
The Egyptian Rods

The Ancient Egyptian Technology for strengthening
energy flows within a human body

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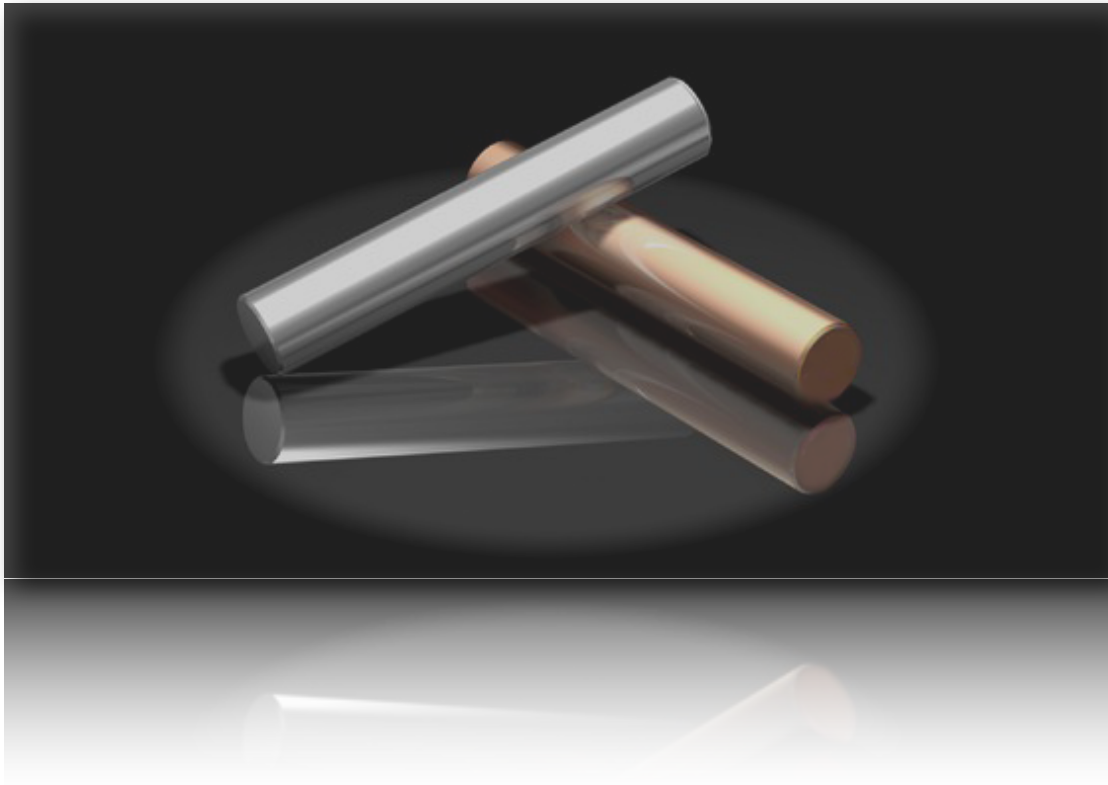


Table of Contents



Introduction	1
Different Views on The Rods	3
The Rods and the Pyramid	5
Who can the Rods be useful to	7
Different Types of Rods	10
Working With the Rods	16
Feelings when using the Rods	25
F.A.Q	28

Introduction

You hold the sacred objects that were known only to a narrow circle of Initiates long ago. Their history goes far back to the depths of centuries, and the origin is covered by a thick curtain of mystery.



"The method, used in Ancient Egypt for strengthening energy flows within a human body, is shown on the figure below:



Two rods are clutched in the hands of this standing statue. They are clutched with strength, creating an electrical conduit. The hands, holding the rods tightly, free this energy within the body to gather it in unipolar knots and in spinal fluid. The renewal of energetic potential is one hundred-per-cent and continues for 24 hours. There were two rods, and they had different chemical compositions. The first one was made usually for the right hand, another one for the left hand. The first possessed the power of the Sun, the second, the power of the Moon. The Moon rod serves like a catalyst, which strengthens the activity of the Sun rod. These rods of power were known even long ago, and the secret of their construction was only known to a few initiates."

The Priests and Pharaohs of Ancient Egypt used these metal cylinders with different fillings as an instrument to achieve their high aims, that allowed them to realize step-by-step evolution of their psychic, energetic and, as consequence, their physical abilities. These abilities were necessary for preparation of the "communication with the Gods" in combined with the help of the Pyramids.



This picture shows Rods of the Pharaoh, Pihopy the II. Picture taken at The Metropolitan Art Museum in New York, in the Spring of 1998.

The Rods, which records indicate that Pharaohs held during their entire life, harmonized the main energetic streams, the Yin-Yang. Yin-Yang are the two sources of vital energy. When they are properly interacting, the body's vital functions are supported and a person exists without any special problems. The Ancient Egyptians used the Rods with different fillings to regulate the energetic balance of a body.

The cylinder for the right hand was made from copper and associated with the Sun (Yang). The cylinder for the left hand was made from zinc and associated with the Moon (Yin). Placed within the Rods were minerals that were changed as the pharaoh made advances in the process of self-perfection.

Different Views on The Rods

The views of doctors

Dr M.A. Nikulin, a senior research worker at the Dzhanlidze First Aid Scientific Research Institute in St Petersburg, concluded the following when some medical investigations of the Egyptian's Rods influence effect on the human organism were carried out: When any pathologies within a human are detected we observe a thermal asymmetry between the ill and healthy parts of the body. Held in hands, the Rods equalize this thermal asymmetry thus showing their therapeutic effect.

The view of Bio-physicians

The existence of potential difference between the Rods transfers the organism to another, higher energetic state, that activates such restorative processes as harmonization of the whole organism much deeper and makes them proceed faster.

The view of Para-psychologist

The points of view of many mediums are the following: the Rods in the hands of a person creates two energy columns, that accepts energy from Space and let it flow into an organism. This energy circulates in the organism, purifying it and creates a protective energy field, inaccessible for mediums' influence.

The views of Specialists in Tsigun, Yoga and other Bio-Energetic Practices...

...are nearly the same. The influence of the Rods increases the movement of "Chi" ("prana") energy in the energy meridians or canals. Due to the increased movement of Chi, canals "furred up" by disorders are actively cleaned out and a healthy energy balance between the organs is restored as a result. The increased movement of Chi causes a pricking sensation or numbness in the tips of the fingers, pulsation in the centre of the palms and soles. The process of clearing blockages may cause a fairly wide range of sensations, the most common of which are vibration, pressure or bursting in certain parts of the body, to the point of tolerable, rapidly passing pain, ringing in the ears, slight dizziness. As the energy balance is restored those sensations disappear. Regular use of the Egyptian Rods while observing a number of rules in daily life strengthens and reinforces one's energetic potential right up to the point of establishing

contact with higher forms of intelligence and the manifestation of other superior capabilities associated with the healthy and morally pure human being.

The Rods influence on test subjects as registered by electronic diagnostic devices

A computer monitor displays the data received from the acupoints which indicate an internal organs' condition. The information was taken from the bio-active palm zones with the help of diagnostic methods. There were three staples on the monitor: green for healthy organs, red and blue for stressed or unhealthy organs. Everybody has their own unique pattern of these diagnostic indicators: some of them are in the green zone, others outside it, thus showing, that all of us have irregularities. Some minutes after holding the Rods, test subjects experienced a little miracle: all of the points started to move towards the green zone!

During the first few minutes of the test, people holding the Rods, experience a powerful pulse-wave from the left side to the right. A sensation of the vessels filling with blood is noted that has been named "the vascular stage" by researchers. Infrared radiation increases from the right upper limb, and then the thermal field at the limbs evens out. Together with these changes in the subject's organism, a general rise in activity is observed, accompanied by an 8-10 beats per minute increase in pulse-rate. By the second minute a warming of the cervico-thoracic section of the spinal column with increased infrared radiation was observed. It follows, then, that the whole of the vegetative nervous system is drawn into the process, and there is an energetic activation of the tissues of both the upper limbs, and the body as a whole. As a consequence, headache is alleviated and blood pressure tends towards the norm.

The Rods and the Pyramid

"The effect of the Pyramid on a field structure of any object, regardless of whether it is mineral, solution, organic substance or living creature, causes serious changes within this structure."



The connection

All of our Rods have been placed in big pyramids to be charged before they are sold.

Why do we mention that the Rods-crystal have the energy of pyramids in your hands? Why do we mention that the Rods-crystal are concentrators of energy? It is the special property of quartz crystal to remember for a long time the configuration of structural communications formed at the moment of high-energy influence. The quartz crystal can remember no more information, than it has edges. If there are new factors then the old information simply disappears. But no external force is capable of actually changing the crystal quartz.

The memory properties can be made more active by acting directionally on the crystal quartz by one of kind of energy (it can be thermal energy, light, electrical, magnetic field, including the thin energies, active torsion fields.)

Thin energies and active torsion fiends are present in a highly concentrated form in a Pyramid. This can be seen on radar. The placing of the quartz crystal in a pyramid imprints it with torsion fields. Then the quartz crystal is capable to replicate them, when it come in contact with similar (only weaker) torsion fiends generated by a human brain. There is a resonance effect which then multiplies the strength of the person's biofield.

The mono-crystal in the Rods-CRYSTAL act more powerfully, in a more directed manner. The sand and the quartzites in Rods-QUARTZ creates a soft effect of "presence" in a pyramid, that helps a person recover his own protective field. This protective field helps prevent another's energy from affecting a person's vital processes.

The Pyramids

- * a powerful cosmic antenna,
- * a stone model of the universe that uses its energy mechanisms,
- * a very powerful generator of cosmic energies of different planes.

Being resonators, the Pyramids also appear to be an antenna or system that transfers energy from one dimension into another. The Pyramid, being an antenna and a resonator at the same time, is also a re-transmitter of particular energetic flows, connected with some processes, taking place in Space.

Recent research has shown that in an area with a concentration of pyramids, seismic activity diminishes. More precisely, instead of one powerful earthquake there are hundreds of tiny ones. Also, in the atmosphere above the pyramids the site of the ozone layer improves. Additional findings indicate that burial of radioactive waste in pyramids lose their deadly properties. Agricultural seeds treated in the pyramid show a 30% to 70% increase in yield. Diamonds synthesized from graphite that has lain for a week in a pyramid turn out purer and harder than usual, and more perfect in shape. Water that has been in the pyramids retains its properties for years.

Who can the Rods be useful to

Daily work with the Rods has a beneficial effect in cases of:

- * Effectively recovering physical and spiritual power after working or training hard;
- * over-agitation and nervous disorders;
- * problems with arterial pressure;
- * vegeto-vascular disorder;
- * normalize the functioning of the head in cases of arrhythmia and neuroses;
- * improve circulatory processes, with a beneficial effect on blood vessels;
- * Ease pain in the joints in cases of arthritis and gout.
- * Purification of the human bio-field, increase its size, purification of energy-channels, increase of chakras functioning; all indicate an increase in the vitality of the human physical body.

As a result of the rods influence on a human organism, the general energetic level increases. The bio-energy redistributes itself between the organs and systems more harmonically, and pathological misbalance is removed. Protective functions are activated and the organism is shifted to a state where it is much easier for it to cope with any problems. Thus, the people suffering from different diseases can consider the Rods as their powerful helper in their struggle for health. Besides, the Rods help with insomnia, headaches, hypertension, stresses, and thus may help avoid the use of chemical remedies.

People of intensive physical or intellectual labour (doctors, teachers, police, businessmen, Metalworkers, students, sportsmen, etc.) often get rather tired by the end of the day and need some additional remedies for rest and restoration. Here the Rods are really indispensable. The Rods can also be recommended for the people with transcontinental syndrome, whose business is connected with often flights from one time zone to another (pilots, sportsmen, tourists, long-distance drivers, etc.), when asynchronous modes of internal and external organism work cause headache and weakness. Artists note the improving of their creative abilities as a result of the Rods' influence.

Some families experience the problems of misunderstanding and disharmony in interrelations, living in such a complicated modern world. One reason for misunderstanding is the difference between the energy levels of the partners. A pair way of using the Rods allows them to equal their energy levels and find understanding, that, in its turn, allows the existing problems to be solved in a constructive way. It is really hard to overestimate the usefulness of the Rods for those practicing self-development, purification of the organism, medicinal fasting, winter-swimming, healing, Chi Gong, Yoga, inner styles of oriental single combat. Use of the Rods improves the effect of such practices greatly and allows one to become successful in much shorter time. The Rods are recommended for people, who anticipate additional stress. By using the Rods, the organism's resistance greatly improves.

What can be achieved with the help of the Rods.

It has been demonstrated that by using The Rods it is possible to:

- * restore the energetic potential completely and keep it day and night during 24 hours
- * stimulate the endocrine, immune and nervous systems, that create the prerequisites for their further improvement;
- * harmonize the two main energetic streams, Yin - Yang;
- * harmonize the energy-information field;
- * strengthening psychical energy, "vital force".

As a result of this influence one can be cured of diseases, which are impossible to cure using traditional methods. This is because of the deep influences, stimulating not a particular organ but the organism as a whole, that are involved. The Egyptian Rods are energetically conditioned in the Pyramid. The Rods and the Pyramid thus transform into a single and inseparable entity. They represent the technology of the XXI century. This technology will allow us to greatly improve our mental and physical abilities.

With regular use of the Rods as a self-development exercise, the energy and blood flows improve within the whole body, mind becomes clearer, vital energy becomes more balanced. A thicker energetic bio-field is created around the body that prevents the negative energy information from penetrating. Additionally, protective functions of the organism improve; the body becomes stronger and diseases are cured.

The energy of the organism, being supplied by the Cosmic energies, begins circulating through the energy channels more intensively. These flows enhance the channels' purification and curing of diseases. When all of the diseases are removed, and the Rod exercises are continued, some hidden benefits will be discovered: vision, hearing, sense of smell, general sensitivity, intuition will be improved. Immune and protective functions strengthen. Such abilities, as

telepathy, clairvoyance, and connection with subtle information channels may be realized by the Rods practitioner.

In the beginning it's important to use less powerful Rods in order to balance and adjust your energy system. We recommend that you start with Rods-KONT or Rods-QUARTZ depending on your condition. This is due to the general un-preparedness and unsatisfactory state of the energy system in the majority of people.

The Rods-KONT	The Rods-QUARTZ
Heart pain in cases of stenocardia (pain radiating to the shoulder and upper arm, numbness and heaviness in the arms, pain under the left shoulder-blade) Heart pain.	Ischemic heart disease (breathlessness and a pounding heart on exertion)
Hypertension (high blood-pressure): 1. High blood-pressure 2. Pains in the area of the eyes 3. Nosebleeds 4. Ringing in the ears	Hypotonia (low blood-pressure): 1. Exhaustion, fatigue 2. Dizziness
Bronchial asthma (of an allergic character)	Bronchial asthma (of a nervous character)
Stresses, insomnia	Nervous tension, stresses

Both types of Rods are equally effective for:

- * prevention of arteriosclerosis;
- * diseases connected to poor circulation (including certain forms of impotence);
- * possible relief in cases of spasms in the alimentary canal;
- * some relief in cases of arthritis and back pain (osteochondrosis and radiculitis) without elimination of the causes;
- * the work with the Rods is rather useful for women during a period of pre-menstrual syndrome.

Different Types of Rods

In Ancient Egypt the fillings of the rods were often quartz crystals of different sizes. Those sizes depended on the goal and the health and energetic balance of the person who worked with the Rods. At first fine-grained quartz (special white sand) was used. The cylinders with white sand positively affect the person's energetic streams by activating them. After that beginning, the middle and coarse-grained quartz were used to achieve higher level of abilities (The rods Quartz). The next type of Rods contained quartz mono-crystals. It was made for Priests, the masters of healing. The rods would create a powerful energetic shield around a man, influencing the patient, harmonizing the energetic streams, and allow for coordination with the signal from the master's mind simultaneously. (The rods Crystal)

We also sell other types of Rods than the Rods Quartz and Rods Crystal. These are the Rods-Free and Rods-Kont.

The Rods-KONT

The Rods-KONT harmonizes the energy-information field of a person and creates a protective cocoon. The duration of the Rod's influence can last for 1-1/2 to 2 days. The effect of the Rods-KONT is strong and forceful, an impulse capable of shifting an established problem. Those suffering from low blood pressure should be careful when using this type of cylinder as they lower blood-pressure. Coupled with low atmospheric pressure usage by those with such a condition may lead to a circulatory collapse with all the consequences. On the other hand, for those with high blood-pressure, the Rods-KONT may be an invaluable aid.

When selecting the Rods, remember about the necessity of your blood pressure control. The Rods-KONT, filled with coal and ferromagnetic fillings, lower the blood pressure. Here it is important to understand that they lower the pressure to the level defined by the genetics of the organism itself. Thus, thinking about the current blood pressure, you ought not to consult only with the scale of a measuring device. Some devices may show the current level of the blood pressure much lower, than some conventional standard. But if a person has had the low blood pressure (according the data, given by measuring device) since his very childhood, that means, that perhaps his organism has adapted to it, and the current blood pressure has become usual for the person. The same words can be said about those, having high blood pressure (according to the scale). So, one should be guided by the fact whereto the problematic change is happening. E.g., if you have had low blood pressure for all your life, but it grows higher during

overalls, that means that your blood pressure is susceptible to high, but not to low. In such a case you should start to use the cylinders with the rods of coal and ferromagnetic material (Rods-KONT).

If your blood pressure is high, according to the scale of the device, but it grows lower, during overalls, than your blood pressure is susceptible to low. In this case (if it is hard for you to overcome the sudden changes of the blood pressure) you should start to use the cylinders with the quartz filling. They promote getting the blood pressure higher to the norm, defined by the genetics of your organism. If you have no problems with the blood pressure, you may use both types of the Rods without any hesitations. The Rods-KONT will always promote a deeper sleep, having a positive effect on the nervous system.

Those people suffering from diabetes should note that during the use of the Rods-KONT sudden changes of the lactose level (about 2 or 3 units) can occur. Especially people susceptible to lactose coma, and elderly people must take this fact into consideration. As the work with the Rods continues, it is going to promote stabilization of the lactose level.

The Rods-KONT act as catalysts and activator for latent healing capacities in the person.

The Rods-QUARTZ

The RODS-QUARTZ provide a more gentle effect and the energetic shield generated by them is more stable. When working with the RODS-QUARTZ for one week, the improvement in the energetic shield will be kept for the next three weeks. They are very good for guarding against cardio-vascular diseases, nervous depressions and many other illnesses, but may prove inadequate against such conditions in the acute phase.

The Rods-QUARTZ powerfully suppress stress. Please note: If you take the Rods-QUARTZ in your hands late at night, when you want to fall asleep, you may experience the feeling of cheerfulness within next few minutes. The Rods-QUARTZ, affecting the CNS positively, stimulates your activity. This effect causes a blood pressure stabilization in people, suffering from hypotonic (low blood pressure).

The Rods-QUARTZ are manufactured in three types:

The Rods-QUARTZ* - the most mild effect. Can be recommended for elderly, weak people, as well as for pupils for better attention concentration. Rods Quartz* are intended for people with weak vascular systems, those who have recently suffered a stroke or cardiac infarction. For people with a weakened energy and vascular system using other kinds Rods may cause sensations of pressure or pain in a problem area. The use of the Rods-Quartz* encourages the activation of blood circulation, but they have a mild stimulating effect without causing unpleasant sensations.

The Rods-QUARTZ** - the most universal remedy. Their effect increases gradually, without sudden changes. These can therefore be easily controlled. Rods Quartz** have a more powerful stimulatory effect on the vascular and energy system. They are very effective in cases of arthritis and poly-arthritis in combination with salt baths.

The Rods-QUARTZ*** have a pronounced general stimulatory effect on the vascular and energy, nervous and endocrinal systems but are of a more intense effect, and thus can be less pleasant for many people.

Here's a comparison: with the Rods-QUARTZ** - you can imagine yourself riding a bicycle along an even road, having rest and training at the same time. With the Rods-QUARTZ*** you are riding the same bike but uphill. Your muscles are strained, your breath is intensive, heart beats rapidly. Are you ready to stab, or will you wait for about a year? It's also worth telling about a method of working with the Rods-QUARTZ, suggested by Polish bio-energetic doctor, Marek Stavisky:

“One zinc Rod-QUARTZ can be successfully used by ill people for self immune therapy. Holding the Rods for 8-15 minutes duration has caused a slow increasing of vital powers, immunity increasing up to 100% and regulating of the energy in chakras... The energy during the first time of holding the Rod has been keeping the organism of those people in homeostage for 2-3 days. Holding the Rod for 1-2 min is enough to maintain the same level of the energy after 48 hours after it has been used.”

Please consider observations of Moscow Astro-psychologists, Irina and Michael Kosh regarding positive manifestation:

“... If to take into consideration the terminology of a modern sensorium and to speak about mind forms (the images, created by ones mind, filled with emotional sense), we can note, that it is the Rods-QUARTZ, that strengthen the psychical abilities of a person so powerfully, that even a person without a special training is able to materialize the objects of his mental efforts in pretty short periods of time. For example, we have watched for so called “bringing into life” of desires, using the Rods (QUARTZ) for a week. However, as a rule, one should count on the results of the materialization during one lunar month. Moreover, a ritual, i.e. selecting the time and the particular conditions of a session with the Rods, is of great importance.”

Rods-CRYSTAL as Mental Technology

Rods-CRYSTAL promote health, effecting an increase in energy, have all the qualities of the Rods with small-particle quartzite filling, but we also see Rods-CRYSTAL as mental technology as used by Ancient Egyptian Priests. The Priests used Rods during a 22-year training for “joining to the future.” Briefly, it is recorded that the Priest held the Rods-CRYSTAL for 5 minutes and more, until one o’clock. And at this precise moment he “constructed the future” through a process of visualization.

The liberation of mental energy is a most important process when working with Rods. This MENTAL ENERGY acts on sensory channels. This allows the person to not only feel his/her desire, but also to actually enjoy an odour, vision and sound of the desired FUTURE. The images appear in all diversity of colours and are retained by consciousness as long as this desire is pleasant to the person. This amplification of energy and desire helps to manifest the desired future. You may experience a mild pricking sensation and an exotic feeling of “expansion” in the field of possibilities when first working with the Rods. In some there is a sensation of “pulsating” fontanel as the energy grows in the 6th and 7th chakras. The Egyptian Rods are the amplifier of mental energy, which allows one to make the future a reality.

The Rods-CRYSTAL

The Rods-CRYSTAL can be used with practical results by a highly qualified specialist of bio-energy. The Rods-CRYSTAL have a more powerful impulse-based stimulating effect on a person’s energy structure than other kinds of Rods. If the Rods-CRYSTAL is used by people with a weak energy or vascular system, it may induce a pain syndrome in a problem area. This is

due to the increased intensity with which energy moves along the channels. If some energy canals are “closed” the necessary conductivity, then the sensation of inflation or pressure that arises at the site of a problem may develop into pain. In interacting with a person’s aura, the Rods-CRYSTAL begin to act on the user’s organism, after which the energy system itself begins to work on the pathology in the organism. It is for this reason that many users of the Rods-CRYSTAL have noticed the appearance of sensations of vibrations or pulsation in problem zones. Even the brief influence of the Rods-CRYSTAL on the human psycho-physical and energy field stimulates concentration on internal images, intensifying the meditative effect. Whereas you’ll need months of training to attain the necessary levels, when using the Rods-Crystal you’re reducing training times and the effect obtained significantly exceeds those that can be attained by ordinary means.

The Rods-CRYSTAL* are very good for group work under a supervision of a specialist. When using the Rods-CRYSTAL* for work in groups it is recommended to form a chain (Man-Woman), holding each other’s hands. A man should be the first in this chain, holding a copper Rod in his right hand. A woman should end the chain, holding a zinc Rod in her left hand.

The Rods-CRYSTAL(Star) intended for healers.

Due to the structure of the Crystal placed in the Rods-star , their effect on the electromagnetic and energy field of the human organism stimulates the organism to produce an energy cocoon of a special type of energy around the body. This energy submits well to thought control, restores energy balance. Possessors of such energy cocoon can take a sick person into their energy field and act upon the disorder in the patient’s body by the power of thought, by imagining what should take place in the diseased organ.

The Rods-CRYSTAL (CRYSTAL* , Star) are activating the pineal gland. The Rods-CRYSTAL are the tool for expanding consciousness. Using Rods-CRYSTAL supports the concentration of thought necessary to change the internal reality of the person. You can change your consciousness and thus change your world using Rods-CRYSTAL.

The Rods-FREE

The problems of YIN-YANG imbalance appear frequently nowadays. Some people have an excess of YIN (feminine source energy) the other possess an excess of YANG (masculine source energy). For example, a man with an excess of YIN can face the problem of metabolism disorder or decreasing of sexual activity, and other unpleasant symptoms. If someone has an excess of YANG, rather common for women, it may lead to the particular hormonal disorders.

To cope up with that misbalance one can use the new kind of Rods - Rods-FREE. They represent Zinc and Copper Rods only 90 mm long (small Rods) with a filling. One of those Rods is used as an addition to a set of the Rods-QUARTZ or CRYSTAL.

Method of Use:

1. If a person needs to increase a YIN energy flow (e.g., if a man has an excess of masculine hormones and sharp domination of YANG is observed), a small Copper Rod-FREE should be held in the right hand, and the left hand should hold an ordinary Zinc Rod-QUARTZ Or CRYSTAL).
2. If a person needs to increase a YANG energy flow (e.g., if a man has an excess of feminine hormones and sharp domination of YIN is observed), an ordinary Copper Rod-QUARTZ (or CRYSTAL) should be held in the right hand, and the left hand should hold a small Zinc Rod-FREE.

Time limits forwarding:

One should work with the Rods under the control of a specialist, who will determine the level of misbalance and set the time limits for working with the Rods, as appropriate.

Working With the Rods

Having taken the Rods into his hands, a person polarizes the crystals inside the Rods. At the same time, when we hold the Rods, they begin activating the 6th and 7th chakras (the ones in the palms and under both feet). The activation of these centres causes the energetic shield activation, and the organism begins to receive energy thru it. The incoming energy, generated by the crystal filling, create an energetic cocoon around the person's body. This cocoon corrects the energetic structure of a human.

Basic rules:

- a) The Sun (copper) Rods must be held in the right hand only, and the Moon (zinc) Rod - in the left hand, but never vice verse.
- b) Face the Sun when working with the Rods.

The basic (individual) way of using the Rods:

- a) Squeeze the Rods in your hands tightly (approximately 1 minute, then hold easily), straighten the arms along the body, face the Sun, advance the left leg a half-step.
- b) Forget all your thoughts or concentrate them on the Sun, which gives light and life to every living creature. Smile with happiness, relax your muscles, lower the shoulders, relax facial muscles, and keep the smile inside yourself.
- c) Stay in this pose:
 - * Initially, not more than 18 minutes for the Rods-KONT, depending on one's condition.
 - * The time limits for using the Rods-QUARTZ can be longer, depending on one's condition.
 - * The time limits for using the Rods-CRYSTAL are from 9 to 18 minutes.
- d) For maximum benefit it would be best to lie down and relax immediately after working with the Rods, thus promoting a deeper energetic conditioning and health-improving effect. Falling asleep would be best, for it is sleep and relaxation which help the organism to transform the received energy. Upon awakening, you will feel the renewed energy.

The aiming (pair) way of using the Rods:

This method is used for restoration of mutual understanding, harmonization of relationship energies and strengthening family ties. Follow the basic guidelines and then share one set of Rods by joining hands and holding the Rods in the free hands. The female should take the Sun Rod in the right hand, the male should take the Moon Rod in the left hand.

The research proves that energy flows between the couple, flowing from the stronger person to weaker, without any loss to the stronger one.

Some factors, improving the efficiency of the Rods' influence:

- a) Stand barefoot on the ground when working with the Rods (but only if the weather is windless).
- b) Work with the Rods in an ecologically pure environment.
- c) Avoiding excesses of food, sleep and emotional amusements.
- d) For maximum effect it is important to rhythmic the breath so we recommend working according to the instructions written later in this chapter.

Recommended Times

Condition	Application Time	Recommendations and explanations
Stresses	Any time	If your nervous system is sharpened, the first reaction on the Rods' influence will be sleepiness. You should not try to suppress the feeling. All businesses ought to be postponed and you need to have some rest. It will not take much time, but upon awakening, you will feel the burst of energy.
Insomnia	From 7 till 9 p.m.	
Hypertension and heart pains, connected with it.	From 11 a.m. till 1 p.m. and from 7 till 11 p.m.	When working with heart pain the Rods are more effective in the evening
Heart ischemia	From 11 p.m. till 1 a.m.	
Bronchial asthma	From 9 till 11 p.m.	
Hypotonia	From 9 till 11 a.m.	
For tone support and in critical days as a result of magnetic storms e.t.c.		For those have hypotonia it is highly recommended to work with the Rods in the morning. For people, who have hypertension, the recommended time is evening.

MAIN POSES AND ATTITUDE OF A BODY TO THE SUN

When working with the Rods it is necessary to position one's body to the energetic flows of the Earth and the Sun. Usually, the rule "Always face the Sun" is kept, no matter what sex a person is and regardless of whether he is left or right-handed. Simply put, when working with the Rods in the morning, it is necessary to face the East. in the afternoon face the South. When working with the Rods in the evening face the West and at night face the North.

The poses used for working with the Rods are the so-called "Egyptian Poses" either sitting or standing.

The sitting pose

Relax all of the muscles except for those supporting the back and head which should be perpendicular to the earth. The palms are situated on the knees. The knees are moved slightly apart. The heels are separated by the breadth of shoulders or less. The feet are moved slightly apart. The shoulders are lowered and relaxed. The elbows are pressed to the sides. Thus, the feet, shanks, thighs and forearms form a symbol of life, letter "V".

The standing pose

The back is kept straight perpendicular to the earth. The shoulders are lowered, the arms are straightened along the body. If when breathing your right nostril is more active, advance your right leg a half-step; if your left nostril is more active then the left leg should be advanced.

Basic rules:

- a. Enter the state of total peace. To do this the whole body should be progressively relaxed from head to toe: the head, neck, elbows, wrists, palms, chest, belly, back, waist, buttocks, knees, ankles, feet. One should not mix up the relaxation with looseness;
- b. The back of the head and the spinal column are in one straight line, as if you were supported from the ceiling by a string attached to the top of your head. The tip of the nose and the navel are also in one straight line;
- c. The tip of a tongue is raised to the palate and touches slightly the alveolar edge (the palatal ridge behind the teeth). The tongue root is relaxed;
- d. Develop an inner smile. The work will be much more eminent, if to be done in a state of a happy peacefulness. Think of the Sun, giving light and life and smile to yourself with gratitude. Then relax your forehead, brows, facial muscles and mouth so that there is no expression left, but keep the sense of a smile inside yourself. (Remember the subtle smile of Madonna or the

tranquil faces of the Egyptian Pharaohs). The relaxation of the cheeks stimulates salivation. The saliva should be swallowed, and following mentally its way down to a stomach, a body should be filled with a happy peacefulness.

e. The eyes look straight ahead. Your gaze should be concentrated on a real or imaginary image just in front of the eyes at a distance of 40-60 cm. The state of peace is the main condition. Just take a good look at the faces of Egyptian Pharaohs and emulate the spiritual peacefulness and happiness that can be seen in these faces. It was this expression, that was considered to be a sign of Wisdom in Ancient Egypt.

Time Limits for working with the Rods, in minutes

Type of the Rods	Increasing of bio-field up to 10 meters	Yin-Yang Balance	Complete "Chakras" opening
Rods-KONT	50	30	50
Rods-QUARTZ*	50	30	45
Rods-QUARTZ**	35	15	35
Rods-QUARTZ***	30	15	30
Rods-CRYSTAL	20	10	20
Rods-CRYSTAL*	15	none	15

It's necessary to remember:

1. The people with hypotonic (low blood pressure) should be reminded that when using the Rods one should not work too hard, especially on the threshold of unfavourable days (geomagnetic storms). Also, you should not drive a car, pilot a plane or stand at the steering wheel of a ship, because of the possible somnolence. Appearance of the somnolence is a natural phenomenon of the Rods influence on the nervous system and organism as a whole. During such a sleep the organism transforms the received energy, and, having awoken, you feel the burst of cheerfulness. A slight dizziness is also possible after the work with the Rods. In this case it is recommended to lie down and relax. There is no need to worry, as this condition stops very soon.

2. While working with the Rods there should not be any heavy or unpleasant thoughts, which may cause a stress. The Rods activate deep processes, connected with the human's mind. So, if you work with the Rods, being concentrated on some stress ideas, this may lead to dizziness.

The vital energy follows the mind. When working with the Rods, our ordinary thought, the so-called mind-shape and simple desire become a part of a field structure, that increases greatly a possibility of this or that event, imagined by this mind-shape, thought or desire under the Rods' affection.

3. People suffering from gall-stone and bladder-stone diseases, especially in the phase of exacerbation, should be warned that the Rods may lead to a sudden painful release of stones by activating the circulation of the blood.
4. People, during and after the cerebral thrombosis, must especially careful while using the Rods. As it has been mentioned above, the Rods enhance the circulation of the blood.
5. As the Rods increase blood circulation some women can have menses change.

Contra-indications:

1. The Rods are not recommended for people suffering from venereal diseases.
2. One should not use the Rods, when under the influence of alcohol or drug intoxication. In such a case the influence of the Rods causes deterioration of condition.
3. It is not recommended for people suffering from schizophrenia and other psychological disorders use the Rods.
4. It is not recommended that pregnant women (especially during the initial and final trimester) to use the Rods. It is not recommended for women to use the Rods during the period of menstruation
5. It is not recommended to keep the Rods near electrical and electronic devices, or in contiguity with each other or with other metals.
6. It is not recommended to heat the Rods or to keep in the Sun.

PECULIARITIES OF BREATH AND ATTENTION CONCENTRATION.

If you haven't entered the state of peace and distracted yourself from outside thoughts, the work with the Rods will be less efficient. Moreover, the irritation, anger and thoughts of different troubles may cause and strengthen the headache. It can happen, because the energy follows the mind, and the Rods strengthen the energy flows.

The easiest way to calm down thoughts and emotions is by controlling the process of breathing. At first one should try to achieve slow, rhythmical and continuous breath. The next stage consists of: 7 sec. of inhalation, 1 sec. - holding the breath, 7 sec. of exhalation, 1 sec. - holding the breath. At first, for stable thoughts and breath, one should train to concentrate the attention on a stick in front of him or on the imaginary Sun or Moon, when doing exercises. But it is not necessary to overstrain the eyes, the stick should be observed unclear.

At the next stage one should train the concentration of attention on particular body parts, when process of breathing, and provoke particular colour vibrations in these parts by the strength of will. This problem is rather complicated, and it is impossible to solve it without controlling mind, feelings and emotions by one's strong will.

The Caucasian "Master System" marks out 4 aspects of a human essence: physical, emotional, intellectual, spiritual, which are concentrated in the following parts of a human body:

- * physical aspect - in the lower part of a belly, genitals and back part of a head;
- * emotional aspect - in the upper part of the chest and forehead;
- * intellectual aspect - in the solar plexus, upper part of the belly and in the crown of a head;
- * spiritual aspect - in the arms, palms, legs, feet and face.

They correspond with the next colour vibrations: physical aspect - red; emotional - yellow; intellectual - blue; spiritual - white.

STATIC WORK WITH THE RODS.

Sitting exercises.

1. Beginner stage.

Sit down. Hold the Sun Rod in the right hand, Moon Rod in the left hand. Concentrate your attention on the Solar energy, giving life. The breath is continuous and rhythmical. The rhythm of the breath: 7 sec. of inhalation, 1 sec. - pause, 7 sec. of exhalation, 1 sec. - pause. Leave yourself in a condition of happy concentration on creative Solar Energy for 5-15 min. Let your mind, feelings and desires be directed by Love. This act fixes the vital energy by its three forces in the physical, emotional, intellectual and spiritual balance.

2. Stage of advanced work.

At this stage one should train the concentration of attention on particular body parts, when process of breathing, and provoke particular colour vibrations in these parts by the strength of will. The conscious use of strong-willed breath in the colour vibrations activates the body parts and energetic centres.

Exercise.

1. Take a suitable pose, exhale all the air. Inhale during 7 sec., expanding abdominal cavity. Imagine and desire the colour of red in the lower part of a belly, genitals and back part of the head, that activates the physical aspect of a human essence. Then, pause for a second. Exhalation during 7 sec. 1 minute pause. Repeat the cycle of breathing for the red colour twice more.
2. Continue breathing, expanding only the chest. When exhaling, fix the yellow emotional aspect in the chest and on the forehead by will and mind. Repeat this cycle twice more in the same rhythm: 7-1-7-1.
3. Continue breathing, expanding the chest and the upper part of the belly, fixing the blue intellectual aspect in the solar plexus, diaphragm and on the head crown. Repeat the cycle of breathing for the blue colour twice more.
4. Continue breathing, expanding the chest, diaphragm and belly together. 1 sec. pause. While exhaling for 7 sec., fix the mind and will on the white spiritual aspect in the arms, palms, legs, feet and face. Repeat the cycle of breathing for the white colour twice more in the same rhythm: 7-1-7-1.

The whole exercise:

* 3 cycles for the red colour - 48 sec.;

* 3 cycles for the yellow colour - 48 sec.;

* 3 cycles for the blue colour - 48 sec.;

* 3 cycles for the white colour - 48 sec.

Total: 3 min. 12 sec.

This exercise awakes the ecumenical powers, allows to contact with the higher energies, set the "Master Rhythm" and develops the clairvoyance.

Exercise standing.

Stand erect, hold the back and neck upright, the arms are straighten along the body and hold the Rods: the Sun Rod is in the Right hand, the Moon Rods - in the left hand.

Note, what type of breath you have - Sun or Moon.

Flowing through nostrils, the breath forms itself in three ways. When going through the right nostril, it creates electricity, that supplies the vascular and motive systems, so called Pingala. The name of this breath is Sun Breath. It is the breath of a warrior, ready to fight. The breath, going through the left nostril is the regulating mother principle, called magnetism. It supplies the sympathetic system, so called Ida. The name of this breath is Moon Breath. It is the breath of a wise man, ready to accept The Wisdom. The breath, going through both nostrils, is the breath of a balance, called "Sushumna."

If you are having the Moon Breath at the moment, you should advance your left leg half-step, if it is the Sun Breath - your right leg. The level of the eyes should be fixed according to the basic rules. Exhaling, strain the stomach and chest muscles in order to let all the air out of lungs. Inhale for 7 sec., expanding the belly and raising on the tip toes, squeezing the Rods as strong as possible; 1 sec. pause; exhale for 7 sec., going down on the heels and relaxing the hands with the Rods, charging the lower part of the belly and the back part of the head with the red color by a strong will, fix the mind and desire on the physical aspect of the human essence. 1 sec. pause. Do the same cycles for the red colour twice more. Then do three cycles per each colour [yellow (emotional), blue (intellectual) and white (spiritual)], fixing the mind and will on the according parts of the body, as in the previous exercise.

The rising on the tip toes when inhaling, and going down on the heels when exhaling, should be smooth and gradual, without any sharp movements. At first one may experience pain in the calves, caused by an unusual tension, but while getting accustomed to it, a great burst of cheerfulness and strength.

This exercise harmonizes the flows of vital energy in a body and develops the unusual abilities. A regular practice of these exercises shifts the organism to a state of a natural readiness to defend and to attack, caused by intensification of attention and intuition. This may happen only if one keeps the rules of nutrition and healthy life style. The breath through the left nostril is called the Moon Breath, and through the right nostril - the Sun Breath. The Moon Breath "magnetizes and cools", and the Sun Breath "electrifies and warms". The same in Yoga practice the breath through the right nostril is called hot and sunny, provides catabolic and accelerating effect, and the breath through the left nostril is called cold and lunar, provides anabolic, slowing down effect. The main aim of breathing exercises in Yoga is to achieve the balance between catabolic and anabolic processes in a body, and to purify the energetic channels. The signs, proving the successful purification, are the appearing of perspiration and trembling of the body. When the perspiration appears it is recommended to rub the body briskly. This strengthens the organism and causes the feeling of lightness. If the breath is going through one and the same nostril during 24 hours, it is considered to be a dangerous sign, warning about a disease approaching.

Feelings when using the Rods

Those, feeling nothing:

Typically the absence of any feelings indicates that an organism is rather “polluted”. In such a case a purification diet is recommended to clear the energy channels. One of the most suitable diets, after factoring into consideration the individual peculiarities of any person, is the vegetarian diet: Eating only fruit and vegetables for 48 hours to a week will help cleanse the organism.

The scientific research has proven that the influence of the Ancient Egyptians’ Rods on the people holding them does not depend on the feelings experienced by these people. However, the efficiency of the Rods does depend on the level of an organism “pollution”. It was for this reason that the Ancient Egyptians applied different diets and various fasts, when being prepared for initiation (“communication with the Gods”).

Those, having weak feelings:

This group includes the bulk of those surveyed. They experience either warmth or coldness, a pulsation in the hands, a slight prickling, sometimes an increase in pulse-rate, very occasionally dizziness.

Those, having strong feelings:

This small group includes people who felt “flows” or “waterfalls” of energy washing over their bodies inside and out. Some feel an irresistible upward urge, as if their whole bodies were trying to take off. This is accompanied by an unusual feeling of lightness and an elevated mood. We should point out that, although these three main categories do exist, the range and strength of sensations can fluctuate. This is due to the energy cycles of the Earth and the individual. There will be days when, for objective reasons of a cosmic nature, your energy system will be insufficiently active and therefore the sensations will be weak or absent altogether, although you have become used to feeling the effect of the Rods. A tendency to have “visions” while using the Rods suggests an inclination towards psychological illness. We do not recommend using the Rods in such cases. It does not make sense to view the Rods only as a treatment for one disease or another. The Rods are above all a prophylactic device. They help balance deviations from the norm and thus prompt a significant improvement in many conditions. First

and foremost, though, the Rods are a tool for “attainment”, allowing you to achieve a step-by-step evolution of your capacities.

Those, feeling the Rods at some higher level:

There are a few who are inspired by something sublime, and possess great experience of inner spiritual emotions. However, sometimes they are unable to describe their feelings which could be accompanied by bright, colourful or rapid visions. Or, an experience of peace and rest occupy their inner world. They have unusual dreams. Nearly all of the representatives of this group tell about some inner experience, gained when communicating with the Rods, that is hard to define. This group of feelings includes “burning pain” near the head crown or “the third eye”.

Those, who are weaker or having health troubles, usually feel the Rods’ influence stronger. This effect can be explained by a fact, that the activated energy flows attack pathologically blocked channels, causing reactions, experienced rather strong. Healthy people have their channels’ capacity normal, and the energy, activated by the Rods’ influence flows smoothly and fluently. Thus, healthy people may feel the Rods’ influence a bit less at first. The case is that feelings of an ordinary modern man are so weakly developed, that one can feel inner disorders only at the level of pain, when the organism cries “SOS”. However, in a month or two of regular exercises with the Rods the sensitivities can be improved enough to feel the inner energy flows, and then to discover disorders in advance, when they are easy to cure. But having once started the exercises and feeling no result, some people become disappointed and stop exercising. So it is important to know and take into consideration, that the exercises have different efficiency during different periods of time.

It was known long ago, that influences of the “male” energy, Yang, and “female” energy, Yin, alternated with each other every two hours. Thus, because of the fact, said, the hours are called Yin and Yang-hours. The energy during the Yang-hours is considered to be live, and during the Yin-hours dead. So, the exercises, done during the four Yang periods, are much more efficient: the hours from 23 to 1, from 11 to 13, from 5 to 7 and from 17 to 19. Moreover, the exercises, done between 23 and 1 a.m. are considered to be the most efficient.

It is also extremely important to take into consideration one’s own bio-rhythms, when practicing with the Rods. As it’s known, the physical, emotional and intellectual bio-rhythms have different periods, that are 23, 28 and 33 days. Starting phases of these rhythms coincide with the moment of a person’s birth. Each period of these three rhythms can be divided into two equal parts: the first part is called “positive half-period”, and the second the “negative half-period”. When in the positive half-period you feel physical, emotional and intellectual

enthusiasm until a critical point is reached. After that, the negative half-period or a breakdown begins. You will feel the Rods' influence much better, when your physical, emotional and intellectual functions are mainly in the negative half-period. But any attempts to learn the concentration on the colour vibrations of different body parts should be done when all of the three rhythms are in the positive half-period. In such a case the exercises will be more successful.

You may also experience the following feelings:

* When there is a sharp change in atmospheric pressure, stresses and physical some people may experience some unusual feelings, while working with the Rods. These feelings can appear during the first several minutes of working. Then everything becomes normal.

* Electrified people can feel a kind of overexcitement. In such a case one should have a cool shower before working with the Rods or after feeling of overexcitement has appeared.

Deferent negative feelings may appear when working with the Rods, if a person has his particular energetic channels blocked or has dystrophic de-compensations. In such a case a correction, diet or purification are necessary.

Particular attention should be given to a condition of your spinal column. Taking into consideration, that the spinal column is functionally connected with a human energetic structure, it is impotent to remember, that the condition of the whole range of organs and life-support systems depend on the spinal column condition. Additionally, your sensitivity and receptivity depend on it. Osteochondrosis blocks the whole energy exchange system of an organism. One of the symptoms indicating this is the temperature of your hands and feet. If you have cold hands and feet, that means that the main energetic column (spinal) is blocked. It is this occurrence, that may prevent one from feeling anything, when working with the Rods. In some cases, those suffering from osteochondrosis may experience sharp unpleasant feelings. Thus we suggestion paying special attention to the condition of your spinal column.

Some unpleasant feelings may be experienced by people, having serious troubles with a bilateral symmetry. Here are a few words about the bilateral symmetry.

In the organism of a normal man the energetic channels' knots, which pierce through the body, must be accurately attached with the acupuncture points. Serious diseases such as cancer, Bekhterev disease and some more cause the displacement of the knots. But this is not the single reason of displacement. The reasons may be hidden in human's genetics or in process of appearing of different health divergences. So in some cases of bilateral asymmetry the according correction is necessary. This correction must be conducted by a specialist.

F.A.Q

A) Can the Rods be used by the whole family but not by a single person?

The Rods become the individual's instrument, no matter what fillings they are made with. Being held in hands and taking part in creation of a "pranical" cover that balances the organism, the Rods memorize a frequency, dictated by hypothalamus and hypothesis. This is individual vibration and can be considered as a certain vibrational human code. This process is extremely individual. This is the vibration, which, by interacting with it, make the crystal structure resonate, giving it the rhythm necessary for your organism in this very moment. In other words, having put the Rods away, they continue to vibrate with the frequency of yours for a certain time. The duration of the memory depends on human's energy. The Rods of the people with ordinary energetic potential will be "remembering" the individual frequency for several hours more. The powerful energetic potential can make the Rods "remember" the frequency during several months. Theoretically, it is possible to hand the Rods to another person, but one should remember, that it is not recommended to use the handed cylinder immediately. They ought to be kept until the individual frequency given by another person, is active. If you take the Rods, vibrating with the frequency of another man, the "pranical" cover, created by them, will begin to vibrate with the alien frequency. This may cause different unpleasant feelings, and the influence of the Rods can become unpredictable. For quickening the process of dispersing another frequency the Rods should be put into cold running water.

B) Why do the Rods darken when used and can they be cleaned?

The rods may darken due to oxidation. The Rods can be cleaned with typical methods, but it is not necessary to clean them.

C) Is it always necessary to face the Sun when working with the Rods?

“Always face the Sun”. This is done in order to place a body correctly regarding the energetic flows of the Earth, Sun and Moon. It’s recommended to relax the body, enter the state of peace, concentrate your attention on a stick just in front of yourself, the Sun, or on the process of breathing and colour vibrations of different body parts. The vital energy follows the mind. Thus, if one concentrates his attention on a hand, the energy will flow to this hand, if to concentrate the attention on a leg - the energy will flow to this leg. If you continue thinking about some unpleasant things, holding the Rods, the energy may cause a headache. If your body is not relaxed, the energy will hardly flow through strained parts of your body, that may cause some unpleasant embeds of muscles’ trembling, or a feeling of compressing or bursting open.

Sometimes, during the work with the Rods, one may feel a sudden desire to face the Sun or Moon. A sudden work is a natural ability of a human for self-control and self-healing. Appearing of the sudden work can be considered as a showing of a hidden function of self-restoration. Chinese Medicine presupposes that a body falls ill when the balance of Yang-chi and Yin-

chi energies is broken. The influence of the Rods regulates the balance of Yin-Yang and activates the self-regulating function. Thus, when there is a lack of any of the energies said, people intuitively turn to the Sunlight to supply Yang-Chi, or to the Moonlight to supply Yin-Chi

F) Can children use Rods?

Yes, they can. We recommend that children use the Rods with the parents. Set the child to the leg of yourself (You should have positive emotions and spiritual rest). Take his right hand, give him the Lunar Rod to hold in his leg-hand, in your right hand take Solar Rod and sit in silence.

After 7 years children can use the Rods-QUARTZ* independently. The Rods are a good helper or the elimination of an attention deficit syndrome.

G) What recommendations for those who use the Rods for a long time?

Try working with Rods:

- * During a thunderstorm, rain.
- * In a standing water (bath, lake, pond) hands holding Rods (don't put into the water).
- * Use Rods in new settings.
- * Hold Rods only by phalanxes of pins.
- * In the evening use Rods-KONT in the morning, Rods-QUARTZ or Rods-crystal.
(9-18 min) .
- * At back pains, cervical spondyle etc., at bromatoxisms.
- * Take Rods and begin (to wash Rods energy on ill places.
- * Animals like to lie on Rods-KONT (specially during illness).
- * There is faster repair of osteal tissues when using Rods

H) Could the pharaoh have used the Rods for longevity?

Yes, they could. The Rods offer antioxidant protection and thus reduce organism aging.

1) What are the effects if the Rod's orientations are parallel to the ground or vertical?

Research carried out in 2003 by Zimin, professor in Medicine and Bioenergetics from the International Shaping Federation, proved the following data:

- 1) If You held Rods vertical to the ground - You have communication with Space, the higher planes .
- 2) if You held Rods in the horizontal position to the ground - You have communication with Earth, the material plane.
- 3) If you change place Rods-KONT (moon Rod in the right hand and Sun Rod in the left hand) - You have communication with Earth, the material plane.
- 4) good result give Rods-crystal* (for group working). A group of people using Rods held one Rod vertical to the ground , other Rod in the horizontal position to the ground. This action give as communication with Space (the higher planes) and communication with Earth (the material plane).
- 5) if You lay down and held the Rods in the horizontal position to the ground - it is nice for relax and dreaming, but Rods's effect is very small
- 6) if You held the Rods in vertical to the ground - You have control communication with your higher self and strong communication with the higher planes .