



Personal Resilience and the Energy Field

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For Decoda Literacy Solutions

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Overview

Intros

Energy gathering meditation

A little theory

Experiencing the energy field

Break

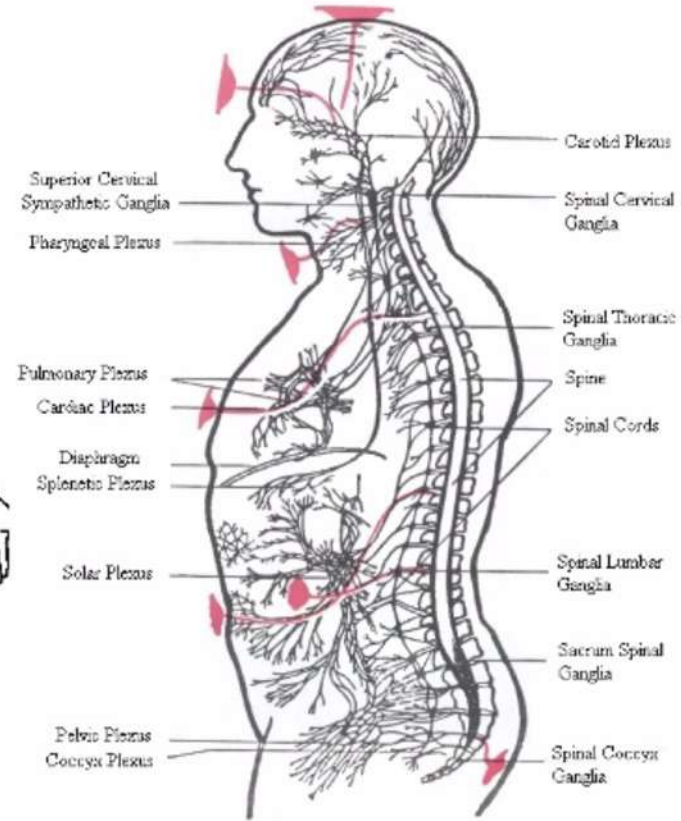
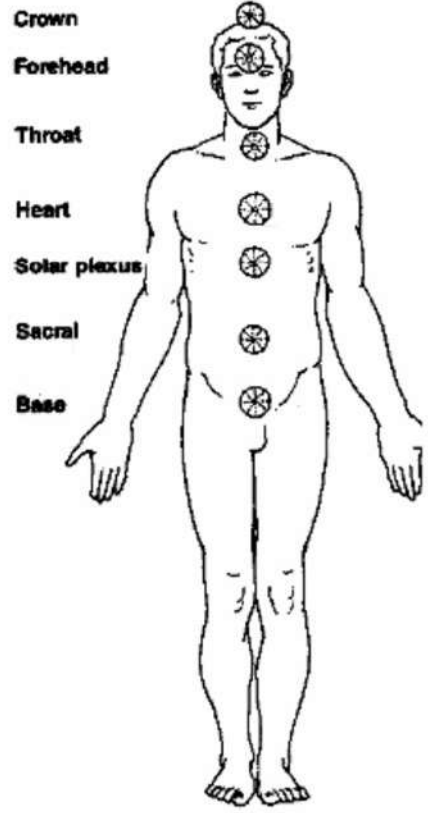
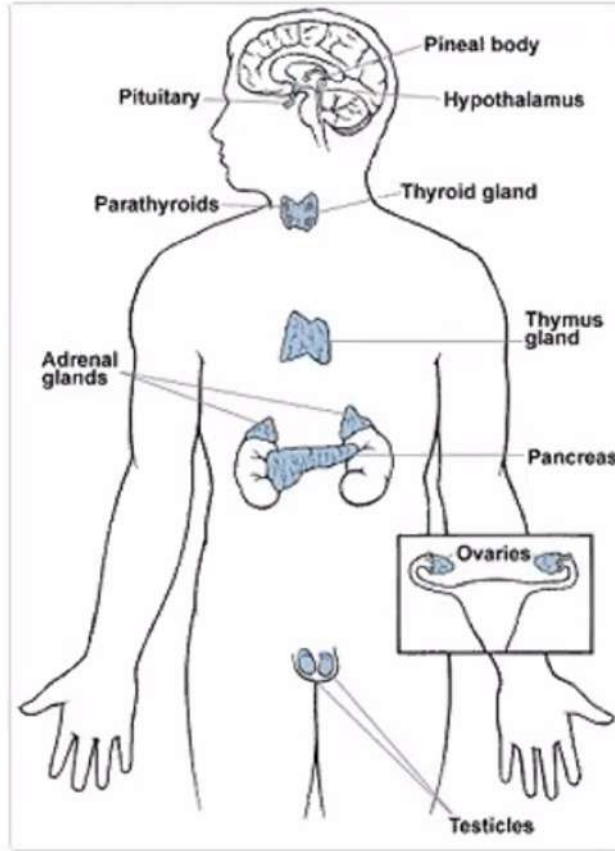
Using the breath

Energetic boundary strengthening

Deep relaxation

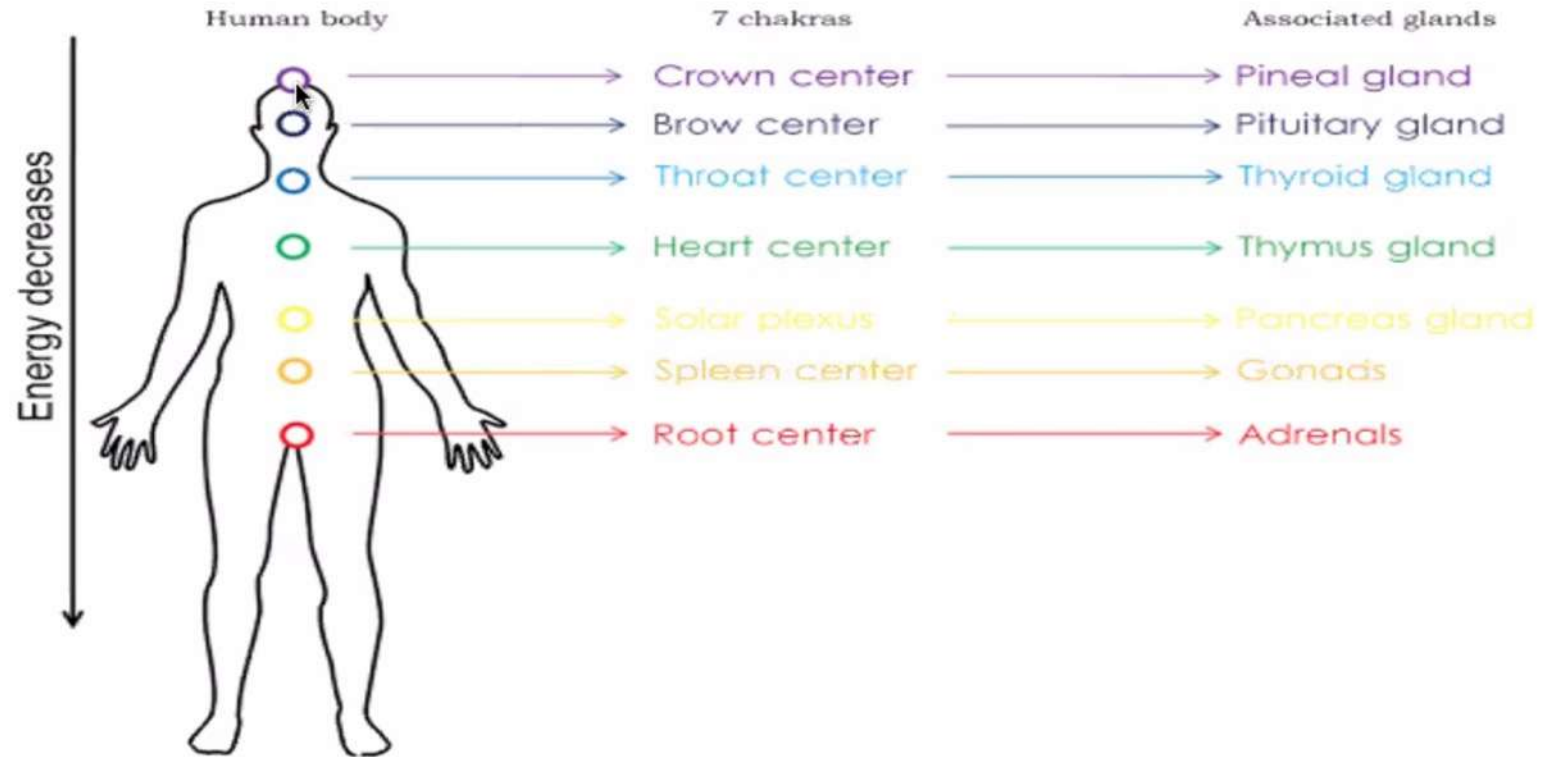


Connections in the Body

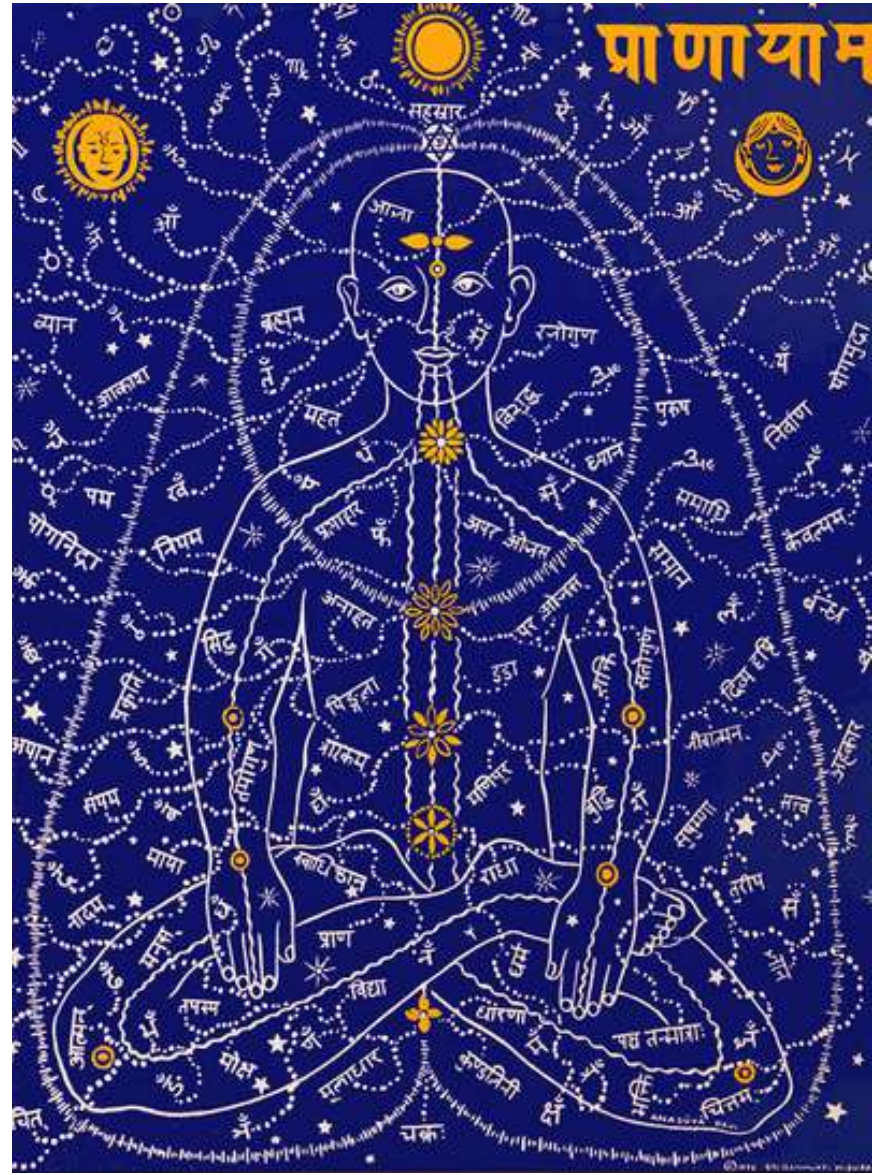


Biofield Centers

image- sciencedirect.com



प्राणायाम



Incoming Primary Energy



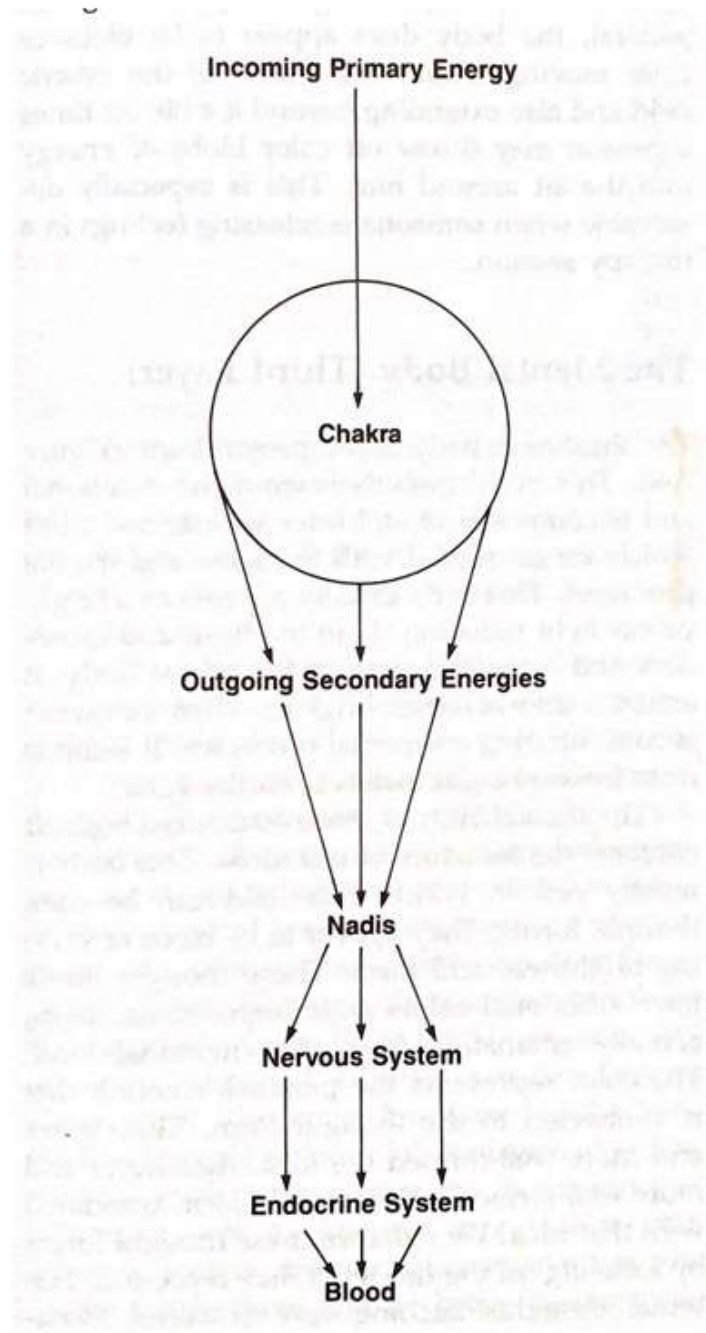
Outgoing Secondary Energies

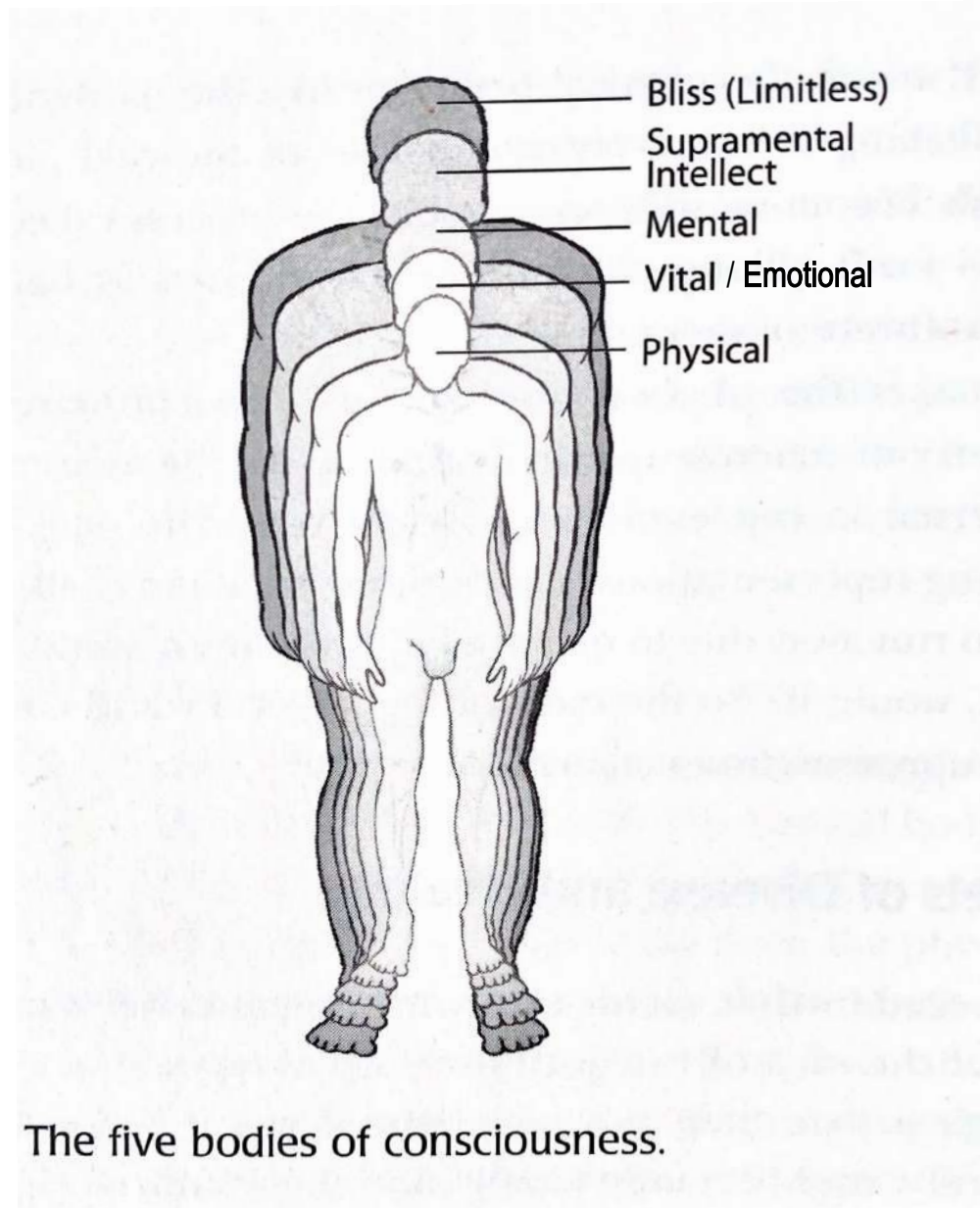
Nadis

Nervous System

Endocrine System

Blood





The five bodies of consciousness.

