

THE USUI METHOD

Life force energy as a
source of natural healing

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靈氣

Usui energy

THE USUI METHOD

This longread is dedicated to Jaap and Ilse Bijloo

For anyone who wants to come in contact
with the healing flow of life force energy



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Introduction

Life force energy as a source of natural healing

This book is intended for those who are interested in this method or have had an experience with it. It is also written for anyone who has chosen to pass on the Usui method and act as a channel for life force energy.

Several different stories about the Usui method have been circulating in the Western world during the last century. Several attempts have been made to document and propagate this method, which is traditionally transferred from master to student. All these attempts have not led to a complete and correct picture. In this book I want to explain the structure and method as it was originally intended.

The Usui method was rediscovered as a natural healing method around 1900. It found its origins in Sanskrit. Sanskrit is one of the oldest written languages in the world. It consists of symbols which have no correlating sounds. Sanskrit is also called 'mother of languages' and 'language of the gods'. The language Sanskrit literally means 'the perfect language'. The Usui method is known as the oldest healing method in the world. This method strengthens the immune system and also strongly affects the mental awareness of people. Sensory perception improves and becomes more subtle.

Working with the Usui method offers the opportunity to bring body and mind together and allows your life force energy to flow through you again, enabling you to activate your own healing capacity, which every human being has. It contributes to balance and harmony for yourself and others. The method also stimulates personal growth and mental development.

Life force energy is available to anyone who wants to open up to it, whether it's for yourself or to help others by acting as a channel. We are, in a sense, walking GSM masts or antennas for information and energy. The Lemniscate is the symbol representing the flow of life force energy from the earthly level to the spiritual level. When you work with this every day, you feel 'online' as it were, connected to the whole, the element of God and the universe.

I hope you enjoy reading this!

