

THE GUARDIAN ANGELS

OPERATING INSTRUCTIONS - MAY 2007

Protect your home and family from mobile phones, computers, televisions, geopathic stress, other people's energy, 'sha chi,' blocked ki, entities, electromagnetic pollution and many other environmental stresses

INTRODUCTION

Thank you for purchasing your Guardian Angel - or Archangel, if you have a large Guardian Angel. Your Guardian Angel has four primary functions:

Energy protection - it protects your whole energy body from a wide range of environmental stresses, such as from mobile phones, geopathic stress, phone masts, microwaves, fluorescent lights, home portable phones and stresses from other people - to name but a few.

Eliminating accumulated stress - it also, uniquely, starts *eliminating* the stresses you've received from people, places and activities in the past.

Increasing environmental and body ki - it cultivates in you and your life, the energies you need to recognise and fulfil your needs

Increasing your fortunes - there are a number of life energies underlying the fortunes and misfortunes in our lives. The Guardian Angel gently brings more of the fortune ki's into your life and reduces your misfortune ki's.

ENVIRONMENTAL STRESS ELIMINATION

Your energy is constantly being affected by environmental stresses or foreign energies received from many different sources, including other people, computer monitors, CPUs, trackpads or mice, cars, jewelry, buildings, furniture, electric lights and much more besides.

Energy-sensitive people sometimes notice when they are being affected by sources of environmental stress. However, most people, who may not be so sensitive, are still affected by environmental stresses or foreign energies but simply don't notice it.

This is often because of the time-lag between cause and effect. When a problem only occurs five years after our initial exposure to an environmental stress, we usually fail to recognise the connections between how we feel, psychologically or physically then, and the original source of the stress.

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All people develop a 'stress burden' over time as their energy bodies accumulate harmful environmental stresses and foreign energies received from others. The **Guardian Angel** - which is an *Area Environmental Stress Eliminator* contained in a large, white, semi-precious stone egg - protects the occupants of an apartment, house, office or clinic from the effects of a very wide range of harmful environmental stresses and foreign energies.

The Guardian Angel works as soon as it's stood upright on its base. In this position, it clears the whole environment within its range. It effectively 'pushes back' the sha chi stresses in the environment to their sources so they no longer fill the space in which the Guardian Angel is operating. This creates an energetically 'clean' environment and means that our own, innate, energetic immune system has to work much less hard to protect us from the environment in which we live.

The Guardian Angel's effectiveness can be maximised by the following procedures:

- 1 Stand your Guardian Angel as near as possible to the centre of your home. This ensures that its energy-protection field is as strong as possible throughout your home.
- 2 Don't have your Guardian Angel within 1 foot of other vertical objects - including a wall. This can significantly reduce the strength of its field (***not applicable to the new ovoid Guardian Angel, it can stand anywhere***)
- 3 Don't have your Guardian Angel immediately above any part of your body. The Guardian Angel discharges stress straight downwards for two to three feet . . .
- 4 Show your Guardian Angel that you belong here . . .

Each family member should touch the Guardian Angel with both hands - palms and fingertips - and blow on it three times like this: inhale through your nose then exhale through your mouth. Repeat three times.

This enables your Guardian Angel to differentiate between the energetic signatures of the people to whom it belongs and those of everyone else who enters your home, office or clinic. This increases its protective influence for you from the energies of visitors - a particularly useful benefit for practitioners or therapists of any kind . . .

TESTING THE RANGE OF YOUR GUARDIAN ANGEL

If you use any form of Energy Awareness test, you may like to do the following Guardian Angel range test:

- 1 Touch the top of your Guardian Angel with the centre of your palm, then touch your thumb and index finger (of the same hand) together. This 'mudra' attunes you to the Guardian Angel's energy field.
- 2 Maintain the mudra - thumb and index finger touching - and look at your palm while testing. This gives a Yes.
- 3 Walk away from the Guardian Angel (still holding the mudra). You should continue to get a Yes anywhere in your home, when looking at the palm of your hand with the mudra. This indicates that the Guardian Angel field extends throughout your home.

If you have a very large home - or one containing a great deal of environmental stress - and the result changes to a No at some point when you are far away from your Guardian Angel, but still in your home, you may need a second Guardian Angel for that area.

ADDITIONAL INSTRUCTIONS FOR ENERGY EGG OWNERS

Creating An Angel Egg

Briefly touch the tip of your Energy Egg to the top of your Guardian Angel. This connects your Energy Egg to your Guardian Angel, causing it to become an **Angel Egg**.

An **Angel Egg** provides all the extra protection of the Guardian Angel when you are out of its range, increased ki reception (see below), and can be used to re-tune (see next section) your Guardian Angel for you or anyone else in your home, when you feel this is necessary, i.e. if you experience a new stress affecting you or a family member.

Be aware that some people prefer to leave their Angel Egg off its transmitter at night. Depending on the environmental stress level of your home, you may find you sleep better with just a Guardian Angel. However, if your home contains a lot of environmental stress, you may find you need both the Guardian Angel and Angel Egg operating at night.

Re-tuning Your Guardian Angel

Whenever you don't feel right in a certain environment, you can re-tune your Guardian Angel with the following technique:

Hold your Angel Egg in front of your mouth, looking at the source of the stress (if you know what it is), and do three weaving breaths - IN nose OUT mouth - on the egg. This can be done very discreetly by blowing quietly on the AEgg in the palm of your hand. If you don't know the source of the stress, look at your Angel Egg while doing the three weaving breaths.

This procedure causes your Angel Egg to change its signal in response to any environmental stress or foreign energy that is currently affecting you. It also adjusts the Guardian Angel signal so it protects other people in the house. This procedure can be useful for protecting children from, say, a new TV or computer.

Remember that you must be in the presence of a source of foreign energy or environmental stress before your Angel Egg can recognise - through the three weaving breaths - that it needs to adjust its signal.

It's also a good, one-time, practice when you get your Guardian Angel to do the three weaving breaths, looking at your Angel Egg, while standing at the centre of each room in your home. This adjusts the Guardian Angel stress-elimination signal in response to any environmental stresses there.

INCREASING ENVIRONMENTAL AND BODY KI

Ki (or *chi*) underlies everything about us and our lives. Everything we can do depends on the various forms of ki running through our bodies. A Guardian Angel automatically increases the quantities of eight forms of **life ki** in the environment:

Wealth
Health
Security/Respect
Partnership

Creativity
Helpful People
Work
Learning

However, just as having more food in the fridge isn't much use if you don't eat it, having more environmental ki isn't much use if you don't receive it. The reason feng shui often fails to produce positive changes for people is that their energy body's reception of environmental ki usually remains the same no matter how much they increase the energy of the environment around them with feng shui.

Your reception of the life ki's depends on four other forms of ki, called the **fortune ki's**, entering your energy body. The fortune ki's are called:

**Wisdom
Happiness**

**Inner Strength
Success**

A Guardian Angel increases ambient life, fortune and awareness ki's. You can then increase your reception of these ki's by:

- Doing three weaving breaths on your Angel Egg - while looking at it - every morning and evening
- Walking with your Angel Egg in your hand
- Doing the Returning Life weave with your Angel Egg in your pocket

The more a fortune ki enters an area of your body, the more of one or more life ki's you also receive there. For example, a recovery from illness always results from increasing *success* and *health ki* in the afflicted area of your body, regardless of the means used to bring about the recovery.

For further information on how to greatly increase the flows of life, fortune and awareness ki's through your home, office, clinic, see the **Living Home** - www.theLivingHome.org

CLEARING ENTITIES

Many people have some awareness of the environmental energies commonly known as "entities" of one kind or another. An entity remains present in a certain environment because its energy is contained or held by something - an image, object or the building design - there.

You can use an ovoid Angel Egg to help clear troublesome entities from your environment by holding it with all your fingertips and thumbs while tapping one end five times on top of your ovoid Guardian Angel. Then, while still looking at your Guardian Angel, do five weaving breaths on your Angel Egg. The Guardian Angel will then emit a pulse of energy to remove entities from your environment.

Please note that, because it's more powerful, the Archangel eliminates more types of entity than the Guardian Angel.

In some rare situations, an entity may be able to adapt to even an Archangel's energy field. In this case, we would have to do a **Living Home** - www.theLivingHome.org - in order to identify whatever is holding the entity and how best to remove its disturbing influence.

RECOVERING FROM PSYCHOLOGICAL STRESS

Whenever you feel psychologically stressed, you are experiencing a contraction of your 6th chakra - an energy centre at the centre of your forehead that controls the frontal lobes of your brain and your autonomic nervous system. Other chakras may also be involved - your 4th chakra for example, which controls your heart.

Your body starts trying to repair contracted chakras by directing more energy down from your crown. The more successfully it does this the less stressed you feel during a challenging experience or, at least, the faster you feel better afterwards.

When you feel stressed, you can increase the flow of energy from your crown to any weakened chakras by:

- Tapping the top of your head 12 times with one end of your ovoid Angel Egg then . . .
- Blowing on your Angel Egg 12 times while looking at your ovoid Guardian Angel or Angel Egg

ONGOING SUPPORT AND DEVELOPMENT

We appreciate your desire to protect and cultivate your own life energy. To that end, we are always happy to support you by answering your 'after sales' questions.

The Guardian Angel software is constantly being developed - and all Guardian Angels are then upgraded, no matter where they are located. So you will occasionally receive new information on your Guardian Angel and new ways you can use it.

You may also like to join the **Energy Awareness Forum** -

www.energyawareness.org/EAsubscribe.html

a free-to-join forum of Energy Awareness practitioners, students and clients, where you can ask questions or receive further information on the Energy Egg, Guardian Angel, Angel Egg, the Living Home, Energy Awareness trainings or other matters related to the protection or development of human energy or energy awareness.

**or call
0207 617 7521**

THE ENERGY AWARENESS TRAINING

"The trainings you have created and the empowerments you give are the most precious gifts I've ever been given. My prayers for a true path were answered when I met you. Thank you for doing what you do." Louise F, Wales

The Energy Awareness Training is for you if:

- You feel the need to be able to cut through all the confusion in your life and start making decisions based on knowing what will really benefit you or your family or friends - and what is best avoided. The practices taught in the training go far beyond all the usual energy testing techniques by awakening your *direct perception* of human and environmental energies.
- You want to develop your higher awareness but wish to avoid the pitfalls, belief systems and unnecessary behaviours or rituals so often included in many forms of personal or spiritual development.
- You have some sense of energy or ki (maybe by doing tai chi, qi gong or some form of energy therapy, etc.) and would like to understand more about how it actually works, how it affects your life and how to cultivate your own energy to bring more power, focus, happiness and success into any area of your life.
- You are in a caring profession and would like to develop your energy awareness to help your clients more effectively and empower your practice. As a health practitioner, EA methods can easily be integrated into your current practice for increased awareness of the effects of your treatment on your client. The Energy Awareness Training includes clear and easy-to-follow protocols for you (see below).

What will happen on the training?

During this highly practical 2-day workshop for awakening to your energy, you'll learn a unique and fascinating blend of energy awareness development techniques and key inner-energy cultivation work that will steadily transform your life. It's the beginning of living your life a different way - a way that empowers you to recognise the choices that lead to a happier and more fulfilling future. The Energy Awareness Training includes clear explanations of human and environmental energies and many unique demonstrations of how they affect you and your life. Each participant receives personal guidance and support. You will leave with a complete set of tools that you can use for the rest of your life. Some of the topics covered include:

- How to **protect yourself** from health-damaging energies and relationships - and beckon more empowering relationships and opportunities into all areas of your life.
- The **Returning Life** weave - a unique and powerful ki-cultivation exercise for recovering your lost energies and revitalizing your life. Every day we lose a little more energy. These simple movements enable you to recover energies you have lost. Practitioners of the Returning Life tell us that people who haven't seen them for a while remark on how much younger they look!
- The route to **whole-body energy awareness** - techniques for accurately identifying which foods, relationships, exercises, medicines, colours, jewellery, therapies, teachers, houses, places or possessions will help or harm you or others - and why. You will leave the training able to tell how anything is going to affect you and whether a decision is the right or wrong one for you.
- **Environmental Energy Awareness** - how to protect yourself from the increasing energetic (EMF, geopathic and much more) stress and pollution in the world and how to use the energies in your environment for your personal development. Also, how to eliminate the foreign energies we all pick up from other people and demonstrations of the original Energy Egg energy protection device.
- Kitai - inner-energy cultivation methods which enable you to pass beyond physical means of testing energy - such as dowsing, muscle tests or electronic instrumentation - to **direct energy awareness**. The start of a life-long journey into the world of energy.
- Awakening your dormant, psycho-energetic talents - an introduction to how developing your own **essential creativity** - your personal path - is the most powerful means of overcoming the root karmas or ongoing problems in your life.
- **Generating your fortune path** - your future life is created by the decisions you take today, tomorrow and the day after that . . . because each decision affects your energy and your energy is your life! These techniques enable you generate the energy to transform current or future misfortunes - *confusion, exhaustion, illness or failure* - into opportunities for new *wisdom, strength, happiness and success*

CALL
0207 617 7521