

Energy Is The Answer

by Luis Beltrán Rivera, N.D.

Humanity is plagued by all sorts of sickness, malignancies, viruses, etc. The scientific community is actively searching for new and sophisticated drugs and treatments to counteract these. Lately, they are focusing their intellects toward the development of technological equipment designed to study and treat the intricate human body machine. Achievements and mistakes are harvested along the road of investigation.

I am not in a position to criticize, reject or accuse science for their mistakes. After all, they are working with their human intellect (the lowest mental vibratory division): focused towards the human body which is the lowest and most dense of all energetic bodies that comprise the human being. On the contrary, I applaud and greet their many achievements.

Yet, I firmly believe that they are mistaken in their one way direction search for the answer to human well-being. Their efforts should also be directed towards the energetic behavior of the body. As they do this, they will find that "sickness" does not exist, no matter how they are named, catalogued or described, they just do not exist. All of these conditions are due to an imbalance of energy. Once the interference, distortion or interruption is detected and the proper flow of energy is restored to the affected area on the body, the condition is corrected, in many cases. instantly. **So, the answer to the well-being of the human body is energy and the expertise manipulation of it.**

As an active Touch for Health instructor and applied kinesiology practitioner. I am in constant search and research of the never ending behaviors of the many energies that maintain the human bodies in constant motion and function giving it life.

After practicing a few years with the first and second sides of the TFH triangle (structural and chemical) as designed by Dr. John F. Thie (God bless him for the rest of his days and after), I found it was too much work for me (on heavy weight bodies I felt like an ant trying to pull a loaf of Italian bread). I decided to look around in the mental side of

the triangle and I started to discover quite a few things at first, and lots of things afterwards. And, this is what I want to share with you all. Here I go ...

Entering into the mental side is like moving into a new dimension. Surprising events take place on this higher body and once you learn to work with the powers you find you will never want to get out. In this mental world lies the answer to the energy behavior mentioned before: it gives and takes orders; retain and discharge energy; stores and dispatch thoughts, emotions and instant solutions to the energy pattern of our body and surroundings.

It is a difficult task to try to explain here all of the experiences and possible discoveries I have made since I started with the mental search and research. All I can do now is give you a list of my achievements and some of the information I picked from other writers.

1. Body Energy Fields

The body is divided into four energy fields:

- a) front right side is positive (+)
- b) front left side is negative (-)
- c) back right side is negative (-)
- d) left back side is positive (+)

Using this knowledge as a starting point we now know that the palm of the right hand is (+) and the back is (-) Vice-versa, or the left hand.

Applications of energy using our hand must be carefully studied. Applying palm of right hand (+) to other person's positive (+) side will create an excess of (+) energy on that part of the body. The same applies to negative (-) left palm of hand to a negative (-) body field. An overcharge of negative (-) energy on the body causes the affected area to **shrink and never** causes pain. On the contrary, a positive (+) overcharge causes pain and swelling.

Since pain is **always** an overcharge of positive (+) energy in a given muscle or fleshy area, it is balanced by applying negative (-) energy to the area. This can be done placing either your left (-) palm of the

hand or the back (-) of your right hand above the area and do a circle-motion counter-clockwise as many times as needed. Balancing is usually done in a few seconds and pain disappears at once in most cases.

2. Body Energy Levels

A higher frequency of energy is always positive (+) in relation to a lower one. Our body and being are composed of a multiple aches of frequencies very well inter-related and integrated into each other.

The most commonly known are, starting from the lowest:

- a) physical
- b) auric
- c) etheric
- d) astral
- e) mental
- f) spiritual
- g) universal

According to this arrangement, each lower frequency i.c positive (+) until the next in line charges it. The balancing procedure is to first balance the energies of the lower body and keep it balanced for the next up-the-ladder frequency to integrate into it. It's the domino effect working: Once the lower body is balanced, it drains energy from the higher source, and then from the next, and so on.

This explains why you do not have to touch the physical when balancing meridians. It also explains why the lower body is affected by the use of mental energy directed through the neuro-vascular system specially the ESR's.

3. The physical energy field

The physical energy field ends at skin level where it integrates into the auric field. The auric is an ecto-plasmic energetic body with no cellular structure (it can be seen with proper training and can be photographed). This field extends from two to 18 inches away from the physical body, depending upon the development of the spiritual body. The closer you get to God, the larger your auric body.

4. The etheric body

The etheric body is the third energy field of ourselves. The energy of this field is condensed into a frequency extending from

19 to 48 inches away from the body. It integrates into the lower auric field and is charged by the astral field. The etheric body gets its energy from the atmosphere and other energy frequencies surrounding our home planet.

Here I should have gone to the next astral field, but I have given preference to the mental field which is at a higher level. Later we will touch the astral because in order to understand the astral we must first learn some more about the mental.

The astral field integrates with the etheric below and the mental above. When the mental takes over, it commands all the lower fields and projects its own positive (+) and/or negative (-) vibration through them. These vibrations are known as "thoughts". Thoughts are either positive (+) or negative (-), whatever the contents of the thought regarding yourself or life as whole. A positive (+) or negative (-) condition will be manifested in the physical body.

When properly directed, the mental energy will balance all lower fields, aromatizing them with the higher positive (+) vibration on the higher fields. When this is accomplished, the so called "miracles" start to manifest as instant healing.

I imagine the mental protection as a beam of multi-color light that can be directed to a specific point or all over the whole.

The directed mental energy can be controlled at will and used as a fantastic health restoring instrument, or as a satanic destructive machine, it's your choice! The final results depend on which intention you have applied. Dr. Thie says that "intention" is a way to restore health to ourselves... He is right.

If you have understood and assimilated what I have explained up till now then you are ready for what's coming.

Tibetan Energy

Dr. Bruce Dewe gave us the preliminaries of tibetan energy. God bless him. We learned to detect and correct the electric energy "distortions" on the electric field of our body. Brushing, testing, doing the "8" figures, etc. was too much work for me. (I felt like an athlete doing his morning push-ups.) So I ask the mental for a short cut and found it.

a) I found that every pattern can be tested, and it's distortions corrected simultaneously. While placing the left hand over the occipitals and the atlas and the right hand over the ESR's, direct your thought to each pattern in a numerical sequence. The original 18 patterns can be subdivided into four smaller ones, giving us a total of 72. As you sub-divide you assign a number to each subdivision.

b) After these 72 patterns, there are numerous patterns on higher frequency levels. I have discovered up to number 150. The higher the number, the higher the frequency.

Each one of these 150 patterns is composed of many frequency levels that must be balanced if needed. After doing the first correction to the distortion of the mother pattern, I have worked up to number 1,000 frequency level on some patterns. Again the higher the number, the higher the frequency. Here also to detect and correct "distortions" you must direct your thought to every numbered frequency.

c) When mental projection is used on areas highly affected such malignant tumors or organs in critical condition, you will find the high frequency of any given pattern will be much higher and, if persistent, you may come up to work with the number 50,000 level. This is because the cellular, molecular, atomic, and sub-atomic structure of the area are energetically "distorted".

There is no doubt, if you concentrate upon the direction of your mental projection, each level, pattern, frequency, and field **will be** restored to normal functioning from the furthest cell of the toes to the roots or the crown hairs. (Author's note). This is so if directed to plants and animals.)

d) I have not given much attention to the auric field since this is a connecting field between body and etheric. It's sort of a messenger. It's function is similar to the nervous system, whose main responsibility is to carry information from the brain to the body and vice-versa.

e) The etheric field is the third energy power from the bottom up. It is exactly the same as the physical body in it's energetic patterns. It's atomic structure is of a higher frequency and matter is not present. Any distortion on this field will be manifested in the physical field as a "sickness" or an energetic imbalance. To prevent this manifestation, all we have to do is detect and correct the etheric's energetic "distortion". How is it done?

Using the indicator muscle test, place the right hand face down, two to six inches above the physical body. Run your hand over the entire body. The indicator muscle will indicate the dysfunction on the affected area.

To correct: Place hands as indicated front and back and start focusing your mental beam at number 300 energy level, and work up to 1,500 level. To save time you can check levels in group of 100's at a time. There seems to be no sub-levels or sub-frequencies in this field. If they exist, I leave it up to you to find them. Don't leave all the work to me! Please remember that the distortions detected on this etheric field have not yet manifested on the physical body, but there is no doubt that this body will be affected sooner or later.

How soon? Well, you can go to the brain computer and ask. The indicator muscle will transmit the answer. telling you the approximate date in the future. The timing will depend upon the care given to the whole being between detection and manifestation. If proper balancing is done, the manifestation will never materialize. This is not "prediction", it is exact information given to you by the brain computer.

5. The astral field and chakras

The astral field is the fourth energy power of our body system. I mentioned it before. It integrates with the etheric below and with the mental above. It is subjected to the will of mental energy. This field is action and is part of the energy produced in our solar system. The sun and the planets are energy masses answering to the same positive (+) and negative (-) principle that keeps the whole

universe in motion. Human beings as part of this solar system are definitely affected by this energy. As our etheric energy is affected by weather conditions of our planet, so is the astral energy affected by the constant rotation of the planets and displacement of our solar system thru space.

As we reach certain spots in space in our voyage thru it, changes take place in our bodies. Remember that the earths our solar system and our galaxy are constantly moving thru space at a definite rate of speed producing enormous waves of energies which are part of the whole universal macrocosm. These energies, especially the planetary, which we call astral, causes magnetic changes in our plane which affect each form of life at all times, creating an imbalance which is passed down to the etheric and further down to the physical.

When balancing a body, always remember that this chain of energies is there and if you do not succeed with bio-magnetic balance, step up the ladder to etheric and on to astral.

Astral energy finds it's way into the physical body thru specific spots where it accumulates to form a deposit from which it will be distributed as needed to all parts of it. These deposits are called "Chakras" by the esoteric community. Any physical condition will cause and excessive consumption of energy, the corresponding deposit creating an imbalance of this deposit. To detect this imbalance, I use the opponens-pollicis-longus as an indicator muscle focusing my mental beam to each of the eight known deposits Chakras, starting from the bottom up as follows:

Chakra 1: 12 inches below feet

Chakra 2: 2 inches above pelvic bone

Chakra 3: 2 inches below sternum. over stomach

Chakra 4: In the middle of the chest

Chakra 5: In the middle of the throat

Chakra 6: In the center of the eyebrow, at pituitary checking point

Chakra 7: 1 inch above eyebrow, at center of forehead - pineal gland checking point. Also known as the third eye.

Chakra 8: 12 inches above head

If any of these points indicate they are weak, proceed to balance. Balancing is done in a few ways:

- a) Place left hand on forehead, over ESR. right hand one inch over the Chakra doing circular motion clock-wise. **Never do counterclockwise movements**, as this will deplete the deposit below your hand creating a chaotic imbalance. Do as many motions as needed, until indicator muscle shows it is fully charged.
- b) The feet Chakra can be charged by mentally circling on it while holding ESR's, or circling with your right hand 12 inches below the feet while your left hand is held with palm up and fingers pointing to space.
- c) All Chakras can be charged by placing left hand over body (few inches above) with fingers pointing up, and right over the spot doing the clock-wise circles two to six inches away from the body.
- d) With both hands facing down to the body, at a distance of over 24 inches, do a full circle enclosing the whole body, moving hands up the front right side and down the left front side. This circle is done on the air a few times. It will cause astral energy to blend into the etheric, balancing this latter to permit the energy flow down to the physical.

I have found frequency distortions of astral energy circuit levels starting at the range of 100,00 to the one million frequency. Please note that as we climb up the energetic ladder, the higher frequencies appear.

There is still a higher energy field, the spiritual, in which the frequency pattern goes up to one billion and perhaps more. About this field I will inform you all on a future date.

Remember that correcting all distortions at any level on any field can be done mentally, following the numerical program you choose and focusing your attention to a particular level at a time.

Up to here, I have given you the more outstanding points of my work with the energetic body. The mental and spiritual

Touch For Health International Journal, 1993

fields are still and will always be open to research. I expect all of the Touch for Healthers to start looking into them. Once we understand the whole procedure to balance all (seven) fields, we will be worthy of being called "the children of God". May he bless you all now and forever!