



**ENERGY OF LIFE**

## Energy of life

We all have energy. From quantity of it and quality depends our health, vigor and joviality. Let's look at some things which will help in exchange of energy. After all quantity of energy in us depends from how good proceeds exchange of it.

We all have collective energy – Prana. Prana consists of basic element – air. This element of air is very thin particulate, which starts our nervous system by collaborating with our body and then like electric impulse arisen.

Person who is benevolent and full of love has composed mind and this impulse is also composed. In the result person doesn't get tired and is full of strength. This kind of person doesn't need to sleep so much because we all know that actually sleeping too much just attrits. Therefore person is strength-full and imperturbable if energy flows uneventful. He also never boils what is very important to energy. Cos anger takes a lot of energy but doesn't give anything but fatigue back.

Every creature can attract power of life as much as it is needed to live by breathe. We doesn't just breath air but first basic element – air of life. Areas trough which air of life comes into us are called chakras. If we feel chill in some of chakras then energy of life flows well, if warmth – flows badly.

***We receive energy trough left hand and give it away trough right. That's why we have to wash with left and eat with right hand.***

With water we can rinse down bad energies not just wash our body.

***That is way we have to take a cold shower in the morning and wash down the bad energies which are received while sleeping.***

To woman it is not recommended to wash her hair very frequently. It is so because moisturizing her hair she looses her psychic energy. Woman lives in her mind so she needs more psychic energy than man.

***To women it is advised to have long hair because long hair gives psychic protection. But for men it is commendable to have short hair. With short hair sense works better and it is man's biggest weapon.***

Prana – energy of life subdivides in 5 pieces:

**1.Prana** – gives strength to nervous system.

**2.Udana** – originates in the result of enthusiasm. Enthusiasm can be pointed to different directions.

Udana is a power which focuses psychic energy. If a person is unselfish and wants to help others, Udana goes up. Sense clears in this way and this person wants to officiate. He becomes purpose. This energy gives the feeling of happiness.

If we are sitting with a straight back **Udana** goes up and to this person sense activates. He acquires knowledge well and enthusiasm arises.

If Udana doesn't go up then it collects in lower centers. Then enthusiasm arises in those things which is controlled by these lower centers. They control sexual energy – tendency to have sex, drinking, drugs, lies and other things like that.

**3.Samana** – concentrated in plexus of Sun and its target is to take 1. Element of Fire. It is so to proceed chemical reactions in our body. If there is none of this energy mastication won't work.

If we officiate Energy of Sun will work. Sun has 3 types of energy:

- 1) can burn us
- 2) motivates mastication
- 3) gives energy of joy

**4.Vyana** – takes care of communication with people. Also administrates about muscle power to men and svelte to women.

**5.Apana** – always travels down. It is the energy which makes bestial instincts to work.

It can't be tattered. It is necessary for kidneys and gastrointestinal tract to work. Also needed to discharge toxins from organism. People need to learn how to constrict Apana otherwise it will be hard to live and officiate. *Clear Apana gives feeling of happiness about achievements. Udana – enthusiasm.*

Sense and mind runs all energies. That's why it is so necessary to develop and create clear consciousness.

Then person will be able to enslave and control his mind. As soon as we will be able to control it we also be able to control energies which give us happiness, enthusiasm and health.

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