6cm (approx 2.5") away from taller objects (including walls) so that the **Transmitter** signal isn't weakened. For the same reason, there must also be at least 20cm (approx 8") above the top of the **Energy Egg**. And no other object should touch the **Transmitter** or the **Omega** base.
>
> An **Omega** base, or the **Transmitter** (if you don't have an **Omega** base), should stand on an unpainted wooden surface.

NEUTRALISING A STRESS WITH AN AKIVA GUARDIAN ENERGY EGG

Your tuned **Akiva Guardian Energy Egg** works *fully automatically* to neutralise environmental stresses coming into your energy field and body. But you may sometimes encounter stresses to which you are particularly, personally vulnerable. If this happens, you can *manually* tune your **Akiva Guardian** to the particular stress you are experiencing.

If you know the source of the stress, ***look at it while holding your Akiva Guardian Energy Egg in the palm of your hand, (palm facing up), and touch the tip of your thumb and index finger together. As you inhale, tap the back of your teeth with the tip of your tongue. Then exhale from your nose then your mouth*** *(without inhaling in between)* ***before you open the mudra.***

Touching the tip of your thumb and index finger together is called, '*acceptance mudra*.' Tapping the back of your teeth with the tip of your tongue is called a '*kata*.' So we call this stress neutralisation method, *acceptance mudra with a kata*.

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You can try this method with any source of stress such as a wifi router, an annoying person, a computer mouse causing RSI, a food that tends to make you feel tired, fluorescent lights, a car that gives you headaches, etc..[1]

You can neutralise a stress before you react to it (if you know it will affect you)[1]. Or you can neutralise it while you are reacting to it. Once you have neutralised the stress, put your **Akiva Guardian Energy Egg** back in your pocket, pouch, bra, etc..

[1] You can use this stress-neutralisation method with anything that causes you to feel unwell or 'not right' in any way. But **DO NOT** attempt to neutralise (and then consume) allergens you know or believe to be ***dangerous*** for you, (e.g. peanuts - *peanut allergy*).

If your **Akiva Guardian Energy Egg** is at home on its Transmitter, so not with you, you can still manually re-tune it to a stress use *acceptance mudra (palm facing up) with a kata* while looking at the source of the stress. Because your **Akiva Guardian Energy Egg** is on its Transmitter, it acts as if it were with you. However, for maximum stress neutralisation, it should also be on an **Omega** base.

Neutralizing a Stress from an Unknown Source

If you don't know the source of a stress that is affecting you, you can still ***do acceptance mudra with a kata but look at your Akiva Energy Egg in your palm at the same time.*** Even though this isn't as powerful as looking at the source of the stress, it is still a good practice to do once in each place where you spend much time - e.g. at your desk, in front of the television, in bed, at the sink, etc.. This way, you are 'covering your bets' by neutralising environmental stresses you may be completely unaware of (but which are still silently damaging your health and well-being).

If your **Akiva Guardian Energy Egg** is on its Transmitter, you can still neutralise an unknown stress by ***doing acceptance mudra with a kata while looking at your palm at the same time.*** The palm of each of your hands has a *hand chakra* - an energy body organ that is connected to your *stareye* or 'third eye,' which is at the centre of your brow bone. When you hold your **Energy Egg**, or look at the palm of your hand, with acceptance mudra and a kata, your **Energy Egg**, in your hand or on its Transmitter, amplifies your stareye's natural function of directing your energy body's *inner strength ki* to where it needs to go to eliminate incoming stresses.

Manually Neutralising Non-Health Related Environmental Stresses and Reactions

Each type of **Energy Egg** *automatically* protects you from, and eliminates, stresses of its type - e.g. the **Abundance Energy Egg** helps to eliminate wealth ki-damaging stress - and reduces reactions. Each type of **Energy Egg** that's tuned to you also automatically connects to your **Akiva Guardian Energy Egg** (if you have one).

So if you have another type of **Energy Egg** as well as an **Akiva Guardian Energy Egg**, you can use your **Akiva Guardian Energy Egg** to neutralise other types of stress - i.e. energies from the environment or other people, that don't weaken your *health ki* but may weaken your *partnership ki,* or your *security/respect ki* for example.

Bear in mind though, for *manually* neutralising stresses other than health stresses, you must have the relevant **Energy Egg** (for *health, abundance, loving relationships, security/respect* or *relationship recovery)* as well as your **Akiva Guardian Energy Egg.**

To *manually neutralise* an arising non-health stress in the moment - say you are reacting angrily to someone - you'll still use the standard stress neutralisation technique above with your **Akiva Guardian Energy Egg** This will help you deal with such a relationship stressor because it is connected to your **Loving Relationships Energy Egg.**

So, even if you own *all* the **Energy Eggs,** you only need to interact with your **Akiva Guardian Energy Egg** - a single tap, morning and night, if you prefer to keep it on its Transmitter.

Likewise, if you prefer to have your **Akiva Guardian Energy Egg** with you during the day so you can use it for manual stress neutralisation - some highly sensitive **Energy Egg** owners find this more effective than leaving the **Akiva**

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Guardian Energy Egg on its Transmitter - using *acceptance mudra with a kata* with it will automatically re-tune any other **Energy Eggs** on their Transmitters and neutralise any stress affecting your *security/respect ki, wealth ki, relationships ki, etc* . . .

It may sound complicated but, in practice, it's very simple! You don't have to try to figure out what might be affecting you in which ways. The 'rule' is . . .

> **If you don't feel okay, *neutralise the stress*** - looking at its source if you know it. Or, if you don't know where the stress is coming from, by look at your **Akiva Guardian Energy Egg** in your hand - or at your empty hand if your **Akiva Guardian Energy Egg** is on its Transmitter at home - as you perform the stress neutralization method.

CULTIVATING YOUR RESISTANCE TO ENVIRONMENTAL STRESS

As mentioned above, all of the above techniques help your stareye increase a form of life energy called your *inner strength ki*. This form of ki makes you more resilient with respect to stresses to which you happen to be vulnerable. This is why **Akiva Guardian Energy Egg** owners often report being less and less affected by some environmental stresses over time.

Of course, many environmental stresses damage *everyone's* health. But many people aren't *aware* of how they are being affected . . . until they end up with an illness or permanent symptom due to an area of their energy body finally 'breaking down' after often years of accumulating stress.

Due to its additional stress-elimination function, your **Akiva Guardian Energy Egg** not only protects you from environmental stresses but also reduces your *stress burden* - the 'weight' of accumulated environmental stress that grows over time in everyone's energy body. This reduction of your stress burden is fundamental to both recovering and maintaining good health.

Try to make it a habit to neutralise a stress - whether or not you know its source - whenever you -

- Feel unwell in a certain place (e.g. after entering a supermarket)
- Are anxious or upset for any reason
- Experience a symptom after eating anything
- Realise you've suddenly become fatigued or depressed for no apparent reason
- Notice an atypical symptom - e.g. a sudden twinge, ache or a pain

. . or for any other form of feeling 'not okay.'

You Can't Neutralise A Stress Too Much

You can, if you wish, neutralise a stress both before, during and/or after exposure to its source - e.g. before, whilst and/or after eating ice cream (if you happen to have a milk or sugar intolerance). This normally isn't necessary but everyone is different and you can't use these methods too much - at 'worst,' your **Akiva Guardian Energy Egg** won't adjust its signal any more than it already has.

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ATTUNING AN ENERGY EGG TO ANOTHER PERSON

If you wish to attune an **Energy Egg** to someone who, due to age, infirmity, being a horse, cat, dog, rabbit, parrot, etc., is unable to follow the above procedure, follow this modified **Energy Egg Attunement Procedure** . . .

1 Hold their **Energy Egg** vertically with all the fingers and thumb of one hand
2 Looking at the other person's right eye, do a kata (tap your tongue to the back of your teeth). Then do another kata while looking at their left eye. *Incidentally, this works as well with a photo as in person.*
3 Now, looking at the other person's right eye, do a mouth/nose blow on the top of their **Energy Egg**. Repeat the mouth/nose blow while looking at their left eye
4 Turn their **Energy Egg** over so it's the other way up and do a mouth/nose blow on its top while looking at their right eye. Repeat the mouth/nose blow while looking at their left eye
5 Now turn their **Energy Egg** sidewaysl and do a mouth/nose blow on its side while looking at their right eye. And then again looking at their left eye.

That's it. You have used your prana to tune the **Energy Egg** to the other person's energy field.

Attuning an Energy Egg Transmitter to Another Person

Having tuned someone else's **Energy Egg** to them, you can also tune their **Energy Egg Transmitter** to them ...

1 Hold their **Energy Egg** vertically with all the fingers and thumb of one hand and hold their **Transmitter** pinched between the tips of all your fingers and thumb of your other hand.
2 Do a kata while looking at their right eye; then another while looking at their left eye.
3 Now, while looking at their right eye, ***do a mouth/nose blow through the Transmitter hole from one side. Then turn it around and do a mouth/nose blow through the hole from the other side.***
4 Repeat while looking at their left eye

Their **Transmitter** is now connected to their energy field. Place their **Energy Egg** *vertically* on their **Energy Egg Transmitter**. It is now active remotely and responds to environmental stresses or foreign energies entering their energy field, no matter where they are - at school or at the movies . . . this effect continues regardless of the distance between the **Energy Egg/Transmitter** and its owner.

Tuning the Omega Base for Someone Else

For a stronger connection - and particularly if you wish to protect them from pulsed microwave radiation stress, (e.g. wifi, smart meters, mobile phones, bluetooth, etc.) - stand their Transmitter on an **Omega base.**

1 Activate their **Omega** base by first picking up their **Energy Egg** on its **Transmitter** so both are pinched between a thumb and finger. This means your thumb and finger are each touching both the **Energy Egg** and **Transmitter** where they join. With your other hand, pick up the **Omega** base - the olive wood and glass together - and do a kata whilst looking at their right eye then their left eye.

2 Now ***do a mouth/nose blow on the wood side then on the glass side*** while looking at their right eye. Then again while looking at their left eye.

Place their **Energy Egg** on its **Transmitter** on the **Omega** base. That's it!

Notes

1 The 'thumb tap' stress elimination technique only applies to people who've charged their own **Energy Egg(s)**.

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2 This 'surrogate' **Energy Egg** attunement method forms a stable connection between the **Energy Egg** and its owner. However, for an optimal connection, the owner should do the attunement him/herself whenever possible, (e.g. when a child is old enough to do this herself).

3 This attunement procedure works with every generation of ovoid **Energy Egg** (but not the original 'chicken egg'-shaped **Energy Eggs**).

4 Even though the **Energy Egg** is held in one hand during the attunement, you can still use your other hand to help turn it during the attunement procedure, (i.e. it doesn't matter if it's touched by your other hand).

5 If your **Energy Egg** is ever touched by someone else, repeat the attunement procedure (see the first page above) afterwards to ensure that it's fully connected to you again. However, you don't have to 'cleanse' your **Energy Egg**.

6 An **Energy Egg** can always be tuned to your energy field, or to someone else's, whenever you wish, with the above procedures. So you could, for example, tune one of your **Energy Eggs** to someone else. Or they could re-tune it themselve's.

7 An **Energy Egg** is unaffected by any event - e.g dropping it - as long as it isn't physically damaged. A slight mark (e.g. a scratch or small chip out of it) usually has no effect on its function

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LIFE ENERGY SOLUTIONS

If someone is experiencing 'Intolerance' or hypersensitivity, this reflects inflammation somewhere in their body caused by *contractions in their energy field*. Every symptom or disease - not to mention problems in other areas of your life - results from contractions of your energy field.

Many people experience recovery - often after years of suffering - with personal Life Energy Solutions sessions simply because their energy becomes increasingly less contracted in the area(s) where they have experienced symptoms or other problems for so long.

A recent client had been through almost every drug available for rheumatoid arthritis. But she was still experiencing debilitating pains. After one Life Energy Solutions session, she said -

> "I haven't felt this good in so many years. **My hands are amazing** - I can even get my wedding ring on! **I've lost 3 kgs** and have no more puffiness in my face. **I've got more force/grip in my hands. The throbbing pain has stopped in my fingers** and I'm sewing again! **I feel great, 100% + better. I can't tell you how happy I am.** Thank you so so much"

Another client sent us a list of changes he'd experienced after one Life Energy Solutions session -

> **Arthritic finger** - "A **huge difference**. I can now easily forget the problem - thank goodness I didn't have the cortisone injection"
> **Heavy snoring** - "I think **improved** based on no complaints!"
> **Insomnia** - "A big improvement - **far more contented sleep**"
> **Fatigue** - "Marked improvement . . . **I have far more energy**"
> Overall - "I am really pleased with the improvement in the way I feel. I seem to have **far more confidence** and am able to deal with any problems that arise far better. I have more energy and feel I am really much better prepared for life's challenges . . . I am so pleased with the results achieved so far"

The **Akiva Guardian Energy Egg** is one important and effective way of preventing and reducing energy field contractions caused by environmental stress. But we use many other approaches in Life Energy Solutions consultations, which are available to anyone with an internet connection anywhere in the world.

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Make an appointment for your Life Energy Solutions by contacting us here

You can also call UK +44 (0)207 617 7521 between 09:30 and 16:30 UK time
USA +1 415 992 7529 (8.00-11.00 PST & 8.00- 13-00 EST)
Australia +61 39 013 7429 between 09:00 and 16:30 UK time

THE LIVING WITH ENERGY AWARENESS TRAINING

If you wish to detect and correct energy field contractions yourself, you need to take the unique **Living With Energy Awareness Training**. This is the introductory training for awakening your awareness of life energies and how to change them and your life for the better in a remarkable number of ways.

Based on over 30 years of experience, we have observed that *everyone* ends up with permanent symptoms, obstructions or limitations in their life simply *because* they haven't effectively cultivated their awareness of their own energy. Even though this lack of awareness is 'normal' - and therefore invisible - it profoundly impacts everyone's quality of life over time.

Energy aware living empowers you to change yourself or your circumstances in ways that are otherwise often *impossible* to achieve. We know it's hard to believe, but your life *doesn't* have to be stuck in any particular way. If you are willing to you *really can* . . .

Change Your Energy to Change Your Life

> "I'm filled with thanks to you ... Like so many of us on the Shendo [energy awareness development program], I'm a radically different person to when I started out on this journey!" Natalie F., UK

WHICH ENERGY EGGS DO I NEED?

You can determine which **Energy Eggs** you need by . . .

- Matching their primary function to your concerns or issues or
- Testing/observing how your own energy naturally responds to them.



***Guardian* Energy Egg**

This is the original **Energy Egg** for protecting your *health ki* from harmful environmental stresses and foreign energies. Everyone's health is weakened over time as their accumulated stress burden increases. The upgraded ***Akiva* Guardian Energy Egg** not only protects you from symptom or disease-generating stresses from your environment and from other people, it also steadily strengthens your energy body's natural resistance to these external stresses. It can also be used for immediate stress protection and dealing with hypersensitive reactions.

"This is the only energy product that had an immediate and powerful effect." AK - UK healer

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Abundance (wealth) Energy Egg

Your *wealth ki* determines your access to resources that meet your current needs. For example, having sufficient money, food, clothing, medicine, time, sleep . . . anything you experience *a lack of* reflects an area of your energy body where you need more *wealth ki*. The **Abundance Energy Egg** progressively eliminates stresses blocking your *wealth ki* and creates and cultivates the kinds of abundance you need in your life.

*"As soon as I ordered the **Abundance Energy Egg** things started to change in my life; money came through the door and I started getting lots of ideas about how to make mo ney." MM, UK*



Loving Relationships Energy Egg

Affectionate, supportive, nurturing relationships are a fundamental human need. Psychological and physical well-being is compromised when the energy body lacks sufficient *partnership ki* to generate enough close relationships. Most people need higher-quality loving relationships. The **Loving Relationships Energy Egg** eliminates blockages of *partnership ki* and helps you cultivate more.

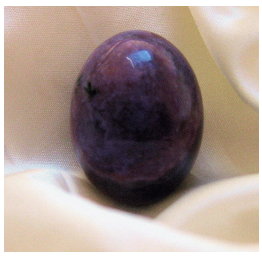
"I have really noticed a difference - new people coming into my life, more ease in communications, being invited to things, meeting more people, enjoying the people in my life." HJ, UK.



Star Energy Egg

Security/respect ki causes you to be and feel safe at every level - physically, emotionally, etc.. When we feel anxious or threatened - or are actually harmed or injured at any level - this reflects our need for more *security/respect ki.* Erecting physical or psychological barriers doesn't really change your internal state. This only changes for the better through cultivating your *security/respect ki.* The **Star Energy Egg** both eliminates the stresses in you blocking your *security/respect ki* and enables you to cultivate more.

"I don't quite know how to describe its effects - but its something like - before I felt like a jelly fish and now I have a back-bone! I just feel strong and determined and an almost like 'I can do it - don't mess with me' feeling!" V.D, UK



Relationship Recovery [from *chronic shock*] **Energy Egg**

Frequent exposure to an abusive relationship - e.g. from a parent, sibling, bully, bad boss, lover, etc. - damages the thymus or 'happiness' chakra in the upper chest. The consequent loss of your *happiness ki,* (which can continue long after an abusive relationship ends) is called 'chronic shock.' Chronic shock - also called *complex post-traumatic stress disorder* - damages future relationships and one's ability to fully engage with and enjoy one's life.

The **Chronic Shock Energy Egg** eliminates abusive foreign energy (stress energy from other people) stuck in your energy body. When combined with the **Omega** base, it also starts restoring energy to your happiness chakra.

"I had another chance to sort things out with a bully in my life, and it all worked out beautifully . . . There may be something to the Chronic Shock Egg!" K.S, USA

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Awareness of Which Energy Eggs You Need

If you can perform a bio-energy test, you can use a Perfect or Omega Pendulum to help you accurately determine how your energy body responds to each **Energy Egg**. Bear in mind that your needs can change over time depending on the stresses you are exposed to and whether any of your *life* or *fortune ki* are becoming stronger or weaker.

To test if you need a particular **Energy Egg**, you need to see if it *advances your heart chakra energy.* When looking at an **Energy Egg** or its image, these ***shendo*** (energy-awareness) tests will show you your heart chakra's response . . .

1 With the **Akiva Perfect Pendulum** - hold *Need* mudra - fingers pointing up with palm facing forwards and thumb and index finger touching. A *Yes* response indicates a positive **Energy Egg** for you.

2 With the **Omega Pendulum** - Automatic *Yes* (i.e. no mudra) indicates a positive **Energy Egg** for you.

Advanced *shendo* practitioners[1] . . . can apply any *shendo* body energy awareness test - or simply *see* if your heart is advancing.

Energy Egg Advice

If you don't practise bio-energy testing or don't have a *whole energy body pendulum* - i.e. a Perfect or Omega Pendulum - we can advise you of which **Energy Eggs** you need. Simply email info@energizeyourlife.org with a blank email and **'Energy Egg Advice'** in the Subject line. We'll get back to you with details of this service for identifying the **Energy Eggs** that advance your heart [chakra] energy.

Note - the reason we pay close attention to heart chakra energy becoming stronger is that this is a universal response to anything that's really good for you in any area of your life. Consequently, it's a reliable way to identify a positive **Energy Egg**.

*NB: All **Energy Egg** clear quartz transmitters are now a new, improved shape as below:*



If you have any questions about your **Energy Egg**, and to be sure you get the latest updates for your **Energy Egg**, you can find help and answers in the [free]

Life Energy Awareness Forum

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1 A *shendo practitioner* is anyone who practices the awareness-cultivating methods learnt in an **Energy Awareness** or **Shendo** training.

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