

Introduction

Finding a good healer is an extremely difficult process. There are so many out there and there are so many different ways in which healers work.

My name is Raju Kallumkal and I have been a meditant for 27+ years, relieving myself of much pain and getting my life back – when I saw all these people in the general public - suffering from problems that could potentially easily be healed by me – so I decided to do exactly that.

But, I was faced with the same problem that other healers were faced with – How do you prove that you can heal people without their having to visit.

This is why I decided to post these visualisation techniques.

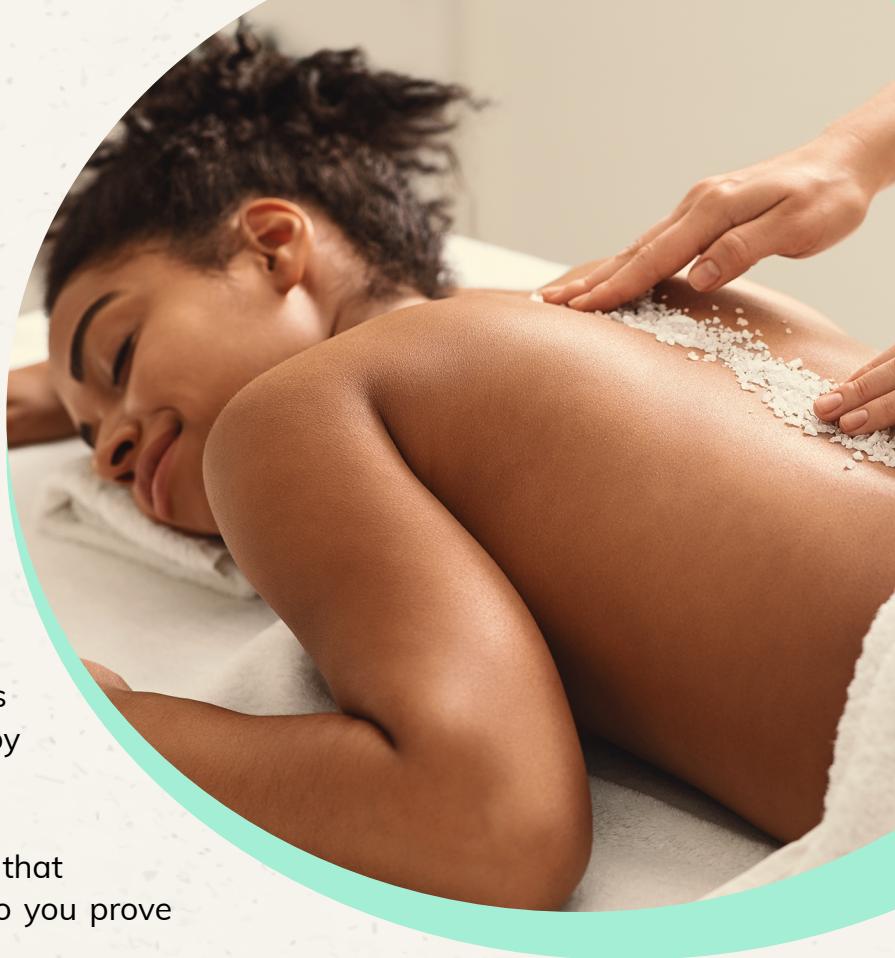
These techniques address just one possibility for you to heal. They aren't as good as having a healer work on you – but they can give you good insight as to whether or not a meditant might be effective in helping you relieve your pain – making your decision to choose a service much better informed.

We are happy to help clients who inform themselves – that way the chances that you will not be a good fit with us reduces.

We allow you to choose from a variety of options – from short to long term commitments – and if you commit to longer term for the savings – we offer your money back for whatever remains unused – so that you never go dissatisfied with our service.

Keeping your business is important to us. This is why we work are committed to working hard to ensure that your goals for healing are met.

Try our visualisation techniques and/or contact us for a no-obligation discussion on your healing process. Contact information is found at the end of this document.



What are Visualisation Techniques

Visualisation techniques are techniques that involve using the imagination to help with some health issue. There is absolutely nothing to lose – you can see for yourself below.

The techniques described here are entirely created by me and are for the purpose of your use and witness to the fact that using the imagination can in fact help you heal.

This then, is a good basis for understanding how I am able to use just my hands and a bunch of healing crystals to help you heal from all kinds of aches and pains.

Technique One – for Mid Back Pain

Primarily aimed at mid-back pains – but can be used by anyone for stress relief.

Draw a line down your middle of your neck in front to where you first feel the bone.

Take the spot you first feel the bone and measure the distance to the V of your chest. Divide that distance in two and mark the mid-point.

This spot should be in a triangle pointing downwards whose top edge is 2-2.5cm above that middle point.

The triangle's top edge is parallel to the ground and from its top edge's midpoint the corners are about 1 cm away from it in either direction. Now imagine you can feel some itchiness between this triangle's center and top line.

At the top corners of the triangle - imagine there are holes.

Now there is a white piece of string (it is a multi-fibre string twisted together, and it is 1mm in thickness) with small knots tied in it at regular intervals making it - not thicker than 2.5 times the width of the string. Now, lace that imaginary string through the two holes described above.



At the midpoint of this string inside your body, there should be another similar string tied to it and tied to your back at the mid-point of your spinal cord.

Now pull the string hanging outside of your body back and forth, so that the knots rub the bone on the outside surface and a little deeper (maximum 1mm deeper) when it goes through the holes.

Occasionally, also imagine a small spark like shock in the middle of the string going to your back, exactly halfway between the time you bat your eyelashes.

Use this visual technique - up to 3 seconds, and then breathe out. Then don't use the technique again for at least 5 minutes.

It won't necessarily work forever, if it does work - so use it sparingly.

Technique Two – for Lower Back Pain

Aimed at lower back sciatic pain -
can be used by anyone for stress relief as well.

Imagine a white string that is a bunch of twisted strands tied to the lowest tip of the tail bone - It should ride up the middle of the outside of the bone until it reaches the turning point - just above where you can feel the first bone of the base of the spinal cord from the outside. Then there is a hole that takes it to the inner side of the spinal cord.

Right where it reaches the other side - you should find a bunch of black thin circular rings that are concentric and moving up the spine about to about 1.5cm tall and each concentric ring is separated by approximately 5mm space between them.



Now imagine that some sort of magic happens and these concentric rings which are tied to the string with a knot at the lowest ring - these concentric rings magically contract - leaving no slack in any of the rings - in a fraction of a second and squeeze the spinal cord there for 2-3 seconds - and as soon as they squeeze - the white string gets pulled and increases its tension - evenly distributing that tension to the bone it is in contact with below the curl of the last bone you feel at the bottom of the spinal column.

Imagine a Y shaped string - the junction of the Y - rising about 6 cm above the top of the top concentric black ring – and tied to it. The wings of the Y spread out from the spinal chord. If you were to put a book flat against your side (perpendicular to the ground) - the wing of the Y will reach half way out to it and stop there. It will sit in the middle of your deepest love handle there. It too should get pulled when the concentric rings squeeze - but, it shouldn't move as much as it pulls the fibres of the muscles that it is attached to evenly along it's length.

Wait 4 seconds in your mind and start breathing deep relaxing breaths 2 in and 2 out.

As with all visualisation techniques - remember to use this very sparingly and it will last you some time - Give minimally 5 minutes between tries – but, if you can, give yourself as much time as you can bare in between trials.

Have You Found this useful?

If you find these techniques useful and you need more help –

call/text us at **(613) 262-9168** or visit our website: <http://www.healerstouch.ca>

We have many articles addressing the issue of how we work with you in our articles area. Check them out, if that is of interest to you.

We also have our rates written on the website and you can choose between a number of different options to address your needs, including hours in bulk packages that save you money.

If you decide you like what you see. Contact us and we can set up the initial assessment and figure out if there is a good fit there.

I hope and wish you all the best in addressing your health needs.

