



## **JPR-Life-Energy**

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## **The Energy Flow Therapies**

### **1. Introduction**

The variety of terms used for therapies is great. We are talking about conventional, complementary, alternative, natural or holistic forms of therapy. In addition, there are shamanic or country-specific therapies such as Chinese, Tibetan or Ayurvedic from India.

The following questions arise. Here are the most frequent ones:

- Why is it so?
- What are they based on?
- Are they all equivalent?
- Are they really so different?
- Where are the differences?
- Which one is right for me?
- How do they work?

This is made worse by the many experts who themselves admit that they have never dealt with the subject and yet express a clear opinion for or against a particular form of therapy or group of them.

Unfortunately, the technical terms used by the professionals are also not always very clear or have different meanings. Thus, their explanations often lead rather to confusion and misunderstandings.

With this contribution, we will try to give some reasonable answers to the above questions and thus provide, if not full clarity, at least some guidance to find one's way through this jungle.



## 2. Why this diversity?

On the one hand, this is due to our way to address issues.

We are used to relying only on our five senses. Only what we grasp with these five senses is reality; everything else is non-existent. Furthermore, we are guided by the basic principle that for every effect there is a single cause.

When a feature is examined deeply enough and divided into minute pieces, we always find something that we think is the cause of the disease or damage. Then we look for ways to remove that reason, either through chemistry or surgery. Once the peculiarity is gone, then the affected person is considered cured. There is only an interest in the emergence of the peculiarity if there are concrete indications of possible profitable forms of therapy. Otherwise, chance, or at best lifestyle, is declared to be the cause. More is attributed to chance than is at all compatible with the theory of probability.

Here is a little story from a panel discussion, where it was about explaining our conventional medicine and TCM, the Traditional Chinese Medicine. The Western doctor concluded his presentation with the slightly smug words: we know 100 different types of rheumatism; TCM only one.

The Chinese doctor took the floor, confirmed this statement and added: "We know 100 different ways to treat rheumatism, but Western medicine only knows one."

This as the bridge to the other consideration.

In energy flow therapies, not only the tangible, perceptible and measurable is considered, but also the sensitive and the non-quantifiable, such as emotions, feelings and thoughts. Since each of us has our own experiences and our own environment, we are unique when these areas are taken into account. Thus, in absolute terms, each of us needs his or her own personal form of therapy. This is the other reason for the diversity of therapies.

Since such a thing is not practicable, therapies have been developed, so to speak, as "clothing sizes" that cover the needs of many people with certain similarities. A few such "ready-made sizes" were mentioned in the introduction. The tailoring then belongs to the tasks of the therapist. There is another difference to our usual medical practice: the therapist plays an essential role in the success of the therapy. We will come back to this in a later chapter.

Another interesting observation. Many of the therapies offered have a personal story behind them. They are the life experience of the person teaching or offering the particular therapy. This therapy is often a combination of other ones. Thanks to this combination, the author was able to overcome his or her difficult situation or illness. Now this combination is taught and applied as an integral methodology for all those who are in similar situations as the author and feel addressed. For reasons of market visibility, each of them is given a special name.

## 3. How do I find my way through it?

There is no official classification of these therapies that could help us to quickly find the right therapy. This is because, on the one hand, finding the right therapy for oneself is actually a journey of discovery. On the other hand, it has been shown that more often than not, the therapy has

offered itself to the patient. For the person seeking therapy, it is then only a matter of determining whether it would be an option for him or her.

How is that to be understood? How does it work then?

The principle behind this is often called the law of attraction. A person has a condition that he or she cannot easily get rid of. She is frustrated, even desperate. At some point, "by chance", she meets another person, not necessarily known to her, where also "by chance," her topic is addressed. In the process, she gets a hint about a certain therapy. The physics behind this will be explained in a later chapter.

Her attention is caught and she follows up the tip. It may well be that she then comes to the conclusion: No, that's not for me at all! This has given her the first clue as to what to leave out. But perhaps her investigations will lead to a positive result after all. Nevertheless, she remains prudent and has to continue her search. Then she finds the right thing for her, if possible, just around the corner from her house. She merely did not know about it.

Sometimes the clues are rather vague. This often means that the person should first get to grips with the matter. Support in the search would certainly be necessary in order not to have to read through everything and understand it down to the last detail. This could also save a lot of time. However, the choice of words in the descriptions offers good guidance.

- If the technical jargon seems very "medical" and there is no mention of energy flow, then you can quietly forget it. Our medicine is the only medicine in the world that only has a weary smile for the flow of energy in the body, if it does not simply ignore it.
- The terms "alternative" and "complementary" are used primarily to indicate recognition by health insurance companies. The therapist may nevertheless have an interest in energy flow considerations. However, the focus of their activity and their approach is very much that of medicine. Maybe they use natural products, herbs instead of pharmaceutical remedies or complement the official forms of therapy with energy flow elements. There you certainly get a plus compared to the strictly medical practices; but only for relatively light and not very demanding treatments. If you are really looking for something that helps you, you can leave such offers aside.
- If the term "Qi" - often also written Chi or Ch'i - is used for life energy, then we have entered the realm of Chinese medicine. Terms such as Tuina massage, Qi Gong exercise therapy, meridians, Yin and Yang and the five elements appear. Either the offer is directly related to Traditional Chinese Medicine (TCM) or uses it as a basis and brings in other elements. TCM is a full-fledged medicine that is thousands of years old, except in relation to surgery.
- If the life energy is called Ki, then the whole thing is based on the Japanese world view.
- If the terms Prâna, Chakras, Yoga or Ayurveda appear in the descriptions, then we are in the Indian sub-continent. Ayurveda can be seen as a counterpart to TCM and is also thousands of years old.
- Then comes a large range of therapies that are now generally grouped under the term "shamanic". This term was originally reserved for the healers and seers of Siberia and Mongolia. Now it has become established for the nature-based practices of all peoples of the world. The therapies offered are very locally coloured. However, amazingly, striking basic commonalities can be observed everywhere; as if they all have the same source. It is about an ensouled nature, about the interconnectedness of all beings on earth, humans, animals, trees and plants, even minerals, rivers and mountains. They all honour Mother Earth, albeit



under different names. They honour the ancestors in natural phenomena and trees. They honour the guardians of the four cardinal directions as well as the elements of fire, earth, air and water. In the healing practices, the shamanic journey plays a central role in all of them, which is carried out in one of the three worlds, the upper, the middle or the lower world, depending on the theme. Local differences can be seen in the power animals and medicinal plants. Pumas, jaguars, tigers or ash and oak trees are not indigenous everywhere. One observation from my point of view is the large number of women who act as shamans today.

- The last category, I would like to address here, focuses on quantum physics. There, in addition to the word quantum physics, the words field, morphogenetic field, energy field, field of infinite possibilities, law of attraction, vibration and resonance are also used. This category is growing every day because it is relatively new. Not only brand-new therapies appear here, but also well-known ones that are undergoing a kind of upgrade.

It is not the purpose here to give an evaluation or assessment of all these therapies. The diversity is far too great, as are the fields of application and the needs of the clients. From my point of view and experience, all of them have their justification. In addition, the people doing the therapy play an important role in the success of each therapy. Limitations of this type of therapy are more likely to be found there than in the therapies themselves.

Homeopathy has a special place in this list. It is not only the experience of the therapist that plays a role. The approach to finding the appropriate remedy can be very different; from an alternative or complementary way, as is often the case in Europe, to a pure energy flow approach, as is sometimes found in India.

Perhaps this list will make it easier for you to find the right form of therapy or enable you to feel attracted to a particular direction?

## **4. What are energy flow therapies based on?**

### **4.1 General**

We have dealt with the diversity of therapies. Now let's turn our attention to their basics. Do not be afraid. The diversity is only a deception, because a second look suggests that the differences are actually cultural colourings, from tradition and the characteristics of local life. The fundamentals are in fact much more uniform. From my perspective, all therapies, with the exception of Western medicine, belong to one of the two following views: that of traditional therapies and that of modern therapies.

### **4.2 The traditional Therapies**

Under this heading, I classify all therapies that were already established before the concepts of quantum physics, its results and possible effects came into the broad public domain.

This is not to say that this physics was not included. One knew many, if not all, of the connections. However, this knowledge was not sufficient for direct integration. Detours were therefore necessary. On the one hand, a concept for the body had to be developed to enable treatment on the different

levels. On the other hand, a way had to be found to get to the relevant information. This is the deep reason for the differences among these forms of therapies.

#### 4.2.1 The concept of the three bodies

The basic idea in energy flow approach is that the body actually consists of different bodies. For therapeutic considerations, there are usually three. The first is clearly the physical body, which we know well and can grasp. This is also the body that our western medicine treats. Then there is what I call the emotional body or aura, which completely envelops the physical body. Around this there is another shell, the mental body, which encloses the emotional body. There are other enveloping bodies, but these are primarily for spiritual considerations. The naming of these bodies varies, as certain functions and tasks are interpreted differently based on the therapy. However, the basic principle remains the same.

This body structure is shown schematically in Figure 1.

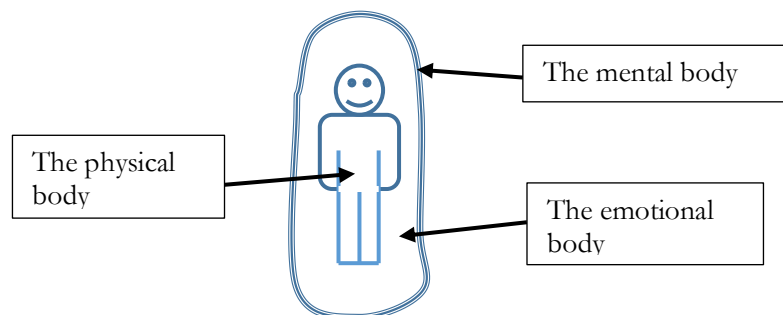


Figure 1: The three bodies

The basic consideration in this view is that the communication between the mental and the physical body is disturbed by energetic clouding in the emotional body. This causes dysfunctions in the physical body, which can then lead to diseases. The severity of the illnesses depends on the intensity of the opacity, its duration and the body functions and organs affected. The cause of physical suffering is thus the opacity and the physical aspects merely symptoms. If one recognises and eliminates the energetic disturbance in time, there is no need for the symptoms and the person remains healthy.

The treatment takes place on two levels. First, the energetic clouding is removed to free the flow of energy in the physical body and to keep the communication between the mental and physical fields free. The second level is the treatment of the damaged and diseased parts of the physical body with the support of preparations from the animal, plant or mineral world. The application of these preparations can be internal or external. A purely energetic treatment is also conceivable. This second level is only necessary if the energetic disturbance was not recognised in time, i.e., before the physical symptoms developed.

The elimination of the clouding as well as the remedies used differ to some extent from one form of therapy to another.

#### 4.2.2 How can the therapist get the information?

That is the central point of all these therapies. The therapist plays a central role in the success and quality of the therapy. Also, the type of suffering that can be treated varies from one practitioner to another. This depends strongly on their experience as well as their spiritual or mental development.

We can put it like this. If the disturbances in the emotional body are close to the physical one, a normal mental power is sufficient for successful treatment. The further away the disturbance is from the physical body, the stronger the mental power of the therapist must be. Therefore, their training and further education are very important and must be handled accordingly.

In many cases, especially in the shamanic field, the teaching is only transmitted from mouth to ear. This form of training is often regarded in the West today as unnecessary secrecy to secure power and is thus, rather frowned upon. Apart from the fact that in many cultures the written path does not exist, this type of training has great advantages. It must be noted that not all practices are harmless and trouble-free. The close personal attention allows a learning that is adapted to the student's abilities. It also allows the teacher to ensure that the student is doing everything correctly and also that they have the right mindset for performing their future tasks.

Because of the diversity, there can be no independent control. The teacher must ensure the training, its accuracy and correct application. A large part of the knowledge is only codified in the large schools of TCM and Ayurveda and is therefore more or less accessible. However, even there, the teacher must be able to judge whether the student is mature enough for further learning steps and for practical applications.

What then are the sources of information for the treating person?

- The conversation with the person seeking help. Attention is paid not only to what the person says, but how he or she does it, with what emotions, what he or she leaves out, and consistency with what the therapist already knows about the person or observes through body language.
- The observation of physical characteristics: Breathing, pulse, countenance, other skin features, physical posture, any pain, nervousness, movement patterns, choice of words, manner of expression, etc.
- Meditations, meditative or shamanic journeys. These are often carried out several times. Before the first conversation to establish the first contact with the client. After the conversation to get more information about the person seeking help or to understand the core of the problem or to get hints about the possible therapy.
- Some therapies involve soul paintings.
- Study of codified knowledge in order to classify and understand the information received - symbols, colours, animals, plants, trees, minerals, etc.

Now the treatment can begin. It basically consists of the following stages:

- Calming, establishment of well-being
- If necessary, urgent actions on the physical body
- Restoring good communication between the mental and physical bodies
- Action, if necessary, to support the healing of the physical body

As one can see, these types of therapy are based on a very broad foundation of knowledge. Every therapist uses this knowledge and applies it differently in his or her therapy. It is therefore possible to find the right therapy for each person and each problem. It is not uncommon for the same person to seek different therapies, one for theme A and another for theme B.

### 4.3 The modern Therapies

With the spread of quantum physics and its results, many aspects of traditional energy flow therapy could be understood and demonstrated. This also made it possible to functionally assign their individual actions.

Thanks to this better understanding, new ways have been opened for restoring the communication between the mental and the physical body i.e., for clearing the emotional body. In many cases they were easier and more direct. Finding the cause of the clouding in the emotional body has also been simplified in individual cases.

As a result, many treatments can be made much simpler and at least handle the easier issues. This explains the great preference today for these forms of therapy. After a relatively short and simple training, it is possible to treat these topics. In the past, one had to practise for years. Of course, difficult cases should still be left to experienced therapists.

We look at what these findings are and mean in the following chapter.

## 5. The Physical Principles of energy Flow Therapies

### 5.1 Everything is vibration

The word energy comes up very often in our everyday lives. Not only because of the ongoing discussion about electricity and gas supply. In health care, among athletes and in high-performance areas, there is talk of "mental energy, vital energy, physical energy, positive or negative energy as well as showing and having energy". This, although we can only see this energy indirectly and certainly not measure it.

Are they just different words for the same thing? Are they mere sayings? Do they all have the same importance or value?

Probably, a bit of everything, just in different colourings.

When you talk about vital energy, vitality, physical energy and its flow, you are at the level of the physical body. There, energy can be grasped to some extent, even if not necessarily directly, but nevertheless through muscular strength, the good functioning of the organs or the reflexes. But, according to quantum physics, even matter, which we perceive as solid, is in the end only vibration. This vibration is of a low frequency, which allows faster frequencies, such as those of X-rays, to flow through it more or less unhindered.

Again and again, statements occur like

- Send me a little energy.
- After the visit to the hospital, my energy tank was empty.
- This music immediately makes me feel full of energy.

- This person is wonderful. As soon as you are with her, you feel full of energy. In all these instances, people talk as if a transfer of energy, i.e., joules (J), kilojoules (kJ) or calories, large or small, had taken place. In reality, none of this has happened. Only one's own frequency has adapted to that of the environment, higher frequency causes a higher feeling of energy and vice versa. This also explains why the adaptation can happen so quickly.

Mental energy, as it also indicates, is located in the mental body. It is practically only vibration, albeit one with a rather high frequency. It is hardly perceived consciously unless it is strongly present. When it is present, people show themselves to be almost unshakable and of great confidence. Nevertheless, thoughts are also vibrations and permeate everything everywhere.

This higher frequency makes it possible for the mental to penetrate through parts of the body and be used for therapeutic purposes. This also explains the importance of the therapist in such treatments. A higher mental or spiritual development then makes a deeper treatment possible.

When people talk about positive or negative radiation or energy, you are in the emotional body. That is where the energy is with a large proportion of vibration. This proportion increases with distance from the physical body. A negative level of radiation means that the person radiates with the frequency of an emotion such as anger, rage or fear. On the contrary, a positive radiation means that the frequency of vibration is more like that of joy, happiness or love.

### **5.1.1 Properties of vibrations**

As we have seen above, energy flow therapies work strongly in the areas - the mental and emotional bodies - where energy is predominantly, if not exclusively, present as vibration. It is therefore important that we better understand the properties of vibrations.

A vibration is a change of a variable or a system, whereby the value of this variable takes place in a steady increase and decrease. There are harmonic vibrations, also called sinusoidal, like the individual notes in music. There are also many non-harmonic vibrations.

Various names occur in connection with vibrations (see Figure 2):

- The period: The time it takes for the increase and decrease movement to return to the point of origin
- The frequency: the number of periods per second in Hertz (Hz)
- The amplitude: the change in the oscillating variable in the appropriate unit of length over time. The greatest change, the greatest amplitude, is of particular interest.

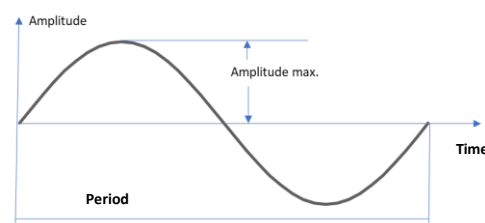


Figure 2: The parameters of a vibration



### 5.1.2 The overlap of vibrations

There, we have a very interesting property of vibrations for energy flow treatments: the overlap.

What is that?

It is the property of two or more vibrations to form together a new vibration with its own amplitude and frequency. Thus, the own frequency of every human being is formed from

- The frequencies of all single body parts and organs
- The own karma brought along, the karma of the families and of the State.
- The education and experiences from the environment and in everyday life
- The accumulated and the daily newly experienced emotions
- The sick body parts
- The daily and regular thoughts.

It is like being in a huge concert hall. At the back, you hear the philharmonic orchestra as a whole. If you get closer, you can distinguish the frequencies of the individual instruments.

It is the same with the basic vibration of each individual human being. The really beautiful thing about this is, that the individual frequencies can not only be determined but also addressed. This opens up great possibilities for treatment.

Two special cases of superposition or overlap help us here. The first case is when a person with an otherwise rather weak special vibration in his basic vibration meets someone who has the same vibration with approximately the same frequency within and is busy with it. Then both vibrations overlap to one with the sum of the amplitudes (see picture 3). This vibration can suddenly become a problem when they meet. This characteristic is often used in the therapies. The preliminary talks amplify the vibration of the issue, which increases the awareness of the issue and thus also the efficiency of the treatment.

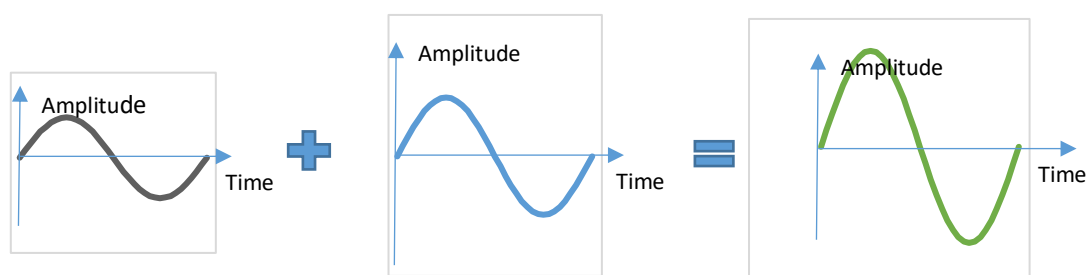


Figure 3: Superposition of two vibrations

It could also be an event that gives you an impulse at about the same frequency of that low lying vibration when the highest amplitude is there. Then it can lead to an explosive reaction, emotional or physical. This is called resonance.

Some therapies directly use the other special case. This is very similar to the previous one. The only difference is that the new vibration or pulse applied is simply offset by half the period. Here, too, the amplitudes are added together. Only, they go in opposite directions and their sum becomes smaller (see picture 4). This is how vibrations can be made to disappear.

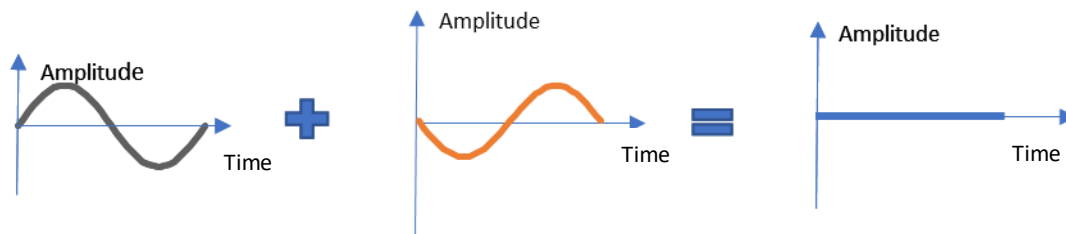


Figure 4: Two timely offset vibrations cancel each other out

### 5.2 The Attention - The Intention - The Awareness

The ancient wisdom traditions have known for many thousands of years that attention and intention come before all things. This wisdom was expressed in the simple words: form follows intention. Experiments within the framework of quantum physics have shown that the observer can influence the results of the experiments. Depending on the intention of the experiments, light appears as a wave or as a photon, i.e., as matter.

Hence, it has been proven that the therapist plays an essential role in the outcome of the therapy. This also explains the care taken in natural communities not only in the training of therapists but also in the selection of candidates for this role. The therapists fulfil an essential role in their communities for the survival of the individual as well as the community. It is not only knowledge that counts, but also, and perhaps above all, the state of mind. The disease itself poses an acute threat to the community. It is therefore also important to prevent the disease from arising in the first place. It is necessary to recognise the first signs of the disease and to take the appropriate preventive measures before it breaks out.

Awareness is for most, a thing that has to be trained. In the beginning it is enough for dealing with issues that are close to the physical body. We have seen this in chapter 4.2.2. With time and practice, larger portions of the light can be dealt with.

Comparing the methods without taking into account the therapists is simply pointless in the case of energy flow therapies.

### 5.3 The Field

As we have seen, everything on earth is only vibration. Thus, our entire "reality" is actually only a field of vibrations where there are different vibrational packages and individual vibrations within it. Certain vibrations - those of intention and awareness - can build up other vibrations, which could lead to form. That is why this field is called "morphogenetic" - generates the form.

In it everything is included:

- The vibrational bundles or clusters of each individual human being
- The vibrational bundles of every animal, plant, etc.
- The vibrations of all our thoughts and emotions
- The vibrations of our diseases
- Etc.

All these vibrations interact with each other. There are superpositions, interferences, attenuations, in short, everything that vibrations can do with each other. Furthermore, the terms "time" and "space" are of no importance. All information is available everywhere and at the same time.

It is often compared to a pond where we are all inside and where stones are thrown in again and again. These stones create waves that interact with each other. However, this comparison is a little misleading. The stones thrown are clearly unique events. The energy associated with them is clearly defined and will dissipate over time. However, this is not the case with everything we put into the field. There, most of these vibrations are always energised. Unless we were able to detach from this vibration through a certain therapy or bring the energy of the corresponding inner vibration to zero.

Only the way of accessing the relevant information or its vibrations differs from one therapy to another. The shamanic path uses the trance state or the shamanic journey, with the help of, for example, drumming, dancing, psychedelic plants or mushrooms, some others through rituals or through certain movements to which they have given an appropriate meaning. In modern therapies, the approach is more direct. The topic is brought into the consciousness and the corresponding frequency is sought in the field. Then, the corresponding vibration amplitude can be brought down to zero or nearly so, or simply, the vibration be disconnected.

In the therapies that primarily affect the physical body, the effect on vibration is indirect. By ensuring the flow of energy, the mental vibration no longer finds resonance in the physical body and thus loses energy. An effect will occur gradually. The person treating can accelerate this process and send appropriate mental intentions.

#### **5.4 The Entanglement**

Entanglement is closely related to quantum physics. It is the state of two quanta in which their properties are directly connected. If one particle changes its state, the other also changes its state. This happens without any time delay, no matter where the particles are and how far apart they are.

It is not uncommon to find that certain issues that are addressed in therapy also improve another person involved, even though she were not there. One can thus say that the issue has "entangled" the persons. A change in one person brings a change in the other or others.

This effect can also go across the generations. This also means that the healing of one person can also be a benefit for many others.

### **6. What is important in energy flow therapies?**

We have seen that they all do the same thing in principle: to remove the congestion of the energy flow on the physical side by clarifying its cause or causes on the mental level as well. If necessary, if damage has already occurred on the physical side, additional measures for regeneration must be taken.

The way to solve these two main tasks is what differentiates the therapies. The choice of the "right" therapy is above all a personal matter. It also depends on the topic. All are effective in their own way and bring positive results. Some on a certain issue may be more direct, while others may seem like

detours. For other topics, it might be the other way round. For some people the Ayurvedic way is the right way, for others the one of the Chinese medicine. Still others would prefer to choose the path of cooperation with the spirit of plants and their active principles. For others still, may the shamanic path with its experiences be the measure of all things.

After the personal choice of methodology, comes the choice of therapist. This decision includes strong personal aspects as well as professional ones.

Trust in the therapist plays a big role in energy flow therapies. It is important because we can't control everything ourselves or assume that other neutral bodies are in control. However, trust has to be built up in order to have it. It cannot be decreed. However, the saying is, you can give trust and you can only give what you have.

A good way to start with this trust is through referrals from other people. It is also the most common way to make contact. A presence on the internet, for example, is very often not available. After that, one builds a more personal connection over time with the treatment of minor ailments, those where the mental part is rather small. In this way, one can explore the "technical" skills and become familiar with the specific aspects of the particular methodology. In this way, one can also become aware of one's own personal reactions to it. Sometimes the body reacts relatively strongly. Maybe it needs getting used to, maybe there is a certain hidden problem? A discussion with the therapist can, under certain circumstances, show that a different path should be chosen.

In the previous chapters it was already mentioned that the mental and spiritual attitude of the therapist is important, especially in treatments that have a relatively high mental share. This aspect will be less in the foreground at the beginning, but will become more important over time.

This is especially relevant if one takes into account that the therapist is above all a channel that lets the vibrations through and specifically influences them. This influence is only possible, from a physical point of view, if the frequencies to be treated are lower than those of the treating person. However, if the frequency of the theme is higher than the one of the treating person and the corresponding treatment is urgent, then another therapist must be found.

It is important to let your heart guide you in the search for the type of treatment and the "right" therapist; of course, without falling into credulity. If, in a moment of silence, one listens more closely to what the heart says, then even inconspicuous details will come to the surface. In this way, you get hints about what might not fit or also the relaxing certainty that the path is the right one.

## 7. Summary

With this article we could answer many questions or at least give a first insight into the matter of energy flow therapies.

We could see that their diversity is only because we are all unique. Accordingly, our health issues are also unique and require a corresponding tailor-made solution.

The variety of solutions or ways should not obscure the fact that all energy flow therapies are only about removing the disturbances in the communication between our mental and physical realms. So



that the energy flow in the body remains optimal. These disturbances are the real causes of our physical ailments. The latter only occur because we have waited too long to remove the communication disturbances.

Quantum physics enables us to understand that mental aspects are primarily vibrations of higher or lower frequency, as are our thoughts. The treatment of these mental aspects can thus be carried out according to the usual physical laws for vibrations.

The central role of the therapist for the mental part of the treatment consists of two tasks:

- The search for the real and primary cause of the communication disturbance, which can lie far back in time, even over generations. In this way, the right vibrations and their frequency can be activated.
- The appropriate treatment of the activated vibrations so that the communication disturbance can be removed, which can lead or has already led to illnesses. If the topic lies strongly in the mental realm, then the therapist must have reached a corresponding mental development in order to be able to treat the corresponding frequencies. This is the first principle of thermodynamics: the change of the energy quality downwards happens by itself, a rise, on the other hand, is connected with work.

Yours Jean-Pierre Rickli

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