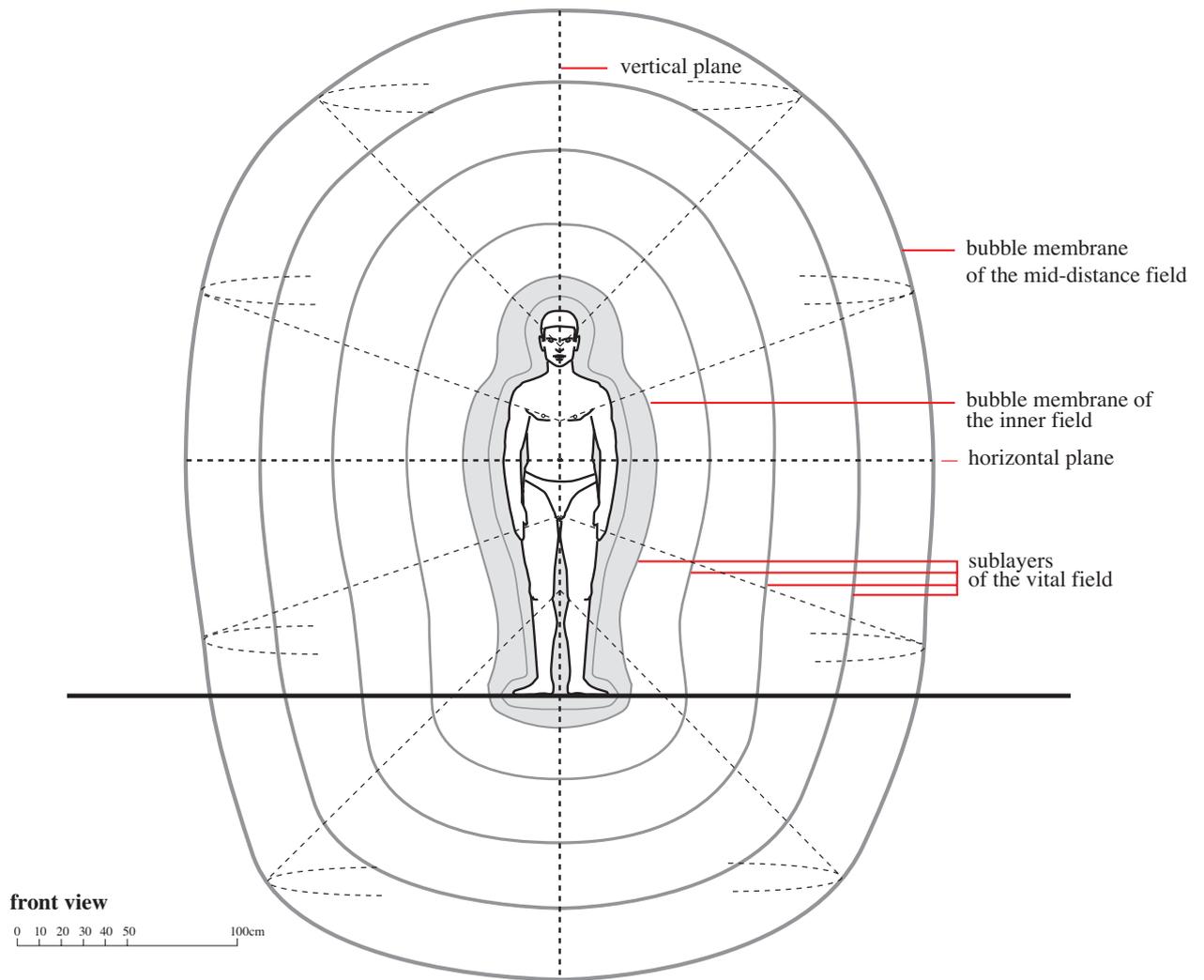
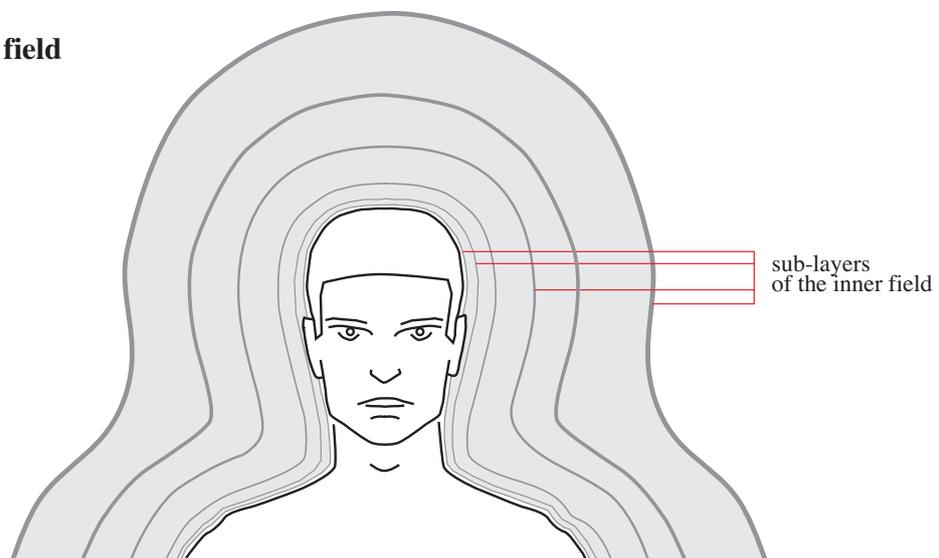


The mid-distance vital field and its layering

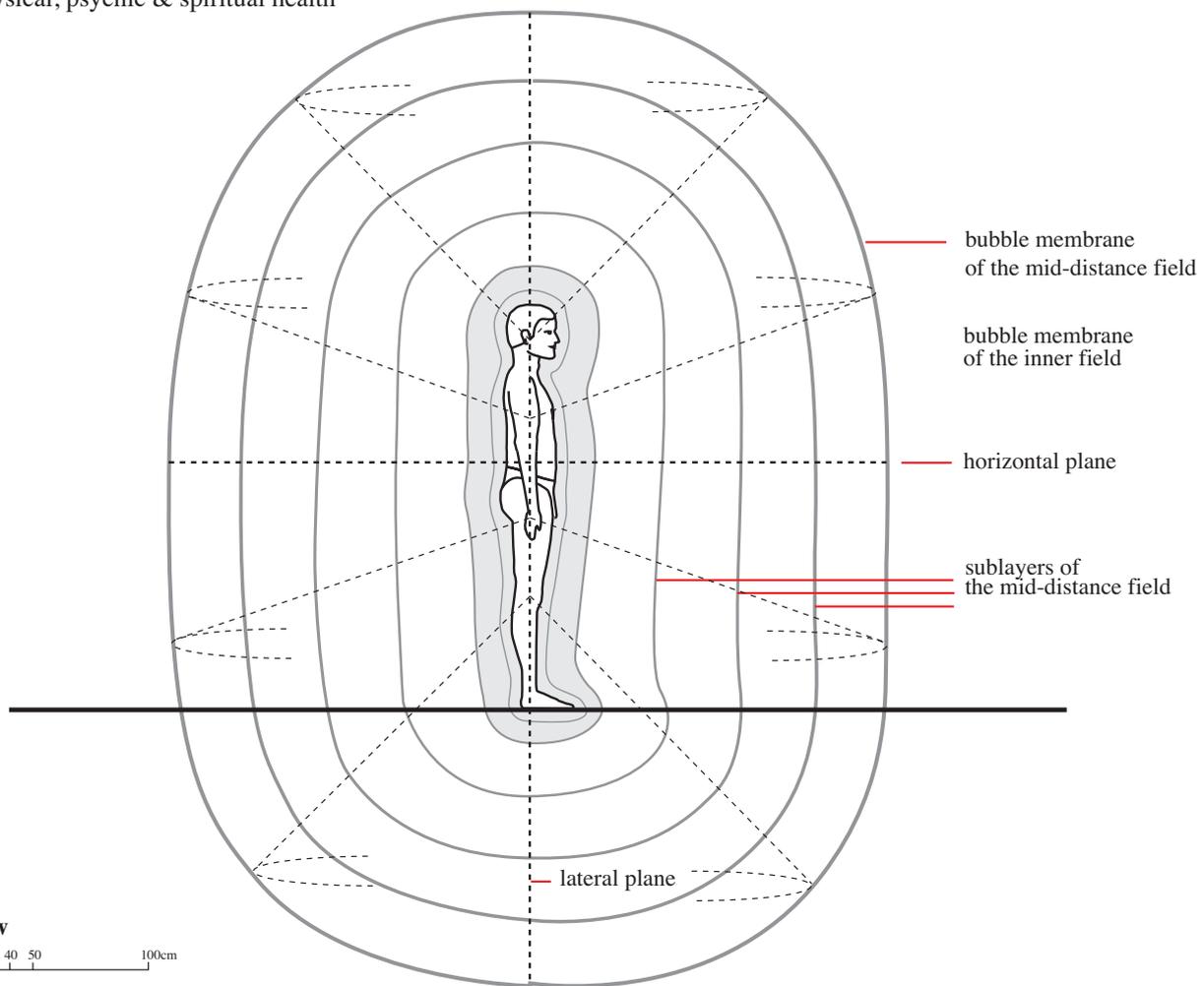


The inner vital field

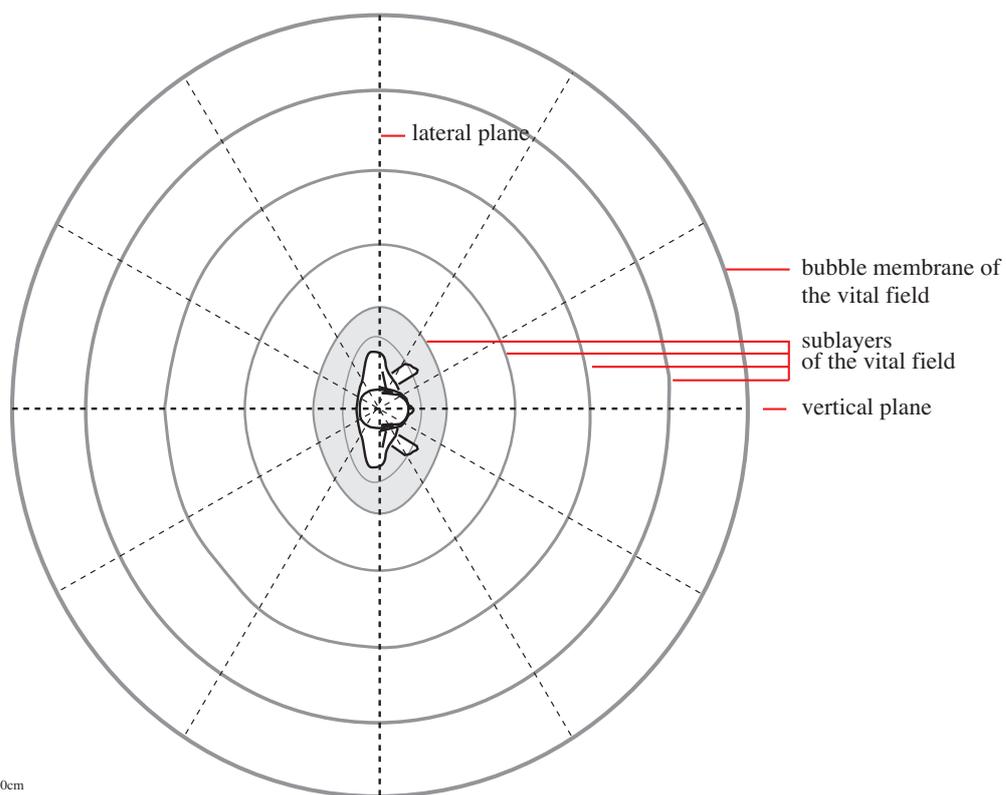


The mid-distance vital field and its layering

normal dimensions for a human being
in good physical, psychic & spiritual health



side view
0 10 20 30 40 50 100cm



top view
0 10 20 30 40 50 100cm

The distant field

It consists of 7 layers called « harmonics » that are repeated from octave to octave. It creates etheric layers in space at increasing distance away from the person. This interval does not seem regular. It grows on average by a factor of 1.5 but can vary from 1.3 to 1.9. Successive octaves are proportional images of the first octave with a multiplying factor of approximately 1.6 (perhaps related to golden mean).

Anything that affects the vital field affects the distant field. It compresses and expands in the same way as the median and near field.

The first harmonic of the distant field is at a distance between 60 cm and 80 cm from the bubble, far enough not to be confused with a sub-layer of the median field. If the vital field is dense, it will be at 60 cm, if it is highly permeable, it will be farther away. The thickness of the first harmonic is 5 cm; the following will become larger (with a multiplying factor of 1.3) to reach about 30 cm to the octave. The further you move, the thicker the harmonics, the more decreased their intensity, until vanishing in the environment.

If the vital field bubble is slightly elongated, as a human being is in length proportion, the harmonics of the distant-field follow the contour of the mid-field bubble and form eventually an almost perfect sphere after the seventh harmonic.

The vibrational energy of distant-field is similar to the concentric waves that form when you throw a pebble in water, except that these waves are stationary.

A harmonic is a little « softer » than the sub-layers of the median field. You will start to feel a slightly fuzzy edge; then a « resistance » and a « tingling » in the middle of the harmonic, although there is no real center. The width of a harmonic has no bioenergetic reality, but it corresponds to the distance where your hands are beginning to encounter more « resistance ». The little « soft » effect is well perceived if you approach gradually with your hands on both sides of the harmonic.

For example, for a vital field of 150 cm, the first octave is at 22 m, the second at 57 m, the third at 120 m and the fourth at 210 m. After that, it becomes difficult to feel.

Utilization of the distant field

The harmonics of the distant field function like the sonar of a submarine. Each harmonic can capture information, they then transmit to the energetic body.

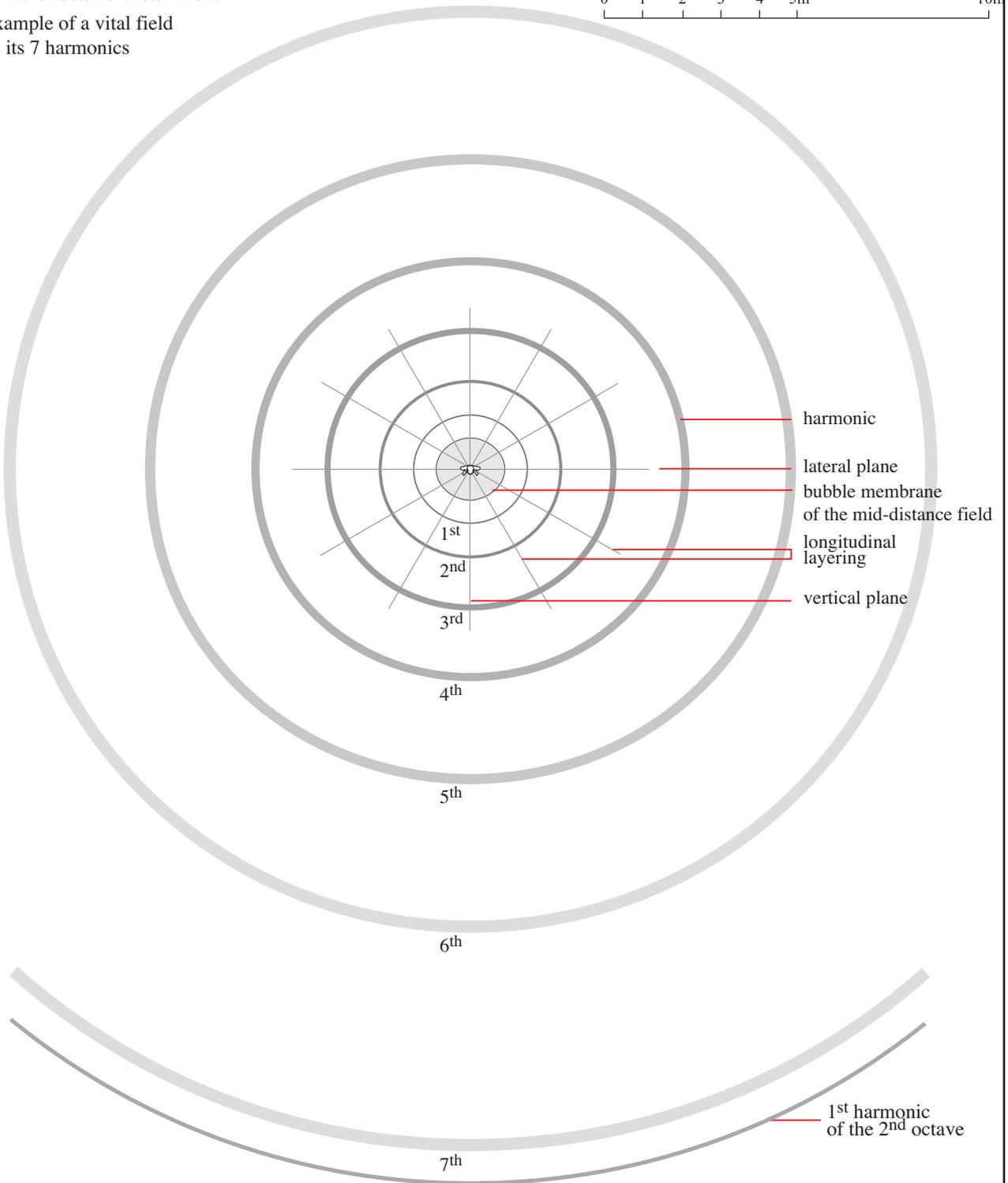
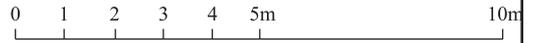
To highlight these distant layers, I do the following demonstration: I place a person standing up and note with chalk on the ground, the position of all the harmonics of the first two octaves. Then I ask the person to close their eyes, just be in the inner feeling and to quiet the mind. I send 2 or 3 people to « press » or « draw » on the 14th harmonic (2nd octave). Other people present can see the standing person sometimes rocking forward or backward, as his/her layer is pulled backward or pushed forward. By pressing hard enough on the layer of a sensitive person, it is even possible to make him/her fall down, which always impresses my students.

A different demonstration is to use harmonics as a means of detection. Another person will move successively through the 14 harmonics. And the first person, while blindfolded, must show by raised hand, every time he/she feels the other person move through one of his/her harmonics. With a sensitive person, the exercise works well and this masterful demonstration will be forever engraved in the memories of the participants.

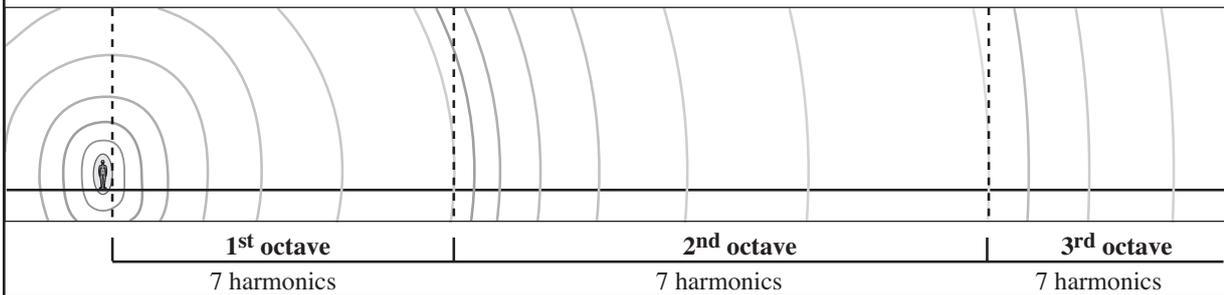
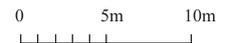
We all unconsciously use the distant field but it is interesting to do so consciously.

The distant vital field

example of a vital field
& its 7 harmonics



The octaves



Inner versus outer feelings

With external feelings, you are active in the mode of perception, so you are going out to meet the sensations. To do this, you use « instruments » that you move around you and that will inform you about the presence of an etheric phenomenon (a weak field of biologic charge) These instruments can be rods or just your hands. I encourage systematically abandoning any dowsing tools in favor of your own hands. The feeling inside is much more subtle because it requires greater sensitivity and the ability to enter the inner silence.

Inner feeling does not allow you to locate a phenomenon, but to assess to its presence, qualities and effects on your person.

Take the example of a telluric Hartmann (Nickel) line. With your hands or with the help of a Rad-master rod, you can find the line position, its axis and its thickness, nothing more. The more subtle information requires inner feeling. To do this, you let the feeling invade you. If you feel heavier, denser, colder, tightness in the plexus, compression in the head, you are in the presence of a so-called « negative » line. Of course, you will have the opposite feelings on a « positive » one.

The external feeling is typical of a male approach to subtle phenomena. During the courses that I teach, it is common to see men moving around, scanning the area with their hands in search of a sensation. It is an objective approach, there is me and the world around me, subject and object are separated. The mind is used to select the phenomenon sought, so the feelings are focused only on this phenomenon. Thus we need to move the hands in one place as many times as there are types of phenomena that can potentially be there. As opposed to, when I select mentally « Nickel telluric line », I do find those Nickel lines and not others. If I can focus on the vibration feeling (or essence of) « telluric line », then when I feel tingling I know that I found the kind of line I intended. I therefore put my hand on the line, selecting successively the different types of lines. When I feel a tingling, I then know by this inner discipline that the line

corresponds to the one I selected mentally. There is a resonance between the feeling (right brain hemisphere) and the analytical mind (left-brain hemisphere). That is why over 90% of people experience more sensitivity with the left hand because it is linked to the right side of the brain. The detection of subtle phenomena are often located spatially first thru outer perceptions and qualified then thru inner perceptions.

The inner feeling is typical of a female approach. It allows us to discriminate what part of the body a phenomenon effects, and thus evoke the feelings or emotions that emerge. When several people (men and women) are given the same experience, I find that women generally have an inner perception more relevant than men. Men not only have less perception but more difficulty in expressing it.

Having confidence in one's perceptions

Throughout this book, various exercises will be proposed to develop our perceptions and have sometimes surprising experiences. My goal is not to prove anything, just to become aware of natural mechanisms in the body controlled by the subconscious. It is not magic, just natural phenomena that make a living being different from inert material. Some argue that these exercises cannot be done because the underlying phenomena do not exist. No doubt for them, this is indeed the case. Even with experiment it is impossible to feel what the mind cannot even conceive. Going around the world by boat cannot be undertaken or even thought by a mind convinced that the earth is flat.

In the same way, those who do not believe in cosmotelelluric phenomena are inevitably those who have no subtle perceptions, and whose education has promoted hypertrophy of the mental and whose emotional life has been largely shut down.

A strong mind is not the opposite of a good and subtle sense of perception. It is only a matter of developing them jointly, and not one over the other. The mind has the annoying habit of playing tricks with us and to tell us, for example, what is good or not. The body, does not think, **(in the sense of delayed processing)**, it tells you immediately what is favorable or not. When a choice arises, the mind rushes to give its solution. If we take time to let the feelings settle, we can be surprised by the answer. The choice is even an illusion, the soul and the body have already made their choice.

I am aware that some exercises are quite difficult at first, but by training yourself assiduously, even with initially poor results, your perception slowly sharpens. There are steps to go, progress is not linear. Sometimes you have the impression that you are not progressing any more. If you succeed with an exercise several times, go on to the next. The mere fact of success increases your self-confidence and thus your chances to improve.

Do not demonstrate to others until you have complete confidence in your ability to succeed with an exercise. Follow the protocol, to ensure dependable results.

Feeling exercise n°1

With your left hand, look for a sub-layer of your vital field. Close your eyes, pass your hand through the layer and feel what is produced in your body. Then, imagine that you're looking for the vital field of a person other than yourself and push your hand up to where you had found your own layer. Normally you should not feel anything because you're not connected to your own field. Finally, think again that you are looking for your own field, and the feeling will appear exactly at the same place. By repeating this exercise many times, you learn how to select a vibration among others.

Feeling exercise n° 2

Sit at a table, your back well supported against the back of a chair. Look for a first sub-layer, then a second a little further (between 20 and 35 cm). Put pencils on the table to mark where you found your layers. Now hold your mobile phone (GSM) switched on and place it against your chest with your right hand and use your left hand to look for new layers. You will see that they are no longer in the same place. They are closer to you and the space between them has decreased. Note on the table, with other pencils, the new locations. Rest your phone away from you and shut it down. The layers will rapidly resume their original position.

Feeling exercise n° 3

It is possible to mentally control the position of your own sub-layers. Sit at a table, your back well supported against the back of a chair. Look for a sub-layer and place a pencil in there. Put a pencil about 10 to 15 cm further (less than the distance between two sub-layers). Watch the second pencil and ask that the layer you feel to slip to the second pencil. You will feel your layer exactly in the new location. Place your hand above the first pencil. You should feel nothing. You could think that all this is mental. Think again and ask another person to participate in this exercise. Look for one of his/her layers and place a pencil at this point and two other pencils at 10 cm from both sides. Ask him to set his layer on one of the three pencils and look for it. By finding the pen selected by the other person, he/she will have the impression that you read his/her thoughts.

Bioenergetic value of products

How the vital field varies

The human body or, more precisely, its bioenergetic anatomy is designed to capture, process and retransmit information. We believe that DNA and intracellular water have a key role for the transition of the subtle plane (linked to information) to the physical plane (linked to energy).

Take for example, a person contemplating a picture of a painful scene to watch. The brain is going to collect the information and process it in the light of collective (transpersonal) and personal memories, awakening emotions and generating bioenergetic and physical (chemical, electrical, etc.) changes. Various electromagnetic radiations and chemicals could then be measured showing thus, indirectly, how the body reacts. It is this reaction that is measured and not what comes from the image itself. The reactions are different depending on personal emotional experience. Similarly, the mere mention of the picture will induce the same cascade of reactions.

We thus see how the information reaches us from the mental, thru the astral, etherical planes, to the physical. This principle applies to all living beings - humans, animals, and plants. While it is clear that the information takes this path, we should not neglect the reverse: a chemical, or a body posture too can arouse emotions and evoke past experiences. Some therapies or martial arts access body memory, inscribed at cellular level, in both subtle and physical planes.

Collecting information with the eyes

The gaze is of special importance to pick up information. Some illustrations of this book were designed to train depending on where the gaze lands. The eye picks up information, generating etheric variations (expansion or compression of the vital field). It is clear that if one wants to access body memory and see the effect for example of a picture, it is necessary to do it double-blind. Note that sometimes it is interesting to measure eyes closed, then open eyes and see the difference. Although all information necessarily passes through the

brain, the eye tends to judge what it sees while the body is more connected to the inner feeling. It is always surprising to see the reactions of a person placing a photograph against his/her breast, without seeing it before. The physical body of course does not see the image; the information is conveyed on a subtler - etherical - level.

Bioenergy measurement protocol

All physical or subtle support information that interacts with our vital field either contracts or expands it. If in a given environment, I change a parameter, my vital field will react and tell me the influence of that parameter.

Having measured tens of thousands of products and other phenomena, I can say that anything that is favorable expands the vital field, and anything damaging reduces it in varying proportions, always commensurate with the impact: the more damaging a nuisance, the more reduced the vital field.

To obtain reproducible results, it is important to respect the following protocol:

1. Sit at a table, chest pressed against its edge.
2. Look for a sub-layer of your vital field and place a marker on the table. The distance between this marker and your chest is the base value of your vital field (100%).
3. Place the product to be tested within reach. When you grab it, look for the new position of your sub-layer.
4. Move the product in front of you right to your chest for a final measurement, and place another marker on the table.
5. Measure the distance between this marker and your chest. Divide this distance by the base value (100%). You'll get the bioenergetic value of the product (expressed as a percentage).

Precautions with this protocol

A bioenergetic value of less than 100% generally means that the product is not good for consumption.

Note that the measurement is instantaneous, and does not take into account the effect of a product over time.

Do not measure products in aluminum or steel packaging, and avoid plastic. The body picks up the product information, no need of a large amount to do a measurement.

The double-blind series of measurements will show perfectly reproducible results as long as you do not change the protocol and the vital field bubble environment remains the same.

To repeat the measurements and have stable results, even years apart, I recommend the following:

Always measure in the same place, in the same direction.

Avoid electromagnetic pollution and geological disturbances.

Do not wear jewelry, mobile phone, electronic devices.

Do not carry artifices (magnets, symbol, harmonizer, amulets, etc.).

The following summary list (p. 21) should not be surprising; everything harmful to health has values lower than 100%.

In general, products, which have undergone chemical or electromagnetic treatments, greatly diminish the vital field.

Case studies with medicines

Regarding medicines, those that are natural have very variable effects on a healthy person. The drug (homeopathic dilutions, elixir, spagyric, etc.) must be tested on the sick person. The larger his/ her vital field, the more effective the drug. Thus, it is possible to determine the best medication for a given disease or, conversely, to find the disease by testing different drugs.

For allopathic medicines, derived from syn-

thetic chemistry, I find they always reduce the vital field. The weaker the vital field is initially, the more the risk of side effects. These drugs also have a variable effect if a person is sick or not. An antibiotic will decrease significantly the field of an individual who is not sick and just a bit the field of a sick person.

Testing drugs by the method of measurement of the vital field requires some experience and knowledge of medicines.

The method of cooking

I compared different cooking methods by comparing the values of a carrot according to the way it is cooked. To make the comparison, I took a large sliced carrot, cooked it, and waited for it to reach room temperature to measure (because any product that exceeds the temperature of 40°C reduces the vital field). To accurately measure the temperature, I used a laser thermometer.

The results of the measurements shows that the quicker or the higher temperature a food is cooked, the lower its bioenergetic value. Cooking in microwave oven is undoubtedly the worst method of cooking, followed closely by the frying pan. Double-blind tests with carrots, milk and water, show that it is easy to prove that the food cooked in a microwave oven is damaged, the difference is so large compared to raw food.

Recognizing that cooking with the commonly used devices is destructive, it is strongly advised that you eat raw or find other means of cooking at low temperature, slowly and without electromagnetic pollution. However, solar ovens, embers, hot stones remain healthy and useful... for those who have time.

Infrared Cooking Oven

Personally, I use an oven that cooks at low temperature (controllable around 70-100°C). It uses infrared non-contact radiation (natural wavelength like the sun) issued by crystals through which pass electricity. The average value of food cooked in this way is 170% (body aura size increase), which suggests good life force. Since cooking time is not much longer than an electric oven, it is compatible with our present lifestyle.

List of bioenergetic values

My list of bioenergetic values often raises a lot of questions. I always specify that the measurements are made with the product, unpacked if necessary, placed on the chest. Everything that is consumed is placed in glass (bioenergetically neutral). All products are tested in a size with a surface area of at least 10 cm / 10 cm, placed on the chest. No substance is measured by consuming it as the values can be very different, varying over time.

Mental and spiritual Vitalization

There are many ways to boost food after cooking to compensate for the bioenergetic loss: blessing, prayer, violet flame, etc... This has a real bioenergetic effect even on taste. The taste is subjective, it is difficult to say whether there has been physical change of the food or if it's just our brain that is influenced by subtle information.

Double-blind tests show that information incorporated into the food is sustainable and that this affects the taste, even for people who are not aware of the vitalization/ dynamization. If the ritual does not inspire you, you can simply ask your body to take what is good for it and reject the rest.

Avoid being especially stressed or upset while eating because the body will associate the food with negative thoughts and create the risk of allergies.

Finally, if you eat having in mind that you are eating, and nothing else, (focused on the act of eating) you notice that food has a different taste and that you digest better.

Electrical measurements

Buy apricots and kiwis some of which are mature, some less mature and number them. With a multimeter measuring in microfarads, plant the electrodes, one at each end of a fruit and record the obtained value. Then do bioenergetic double-blind measurements, without touching the fruit. Place your hand just 2 cm above to do the measurement. You will be surprised to see the correlation between physical and bioenergetic values. The less ripe fruit has a low electrical capacitance and reduced vital field, whereas it will be the reverse for the more mature fruit.

Exercise

Cook a glass of milk in the microwave for 30 seconds and let it return to room temperature. Take 10 glasses and paste a sticker under one of the glasses. Pour a little milk cooked in the microwave in this glass and uncooked milk in the 9 other glasses.

Calibrate yourself by comparing the bioenergetic values of cooked and uncooked milk, in order to feel the difference. With experience, you can even feel the difference inside, without other external measurements.

Mix the 10 glasses, eyes closed and try to find the glass with cooked milk. The sticker will allow you to verify that this is the glass that you have found.