

# The Therapy

A scenic view of a harbor with boats, buildings, and a stone wall under a clear blue sky. The water is a deep blue-green, and the sky is a clear, bright blue. On the left, there are several white buildings with balconies. In the center, a church with a yellow facade and a bell tower is visible. On the right, a large stone wall or fortification is partially visible. Numerous sailboats with white masts are docked in the harbor.

Richard Clark

The Therapy

by Richard Clark

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Disclaimer

Please Note:

I am not a Doctor or Physician, Scientist or medically trained in any way.

I am not a therapist or trained in any therapies, complementary or alternative.

Nothing here in this eBook is meant to be a replacement for proper medical diagnosis and care by your Doctor, Physician or Health Care Professional.

If you are on any medication please stay on it and follow professional medical advice regarding your health.

If you have any concerns about your health please see your Doctor or Physician.

If you are unhappy about using The Therapy in this eBook then please don't.

The Therapy may be used as well as any other medication, not in place of it.

If you start using The Therapy and feel unhappy about it for any reason then please stop.

Some of the materials used can be toxic and should always be used in plastic bags.

The materials must not be consumed - ever.

Please wash your hands after using or use gloves.

Work in a well ventilated room.

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Dedication: To Mum & Dad, sadly no longer here, and Jake. Best. Son. Ever.

xxx

Photos by Jake.

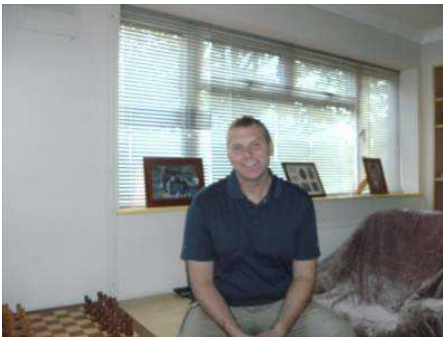
A massive thank you to everyone who has tried The Therapy over the years allowing it to develop and to all supporters, subscribers, facebookers and everybody who has taken an interest.

If anybody would like to translate this book into another language please go ahead. As this is a how to do guide, please be as accurate as possible and upload it to appropriate sites where it can be downloaded or read online. Many thanks...

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Introduction.

An Introduction video is [here](#)



Hello and welcome to The Therapy shown in this book.

Parts 1 & 2 are concerned with health and is demonstrated first, step-by-step, with plenty of pictures, for the individual to try for themselves.

Part 3 is also concerned with physical health, but also mental and emotional health and how the energies of health can progress and funnel into an individual's personal development. This the individual can also try for themselves.

Part 4 shows how the placebo effect can be made stronger.

Part 5 helps with pain relief - the type of pain that comes from modern life.

Part 6 enhances the mental functions.

Part 7 strengthens the soft tissues and supports the mental faculties.

Part 8 clears and energises cell membranes.

Part 9 stimulants to recalibrate the immune system.

Part 10 clearing the genes of harmful energy.

Followed by some Q & A's.

If you have any questions you'd like to ask, which may be added to this book if relevant, please

email: [xcalibur2015@gmail.com](mailto:xcalibur2015@gmail.com)

Facebook: <https://www.facebook.com/profile.php?id=100009562930796>

Key Features:

- \* Effective.
- \* Nothing taken.
- \* Safe.
- \* For any condition.
- \* Developed over 25 years.
- \* No special skill needed.
- \* No side effects.
- \* Simple step-by-step guide.
- \* Inexpensive, easily obtained items used.
- \* Not for use by people under 18 years old or pregnant women.

- \* Only plastic bags come into skin contact.
- \* Everything's reusable except the batteries - unless rechargeable are used.
- \* Use in your own time.
- \* It works!

The Therapy is energy based on 10 easy to use parts:

- 1) Removing energy harmful to health from a person.
- 2) Transferring energy beneficial to health into a person.
- 3) Personal Development.
- 4) Making the Placebo Effect stronger.
- 5) Batteries and Honey is for pain relief.
- 6) Batteries and Walnut Oil is for the mind.
- 7) Aluminium Mesh, Batteries and Washing Powder is to strengthen soft tissues.
- 8) Graphite Powder clears the cell membranes then Oils are used to energise those membranes.
- 9) Stimulants to recalibrate the immune system to the new body condition.
- 10) Clearing the genes of harmful energy
- 11) Protecting the genes from harmful acquired energy.

It's new and different, but hopefully you will give it a try and receive substantial benefit.

Nothing can be promised but relief should start a few days after using The Therapy Part 1...

Good luck,

Richard Clark

Bedford, UK.

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Vegetarians, Vegans and people with ethical concerns, please use materials in accordance with your views.

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[The Therapy Part 1: Removing Harmful Energy.](#)

A Demonstration video of Part 1 is [here](#)

Part 1 materials used:



Picture above shows...

- 1) Antiseptic (left) with some in a plastic bag (red). A small amount of a powerful antiseptic will be needed.
- 2) Detergent. Any detergent powder or liquid placed in plastic bags can be used and the biological (with enzymes) ones are best. Powder is shown in yellow box, liquid shown in a green box in pouches which are less messy and easier to use. Either is fine.
- 3) Putty. A 1lb tub or half a kilo (right) with a putty filter in a plastic bag in front. Please use real putty made from chalk and linseed oil not a synthetic version.
- 4) Batteries. 8 will be needed. Double AA extra, more power or long lasting are good as they last longer and should supply enough energy for 1 person using the therapy from start to finish. If you plan on using The Therapy a lot rechargeable, shown at the front of the picture, are worth getting and the total number used will increase up to 24 later on and the batteries are used a lot.
- 5) A bandage or something similar to hold the materials in place (centre).
- 6) Some thin, clear plastic bags to place the materials in (centre). Test for allergies before use and don't use or stop if problems arise.

All materials can be bought either in a local shop or online.

You may even have some of the materials already in your home. No particular brand or product is best or recommended, just use good quality



materials if possible.

Warning: Some of these materials, such as the detergent and antiseptic, are toxic. Do not consume and please wash your hands after use or wear gloves.

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Preparation:

1) Putty. Take some putty about the size of a hens egg, roll it flat a few millimetres thick and place it in a plastic bag. Repeat so you have 4 bags. These are your putty filters and all energy passing in and out of a person will pass through and be filtered by these.

2) Detergent. Pour a small amount, about the size of a hens egg, of your detergent into a plastic bag and tie it. Work the air out of the bag before tying so it will lie flat. If you're using the liquid tabs use 2 or 3 per bag. Repeat so you have 4 bags. These are used by the immune system to pass harmful energy out of a person and the detergent has a powerful drawing effect on the harmful energy of fossil fuels, insect bites and consumed insect material.

3) Antiseptic. Pour a small amount of the antiseptic, about the half the size of a hens egg, into a plastic bag and tie it. Again work the air out before tying so it will lie flat. Repeat so you have 4 bags. These are also used by the immune system to break down and pass harmful energy out of a person.

4) Place 1 bag of detergent and 1 bag of antiseptic in a plastic bag and place 2 AA batteries in as well. Repeat so you have 4 bags each 1 containing 1 bag of detergent, 1 bag of antiseptic and 2 AA batteries.

These are your Part 1 materials.

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Using Part 1:

General:

Please note nothing is consumed.

Only harmful environmental energy by-products, mainly from insects and the burning of fossil fuels, that's not life supporting is drawn out of a person by The Therapy. The Therapy is helped in this drawing out process by a person's immune system which helps release the harmful energy by-products, ensuring that no life supporting energy is released.

The energy by-products from fossil fuels not only does harm when in people it also takes up space blocking life supporting energy from getting in, so the first step towards health is to remove it which is what Part 1 of The Therapy does. It also draws out harmful insect energy trapped in the energy system of a person.

The 2 main underlying energy problems damaging health are: energy by-products from fossil fuels and the energy of insect bites and consumed insect material. These are the main supporting factors in many chronic conditions which The Therapy aims to remove.

Other factors such as contaminated bacteria and mains electrical energy play a part, but the main factors are harmful energy by-products from fossil fuels, insect bites, consumed insect material and petrochemicals which damage a person at a basic level.

Part 1 is used on the ankles and forearms first, then the next day or few days later the same materials are placed on the neck, throat and stomach, above and below the belly button.

The materials stay on a person for about 2 hours each time used.

This is a general guide for The Therapy being used a certain number of times. More sessions can be done if it's felt more is needed. Some people need a lot of cleaning out with Part 1, a lot of energising with Part 2, or both, but follow the guide for now to gain some experience and see how it goes.

If you feel more sessions are right for you then do them. The whole process is regulated by your own immune system so it will switch off when it's done so The Therapy can't be overused.

Start by placing 1 putty filter and 1 bag of materials on the outside edge of each ankle joint and 1 putty filter and 1 bag of materials on the inside surface of each forearm. The putty filter is next to the skin with a bag of materials on top of it. Leave on for up to 2 hours.

Remove and store safely away from children and pets and recharge the batteries if using rechargeable ones. The bags may warm up and cool down when on, don't worry it means they're working. When they go cold they may be removed as that sessions over.

Repeat the next day or a few days later placing the bags on the putty filters, 1 on the throat, 1 on the back of the neck and 2 on the stomach, above and below the belly button. Leave on for up to 2 hours. Remove, store safely and recharge the batteries if needed.

That's 1 cycle complete - covering the outside edge of the ankles, the inside surface of the forearms, the throat, the back of the neck and the stomach above and below the belly button.

Part 1 will need to be used at least 3 times or 3 cycles in total. Use it more if you feel it's needed. Some heavily congested conditions require more deep cleaning.

The pictures show the materials on the ankles, forearms, neck & throat in Part 1. Bandages have been left off as much as possible to give a better view.

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Method:

- 1) Place a putty filter on the outside edge of each ankle joint and the inside of the forearms.
- 2) Place one bag of materials on top of each putty filter.
- 3) Bandage to hold in place being careful not to cut off the circulation.



Above: Materials on ankle joint held in place by a support bandage.



Above: Side view of materials on side of ankle joint.

It's easier to bandage the materials to the ankles first then rest the forearms on the putty filters and materials while resting on a bed or reclining chair.



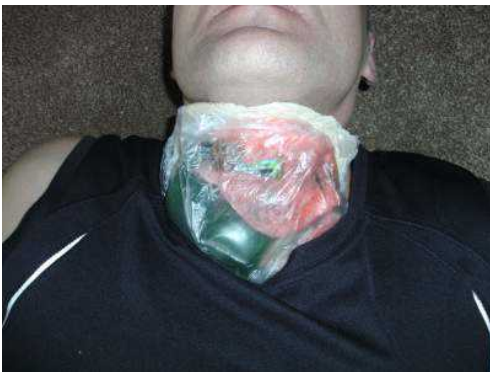
Above: Forearms resting on putty filter with materials underneath.

After 2 hours remove and store safely, then next day or a few days later place the materials on the...

Neck...



Throat...



and stomach above and below the belly button (not shown).

4) Leave in place for 2 hours remove and store safely away from children and pets.

This is 1 cycle completed. At least 3 cycles in total will be needed, but do more if you wish.

Use again the next day or a few days later again for 2 hours on the ankles and forearms then the next day or a few days later place the materials on the neck, throat and stomach. This would complete the 2nd cycle then repeat again a few days later so you complete 3 cycles in total.

Sometimes when the bags are drawing out harmful energy they feel locked to the body and warm up which may well be a person's immune system

using heat to transfer harmful energy. When the drawing out ends the bags feel like they slacken off while cooling down.

It's unlikely you will feel anything while harmful energy is being removed so have patience and stick with it. You will notice a surprising amount of difference in a day or 2 giving you the confidence to continue.

Infections:

With infections, such as in the ear or leg ulcers, an extra bag of materials can be placed on putty filters near the infection to release harmful energy. Avoid using on broken skin.

Using Part 1 for an Ear Infection, below:



Please consult your Doctor/Physician first regarding any infection.

Apply 3 times as in the Therapy Part 1, or as often as desired.

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Supplemental to The Therapy: Part 1:

Silica gel may be used after The Therapy: Part 1 to receive more benefit and for more specialist conditions.

### [Silica Gel](#)

A recent development is the use of Silica Gel which is sometimes found in small packets in new electrical equipment and it's also used in dehumidifiers, amongst other things, but the bags used here are larger 4oz or 100grams sold online.

Caution: silica gel must not be thrown away or eaten, so please be careful with young children.

It helps draw out the energy of petrochemicals from a person.

Silica gel also helps different conditions, mostly bones, fluid and overall body conditions. Placing the bags on the back of the neck may help sharpen the eyesight.

It draws out artificial cold from a person and it's good enough to be added to The Therapy as a supplement, used as follows:

Below: Large bags of silica gel are the ones used here. Smaller bags are often found in new appliances. The pen is for scale.



After using Part 1 of The Therapy make up 2 bags of materials with 2 or 3 large bags of silica gel and batteries, 4 to each bag, with the batteries behind and on top of the silica gel bags. Oils can also be added to the bags for more energy if desired.

Place 2 putty filters on the lower back then place the bags with the silica gel and batteries on top and leave on for up to 2 hours. Take off and repeat twice more over a few days, again for up to 2 hours, making sure the materials are stored safely when not in use.

Repeat with the same materials placed on 2 putty filters on the back of the neck, again up to 2 hours and repeat twice more over the next few days.

This will help the body in a general way.

With bone conditions such as osteoarthritis and osteoporosis use the bags first on the lower back as just described, then place 1 bag on top of a putty filter on top of each foot just below the toes and on, or near any painful area. With foot pain the instep is another good place for the bags.

Below: Silica gel resting on top of both feet with putty filters and batteries. Bandages have been left off for a clearer view.



With bandages:





Resting the insteps on the bags:



How it works

Silica gel used on humans as described above will absorb a lot of the energy contamination in the body's water, including the energy of heavy metals and other toxic energies. This toxic energy can protect viruses and bacteria in the body's clear fluid blocking the immune system.

Using silica gel will remove this protective energy so letting the immune system in and also drugs such as antibiotics.

With some bone conditions the bones start shedding material, or demineralising, where it's either lost, osteoporosis, or builds up in the joints, osteoarthritis. The effect of silica gel, made stronger with the battery energy, reverses this process so the bones start to re-mineralise so the bones stop shedding material and return to their original condition.

While it takes time the change silica gel has on the bones, where the bags are placed, will gradually spread through the entire skeleton.

Another use for silica gel is to draw insect energy from micro fractures in bones which is preventing them from healing. This could happen where whiplash, for instance, damages the neck bones with very small fractures which fill with insect energy preventing them from healing. This condition is a type of arthritis and is surprisingly common.

This kind of damage can also be a factor with osteoarthritis and osteoporosis as above, migraine, sinus conditions, tinnitus, depression, allergies, neck pain, nervous conditions, balance, eyesight and hearing problems and more.

When healthy the bones, due to their structure and composition, vibrate transmitting vitality. Insect energy lodged in micro-fractures in the bones deadens this vibration reducing the effect.

Silica gel is good for pain relief. Place 2 or 3 large silica gel bags in a clear plastic bag and hold to the pain for up to 1 hour. It works on many different types of pain but please see a doctor/physician, dentist, if its teeth, or any other health care professional about your problem.

An earlier form of The Therapy in this book may be seen in John: 9 where spit, mud or clay and the contents of the mud are used to help a blind man.

In this book, for power or energy batteries replace spit, putty filters replace mud or clay - clay would work, and the contents of the mud, probably river

clay was used as they were near a river, silicates, whereas silica is used here.

The fact that it had to be used twice shows a method being developed. The placement on the eyes is puzzling as the back of the neck is the best place for the materials as the modified, combined energy of the materials has to go into the brain first then from their into the eyes.

Well done you are now ready for Part 2 of The Therapy. Rest for a few days if you wish for your body to catch up with the changes following Part 1, or if you feel ready, go straight ahead without waiting.

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### [The Therapy Part 2: Adding Health Supporting Energy.](#)

A Demonstration video of Part 2 is [here](#)

Now the harmful energy by-products from burning the dead material of fossil fuels has been drawn out it's time to for the body to absorb beneficial, life supporting energy which comes from, at this time and will probably be added to, oil, batteries, vitamins and minerals, damp earth and rice with a few drops of water added. Water activates the earth & rice - the rice needs very little.

Vital life supporting energy comes from the sun and is absorbed by plants and other living things. Humans consuming living things such as plants, fruit and vegetables, absorb their energy and combine it with other energies to form more complex forms suitable for us becoming a factor in our personal development the subject of Part 3.

Filtered food energy from the mother is the energy essence our bodies use for growth and we receive all we get in life in the womb, filtered through the placenta, which makes it available to a developing child.

Once we leave the womb filtered energy, that is energy essence received through the placenta, is normally unavailable to our bodies as its been blocked, damaged or dissipated by the action of fossil fuels, consumed petrochemicals and the action of insects, but it can be restored through the use of Part 2 of The Therapy.

Energy essence is essential for the programming and use of the individual elements of the body, how they work together, and is also used to create the bodies overall growth, form or shape.

Food supplies the basic material and energy for body growth and repair, but energy essence can only be obtained originally through the filtering of food energy through the placenta in the womb, and with some serious, chronic conditions the bodies form, shape or completeness needs to be repaired, which can only be done with energy essence.

This is done by passing the energy of the materials used through putty filters which mimic the placenta effect, so the body thinks its back in the womb and restarts a regeneration or resetting process helping the body to recover.

Part 2 of The Therapy transfers large amounts of filtered, life supporting energy into a person's body, mirroring how energy essence is filtered into a growing child in the womb through the placenta and clear, amniotic fluid, helping a person's body to reboot back to a healthier state.

Once a person has used The Therapy on themselves, their own body and brain having seen how the putty filters work, will adapt material and energy within itself to create its own internal filters, or energy membranes, to filter out harmful energy, as in Part 1 and produce a source of energy essence, as in Part 2, which it will use for health, strength and maintenance, so a degree of protection is imparted.

The body will filter small amounts of food energy through the tongue for personal development, but that is different from what's described here and is the subject of Part 3, Personal Development.

The human brain working through the human immune system knows what it wants and how to get there. The Therapy gives the brain what it needs.

The brain can't learn from and copy the filtering effect of the placenta in the womb as at that time it's not developed enough.

Part 2 Materials used:



- 1) Putty filter (right on tub). You will need 2 from Part 1.
- 2) Batteries (centre) - the 8 from Part 1. Renew them, if they're not rechargeable, if you have doubts about the amount of energy they have left.
- 3) Oil. Any oil - olive, fish, flax, linseed liquid or capsules (back row and centre left) - is fine so long as whatever is used comes from a fish or plant, not a petroleum product. Using more than 1 oil is ok and may be more beneficial as they are all slightly different, but don't mix them up, please use separate bags.
- 4) Vitamins and Minerals (centre, red pills mixed in with oil capsules). A tub of 60 to 90 good quality pills will be needed containing as many different vitamins and minerals as possible.
- 5) Earth from a garden (front left in bag).
- 6) Rice, brown is best. About 1lb or half a kilo will be enough (right).
- 7) Thin, clear plastic bags from before (left).
- 8) Bandages to hold the materials in place (left).

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#### Preparation:

- 1) Putty filters, 2 from before.
- 2) Batteries. Place 4 batteries in 1 bag and 4 in another.

3) Oil. If using liquid pour a small amount into a bag about the size of half a hens egg, squeeze out the air and tie. Repeat so you have 2 bags in total. If you're using capsules divide what you have into the 2 bags.

4) Vitamins and minerals and any other supplements you wish to add. Divide your supply in 2 and place in bags.

5) Earth. Collect a sample about the size of a hens egg from a garden near roots as that's where a lot of microorganisms are. Include a few roots if possible for more life energy. Put the earth in a clear, thin plastic bag, add enough water to make it damp, then tie the bag squeezing out the air. Do this twice so you have 2 bags.

6) Rice. Pour some brown rice into a thin, clear plastic bag, about the size of a hens egg. Add a few drops of water and repeat so you have 2 bags. Tie the bags leaving some air in as the rice needs air.

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General:

The putty filters and Part 2 materials are used on the lower back, inside the forearms, back of the neck and throat and stomach in turn.

Only work on 1 area per day though the 2 arms count as 1 area and the neck and throat count as 1 area.

Each session should last for about 2 hours.

Place the bags with vitamins, minerals, oils, earth and rice in with the 2 bags containing 4 batteries in each. More batteries may be used if desired.

The pictures below show Part 2 being used.

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Method:

1) Place the putty filters on the lower back each side of the spine so the lower back is covered.

Place the 2 bags on top of the putty filters. Each bag contains 4 batteries, 1 bag of earth, 1 bag of rice, 1 bag of vitamins & minerals and 1 bag of oils. So it can be seen the picture shows face down, but laying on a bed face up with the materials under your back is probably easier and more comfortable. Picture Below...



- 2) Leave on for up to 2 hours.
- 3) Please be careful not to cut off the circulation.
- 4) Remove, store safely away from children and pets.
- 5) Repeat the next day or later when convenient. Leave the materials on for 2 hours, remove and repeat a day or 2 later, 3 times in total.

As the lower back isn't used in Part 1 you may start Part 2 by placing materials on the lower back during Part 1 if you have enough materials.

Forearms are next:

- 1) Place the putty filters on the inside surface of each forearm about half way between the elbow and the wrist with the bags of materials placed on top.
- 2) The forearms can be rested on the putty filters (below) with the materials underneath as Part 1, or they can be bandaged in place.



3) Leave in place for 2 hours. Remove and store safely.

4) Repeat the next day or a few days later under the forearms leaving in place for about 2 hours then remove.

Repeat a few days later 3 times in total.

Neck and throat next:

1) Place 1 putty filter on the neck with the materials on top and 1 putty filter on the throat with the materials on top (below).

Materials on Neck...



Materials on Throat...





2) Leave in place for 2 hours. The neck materials may be used by resting your neck on them. The putty and materials may now be placed on the throat being very careful not to cut off the circulation.

3) Remove and store safely.

4) Repeat the next day or a few days later for 2 hours, then again a few days later, 3 times in total.

Stomach:

### [Serotonin](#)

Serotonin should now be used.

Its energy regulates the stomach metabolism and regulates the body weight so a person may gain or lose weight depending on what a person's appropriate body weight is, but the real importance of serotonin is it prepares and helps clean out harmful insect life and energy from the blood, where it stores between the blood cells restricting their cohesion, and between the brain cells, restricting their communication (dementia), and also helps deal with the energy of petrochemicals along with The Therapy Part 1.

Insect life and energy is a major factor in blood disorders when it's in the blood, and dementia when the space between the brain cells fill with it. This energy is transported to the brain by the blood.

Using serotonin cleans out the blood and space between the brain cell membranes which surround each cell and is preparation for the next step,

3) Personal Development which starts with the use of sea salt, shown how [here](#).

Part 3) needs to follow on after The Therapy Parts 1 & 2 have been used.

The areas of the body to use serotonin are the lower back and the stomach above and below the belly button.

1) Place the 2 putty filters above and below the belly button and 2 on the lower back then place the materials on top so the putty filter are between the skin and the materials. Laying face up on a bed might be best for this.

2) Leave on for 2 hours and remove. Store safely and repeat the next day or a few days later for 2 hours.

3) Remove and repeat a few days later for the 3rd time. Each area may be worked individually if you only have a small amount of serotonin, i.e. 1 day above the belly button, next day below the belly button, 3rd day on the lower back and so on until each area has had 3 sessions in total.

The energy of serotonin cleans between the cells, especially the brain cells, preparing them to be filled with the creative filtered energy essence of sea salt, which comes after the next piece on Injury and Accident.

Serotonin, along with regulating the stomach metabolism, regulates the metabolism of the entire body especially the brain cells producing a smoother functioning between the cell membranes.

Please note: The Therapy: Part 2 may be used more than 3 times if desired and anytime a person needs an energy top up. The lower back is the best place for this.

Credit: Sylvia for suggesting serotonin. Thank you :)

### [Injury and Accident:](#)

Part 2 may be used on any damaged part of the body, such as broken bones, knee/cartilage/disc injury, by placing the putty filters and materials on or near where they are needed. Extra materials, that is a handful, may

be added to the bags such as calcium, glucosamine, silicone, collagen, iron, copper, zinc, magnesium and so on to aid repair.

It's a good idea to use The Therapy: Part 1 first if possible as its probably high energy pollutants in a person that's hindering recovery and weakened the body in the first place.

Part 2 use usually lessens pain and speeds up recovery time.

Part 2 being used on Wrist or Arm Injury, below:



Extra batteries used will speed things up.

Where there's more widespread damage to the whole body the same materials used locally and any others you feel may help, can be used. Amino acids (strengthens the underlying or constitutional energy condition), creatine, horsetail, sea kelp and charcoal capsules (another energy cleaner), have been used at different times.

When a substance in the body loses its energy that substance can thicken up, become brittle and start to break up, like perished rubber. This can be a factor with bones, osteoarthritis and osteoporosis and nerves, MS and Parkinson's disease.

Using large amounts of materials in Part 2 is then needed, calcium, magnesium and zinc for the bones and copper and iron for the nerves. Batteries and oils will still have to be used to energise the materials used.

Small amounts of different metals such as lead (a cleaner of energy, acts like finings in wine), silver (restricts harmful energy processes), copper (energises the nerves and blood), iron (an energy stimulant) and zinc (for

immune system processes), have also been used placing them in plastic bags like the other materials, but keep them separate from the batteries to avoid shock. Oils will also have to be used for energy.

The main point here is to identify controlling substances or precursors which govern how other substances in the body are used. Examples of this would be amino acids strengthening the DNA and silicon & collagen overseeing protein use.

The main place to use Part 2 materials is the lower back with some supplemental use on the inside of the forearms, throat, neck and stomach.

The Therapy has been used for injury to the hips and lower back damaged due to a car accident. A lot of batteries were used, about 24. Putty filters will also be used along with amino acids, vitamins & minerals and calcium, zinc and magnesium. A tub of about 60 or 90 pills of each will be needed. Clear plastic bags, as before, will also be needed.

Method: place 2 putty filters on 1 on each of the buttocks, close to the hip joint if possible.

Divide your 24 batteries into 2 bags with 12 in each with a bag of batteries, AA as used before, and place 1 bag on each of the putty filters.

Have your supply of amino acids, vitamins & minerals and calcium, zinc and magnesium divided in half and placed half each into a bag then place 1 bag on each of the putty filters.

Leave on for about 2 hours.

Take off and store safely, replace or recharge the batteries as needed, and repeat the next day but on top of the body on the crease, left and right, where the thigh joins the body. Leave on for about 2 hours.

Take off; repeat using the same materials, the next day back on the buttocks near the hip joint and leave on for about 2 hours. Take off and repeat the next day on top of the body on the crease, left and right, where the thigh meets the body. Leave on for about 2 hours then remove and store safely.

When working and the body is absorbing the filtered energy essence of the amino acids, vitamins and minerals and any other materials used, the hip area, and probably the whole leg will become very warm as they absorb energy essence from the materials used.

So that can be a guide, to continue placing the bags on until no more energy is absorbed and the body stops getting warm.

In any case 3 sessions on the buttocks and 3 on the top of the body will probably be enough.

For about a week the hip will become solid as if it's in a cast, then it will loosen up and pain should reduce.

It will take time for the energies to work through the body helping recovery, 1 to 2 months, but the effect will go on for years as the body will always use the energy available to it to improve health, the general condition, fight illness and so on.

Using The Therapy like this, with lots of batteries, is also useful for any bone condition and the body will learn, from the putty filters, how to filter energy itself to produce energy essence especially in the stomach.

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### [The Therapy Part 3: Personal Development](#)

Introduction:

Please note, as with The Therapy Parts 1 & 2, nothing in Part 3 is consumed - ever.

The materials are used in the same way as in The Therapy Parts 1 & 2

Personal development means the ending of all distortion and damage in a person so development and life can restart and progress along a beneficial path.

Beneficial in this book means the ending of pain, stress and disorder, or taking a path that leads away from them.

Harmful in this book means that which creates pain, stress and disorder, or taking a path that leads to them.

### [Sea Salt](#)

Shown in Wikipedia [here](#)

The Therapy Parts 1 & 2 plus serotonin and silica gel needs to be used first to empty and prepare the body and to rid the body of the energies of petrochemicals, their by-products, tobacco and any other stimulants.

Filtered salt energy is a great protector of the body and an essential first step towards recovery.

The materials used are 2 - 350g tubs of sea salt, 2 putty filters, or 1 large one which is a bit easier to use, all the batteries you have, 24 are shown in the picture and used here, and some clear plastic bags.

All materials used in Part 3 are reusable. The carbohydrate and chemicals can be used many times over on different people, they don't run out of energy, but regenerate between uses. If non rechargeable batteries are used they will need replacing, of course.

Materials shown in picture below:

2 - 350g tubs of sea salt emptied into 1 bag.

1 large putty filter. Using 2 smaller 1's is ok.

All the batteries you have - 24 are shown here, new or recharged.

Clear plastic bags - the roll between the batteries.



#### Method:

Empty 1 tub of sea salt into 1 clear plastic bag and knot it. Repeat so you have 2 bags.

Place the batteries into 2 clear plastic bags, half in each.

The place to start is the lower back, then the upper back between the shoulder blades, then lastly the back of the neck.

Sessions last up to 2 hours long and the areas can be rotated so 1 day materials are placed on the lower back, next day or a few days later the upper back then next day or a few days later the back of the neck. Then repeat so each area is done up to 3 times in total.

As always please store the materials used safely away from children and pets after use.

The method used is the same as before: place the putty filters on the lower back with the batteries and sea salt on top and leave on for about 2 hours for each session.

The body will stop absorbing salt energy when it has enough, like when full we stop eating. This is true of any materials used in The Therapy, and the bags will feel like they have stopped working. If you feel this move on to the next material used.

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The Therapy Part 3 will continue with sodium bicarbonate next, then other foods.

### [Sodium Bicarbonate \(Baking Soda\)](#)

Please note if baking soda is used please use the soda and not powder which is a diluted form. A Wikipedia link is [here](#).

Sodium carbonate also acts like an accelerant for the energies of carbohydrates which come next.



Above shows:

Bicarbonate of soda at the back with the contents placed in 2 clear, thin plastic bags shown on top of the putty filters. 2 tubs of 180gms, or about 6ozs, each are used.

Batteries: AA 1.2v front and centre and bagged each side of the bicarbonate of soda tubs. A lot will be needed. 24 rechargeable are shown and used here.

Clear, thin plastic bags, centre in a roll.

Putty filters. 2 in front, left and right of the bag of batteries.

Preparation:



Use the same putty filters, clear, thin plastic bags and batteries used before in The Therapy, Parts 1 & 2. The batteries need to be new or fully charged if rechargeable.

Divide the batteries in half and place each half in a clear, thin plastic bag.

Empty 1 tub of bicarbonate of soda into a plastic bag and knot it. Repeat the same with the other tub.

Method:

Please remember: nothing is consumed, ever.

Sodium bicarbonate energy flows and joins with the energy of sea salt used earlier, so the whole body has to be covered.

The areas of the body used for the bags are the same as The Therapy Part 2, that is, inside of the forearms, the lower back, the stomach above and below the belly button, the back of the neck and throat.

Each session should last up to 2 hours, starting with the forearms.

Place a bag of bicarbonate of soda on top of a bag of batteries with a putty filter placed on top. Then repeat with the other materials then rest the inside of each forearm on the putty filters for up to 2 hours.

See the picture below:



Use the arms of a chair or resting on a bed.

Repeat 2 or 3 times a day apart. After each session store the materials safely away from children and pets and recharge or change the batteries as

needed.

Next is:

The Lower Back:

Place the materials each side of the spine on the lower back being careful not to cut off the circulation or cause any kind of damage. The putty filters are placed against the skin with the bicarbonate of soda bags and the battery bags placed on top. Repeat on the lower back 2 or 3 times a day or 2 apart, then, when ready, move on to...

The Stomach:

Place the materials above and below the belly button with the putty filters against the skin with the bags of bicarbonate of soda and batteries resting on top.

Again leave on for 2 hours and repeat once or twice more with a day apart. Next comes the neck, when ready...

The Neck:

Place the materials on the back of the neck each side of the spine being careful not to cut off the circulation. The putty filters are against the skin with the bags of bicarbonate of soda and batteries placed on top.

Leave on for 2 hours and repeat once or twice more with a day apart...

The Throat:

Place the materials on the throat being careful not to cut off the circulation. The putty filters are against the skin with the bicarbonate of soda bags and the battery bags placed on top.

It's unlikely the materials will stay in place side by side, and using a bandage is too dangerous, so place the materials in a line on the throat while lying down.

Leave on for 2 hours and repeat once or twice more with a day apart.

When in place the bags sometimes warm up which means they're working. The heat will peak and start to cool down which means they've finished working and can be removed, so the amount of time they are used may be adjusted accordingly.

Having worked through The Therapy Parts 1 & 2 some experience in using it, and how your own body works will have been gained, so using Part 3 should be easier and quicker.

Well done, you've reached the end of using sodium carbonate, so when ready, after a day or 2, move on to:

[Magnesium Sulphate \(Epsom Salts\)](#)

A Wikipedia link is [here](#).

This is the same as the method just used except the sodium carbonate bags are replaced with magnesium sulphate, otherwise known as Epsom salts.

Materials:

Picture below shows...



Epsom salts at the back with the contents placed in 2 clear, thin plastic bags shown on top of the putty filters. 2 tubs of 200gms, or about 7ozs, each are used.

Batteries: AA 1.2v front and centre and bagged each side of the bicarbonate of soda tubs. Part 3 requires a lot. 28 rechargeable are shown and used here.

Clear, thin plastic bags, centre in a roll.

Putty filters. 2 in front, left and right of the bag of batteries.

Preparation:

Use the same putty filters, clear, thin plastic bags and batteries used before in The Therapy, Parts 1 & 2. The batteries need to be new or fully charged if rechargeable.

Divide your supply of batteries in half and place each half in a clear, thin plastic bag.

Empty 1 tub, or about 200gms, of Epsom salts into a plastic bag and knot it. Repeat the same with the other tub.

Method:

Epsom salt energy flows and joins with the energy of sea salt used earlier, so the whole body has to be done.

The areas of the body are the same as The Therapy Part 2, That is: inside of the forearms, the lower back, the stomach above and below the belly button and the back of the neck and throat.

Each session should last up to 2 hours, starting with the forearms.

Place a bag of Epsom salts on top of a bag of batteries with a putty filter placed on top. Then repeat with the other material then rest the inside of each forearm on the putty filters for up to 2 hours.

Repeat 2 or 3 times a day apart. After each session store the materials safely away from children and pets and recharge or change the batteries if needed.

Next is:

The Lower Back:

Place the materials each side of the spine on the lower back being careful not to cut off the circulation. The putty filters are placed against the skin with the Epsom salts and battery bags placed on top. Repeat 2 or 3 times a day apart.

#### The Stomach:

Place the materials above and below the belly button with the putty filters placed against the skin with the bags of Epsom salts and batteries resting on top. Lying down on a bed is best for this.

Again leave on for 2 hours and repeat once or twice more with a day apart.

#### The Neck:

Place the materials on the back of the neck each side of the spine being careful not to cut off the circulation. The putty filters are placed against the skin with the Epsom salt and battery bags placed on top. Again lying on a bed with your neck resting on the materials is probably the best and easiest way to do this.

Leave on for 2 hours and repeat once or twice more with a day apart.

#### The Throat:

Place the materials on the throat being careful not to cut off the circulation. The putty filters are against the skin with the Epsom salt bags and the battery bags placed on top. Again lying on a bed the materials may be placed in a line rather than side by side.

Leave on for 2 hours and repeat once or twice more with a day apart.

When in place the bags will sometimes warm up which means its working. When they cool down it means they've finished working, so the amount of time they are used may be adjusted accordingly. The warming and cooling of the bags is the same for all the methods used in The Therapy.

So long as the materials are kept clean and hygienic they can be used repeatedly on different people.

The carbohydrate energies form the basic, background energy of a person's life, usually the staple one being at the forefront. If you have never eaten potatoes, rice, millet or any of the others then they aren't needed to repair and energise their energy in you, as it's not there and using them may be missed out, but you may wish to use them to gain the characteristics they offer.

Next, when you're ready, move on to...

### [Potato Starch](#)

A Wikipedia link is [here](#)

Below are the materials used:



Everything is the same as before with the Epsom salt bags being replaced with 500grams of potato starch divided into half, shown in the 2 bags sitting on the putty filters in the picture.

Only the lower back and stomach is used for this as this energy goes directly into the stomach, so 1 or 2 sessions each of up to 2 hours each session will be enough.

Place the putty filters on the lower back and stomach, above or below the belly button - alternate each time, with the bags of potato starch and batteries placed on top. Use all the batteries you have, 24 are used here, the usual rechargeable double AA's.

Potato starch is much better to use than potato flour or whole potatoes as their bulk contains ingredients which will block the method used here from working as well. In this form the energy of the material is also more easily released.

If potato starch is unavailable try potato flour or anything similar.

Potato starch, like the carbohydrates that follow, can be used repeatedly on different people just make sure everything used is kept dry, clean and hygienic.

When potatoes supply the main carbohydrate energy in an area it rounds the character producing a person generous, tolerant, self-reliant but lacking in confidence, inquisitive, curious, emotionally solid, ponderous, slow to change, cautious, having a desire to be rooted in the ground with good social support. They're also helpful, reserved and somewhat sanguine, amongst other things.

Too many potatoes can also round the body and make a person mentally and physically sluggish.

Carbohydrate energies fix a person's basic state, the backdrop to their life, and define that person's approach to life, their framework, foundation and their basic attitude, amongst other things.

Energy from food is what makes humans work. It is what it is, producing people as they are, and adverse effects are only introduced when this process is damaged or distorted by the action of petrochemicals, or that energy gets into people.

Next comes yeast, when you're ready to continue...

### [Yeast](#)

Another energy to prepare the body for the energy of carbohydrate.

A wikipedia link to yeast is [here](#)

The filtered energy of yeast in the human body acts as a regulator, especially for the energy of sugar and it reduces the desire to consume

sweet things.

The materials used are shown in the picture below...



Any good quality, inexpensive materials will do. No particular brand is recommended.

Everything is the same as before with the potato starch being replaced with bread yeast.

The box contained 6 x 7gram sachets which were opened and poured into 2 clear plastic bags, 3 sachets in each, and the bags knotted.

The rest of the materials are the same: 2 putty filters each in a plastic bag, 24 AA batteries placed in 2 plastic bags, half in each and a roll of clear, thin plastic bags.

Only the lower back and stomach needs to be used for this. 1 or 2 sessions each of up to 2 hours will be enough.

Baker's yeast is shown and used here, and together with brewer's yeast, has been used in baking and fermenting for many centuries adding its energies to individuals bringing about local change, but it's only since it's widespread use in the last few centuries that cultures and societies have changed due to its influence.



Place the putty filters on the lower back and stomach, above or below the belly button - alternate each time, with the bags of potato starch and batteries placed on top. Use all the batteries you have, 24 are used here, the usual rechargeable double AA's.

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Next, when you are ready, move on to using vinegar...

### [Vinegar](#)

Fruit vinegar is used here, and along with the energy of baker's yeast, prepares the body for the energy of wheat which are used in bread making. The energies of wheat and yeast work well together.

Baking soda is also used in bread making, but it was more appropriate to use it earlier to prepare the way for the energy of potato starch.

Bread is one of the main foods that have helped form humans over the centuries, contributing to what we are which has lead to a type of society and civilisation. The braking of these energies, through the use of petrochemicals, has damaged and distorted the human character and psyche which has lead to changes in society and civilisation.

The aim of The Therapy Part 3 is to restore the functioning of those energies.

Filtered vinegar energy works as a stimulant and is an invigorator for other energies...



The picture above shows the materials used:

A fruit vinegar, plum, has been used here and is much better than the commercial alternatives used in chip shops and shouldn't be used. Plum vinegar was used as it was to hand. Any fruit vinegar will do and different ones may have slightly different actions.

The other materials are all as usual:

2 putty filters in plastic bags.

An amount of vinegar, about the size of a small hen's egg, is poured into a clear, thin plastic bag and knotted. Repeat so you have 2 plastic bags, shown on top of the putty filters.

AA batteries, 24 rechargeable ones are used here divided into 2 thin, clear plastic bags. A roll of which can be seen in the picture.

Method:

The same as before placing materials on the stomach and lower back for up to 2 hours at a time. Repeat once or twice, on each area, after the first time. As you gain experience with the method, and your own body, you may wish to lengthen or shorten the times or increase or decrease the number of sessions.

This is another material like yeast only needing to be applied to the stomach and lower back, from which, due to its fluid nature, it's energy will flow around the body to where it's needed.

The putty filters are placed on the body with the batteries and bags of vinegar placed on top. As always nothing is consumed and be careful you don't cut off the circulation and the bags of vinegar don't leak.

When placing the materials on the stomach, place above and below the belly button.

After each session store the materials used safely away from children and pets.

Filtered vinegar energy, along with that of yeast, prepares the body for the energy of carbohydrate by invigorating the internal energy condition. Filtered vinegar energy, coming from fruit, has a natural affinity for the body's energy condition, as it will disperse and permeate the energy, just as fruit does on the ground.

The filtered bran energy from wheat, which comes next, needs the preparation of the vinegar which, amongst other things, acts as a stimulant to other food energies.

When you're ready continue on to bran...

### [Wheat Bran](#)

Wheat bran in flake form is the best way to use wheat with The Therapy, and that's true of all the carbohydrate foods used, as in grain form their energies are more compact and retained in the grain, whereas as flakes their energy is already radiating and easier to draw out.

If wheat bran is unavailable, try wheat flour, brown if possible.

The picture below shows the materials used...



No particular product is recommended, the 1's shown happened to be on offer when bought. Use any that are readily and cheaply obtainable.

The picture shows:

A 750 gram box of wheat bran flakes, centre, with about 2 handfuls of bran in 2 clear, plastic bags, left and right, close to the box.

Place about 2 handfuls of bran flakes into a plastic bag and knot it, or pour in about that amount, it doesn't have to be exact. Repeat so you have 2 bags with bran flakes in.

A roll of clear, thin plastic bags, centre.

24 rechargeable AA batteries, as before, divided into 2 clear plastic bags.

2 putty filters shown under the batteries. The putty filters are in plastic bags, so the only material ever to touch the skin is the plastic.

Wheat bran is used on the lower back and stomach.

Method:

Starting with the lower back place 2 putty filters either side of the spine with 1 bag of bran and 1 bag of batteries on each. Leave on for up to 2 hours and repeat once or twice more over the next few days. Store the materials safely when not in use.

It's easier to lay the materials on a bed with the putty filters on top of the bags of bran and batteries, then to lie on the bed so you're lower back rest on top of the putty. Make sure no clothing's between you and the putty and be careful not to cut off circulation in any way.

Then repeat on the stomach above and below the belly button resting the putty filters on your stomach with the bags of bran and batteries on top. Leave on for up to 2 hours, or when the materials cool down and go cold, and repeat once or twice more over the next few days.

Wheat is a comforter and the type of food people turn to for comfort eating.

Filtered wheat energy has a relaxing; satisfying, releasing quality similar to that of yeast, except it goes much deeper in a person. It contributes a certain coldness to outsiders in people, aloof, holding them at arm's length. It creates the desire for a large, strong family that's very clannish.

Used with oats, shown later, it can help with physical pain especially that caused by rheumatoid arthritis.

Wheat has an energy with a feeling of autumn that turns people inward, preparing for change.

Filtered wheat energy isn't a strong energy so it tends to create people who change easily as their not particularly rooted in ways or beliefs. Such people are usually smaller than average and as wheat energy isn't so dominating, other energies tend to take over, especially from oil.

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### [Corn or Maize](#)

The picture below shows the materials used...



Above shows a 375gram box of corn flakes, 2 bags of corn flakes, a roll of clear, thin plastic bags and 24 AA batteries divided into 2 bags resting on 2 putty filters.

The method and materials are the same as wheat bran except now corn flakes are being used.

Corn is used for carbohydrate. If corn flakes are unavailable try something similar such as corn starch.

Method:

The filtered energy of corn being mostly carbohydrate goes directly into a person's stomach, so it's used on the lower back and the stomach above and below the belly button.

Place about 2 handfuls of corn flakes into a plastic bag and knot it, or pour in about that amount, it doesn't have to be exact. Repeat so you have 2 bags with corn flakes in. About a quarter of the 375gram box was used.

Place the materials for up to 2 hours on the lower back. Take off and after a few days place on the stomach above and below the abdomen, again for up to 2 hours.

As always the putty filters are placed on the body with the batteries and materials placed on top.

Laying face up on a bed while doing this may be the easiest way.

After a few days repeat again on the lower back and stomach. Make sure the batteries are fully charged and safely away from pets and children when not in use.

Corn is an energiser.

Corn has stored a great deal of the sun's energy as shown by its colour. When consumed as the predominate carbohydrate food in a society the sun's energy in corn gives rise to energetic, enthusiastic, driven people interested in many things.

This energy is very much a surface energy so people study broadly rather than deeply, more for the eyes than the soul. Societies created by such people tend to be scientific and materialistic - what the eyes can see by reflected light.

Filtered corn energy gives rise to open, warm, optimistic, positive, friendly people who heat up quickly and cool down slowly. Like the sun rising and setting, so too in people, creating a society that will be both young and immature: rising, and older and more mature: setting. People, and society, will have characteristics of both.

Filtered corn energy is light, creating people who are without roots, tending to live on the surface of their lives, spreading their activities around. They can be very competitive. Sometimes they can give hurt and not know it, but it's not deliberate, it's part of corn energies immaturity.

Used in The Therapy, as well as helping to restore the above, filtered corn energy contributes to stability, openness and a feeling of completeness and mixing with the other carbohydrate energies in a person tempers it allowing it to become a great source of strength and fortitude.

With corn energy what you see is what you get, it don't do subtlety, and please note, carbohydrate supplies base energy, or a base coat, which can be covered over and concealed by other more vibrant energies, so what a person has deep down, isn't always obvious.

\*\*\*\*\*

## Rice

The picture below shows the materials used, all that's been changed from the last one is the corn has been replaced with brown rice flakes. If rice flakes are unavailable try the nearest to it such as rice flour or cereal. Rice is used for its carbohydrate...



Above shows a 500gram box of brown rice flakes, 2 bags of rice flakes resting on 2 putty filters, a roll of clear, thin plastic bags and 24 AA batteries divided into 2 bags.

The method and materials used are the same as for corn except now rice flakes are being used.

Rice flakes are used as in flake form the rice releases its energy which, in grain form would be a lot harder to draw out.

Rice has been used before in The Therapy Part 1, but there it was used in a different way, closed, in grain form, on a different energy level - 1 & 2. Here its energy is being used to repair and rehabilitate rice energy in a person on level 3.

The filtered energy of rice being mostly carbohydrate goes directly into a person's stomach, so it's used on the lower back and the stomach above and below the belly button.

Method:



Place about 2 handfuls of rice flakes into a plastic bag and knot it, or pour in about that amount, it doesn't have to be exact. Repeat so you have 2 bags with rice flakes in. About half the box of 500grams was used.

Place the materials for up to 2 hours on the lower back. Take off and after a few days place on the stomach above and below the abdomen, again for up to 2 hours.

As always the putty filters are placed on the body with the batteries and materials placed on top.

Laying face up on a bed while doing this may be the easiest way.

After a few days repeat again on the lower back and stomach. Make sure the batteries are always fully charged and safely away from pets and children when not in use.

Having got this far using the different materials of Part 3 things will start to change.

The individual energies of different carbohydrates will strengthen and repair those energies in a person, and introducing new energies from food not eaten before will introduce new characteristics from that food, but the biggest change comes about when all the different energies mix and combine bringing about a transformation in a person giving rise to new abilities and perceptions, insights and skills at all levels.

Slowly the burden of the past will recede and a new person will emerge.

You are being upgraded and while those changes may be deep, meaningful, complex even profound, they are never wrong, as it's part of the full human experience. Things can only go wrong when people are damaged or distorted by the action of powerful chemicals unnatural to us.

When ready, after a day or 2, move on to...

### [Millet](#)

The picture below shows the materials used, all that's been changed from the last one is the rice has been replaced with millet flakes. If millet flakes

are unavailable try the nearest you can get such as millet flour or cereal. Millet is used for carbohydrate...



Above shows a 500gram box of millet and 2 bags of millet resting upon 2 putty filters. The millet bags contain about 2 large handfuls of millet or simply pour it in. About half the box was used. Knot the bags when done.

24 AA batteries are used divided in half into 2 bags.

The roll of bags are the usual clear, thin plastic ones.

As millet is used for its carbohydrate energy its use the same as the others - twice on the lower back and twice on the stomach, above and below the belly button with sessions lasting up to 2 hours each.

Method:

Same as before with 2 putty filters placed on the lower back with 2 bags of millet and 2 bags of batteries placed on top. Leave on for up to 2 hours, remove and store safely, and recharge or renew the batteries if needed.

After a day or 2 place the materials on the stomach above and below the belly button for up to 2 hours.

After a day or 2 repeat on the lower back and stomach.

Next, when ready, move on to...

[Oats](#)

The picture below shows the materials used with the millet from last time being replaced by a 750gram bag of oat porridge. Also shown are 2 clear plastic bags filled with about 2 handfuls of oats which are then knotted. About half the bag of oats were used. The oats are resting on 2 putty filters with a roll of clear plastic bags and 2 plastic bags filled with 24 AA batteries, half in each bag.

All as before and the methods the same...



#### Method:

Oats are used for their carbohydrate energy and the flake or porridge form is best. If this is unavailable try oat cereal or whatever you can find that's close.

The lower back and stomach are the areas of the body the materials are placed, in sessions of up to 2 hours.

Start on the lower back placing the putty filters each side of the spine, then place the bags of oats and batteries on top of the putty filters and leave on for up to 2 hours.

As said before lying on the materials may be the best way to do this. After 2 hours, or when you feel they have finished, remove, store safely and recharge or change the batteries if they need it.

After a day or 2 repeat on the stomach above and below the belly button and leave on for 2 hours, or until you feel they have finished, and remove.

After a day or 2 repeat on the lower back, then after a day or 2 the stomach, above and below the belly button.

Oats give strength to the mind, body, character and emotions giving people qualities of endurance without becoming indifferent to the suffering of others.

### [Soya or Soybeans](#)



The picture above shows 2 100g boxes of soya mince. Each box contained 2 50g sachets.

In front of the boxes of soya are 2 clear, plastic bags each filled with 100g of soya and tied.

Under the soya bags are 2 putty filters.

24 AA batteries are shown in 2 plastic bags at the front with a roll of bags between.

Everything is the same as before except now soya is being used for its carbohydrate energy.

Method:

As before start on the lower back by placing the 2 putty filters either side of the spine with the bags of soya and batteries placed on top. Leave on for up to 2 hours, or until you judge the session's over.

Remove and store safely then in a day or 2 place the materials on the stomach above and below the belly button. leave on for up to 2 hours.

In a day or 2 repeat on the lower back, then the stomach again after a day or 2.

Soya is a soother reducing what may be seen as emotional and mental inflammation.

### Sugar

A picture of the materials used is below...



The last material used has been replaced with a 500g bag of sugar.

Also shown are 2 putty filters with 2 bags of white sugar, about 200g in each, sitting on top, a roll of plastic bags and 24 AA batteries divided into 2 plastic bags. All as before.

There's no particular reason for using white sugar. If you feel brown sugar would be better to use for yourself, please do so.

### Method:

Place the materials on the lower back, then a day or 2 later, on the stomach for up to 2 hours each time and then repeat.

Take care to store the materials safely when not in use.

Sugar is used for its carbohydrate energy. It connects and joins all the other sugar and carbohydrate energies used up to now. Joining them in this way acts to balance and keep them all in relationship to each other.

The filtered energy of sugar draws together all the different carbohydrate energies to form an overall energy which becomes a person's reality, that is the feeling of their existence, and penetrates that reality with meaning.

Meaning gives reality, or the feeling of existence, its content from which purpose flows. This meaning will also infuse thought.

\*\*\*\*\*

If you wish to try any carbohydrate that's hasn't been shown in Part 3, please go ahead. Use the method the same as in Part 3 with batteries, putty filters and plastic bags placed on the lower back and stomach twice for up to 2 hours.

Thank you, Richard.

\*\*\*\*\*

### [More on Personal Development](#)

Much internal damage to the bodies energy and energy systems has to be dealt with before a person can proceed with personal development which is the aim of Part 3.

We don't start from a neutral position, rather having to repair so much just to walk up to the starting line.

Due to this internal damage, holding people back, the view has grown that people lack something in order to develop and progress, which opens the door to all the beliefs, systems, practices, methods and so on.

This is to misunderstand the situation and then apply inappropriate methods to resolve it.

The Therapy Part 3 holds the view that an individual's personal development is held back partly because the internal mechanisms and

processes that promote personal development have been damaged or distorted by the consumption of petrochemicals in recent decades.

This has been going on long enough so everyone's affected, meaning we have nobody to compare the present human condition with to see the difference.

Once the internal mechanisms and processes have been restored, repaired and energised through the use of The Therapy, especially Part 3 which has personal development as a goal, and filtered food energy is absorbed by a body freed of contaminants, the flow of energy that promotes internal personal development and progress will resume.

The premise is simple: the energies of a cultures food will develop a person so long as those energies aren't interfered with, distorted or damaged.

As everything that creates us as a person is absorbed from food after birth, it's possible to repair and restore these energies from outside using The Therapy.

Carbohydrate supplies humans with basic, underlying attributes and characteristics, other foods supply the energies that go on top of these, supplying other human qualities.

\*\*\*\*\*

#### [Part 4: Enhancing the Placebo Effect](#)

##### Introduction

A wiki link explaining the placebo effect can be found [here](#)

Materials Used:



24 AA batteries divided in 2 clear plastic bags, 12 in each.

2 mixed bags of oils, vitamins and minerals, the same ones used in The Therapy Part 2.

1 large putty filter, as shown here, or 2 putty filters in 2 clear plastic bags.

2 bags of corn or maize, the same ones used in The Therapy Part 3.

Times needed: multiple sessions of up to 6 hours on each area in total.

Method:

The head is rested on the materials 1 temple at a time to make it easier to use the method..

Start by placing the materials on the arm of a chair, pillow, bed, floor or whatever is best for you.

The pictures below shows...

The batteries, oils, vitamins & minerals in bags...





...then place the corn or maize on top...



...then the large putty filter...



With the bags of materials placed under the large putty filter, or the 2 small ones depending on which you're using, rest the side of your head on the putty filter so the general area of the temple is covered.

Resting the temple on the left side...



...another view...



At first try this for about 20 to 30 minutes to get used to it as this is the first time the head has been used with The Therapy.

Then when ready change so the other temple is resting on the putty filter. Again do this for about 20 to 30 minutes the first time.

Each area of the temple will need up to 6 hours in total so build up gradually with the amount of time each session lasts and in any case, no more than 2 hours for any 1 session.

...and the right side...



...and another view...



When done remove the materials, recharge the batteries and store safely, then a few days later, or when ready use the bags on the back of the neck, again by resting on them. This can be done for up to 2 hours and 3 sessions in total will be needed.

The back of the neck...



It's being demonstrated on a floor to show the method as clearly as possible. When doing it for you make yourself comfortable.

The temples, 1 side at a time, are rested on putty filters and then the back of the neck.

The bags of oils, vitamins and minerals can be placed in with the batteries to help keep them together. The corn can be placed on top. Alternate the sessions so 1 temple is done, then the other, then next time the back of the neck.

As the materials are on the head be extra careful not to restrict the circulation in any way and also be careful around the eyes making sure nothing in the bags falls out causing injuries.

The temples are used as these are the energy pathways into the cerebrospinal fluid which is the holding area for the energy. The bags on the neck transfer energy into the brain stem which will then work with the energy received through the temples.

So long as the bags cover the putty filter over the temple energy will be drawn in.

There's no reason not to have bags on both temples at once, it's just very difficult to keep the bags that aren't being rested on, from sliding off and trying to bandage or hold them in place can be awkward. If you can manage it go ahead, but limit the time taken with the early sessions to 20 to 30 minutes just to be careful.

\*\*\*\*\*

## [Part 5: Honey & Batteries](#)

### Introduction

Once the energy from the batteries and honey has been absorbed into the body by the immune system using the method described below, the brain will use that energy to fashion filters to help protect itself from inescapable, debilitating, pain that's the product of modern life.

This would be a more modern type of pain experienced from such sources as chronic illness, injury, grief and loss in general to give a few examples. This is a modern, fairly recent, new type of pain brought about by such things as:

Materials Used:

24 rechargeable AA batteries, the same ones that have been used throughout The Therapy.

2 small, or 1 large, putty filters in clear plastic bags, as used before.

1 bottle of honey. A liquid 1 has been used here for easy pouring. The 1 shown is 680grams, but 500grams, or about 1lb should be fine.

Please Note: Only bees honey should be used. This method has been developed using bees honey and it's not known if honey from other insects will work the same. Bees honey supplies the needed energy.

Clear plastic bags, again the ones that have been used throughout.

The honey is nothing special, any easily and cheaply obtained will be fine.

Method:

Divide the batteries in half into 2 clear plastic bags. Make sure the batteries are fully charged.

Pour the honey into 2 plastic bags, half in each.

See the picture below...



Time taken up to 6 hours on each area. The bags are placed on the lower back, stomach and any painful areas.

Palace the putty filters on the lower back with the bags of batteries and honey placed on top.

It may be easier and more comfortable to place the materials on a bed and rest the lower back on them.

Leave on for up to 2 hours, remove, recharge the batteries and store the materials safely away from children and pets.

After a few days place the materials on the stomach area above and below the belly button. Again it may be easier to lay face up to do this.

Leave on for up to 2 hours, remove, recharge the batteries and store the materials safely away from children and pets.

Repeat after a few days on the lower back then the stomach, then repeat again after a few day on the lower back followed by the stomach.

The times are for guidance. Extra sessions may be done on any painful areas being careful not to cut off the circulation or make the pain worse.

The filtered energy from the honey and batteries will be drawn into the body by the immune system starting after about 20 minutes once the immune system has perceived the energy of the honey and batteries and worked out what that energy can be used for and the best way to do it.

We are given much filtered energy from conception through the placenta, so the body is used to dealing with this kind of energy. What's new is that the body has now learnt, through watching how the putty filters work and how to fashion filters with this new energy itself.

The brain will now use this filter to screen out pain and painful feelings and memories as it sees fit. It will be interesting for the individual to see what is screened out and what's retained and also note, after a few months, how much you have changed in yourself.

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## [Part 6: Batteries & Walnut Oil](#)

Introduction

This part is about the ordering of the functioning of the mind by the brain. The mind takes a snapshot, or image, of its surroundings which it uses as a kind of operating system.

You will need:

The materials used are more or less the same as has been used before with the addition of walnut oil.



The picture above shows:

1 - 250ml bottle of walnut oil divided into 2 clear plastic bags and knotted.

24 - AA rechargeable batteries.

2 putty filters in plastic bags.

Clear, thin plastic bags.

Method:

The point here is to flood the body with walnut oil energy which the brain can access for the mind to use.

The time taken will be many hours placing the bags on different parts of the body for up to 2 hours at a time.

The bags will be placed on the lower back, back of the neck, throat, stomach and above and below the belly button.



Recharge the batteries after each session.

Start with the lower back placing the putty filters each side of the spine with a bag of walnut oil and batteries on top of each. Leave on for up to 2 hours, remove store safely away from pets and children and recharge the batteries.

Be careful when using the bags of walnut oil that they don't burst. It may be safer to use 2 plastic bags.

After a day or 2 do another session with the bags on the back of the neck each side of the spine, putty filters first with oil and batteries on top.

After 2 hours remove and a few days later, or when ready, place the materials on the throat.

Remove, then a few days later the bags are placed above and below the belly button on the skin, putty first with batteries and oil on top, for up to 2 hours.

Then repeat the whole sequence a second time starting on the lower back working through the different areas of the body.

Then a third time repeat the sequence again. Give yourself plenty of time and let the body draw in the energy it needs in its own time.

The energy will be held and stored in the body where the brain can access and use it as required.

The brain will probably erase the damaged snapshot of the external environment held in the mind as the existing 1 is probably beyond saving, replacing it with a more flexible version and a more up to date 1 based on the brains knowledge and experience of the external environment at that time.

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### [Part 7: Aluminium Mesh, Batteries & Washing Powder](#)

Please Note: As with all medical conditions you must see your Doctor or Physician or health care specialist before you do anything else...

Aluminium is used which isn't found in the body or used by it, but its filtered energy is very beneficial to strengthen, or reinforce, the soft tissues. This is used with washing powder, not liquid, which was used over 20 years ago when The Therapy was being developed and was later replaced by washing liquid. Using powder is just for Part 7 though.

The aluminium mesh is used first -

For that you will need:

1 - large putty filter about 12 x 12 inches or 30 x 30 cm.

The putty used is simple glazing putty a mixture of linseed oil and chalk. Avoid using synthetic versions if possible. Roll out and flatten a piece of putty flat about 1/8inch or 3mm thick about the size needed and place in a clear, thin plastic bag if you haven't made a large putty filter before.

Some aluminium mesh or perforated aluminium.

A simple paper in tray from a stationers was used here. Any aluminium mesh though easily obtained will do roughly the same size as the putty filter. Sizes don't have to be exact.

At least 16 to 24, if you have that many, AA, 1.2V, 2400 mAh rechargeable batteries, have been used here, or as close as you can get. Place them in a clear plastic bag as before.

Materials are shown below:



The mesh tray hasn't been cut for safety as doing so would produce a lot of sharp, jagged edges which could cut a person. If you use aluminium mesh that has been cut, or has sharp edges, be very careful when using it.

Mesh is used as then the aluminium energy once in a person gains a flexibility enabling the soft tissues it supports to move and flex naturally. Aluminium is light as well, reflected in its energy, so it doesn't weigh down or burden the body.

Using aluminium mesh energy a person gains an inner, constitutional strength which also gives support to the minds burdens.

The immune system also uses aluminium energy to combat infections by confronting them with it then herding them out of the system.

This is a method that's probably of more use to the elderly.

Method:

The method is simple, in 2 stages, and we'll proceed as if a hernias being helped, which is what this method was worked out on, but it was found

this method can help other conditions and is worth trying on many or any condition you may have, after consulting qualified medical professionals of course.

If you are not using this method for a hernia, but for anything else place the materials in the problem area and do up to 3 sessions on the lower stomach below the belly button. As a precaution keep the materials away from the heart area. Use it as well above the belly button as explained further on.

1st Stage using Aluminium Mesh:

Place the putty filter over the general area of the hernia, or wherever your problem is, so its resting on bare skin with no clothes or underwear between the putty and skin.

The power and energy of the aluminium will be dispersed around the body by the immune system applying it where it's needed most, so the lower stomach is the best place to use it if you have anything else other than a hernia.

Rest the aluminium mesh on top of the putty then place the bag of batteries on the mesh resting in the general area of the hernia.

This needs to be left on for up to 2 hours, so it's best to get comfortable, perhaps lying on a bed.

See the picture below:



The materials are resting in the body in the general area of the hernia in the sequence: putty filter resting on the skin, then aluminium mesh then batteries. Be careful not to restrict the circulation.

Clothes are worn here for obvious reasons, but would be removed when actually using The Therapy so the materials used are next to the skin. If the hernia you're working on is in a different location place the putty and mesh materials over where it is.

A large putty filter is used to give the energy used in this method a wide spread.

After 2 hours remove the materials, recharge the batteries and repeat a few days later, again for up to 2 hours. This would be the 2nd time used.

It seems a hernia has a generally weakened body condition, true for most things, involving the hips, lower back, stomach and legs, as one of the factors causing it, so the energy of The Therapy will be drawn in and distributed by the immune system to the areas of the body where it's most needed.

Again something that's true for most conditions.

After 2 hours remove the materials, recharge the batteries, and a few days later repeat again for up to 2 hours making 3 sessions, so far, in total.

Next use the same materials placed on the stomach area above the belly button again up to 2hours.

Remove, store safely, recharge the batteries and repeat a few days later or when you're ready. This would be the 2nd session on the stomach area.

Then a few days later repeat again for the 3rd time.

Using the aluminium on the stomach area is to give the immune system the aluminium energy it needs to flush out any stomach infections which are adding to the generally weakened condition of the body, and if you have a hernia, or any other physical weakness, these infections will be present.

Infections can hide in the stomach and can be well protected from the immune system which is why, although the immune system can move the aluminium energy around the body to where it's needed, directly using it in this way on the stomach is better.

A few more sessions on different areas of the body may be needed depending on how much energy your body needs. Do a few more, with days in between, if you feel it's needed.

2nd Stage using Washing Powder:

This is an older method which washing liquid, as used in The Therapy Part 1, replaced, but it's only the powder, not the liquid, which can neutralise the energy build up in the intestine which seems to be one of the underlying factors of a groin hernia.

The power of the washing powder also spreads throughout a person neutralising other harmful energies so it's worth using even if you're your particular problem isn't a hernia. It takes a few months after the last time it's used to do this.

The materials needed are:

A box of non biological, washing powder used to wash clothes. Non biological, here in the UK, means without the enzymes which would interfere with The Therapy working in this instance. A brand name has

been used here simply because washing powder, as opposed to liquid, is getting hard to find here in the UK so a cheap non brand product wasn't available. No particular brand is recommended just use any that's cheap and easy to obtain.

Some clear, thin, plastic bags - as used many times before.

Method:

Fill 5 bags with washing powder. Use an amount about the size of a large fist, and knot each bag. Quantities don't have to be exact.

4 medium size putty filters and 1 large one - the 1 used with the aluminium mesh is fine.

Something is needed to hold the materials in place on the ankles. A simple bandage will do so long as it doesn't cut off the circulation, or use an elastic support bandage, as show here.

Batteries are not used for this.

See picture below:



This method with the washing powder is done in 2 halves. With the first half materials are placed on the ankles and forearms, similar to Part 1 of The Therapy, then with the 2nd half a few days later, materials are placed

on the lower back using the large putty filter, over the hernia area, if you have 1, and above and below the belly button.

Then its repeated between 2 and 4 times more depending on your individual needs. If you get to 3 sessions and feel you need more, do more. If you're not sure do more. Your own body will select and draw in the energy it needs, if it needs it, so there's no worry about overdoing it.

Washing Powder 1st Half:

Pull an elastic bandage of each ankle and insert 1 of the smaller putty filters inside the bandage in the outside edge of the ankle. Do this on both ankles. If bandages are being used use them to hold the materials in place without being too tight.

Insert 1 bag of washing powder inside the bandage so the putty filter's between the washing powder and the ankle sitting just above the outside edge of the ankle joint. Do this on both ankles. They stay on for up to 2 hours.

Next is the forearms which is done while the materials are on the ankles so it's best to get set up before you start.

Place a putty filter on both arms of a chair or a flat surface where the inside of the forearms can be rested on comfortably. Place 1 bag of washing powder under each putty filter then rest the inside of the forearms, about half way between the wrist and elbow, on top of the putty filters.

Leave all the materials on the arms and ankles, for up to 2 hours then remove and store safely.

The placing of these materials is the same as The Therapy: Part 1 and the pictures there may be referred to.

Washing Powder 2nd Half

This is done a few days later. The washing powder and putty filters are placed on the lower back, the hernia and above and below the belly button.



The large putty filter goes over the lower back with 2 bags of washing powder on top. A good way of doing this is to place the bags on a bed with the large putty filter on top then lie back, face upwards, so the lower back rests on the putty filter.

Remember no clothing should be between you and the putty filters and only the putty filters, in a clear, thin plastic bag, make contact with the skin.

Next while you are resting on the putty filter face up place the smaller putty filters over the hernia, if you have 1, with another above and below the belly button. Then place 1 bag of washing powder on each of the small putty filters. Again the putty filters are placed directly onto the body.

Leave on for up to 2 hours remove and store safely.

That is the end of using the 2 halves of the washing powder method for 1 complete cycle.

After a few days, or when you're ready repeat the first half of the method on the forearms and ankles, again for up to 2 hours, then a few days later repeat the 2nd half of the method on the lower back, hernia, and above and below the belly button. Leave on for up to 2 hours, remove and store safely.

That is the end of the second session then, a few days, later repeat again making 3 sessions in total.

If you feel you need more sessions do a couple more taking your time. Extra sessions usually depend on the size of a person, the larger the more needed, but it's not always the case.

### [Part 8: Clearing & Energising Cell Membranes.](#)

This method is to help eliminate a certain type of an illness which all fall into the same energy group and include, epilepsy, learning difficulties, rheumatoid arthritis, migraine & cancer and originate from the cell membrane.

This method also eliminates, or allows the body to release the energy of viruses and bacteria which are part of cells which joined with them millions

of years ago, when cells were developing.

Materials needed:

Rechargeable AA Batteries.

24 - 1.2V/2450mAh are used here. Non-rechargeable can be used but it will be expensive over time. It's ok to use AA batteries that have slightly different values if that's what's available, it doesn't have to be exact.

150 grams of graphite powder. This was bought in 3 x 50 gram containers and placed into 3 separate bags shown below in the picture.

1 - large putty filter which is just glazing putty, made from chalk and linseed oil, rolled flat and placed in a thin, clear plastic bag. The size is about 300mm x 300mm or 1 ft x 1 ft.

Except for the graphite powder you will have these materials from previous uses of The Therapy.

See the picture below:



Preparation:

As before charge the batteries and place 12 in 1 clear plastic bag and 12 in another.

Pour 1 - 50gram container of graphite powder into 1 clear plastic bag. Do this for all 3 so you have 3 bags containing 50grams of graphite powder each. Knot the bag.

Method:

The putty filter is always placed next to the skin with the graphite powder and batteries placed on top so the power of these materials always has to pass through the putty filter before entering the body. Each session lasts for up to 2 hours.

The materials are placed on the lower back first for the body, then back of the neck for the brain followed by inside the forearms for everywhere else.

Cover 1 area of the body then remove the materials recharge the batteries then a few days later cover the next area until all the areas are done in order: the lower back, back of the neck, 1 forearm then the other forearm.

Then repeat starting with the lower back so each area of the body is covered 3 times. This should be enough but do more if you feel it's needed.

Having worked through all the other methods previously it should be fairly straight forward by now.

This puts in place the energy pathways for harmful energy from the cell membranes to pass along leading to the surface of the body and out which will begin once the new pathways are in place.

The membranes around the brain cells can also be holding painful memories which will start to move along the new pathways. These memories are another expression of the harmful energy stored in cell membranes.

This movement could lead to sudden flashes of bad memories or reliving painful situations from the past, but don't worry, it's just painful memories, feelings and experiences leaving and it will soon pass.

The action of the graphite powder clearing the cell membranes will help them return to a more natural state.

The natural energy state of living cells is to store the sun's energy, pure and uncontaminated giving the body a robust condition.

Once the cell membranes have been cleared the next step is to offer energy to the cell membranes mainly from oils strengthened by batteries.

The vitamins support the energy of the oils and batteries and make them more acceptable to the cell membranes.

Boosting the energy content in the cell membrane in this way will help restart human development directing it in a way appropriate for humans and help remove certain diseases and disorders.

Also with the energy content of the cell membrane becoming full they will be more robust and able to withstand becoming infected or contaminated by harmful energies again.

These processes in the cells and cell membranes is development, not evolution which is a different process.

Changing the energy content of the cell membrane is beneficial for the individual during their lifetime and over generations and the change and direction it takes is entirely down to the cell membrane.

Materials needed:

Oils - about 90 omega 3 & 6 in capsule form are good, or olive oil, again in capsules if possible as its less messy if the bags leak. Use in liquid form if capsules are too expensive or not available. These have been used before in The Therapy.

Vitamins - a pot of 90 good quality vitamins, used before as well. If you have vitamins & minerals their ok to use.

Batteries - the same 24 rechargeable ones used before.

Clear, plastic bags - the type used before.

Putty filters - as used before.



The picture above shows...

2 bags of oils & vitamins. Half your supply in each bag.

2 bags of rechargeable batteries 12 in each bag.

1 large putty filter.

1 roll of clear, thin plastic bags.

Method...

Start to use this about a week or 2 after the last session using the graphite powder to give it time to clear the cell membranes.

This method is identical as for using the graphite powder.

The areas to cover are the lower back, back of the neck and inside each forearm.

Each session lasts up to 2 hours and each area is covered 3 times. Do more sessions if you feel you need them.

Batteries are recharged between sessions and all materials are kept safely away from children and pets.

Leave a day or 2 between sessions.

Start by covering the lower back with the putty filter against the skin with the bags of oils, vitamins and batteries on top of the putty.

Leave on for up to 2 hours.

Remove, store safely and recharge the batteries.

After a day or 2 cover the areas of the back of the neck, putty first next to the skin, then the bags of oils, vitamins and minerals on top. The materials are left on for up to 2 hours. Remove, store safely, and recharge the batteries.

Next after a few days place the materials inside 1 forearm between the wrist & elbow, putty first, for up to 2 hours then a few days later cover the inside of the other forearm again for up to 2 hours.

That's covered the 3 areas of the body once.

Repeat again a few days later starting on the lower back, then the back of the neck then each forearm making twice.

Then repeat a few days later so each area is covered 3 times in total. Remove the materials and store safely.

Once the cells have been cleared and energised the next step is for a person to naturally align themselves with their immune system energy rather than to be overwhelmed, dominated and driven by the harmful emotions that arise from the cells such as hatred, anger, violence, fear and so on.

The individuals immune system energy gives a person direction in life based on seeing what's needed rather than being driven by unpleasant emotions, but before a person can align with their immune system energy, which will naturally happen, that energy needs to align with the new energy condition of their body brought about by using The Therapy.

And that comes next...

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### [Part 9\) Stimulants to Recalibrate the Immune System to the New Body Condition](#)

Introduction:

For this part of The Therapy strong tea & chocolate have been used.

Part 9 is about the energy of the immune system and pairing that energy to the new energy condition that the body has gained through using The Therapy previously.

Materials needed:

1 - box of extra strong tea, a box of 80 tea bags was used here. If extra strong tea is unavailable use the strongest you can find. The same for bags, use loose tea if bags are unavailable.

1 - bar of extra strong chocolate. The 1 used here as 90% cocoa, but use the strongest available.

24 - rechargeable batteries the same as always.

3 - putty filters, 2 small, for inside the forearms and 1 large for the lower back.

1 roll of thin, clear plastic bags.

As always no particular brand or product is recommended, just get the best quality you can at the best price.

See the photo below...



Picture shows:

1 box of tea with 40 bags in a plastic bag in front.

1 bar of chocolate with the chocolate in 2 halves in bags in front.

Batteries in 2 bags in the centre, 12 in each bag resting on a large putty filter.

2 small putty filters in the front with a roll of thin, clear plastic bags above.

The putty filters are, as always, in clear, thin plastic bags.

Method:

The areas of the body the materials are placed are the lower back and the inside of the forearms about half way between the wrist and elbow.

These areas and this way of using the materials has been used many times before.

The materials are placed on each area for up to 2 hours, 3 times for each, starting with the large putty filter on the lower back with the bags of batteries, tea and chocolate placed on top.

For the lower back use all the available materials. They are divided into 2 halves for the lower arms.

They are left on for up to 2 hours then removed, stored safely and the batteries recharged.

It's usually easier with the lower back to place the materials in the correct order on a bed or chair and lie back on top of them.

Next is the inside of the forearms after a few days.

Rest the forearms on the small putty filters 1 for each arm with the materials under the putty filters.

The materials should be divided in half so each forearm is resting on 1 small putty filter with 1 thin, clear plastic bag containing 40 tea bags, or the loose equivalent, another bag containing half the chocolate bar and a 3rd bag containing 12 batteries.

Rest your arms on the materials for up to 2 hours then remove, store safely away from pets and children and recharge the batteries then a few days later repeat on the lower back using the large putty filter and all the materials.



Leave on for 2 hours then a few days later use the materials on the forearms again, then finally a few days later the lower back and a few days after that the forearms.

Now the cell membranes have been cleared and energised and the immune system aligned with the new body condition the next step is to clear the genes in the cells of harmful energy which is next...

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### [10\) Clearing the genes of harmful energy.](#)

Genes in humans have come from different sources such as viruses, bacteria, moulds, molluscs and insects and even though they form part of human genetics, and look no different from genes without this energy, they contain the energy of where they originally developed.

This non human energy then produces by-products in and from the genes which can give rise to illness.

The Method...

You will need:

1- 500ml bottle of linseed oil - bottle at the back

8 - rechargeable AA batteries - the same as used in earlier methods - resting on the cotton wool

some cotton wool - centre

4 - elastic bandages, each about 150mm to 200mm long, to hold the materials in place - on the left

some clear thin plastic bags - top right

See picture below...



Preparation - see above...

4 of the clear, thin plastic bags will be needed.

Take 1 bag and place a small handful of the cotton wool inside the bag.

Pour some linseed oil into the bag, about 200/250mls, enough so the cotton wool soaks up the oil.

Squeeze the air from the bag and knot it.

Repeat with the other 3 bags so you have 4 bags in total with cotton wool soaked in linseed oil in each - on the right.

Soaking the linseed oil in cotton wool spreads out the oils density allowing the body to draw in its energy.

No putty filters are used with this method.

Make sure the batteries are charged and you're ready to use it.

Next...

The materials are placed on the outside surfaces of the arms and legs, 1 bag on each.

Note this is the outside surface not the inside as used on the arms in earlier methods.

Start with the legs first. They need to be bare. Pull an elastic bandage over the foot and pull it up the leg so it covers the midpoint between ankle and knee. Repeat on the other leg.

See picture below...



Now the arms which also need to be bare. Pull an elastic bandage over the hand and pull it up the arm so it covers the midpoint between the wrist and elbow. Now do the same on the other arm.

See picture below...



Starting with the legs take 1 of the plastic bags and push it inside the elastic bandage so it sits on the outside edge of the leg.

See pictures below...

Pushing the bags in...



The bags in position.

Then take 2 batteries and push them inside the bandage so they sit on the cotton wool.



Batteries in place. One leg done...



Repeat on the other leg.

Then do the same with the arms.

Bandage in place...



Push 1 of the plastic bags under the elastic bandage so it sits on top of the forearm...



Then push 2 batteries inside the bandage so they sit on top of the cotton wool...



Batteries in place. One arm done...



Repeat on the other arm.

Leave on for about 2 hours, then remove, recharge the batteries and repeat 2 or 3 days later, and again 2 to 3 days after that so you have done 3 sessions lasting about 2 hours each.

3 sessions should be enough to prime the process but do extra sessions if you feel it's needed.

A person's immune system sensing there's an energy it can use on the skin draws it in and uses it to activate, or prime, the mechanism in the skin which clears the genes of unwanted, harmful code.

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### [11\) Protecting the genes from harmful acquired energy.](#)

The materials used in Chapter 11 are re-chargeable batteries, putty, thin clear plastic bags and black peppercorns.

The batteries and linseed oil in the putty provide energy and the black peppercorns, which is pepper before its milled relights the fire in the belly which in most of us has gone out and helps burn out viruses from a person.

Using energy from such materials in the groin area can also increase fertility and sex drive, so be careful if you don't want children.

This method will also drive out pain & weakness in the hips & legs.

Once in a person the peppercorn/battery/linseed oil energy enters the supply cell, where it's changed in the cell by the genes to something more compatible/acceptable to the body it's in.

The energy then flows into and over other cells modifying the behaviour of genes in those other cells.

As this changed peppercorn/battery/oil energy overflows out of the supply cell it penetrates the cells bringing new instructions and guidance to the genes from the supply cell as the energy covers the outer membrane of the cells forming a second energy membrane controlled by the supply cell not the cells or their surrounding membrane.

This means the supply cell has control over what energies are allowed into the cells and can block harmful non-human energy which the physical membrane won't do being very passive, allowing harmful non-human energy through if the genes are calling for it.

Also blocked is the penetration of the cells, at this level, by any other harmful energy and once the supply cell has done its job it will seal allowing no more energy in the supply cell of that individual.

The energy from Part 11 is enough to help one person so everybody who wants its benefits will need to use it.

The method:

You will need...

- \* 20 to 24 rechargeable batteries. The ones shown are AA 1.2V/2500mAh
- \* 1 Large putty filter about 230mm x 230mm or 9" x 9" about 3 to 4mm thick or 1/8", Size doesn't have to be exact so long as it's larger than the materials placed on it. Putty filters will need changing every 6 months or so as the linseed oil in the putty dries out.
- \* 1 x 45gram jar of black peppercorns. Use 2 if you consider yourself a larger person.
- \* Some clear, thin plastic bags (not shown).

See picture below...



To Use:

Due to the location of the materials used the usual picture of The Therapy being applied has been omitted, but it's easy enough, just follow the



instructions.

- \* Prepare the putty filter by rolling a piece of putty flat as described. Rolling it, or kneading it inside the plastic bag is probably easier.
- \* Place the black peppercorns in a thin, clear plastic bag.
- \* Charge and place the batteries in a thin, clear plastic bag.
- \* Place the bag of peppercorns inside the bag containing the batteries.
- \* Lie down on your back without clothes from the waist to about the knee area.
- \* The sessions take some time so lay on a bed or recliner, where you're comfortable, rather than the floor.
- \* Place the putty filter on the groin area then place the bag containing the peppercorns and batteries on top of the putty. The groin area is used as both male & female draw large amounts of energy in there if it's available. The groin area is where the abdomen ends and the legs begin.
- \* The materials should be resting on bare skin with only the plastic of the putty filter making skin contact.
- \* Leave on for at least 2 hours if possible. This time can be made longer if you wish as you become more familiar with the method.
- \* You may cover yourself with a blanket to avoid getting cold and have a book or the TV remote to hand to avoid boredom.
- \* Try to work at a time when you won't be disturbed.
- \* The materials will possibly heat up and cool down during the time they are on. If they do, when they go cold after they have heated up, using them on that part of the body has come to an end for that session.
- \* The materials may now be moved to the abdomen about half way between the groin and belly button. Leave on for a shorter or longer period as you wish.

\*When satisfied the session has finished remove the materials and store safely.

\*Recharge the batteries for next time.

\* Doing extra long sessions isn't necessary as the body will self-regulate the amount of energy it soaks up and stop when it has enough.

\* Repeat what you have just done, placing materials on the groin area followed by the abdomen 3 to 4 days later for at least 2 hours if possible on the groin area and 20 to 30 minutes on the abdomen area.

\* Larger people may use more materials and leave them on for longer.

\* Always remove the materials when finished, recharge the batteries for next time and store everything safely away from pets and children.

\* Continue using the materials twice a week ongoing. If you find it heavy going reduce to once a week or stop for a month to give your body chance to catch up. Your body may soak up the energy very strongly, but don't worry, it will only take what it needs.

\* Using this method twice a week it will need to go on for many months, at least 6 perhaps more depending on how low in energy a person is, their body mass, how much needs to be restored and put right, so it's up to you how many sessions you give yourself.

\* There will come a time when nothing happens when the material just stays cold or you feel nothing such as a vibration or transfer of energy from the materials into your body which means using this method has probably come to an end, but you may wish to try again in a few weeks just to make sure.

\*\*\*\*\*

## [Afterword](#)

Well done!

You got to the end of The Therapy and hopefully achieved a lot of relief and development, and it has helped you move on in life.

More sessions may be used than what's shown mainly on the lower back. Flooding the body with energy gives it what it needs to put itself right, and like putting fuel in a car, energy gives the body health wise the ability to go the full distance.

The human body will use the energy received from The Therapy to put right as much as it can raising the general level of health. Once done it will use any surplus energy to energise internal systems, the brain, mind and anywhere that needs energy. Health takes priority over development.

After health internal evolution starts to take place and some conditions and illnesses could be seen as a result of a falling back, or lowering of the internal energy state leading to a lower evolved state.

This version has added Part 11) Protecting the genes from harmful acquired energy.

Any questions or feedback please email [xcalibur2015@gmail.com](mailto:xcalibur2015@gmail.com)

Kind regards and many thanks for the download,

Richard.

### [Development & History.](#)

During development many different ideas were tried...

Ground Elder

[Ground Elder](#) link to Wikipedia.

The first method tried, about 25 years ago, involved using the root of the plant Ground Elder the use of which was pointed out by a friend at the time, Meg.

Meg kick started things at the beginning and this book and The Therapy probably wouldn't be here if not for her efforts. We all owe her for that.

The root of the plant ground elder is very effective on many light energy, electrical conditions such as some of the conditions that lead to epilepsy,

osteoarthritis, diabetes, some forms of muscular pain, blood disorders, MS, CFS, skin ulcers and so much more.

It has to be dug up, washed, not touched by any metal if possible at any time and used within 24 hours as once out of the ground it starts to die and its life energy gone.

It was used exclusively for about 18 months, the problems being running out of the supply of root and having to dig it up, which was probably just as well as moving on developed new methods easier to use.

The method for using it involved placing a handful of the root in a large, clear plastic bag on the back of a person's neck and leaving it on for about 2 hours during which time the root will warm up, reach a peak, and then cool down. The root will then need to be discarded and fresh root dug up for next time as it can only be used once.

The neck is always the best place for the root, no matter what the condition, although sometimes the lower back can be used and the legs.

Over time a method evolved where a handful of root was placed on the neck and another handful placed on the lower back or legs creating a flow of energy from one area of root to another.

How does it work? The root has the ability to reprogram human energy and the immune system. The main area for programming being the area between the shoulder blades which is reached from the neck.

Reprogramming means to change the body program back to working correctly and then that program changes physical processes so they also work correctly.

The energy of the root works more on the surface of the body rather than deep down.

Other ways to use the root, tried and untried, were:

It could be cooked in a ceramic, not metal, pot at a low heat with water then mashed with a wooden spoon or similar so it becomes like mashed potatoes. When warm an amount the size of a hen's egg could be placed in

a clear plastic bag and placed on painful joints and on the forehead and neck to help with migraine. This was tried.

Placed on the chest when warm it can help with emotional conditions such as fear, hatred and panic attacks. This was tried.

Placed warm between the shoulder blades and on the lower back, again an amount the size of a hen's egg in a plastic bag, of a woman in labour should help ease the pain of childbirth and make the birth easier. Not tried.

The juice rubbed in is good for skin conditions especially the hip area, but a test needs to be done for sensitivity and broken skin needs to be avoided. This was tried. Being a tough root though a garlic press had to be used to extract a small amount of juice.

The root showed that the energy of living things can, from outside, bring about beneficial change in a person by passing energy into a person which later helped the understanding of Part 2 of The Therapy.

The difference being that the root controlled the way its energy was used, whereas with Part 2 life supporting energy is passed into a person which the body's own brain and immune system controls and uses to restore health, strength and vitality.

The energy of the root is the closest to human energy than anything else come across, but why it can do this is unknown. Human touch can be very therapeutic, but even we can't reprogram each other's energy to produce a beneficial effect.

The old name for ground elder is goutweed showing there's nothing new under the sun.

Much gratitude is owed to the root and to Meg for pointing out so much. She also had a big hand in the understanding of later methods.

## Detergent

Many detergents were used in the early development of Part 1 but the washing liquid tabs turned out to be best for general use. The liquid has a gentle effect on human energy systems and they are easier to use - no

digging up like the root, reusable and sealed in plastic so no problems with it getting on the skin.

However it may be that a slightly different form of detergent, such as the kind that are used in dishwashers, which combine a powder and a liquid, might be more effective on certain conditions.

Dishwasher tabs have been used in the past and the feeling was they would be more effective on certain conditions, a kind of specialist treatment used in the ankles and forearms the same as with Part 1, but for general use for most conditions the liquid tabs are probably best.

Another try was using the tablets used for sterilising babies bottles and powder stain remover. The sterilising tablets were very effective on osteoarthritis indicating it's a fungal based condition, Both were effective in dealing with fungal energy, but were a bit too specialised for general use. Also it can be awkward placing many different materials on a person, but something for future generations to work out perhaps.

Soda crystals were also used along with other sodium based cleaners, but were difficult to use generally as they can burn skin badly and they were no better, not as good perhaps, as the washing liquid tabs.

Modern washing liquids are the result of years of research and have only just come into existence. It's good if people can see past their washing liquid label and see a group of specialist chemicals which can help alleviate suffering if used as set out in Part 1 and study that effect.

Using bags of Silica gel on bone and water conditions, especially cystic fibrosis, is essential. 2 or 3 100mg (4oz) bags should be used after Part 1 and instructions showing how are in a supplement following The Therapy instructions.

Silica gel absorbs moisture and small bags are found in new electrical equipment and humidifiers.

Used on humans silica gel will absorb toxic energy from the lung fluid which protects harmful viruses and bacteria from the immune system.

Once this toxic energy's out the immune system can penetrate the lung fluid and remove any harmful viruses and bacteria.

Something very disappointing was that while Part 1 works very well on drawing the environmental energy of fossil fuels from a person it has no effect whatsoever on the energy of cancer. This is because cancer energy has a living energy part that protects it from Part 1, preventing a connection from being made. This living energy is non human, invasive and comes from insects.

Part 1 only works on dead energy not living. Living, invasive energy in a person can only be dealt with by the clear fluid of the body once Part 2 has restored its functions.

### Antiseptic

Detergent draws out dead environmental energy very well, but an antiseptic is needed to break it up and make it easier to be drawn out by the detergent. This is very effective where bacteria is coated with dead environmental energy protecting it from antibiotics. The antiseptic and detergent work well together.

### Clear Plastic Bags

The understanding of this grew over time starting with the need to bag various materials to hold together and to protect the skin. It was important not to block any energy flow in or out.

Organic material like cotton was used first, but most is bleached white or dyed, which restricts the effectiveness of The Therapy. The bags have to be clear for energy to pass through them and dye in cotton adds a very unpleasant energy to The Therapy and must not be used.

Even wearing dyed clothes looks very suspicious especially socks which cover the ankle which is an energy in/out area.

Clear, thin plastic bags were found to be best and from there it could be seen that clear fluid acted in the same way - and the body is full of clear fluid acting as a connective tissue, a kind of fluid nervous system, and a medium of communication.

## The Batteries

After many years of using the method which became Part 1 of The Therapy, and getting good results on certain conditions up to a point, reducing pain and symptoms, it became obvious that another method was needed to restore energy and energise life supporting processes. The other side of the process.

The ground elder root had shown this was possible but how to proceed? Baby steps were needed. Using an energy source such as electrical energy from batteries was the chosen method. Using the oils is also good, but humans seem to have a greater affinity and need for stored electrical energy.

Battery energy is much more suited to the body's electrical systems and could be easily used. Mains electrical energy was never used, being seen as too strong, harsh and incompatible with humans. We are, after all, walking batteries.

At first only a small amount of battery energy was used by placing 2 or 3 small coin size 3volt batteries on the outside edges of the forearms and legs. This produced some good results but the process appeared to run out of energy after a few weeks, so more of these batteries were used, but still on the arms and legs.

It seemed important to keep them away from the chest area, and in any case, the energy had to be fed into the body's energy systems, which can be the arms and legs, though it was later found that the lower back was much better.

Using more batteries produced better results, but only seemingly on the surface. This was the drawback to just using the arms and legs. Physical strength was increased and pain reduced, but processes deeper in the body appeared unaffected as the battery energy wasn't reaching them.

It was also noticed at that time that Part 1 of The Therapy, and the body processes in general, seemed to function better and be more efficient when the coin batteries were on a person. This was later understood to be



due to the electromagnetic field they generate so long as they're spaced out around a person as in Part 1.

Our planet has an electromagnetic field around it which help living processes on Earth to work. The same is true of Part 1 of The Therapy. The batteries create a local electromagnetic field around a person which help Part 1 to work better.

The body also needs time to absorb and digest the battery energy and people quite often fall asleep the first time they're used.

Switching to reusable batteries came at this time to lower cost and to make The Therapy more efficient. More reusable batteries were used at a lower voltage - 1.2volts - which the body seemed to absorb better.

Bags of batteries were then placed on the lower back followed by the forearms which were found to be the best places and is where Part 2 is now.

Things not understood at the time about the batteries were:

Using the batteries on their own without combining them with other materials.

Placing batteries on the arms and legs, instead of the lower back, which helped but didn't feed energy into the deep processes of the body.

Underestimating the importance of electrical energy - it's vital - and not realising how it's a general purpose energy that the body or immune system can use and adapt in so many ways.

For instance: battery energy can be used for health, strength, repair, vitality, cleaning out the cells and energising the bodies material processes.

The immune system will use received battery energy to imprint and rehabilitate the electrical energy of the body when it's become corrupted or damaged.

It will use electrical energy to fashion energy filters, filtering out dead environmental energy preventing it from being drawn into the body.

The body can use electrical energy to create an energy scaffold, giving support to the body where bones are weak or even broken.

Electrical energy can be used for pain relief.

Mental processes can be energised; the fabric of the mind can be recreated, in part from it, renewed, repaired and so on.

The contents of the mind, consciousness and memory, are constructed, in part, from the electrical energy of the mind.

Electrical energy can be used by the body as a filter during cell division screening out harmful energy so new cells are uncontaminated.

The experience of many years using the batteries is showing how important their use is and how with enough energy the body can correct any fault, weakness or conditions that's possible to correct.

Vitamins, Minerals and Putty Filters

As said it became apparent that certain materials and processes in the body needed their own specific energy to start functioning again. For instance, silicon in the body needs silicon energy, bones need calcium energy, nerves need copper, blood needs iron and so on.

When the energy of a substance in a person is depleted that substance will work at a much reduced level, if at all, and as a result illnesses start. This is true even if a person has the necessary amount of that substance in them.

What was missed at first was that the energy supplied from the materials in Part 2 needed to be filtered or separated, so that the energy part was cut loose from the material part allowing it to bond with the material in a person. Looking for a home, as it were.

Putty was the answer here found when using it with an idea involving batteries, A small amount of putty was placed on the end of a battery which was then placed, putty end on, on a painful area of a person.

The idea was electrical energy needed filtering before entering a person as much work was needed by the body to adapt it to the body's energy

systems in its raw state which had a heavy material aspect.

The filtering action of bones works in a similar way.

It's the same with ingested insect energy. It has a heavy, material, living side that resists the body's digestion processes.

Electrical energy in a battery is given a spin or bias by the material containing it which the body finds hard to digest or assimilate. Passing electrical energy through putty strips out this acquired material aspect and was also found to absorb and neutralise dead environmental energy as it was drawn out in Part 1. Result! - 2 birds with 1 stone. The body also learns from the putty how to filter and prevent harmful energy from entering.

To keep The Therapy simple and as inexpensive as possible only vitamin and mineral tablets are used to rehabilitate the material of the body in a general way during Part 2 use. This works when there isn't too much energy depletion of the material, but when the energy is very depleted, such as acting abnormally, building up or breaking up, using larger amounts of materials has to be done to restore the energy levels. This will also re-establish the energy pattern of the material.

The energy of the material not only has to be restored the material has to function correctly.

Sometimes, if it's not known which elements are lacking energy the only way is to use as many as possible, using handfuls of 4 or 5 different ones at a time.

## Oils

Using oils came later looking for a more pure, non electrical, form of life supporting energy than the batteries. Oils come from living things which seems to put its energy on a different level than the batteries. Any oil from below the ground is unsuitable, being the remains of dead things.

The body tends to use oil energy for energy processes whereas electrical energy tends to be used more structurally with the hardware of the body such as the brain and nerves.

There are many oils each with its own ability to bring about change in humans.

Power oils were identified first - olive, linseed and flax seed oil, which boost the energy of other materials used in Part 2 without changing them too much, but there are many, many different oils which may give great benefit when used in Part 2.

Some good ones have been listed before and there's much work to be done in this area.

The oils have to be used in clear, thin, plastic bags for their energy to pass into a person. The energy of the oil radiates between the oil and the body passing through the gap, or space, the bags create. This is important. It won't work by rubbing them directly into the skin.

## Earth

This was Gavin's suggestion using the power of microorganisms which train the human immune system to recognise beneficial bacteria from harmful.

It's good if some roots can be added to the sample for extra life energy.

Earth helps stabilise the other materials used as they all come from the earth, and earth helps ground random electrical energy in a person.

Earth will also contain various minerals and substances the energy of which may be useful.

## Rice

The adaption of drinking water to the body changing it to clear fluid happens as soon as water makes contact with the skin, so with swallowing, from the point of making contact with the lips.

We eat by placing food in an open mouth, but we drink with a mouth almost closed for lip contact.

Once drinking water is contaminated with the energy of insect material it can't be converted to clear fluid without the use of The Therapy which removes the energy of insect bites allowing water to become clear fluid.

From there the clear fluid will clear out the energy of insect material and any other harmful, invasive energy in the body.

Once done the rice reprograms, or teaches, the clear fluid of the body how to work more efficiently clearing out more difficult energies. Insect energy is stubborn and won't go quietly as it has nowhere to go.

### [Q & A's](#)

Please note: Whatever problem or condition you have please see your Doctor, Physician, Health Care Specialist and even Dentist, regarding problems with teeth, before using The Therapy. Thank you.

Q) Will it hurt?

A) No. You will feel no pain.

Q) Is it safe?

A) Yes. Safety is top priority with no side effects.

Q) Will I feel anything?

A) No. Very sensitive people may feel a slight tingling or warming of the hands and feet. It's very rare though.

Q) Will it deal with pain?

A) Possibly, depends what's causing it. Always seek medical advice regarding pain.

Q) Is it expensive?

A) No. The Therapy is given away free or sold at the lowest possible price such as minimum pricing on Amazon. The ingredients are inexpensive and likely to be things you would buy anyway.

Q) Does it work?

A) Usually, depending on what the problem is, best to reserve judgement and try it and see for yourself. You will find out after using Part 1 a few times with the first aim to offer relief as soon as possible.

Q) How long does it take?

A) Using The Therapy can take many hours unfortunately so patience is called for. Keep going to get results. Once life supporting energy is in your body your immune system will take over using it for health, repair and strength in accordance with an undistorted body blueprint.

A person's body, using the supplied filtered energy from The Therapy restoring and working cell by cell, will carry on working over many years. Like a car with a full tank of fuel, a body full with energy will take a long journey.

A) Do you gain financially from it in any way?

Q) No. The Therapy itself will always be given away free or sold at the lowest possible price if it has to be sold to be seen. No shares or interest is held in any products.

Q) Its a bit unusual.

A) Yes it is. To try and restore health and strength using detergent, disinfectant, batteries, oils, earth and putty does look a bit unusual, but it's effective and once people start testing and evaluating The Therapy scientifically it will be more acceptable to people and become a parallel means to health.

Q) Is it a placebo effect?

A) Yes and No. Referring to the previous answer people think it's unusual, or have huge doubts, and no attempt is made to sell The Therapy or convince people, but a recent addition to The Therapy, Part 4 does try to enhance the placebo effect making it stronger.

The placebo effect, brought about by the brain acting on received information from different sources which it has faith in or believes to be true, which traditionally has been the giving of the placebo pill, to programme immune system energy to emulate or copy what it believes the placebo pill will do is a subtle concept to grasp.

The Therapy isn't dependent on the placebo effect. Certainly not Parts 1, 2 and 3. Part 4, however, tries to cash in on the placebo effect, which is the brain working through energy and energy systems to put the body right, by enhancing it.

Q) Do I need Faith?

A) Depends what you mean by faith. The placebo effect can be triggered by many things: faith, belief, suggestion and traditionally pills with nothing in them which fosters faith or belief in the pills which Part 4 tries to cash in on.

Q) Is religion or spiritually involved in any way?

A) Not really - only so far as to trigger the Placebo effect as said in the last answer.

Q) Has development of The Therapy finished?

A) No. It's in constant development and as more people start using it more will be discovered. Also, this book will be constantly updated. The study of energy in human beings is only just being explored.

Q) Have you had success with it in the past?

A) Yes much. There has been failure as well but that just means that the materials used didn't work on that particular condition, but The Therapy isn't just about illness but restoring strength and energy as well, so a lot can be done even for the incurable.

Q) What is the goal?

A) To end pain and suffering caused by illness leading on to the ending of all distortion in human beings allowing personal, internal development to restart. The question is always: what is causing the distortion in a person, and how to get rid of it?

Also to create a parallel development with more traditional methods which people can add to, understand and develop.

Q) How did you find out about it?

A) It had to be worked out from scratch. To do this personal development's important, explained elsewhere in this book, as a perception of energy is needed to develop The Therapy, but if you just wish to use The Therapy as set out in this book, that's fine. Experience is the best teacher.

Much unnatural, congested energy could be seen in people who were ill, but how to draw it out?

Reading an old book on dealing with insect bites gave a direction, where a sodium solution was washed on the bite to neutralise it.

This was changed to using bags of sodium, (washing soda, soda crystals) placed on the ankles and wrists to draw out perceived dead energy associated with the bites. Then trying different types of sodium arriving at the detergent/disinfectant combination used now.

Then the process was reversed to introduce useful, life supporting energy. Sounds simple and it is, but it's taken over 25 years to work out.

Q) Can I read more about it; are you part of a group?

A) No there are no specific books, only this 1 and no specific group to train in The Therapy, but starting something up, giving demonstrations, training and supervising people is always possible.

The people, who are drawn to this, are fascinated by it, not just learning The Therapy, but wanting to help people in this way, are really half way there and would be very easy to teach. Not that much teaching is needed, if any.

Q) Are you a therapist doing this for a living?

A) No. This is my hobby with the aim of creating therapies people can use on themselves and others. The proof of it all is when it works and people experience this and the joy and wonder of it all as what's possible opens up.

Q) Would you object if others did it for a living?



A) Yes and No. Depends how it was done. The Therapy is designed for self use at home so why pay anybody to do it?

Q) What comes next?

A) More updates. Once the basic methods been worked out it can be extended to help many other conditions.

Ok, thanks for reading this and please look out for the next version.

Regards & Good Health, Richard :)



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