



Linda's Energy Treatment Sessions Your Gateway to Improved Health and Vitality

Basis for the Session:

PRANIC HEALING is a highly developed and tested system of energy based healing techniques that utilizes "prana" to balance, harmonize and transform the body's energy processes. "Prana" is a Sanskrit word that means "life-force". This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health. In acupuncture, the Chinese refer to this subtle energy as "Chi". It is also called "Ruah" or the "Breath of Life" in the Old Testament.

PRANIC HEALING is a simple yet powerful and effective no-touch energy healing. It is based on the fundamental principle that the body is a "self-repairing" living entity that possesses the innate ability to heal itself. PRANIC HEALING works on the principle that the healing process is accelerated by increasing the life force or vital energy on the affected part of the physical body

PRANIC HEALING influences this natural life force to bring about a healthier physical body. PRANIC HEALING is applied on the bio-electromagnetic field known as the "aura", which contains the mold and blueprint of the physical body. This bioplasmic body absorbs life energy and distributes it to the organs and glands. Diseases first appear as energetic disruptions in the energy field before manifesting as ailments in the physical body.

Disclaimer: The Pranic Healing® system is not meant to replace orthodox medicine but merely to complement it. Pranic Healing® practitioners DO NOT physically touch the recipient's body, diagnose diseases, prescribe any drugs/substances or make any health claims or promises.

Common Ailments Treated with Pranic Healing:

Psychological:

- ✦ADD,
- ✦anger;
- ✦stress, irritability; anxiety: migraine headaches, family, work, financial;
- ✦grief; hysteria, insomnia;
- ✦phobias; traumas: accidents, fear of height, flying, etc. ;
- ✦obsessions; compulsions; compulsive eating, stuttering, nymphomania ;
- ✦addictions: smoking, alcohol, drugs, work;
- ✦hallucination and restlessness;
- ✦depression: mild, severe, suicidal;

Physical:

- ✦immune and defense system ailments: AIDS, skin, eye, ear, respiratory, gastrointestinal, liver urinary infections; ailments of the eyes, ears and throat;
- ✦skin ailments;
- ✦heart and circulatory ailments: circulatory system, coronary artery disease, irregular heartbeat, inflammation of the heart, enlarged heart, defective heart valve, congenital heart ailment, arteriosclerosis or atherosclerosis, varicose veins, hypertension, hypotension, stroke;
- ✦respiratory ailments: chronic sinusitis, chronic cough, lung infections, tuberculosis, asthma, emphysema;
- ✦gastrointestinal ailments: digestive, assimilative, and eliminative system, difficulty swallowing, vomiting and diarrhea, constipation, abdominal pain, indigestion, gastrointestinal ulcer, hemorrhoids, hernia, high cholesterol, acute appendicitis, acute pancreatitis, gallstones, hepatitis;
- ✦reproductive ailments;
- ✦endocrine ailments;
- ✦skeletal and muscular ailments: lower back pain, scoliosis, arthritis and rheumatism, inflammation of the muscles and tendons, stiff neck, painful shoulder, gout, degenerative arthritis, rheumatoid arthritis, systematic lupus erythmatosus, sports injuries, muscle cramps, bursitis, strain, sprain, hernia, torn tendons, dislocation; blood ailments;
- ✦brain and nervous systems ailments: Bell's Palsy, facial tics, numbness, epilepsy, Parkinson's Disease, encephalitis and meningitis, mental retardation;
- ✦tumors and cancer: benign tumors, lung cancer, breast cancer, liver cancer, colon cancer, brain cancer, eye cancer;



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A Session with Linda Bottero

Distance does not exist in the energy world. You can be standing in front of me or across the world and the treatment will be equally effective providing you follow a couple of simple steps.

Sit or lie on your side with your back and front open – not resting against a chair or any other dense matter. The reason for this is to allow your energy centers to expel the dirty or dense energy and allow clean energy to enter your system.

Stay quiet and calm during the session – do not listen to the radio, music (unless it is meditation music), watch TV or read.

Feel perfectly comfortable in taking a nap or being worked on while sleeping.

Sessions are generally an hour in length. Each session is personalized to meet the goals of the individual. Prior to the session we will discuss what your intentions for the session will be. I then use your intentions to determine the protocols and techniques to be used in the session.

The session can be broken into three distinct segments. These are “no-touch” sessions.

Segment one is the general cutting of “cords” and general sweeping of the aura. It also includes measuring and documenting your energy field, determining your pain level, as applicable, and bringing in the waterfall of energy into your body.

Segment two is cleaning and energizing your energy centers and physical organs. This is a no-touch technique using the right proportion, color combinations and degree of hue of colored prana (energy). The majority of the session is spent cleaning the energy centers. Once the aura, energy centers and physical organs have been thoroughly cleansed they are energized with fresh prana or energy.

Segment three is the cutting of cords for the session and learning a couple of basic techniques that you can continue to use to maintain a cleaner energy field.

In the case of many ailments or chronic conditions, a series of treatments may be recommended to improve or eliminate the symptoms.

The cost per session depends upon the intent of the session(s) and the symptoms. In general a session is from a low of \$75 to a high of \$150.