

The Energy Egg™

Environmental Stress Eliminator

HOW TO USE YOUR ENERGY EGG™

JANUARY 2009



Congratulations on your purchase of an **Energy Egg**. This is the most powerful *Environmental Stress Eliminator* available today. The **Energy Egg** automatically transmits specific forms of qi, or "life energy," that amplify your own body's innate ability to eliminate the stresses we all constantly receive from the environment. Environmental stress is an unavoidable fact of modern life and unless eliminated, accumulates in our body resulting, sooner or later, in health, relationship or other life problems. Some experts believe it to be the main cause of illness today.

The **Energy Egg** has no side effects, so you can be sure you are not causing any damage to your energy body as you use it to do all you can to protect yourself from harmful environmental energies. Its stress-eliminating, energy-enhancing effects last a life-time.

The **Energy Egg** has two functions:

- It protects you from the widest possible range of environmental stresses as soon as it is within ½ cm of your body or on its transmitter.
- It also begins a gentle process of *eliminating accumulated environmental stresses from the body* - stresses that we all unwittingly carry within us - our personal "stress burden." No other device that we know of has this secondary stress-elimination function.

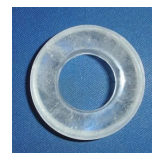
You may have chosen to order your **Energy Egg** with its **transmitter**. In this case, you can benefit from the **Energy Egg** effect 24/7 without having to have your **Energy Egg** with you all the time. If you have a transmitter, the first thing you need to do is tune it to you so your **Energy Egg's** protection is transmitted to you, no matter where you are. (See below).

Take a moment to carefully read through these instructions to get maximum benefit from your **Energy Egg**.

Then, if you have any questions you can email:

enquiries@energyawareness.org and we'll be happy to answer them.

ATTUNING YOUR TRANSMITTER TO YOUR ENERGY BODY



Transmitter

If you have an **Energy Egg Transmitter** - the clear quartz donut - hold it by the sides with finger and thumb and hold it flat on the topmost part of your head for at least 5 seconds. Make sure your finger isn't over the transmitter's central hole. This procedure connects the transmitter to three channels of energy that run between the top and bottom of your energy field, and thus to you.

This connection enables the **Energy Egg's** protection to be transmitted to your entire energy body (when the EEgg is placed upright on the transmitter), all the time, no matter how far away you are from the transmitter.

Your **Energy Egg Transmitter** is attuned to you permanently - unless it's touched to the top of someone else's head. The transmitter only transmits the **Energy Egg** signal. Placing anything else on it has no effect. The **Energy Egg Transmitter** can be connected to a baby, animal or pet in exactly the same way.



GENERAL INSTRUCTIONS

If your body holds a lot of environmental stress, you may, at first, feel unusually tired or otherwise unwell when your **Energy Egg** starts eliminating this stress. If this is the case, leave your **Energy Egg** off its transmitter at night and keep it with you for only a few hours during the day. Slowly increasing your use of the **Energy Egg** gradually releases more accumulated stress without undue strain.



The **Energy Egg** should be kept very close to your body during the day (in a pocket, sock, bra or small pouch within ½cm of your body) and on its transmitter at night (if you have one) while sleeping. You can also keep it on its transmitter all the time - this gives just slightly less energy protection than having it with you.

The **Energy Egg** does not need recharging or cleansing. It is automatically self-cleansing and does not lose its signal. It can also be upgraded manually at any time, so you can be sure it is addressing all the stresses in your environment and is always up to date.

To use most of the following techniques you will need to have your **Energy Egg** with you.

PROTECTING YOURSELF FROM OTHER PEOPLE

If you suddenly notice you're being adversely affected by someone's energy, **simply hold your Energy Egg in your hand** for 10 seconds or longer while looking at them or talking with them. Then put your **Energy Egg** back in your pocket or wherever you keep it.

You can also use this re-tuning technique pro-actively to prevent other people's energies from affecting you in the first place. **Simply hold your Energy Egg for 10 seconds or more when first meeting a client or any other person.** You usually only need to do this once for each person, no matter how often you are in their presence. It's good to do this with all family members, including spouses, siblings, parents and children. We all stress each other at times!

PROTECTING YOURSELF FROM OBJECTS AND EQUIPMENT

The **Energy Egg** is designed to automatically protect you from thousands of known environmental stresses, but new ones are appearing all the time and different people have different degrees of vulnerability. So you can ensure maximum protection for yourself by tuning your **Energy Egg** to any object or piece of equipment in your home or office, e.g. a picture, mirror, computer, mobile phone, TV, cordless phone, beam, etc..

To instantly re-tune your **Energy Egg** to the stress from any object, just hold it in front of your mouth and **blow on your Energy Egg once through your nose then once through your mouth** while looking at the source of stress.

We recommend you **re-tune your Energy Egg while looking at your mobile phone, computer screen, computer box, mouse, keyboard, trackpad, glasses, cordless phones and television.** This may not always be necessary but it ensures that the **Energy Egg** adjusts its signal to exactly match the stresses emitted by your particular brands of equipment taking into account any personal energetic vulnerability you may happen to have to them.

PROTECTION FROM UNKNOWN SOURCES OF ENVIRONMENTAL STRESS

If you don't know where a felt stress is coming from, hold your **Energy Egg**, with all your fingertips and thumbs, in front of your mouth, and blow on it once through your nose then once through your mouth, **with your eyes closed.**

This procedure causes your **Energy Egg** to immediately start transmitting qi resonances for reducing any environmental sensitivities you are currently experiencing, from whatever source.

We recommend you perform this procedure once in each room of your home or office, sitting or standing in the places where you spend most of your time. This re-tunes your **Energy Egg** to sources of stress that you may be unaware of.

STOPPING ALLERGIC REACTIONS

Many **Energy Egg** owners report being able to prevent or rapidly stop hypersensitive reactions to foods, electrical appliances, medications, other peoples' energies, colors, vehicles (motion sickness), etc. using the **Energy Egg.**

Do one nose blow - mouth blow on the Energy Egg while looking at the allergen or source of the reaction.

Sometimes several cycles of nose blow - mouth blow are necessary. Otherwise, if you are very hypersensitive, we can identify personalized neutralizations for you as part of a personal **Energy Solutions** consultation:

www.energysolutions.realhealth-online.com

Please bear in mind that this technique may not work for everyone. **Do not try it with anything you know or believe to be dangerous for you.**

Food Hypersensitivities

“I had severe food reactions this week and used the Energy Egg with immediate results. If I didn't have it as a safety net, I don't think I'd eat or drink anything or venture outside of this room. . . there's nothing like it on the planet for stopping reactions.”
Ilanit Tof, Australia

“I am normally allergic to Japanese food, due to their overuse of MSG. Now, before eating the food, I blow on my Energy Egg while looking at it. I no longer get the same stomach burning and itch that I normally get.”
Pierre Vallet, USA

ENERGY EGG HOLDING POINTS

Some people report benefits from holding the **Energy Egg** against an area of their body (skin contact) where they are experiencing a problem - e.g. a sore shoulder, nausea due to travel sickness, varicose veins, etc. - for 30 to 60 minutes or more.

It may be worth trying this wherever you are experiencing a particular problem since it increases the focus of your **Energy Egg** on the symptomatic area.

Excruciating Pain

“I held the Energy Egg to my knee for about 15 minutes (possibly less). When I stood up, I was totally astonished---almost no pain (I'd say 85% gone) and no limp.” Saralee Cox, USA

JET LAG

Jet lag may be alleviated by using the technique for protection from unknown sources of environmental stress (see above) hourly, while flying.

ENERGY EGG REFLEXOLOGY

While working or relaxing, have your **Energy Egg** on a mat or carpet and roll it under your bare foot, concentrating on sore areas. Repeat with your other foot. This releases more accumulated stresses from your energy body.

Some people find this method useful for relieving eye strain from computer monitors.

ELIMINATING ACCUMULATED ENVIRONMENTAL STRESS

As time passes, everyone tends to accumulate more and more environmental stress. This is called your “stress burden.” You can steadily reduce your stress burden by **walking with your Energy Egg in your left hand, with the thumb and index finger of each hand touching each other**. Each time you do this, your **Energy Egg** adjusts its signal to eliminate more of the stress accumulated in your energy body.

THE RETURNING LIFE EXERCISES

Any reaction you experience (physical or psychological) always reflects a hole in your energy field - a *chakra fracture*. By re-tuning your **Energy Egg** with your own breath, using the techniques above, you instruct your **Energy Egg** to energetically ‘band-aid’ the hole. The **Energy Egg’s** ability to do this effectively, at any given time, depends on:

- (i) the size of the chakra fracture,
- (ii) the force of the environmental stress or foreign energy and
- (iii) the current power of the **Energy Egg** - which is constantly increasing even after it has been purchased.

A way to accelerate the development of your own energetic inner strength is to **practise the *Returning Life Sequence* with your Energy Egg in your pocket**.



This is a series of unique qi-cultivation exercises, designed to strengthen your energy body and return to it energies you have lost in the past through stressful interactions, stressful environments, jobs, relationships, etc.. The first three ascents of the **Returning Life Sequence** is now available on DVD from Energize Your Life, together with a full instruction booklet - www.realhealth-online.com/RLS.html)

RELIEVING SYMPTOMS

Energy Egg owners often report relief of all kinds of acute or chronic health problems. However, please bear in mind that the **Energy Egg** is an *environmental stress elimination* instrument. This means, if you suffer from a symptom that’s being caused, wholly or in part, by environmental stress, you may experience relief from this symptom as a positive *side-effect*.

If you can feel the effects of some environmental stresses, you are likely to rapidly experience improvements soon after acquiring the **Energy Egg**. But if you aren’t particularly sensitive to environmental stresses, you may not feel anything.

Unlike other energy protection products, the **Energy Egg** isn’t an energy stimulation device - which invariably damages the energy body. You don’t have to feel different for the **Energy Egg** to be working - it does its job regardless.

Although the **Energy Egg** is often included in our **Energy Solutions** consultation protocols, it is only designed to address one of the roots of disease - *environmental stress*. Other roots of disease such as *weakening relationships*, (past or present), *internal stresses* (e.g. chronic infections) or *stable karmas* (fixed lesions in the energy body) require other interventions.

For this reason, if you suffer from any particular symptom or illness, you may wish to consider a personal **Energy Solutions** session. In an Energy Solutions consultation, you will receive an analysis of the energetic roots of any ongoing issues in your life - *health, wealth, work, relationships, creativity, etc.* - you wish to address, together with a written report of recommendations for starting to change your energy to change your life for the better.

FOR FURTHER INFORMATION ABOUT PERSONAL ENERGY SOLUTIONS SESSIONS:

www.energysolutions.realhealth-online.com
carol@energyawareness.org

or call

+44 (0)207 193 7614 UK
+1 415 992 7529 USA (PST)

REMOTE RE-TUNING OF YOUR ENERGY EGG

If your **Energy Egg** is on your transmitter at home and you feel you are being affected by an environmental stress when you are somewhere else, **touch your thumb and index finger together on both hands and blow out once through your nose and once through your mouth while looking at the source of the stress**. If you don't know the source of the stress, do this with your eyes closed.

This procedure will automatically adjust your **Energy Egg** signal to the environmental stress affecting you.

THE WHITE JADE ENERGY EGG

The **White Jade Energy Egg** offers much more powerful elimination of certain types of environmental stress, specifically stresses from other people and wifi stress. Therefore, this **Energy Egg** is recommended for anyone who:

- Works closely with others - e.g. body workers, masseurs, counselors, dowsers, kinesiologists, osteopaths, healers, etc.
- Feels affected by some other peoples' energies or in crowded places
- Meditates with other people present
- Does not sleep with head to the North
- Spends much time in a Wifi field

In the case of Wifi, a growing number of individuals are so affected they may require two **White Jade Energy Eggs** in order to ground out the incoming environmental stress. In such cases, we also recommend **Power Walking with a White Jade Energy Egg in each hand** (See the *Eliminating Accumulated Environmental Stress* technique above)

“Our friend is married to one of the most bombastic people I’ve ever met. Really struggle with him. When he walked through the door, I re-tuned my White Jade Energy Egg to him – we had the best lunch – it was so easy and enjoyable! Since then, I’ve noticed I have the energy to behave in more loving ways with people, to see more deeply into others’ and my own reactions, and to have greater choice in whether I react/respond or not, either internally or externally – and, if externally, more choice about the type of response I make, with much greater likelihood it will be constructive.

It has been a real gift – thank you.” K E, NZ

STAY UP TO DATE

The **Energy Egg**'s functions are developing all the time. Stay up-to- date by joining the **Energy Awareness Forum** (free). All the latest information is posted here first: www.energyawareness.org/EAsubscribe.html