

POWER WALKING

An Energy cultivation Technique from the **Healing Energy Awareness Training**

There are four **misfortune** and four **fortune** energies entering your crown chakra all the time. You experience these as your:

Misfortunes

- Confusion
- Exhaustion
- Failure
- Harm or illness

Fortunes

- Strength
- Understanding
- Happiness
- Success

These energies flow through many pathways (prana channels) from your crown to your weaver. The channels through which they flow determine the nature of these fortunate or unfortunate experiences in your life.

At your weaver, (a special chakra in your upper abdomen) your fortune and misfortune energies are transmitted *forwards in time*. This transmission from your weaver generates your future fortunate and unfortunate states, experiences and circumstances - your path of fortune.

Power walking purifies and extends the fortune path energy emitted by your weaver further and further forwards. In other words, it reduces your misfortunes (taking your karmas into account and assuming you live with intent) and increases your fortunes with greater and greater effect, further into your future. There will still be karmas you have to deal with, but consistent power walking will start to challenge and erode those karmas currently within you (and busy ripening), eliminating some and lessening the effects of others.

Instructions:

- 1 Walk with *advance mudra*, backs of hands facing forwards
(Keep back of hand taught, like cats claws)
- 2 Keep your *tongue touching upper palate*
- 3 Consciously practise *complete breathing* as you walk
- 4 Maintain an *empty mind* - whenever you notice that you are thinking and a thought distracts you, let it go and resume an empty mind
- 5 Keep your *eyes focused on far points*
- 6 *Feel the soles of your feet* - try to *feel* where to go
- 7 Walk briskly, though without rushing, for 30-40 minutes per day



For more information see the *HEAT* web page at www.tinyurl.com/2xgwq