

## Prana 2011 Course Notes

(Last updated 29.July 2011)

A Prana antenna is an item that has been permanently altered on a sub-molecular level, so that it acts as a receiver and transmitter of Prana (Lifeforce).

You can create different types Prana antennas.

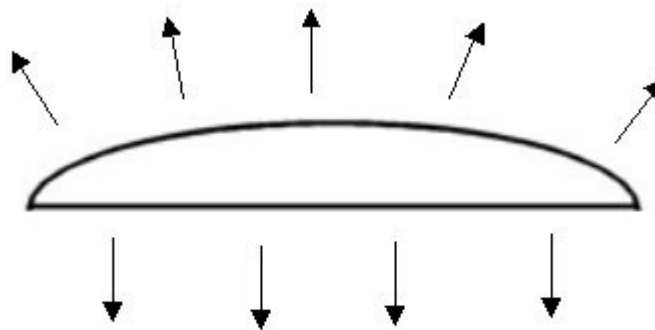
*All-round* Prana antennas are suitable for water, oil and everything to wear, like wristbands, headbands, wraps etc. Also suitable for sheets, sleep pads and cell phone filters.

*One-Side* Prana antennas are suitable for making a "Prana disc" (see below).

*One-Side Laser* Prana antennas are suitable for making chakra stones. This is the most concentrated antenna.

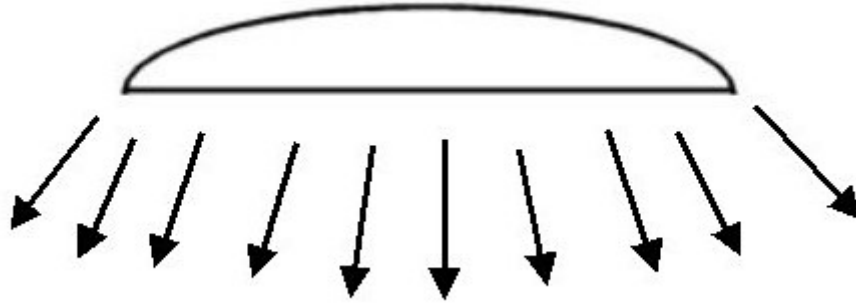
You can view the different antennas here, on an enlargement of a glass stone; one site is flat, and the other oval:

### All-round Prana antenna



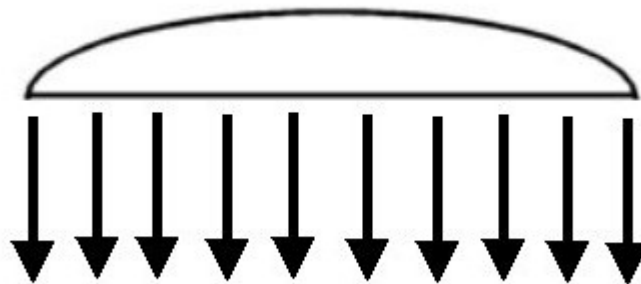
(The energy is coming out of all sides)

One-side Prana antenna



(The energy is coming out of one side like a flashlight)

One-side Laser Prana antenna



(The energy is concentrated like a laser out of the bottom of the stone)

## Creating Prana antennas

Let's say that you would like to create an *all round* Prana antenna out of a glass pebble.

Before we continue with the pebble, let's make a definition once and for all. This is an example statement and you can alter it as you like. You only need to read this out (loud or mentally) once and not every time you create antennas.

*"From now on whenever I would like to have an item converted into a Prana antenna, I just have to define what kind of antenna I want and then gently place it on the table."*

1. Take the glass pebble in your hand and mentally define "All round antenna".
2. Place the pebble on a table and leave for a few seconds.
3. The pebble is ready for use! (Maximum strenght of the antenna is reached after 15 minutes)

Notice that step 1 does not start the creation process. You do not do any energy work in this step...you only define. The creation process begins as soon as you place the pebble on the table.

Let's take another example. This time we will make a Prana disc out of cardboard or wood.

1. First mark the side where the Prana will go out. Take the disc in your hand and mentally define "One side antenna".
2. Place the disc on a table and leave for a few seconds.
3. The disc is ready for use.

### Example use for all-round Prana antennas:

Water can either be charged by Prana or created as a Prana antenna. *These are 2 different things.*

Water as Prana antenna: Find a little bottle (ex. 50-200 millilitres) and fill it with water (if you are going to keep the water for longer periods use distilled water. This will not go stale). Make a Prana antenna out of the water. Use: 1-5 drops under tongue, 3 times a day. Later you can increase the dose. Taking Prana water will slowly transform your body into a Prana antenna.

Charging water: Create a Prana antenna out of a piece of cardboard or wood. Place a water bottle/jar on it, for approx 2-15 minutes . Prana will charge the water with lifeforce.

Cell phone filter: Buy some small white sticker dots from a bookshop. Take one dot and

make it into a Prana antenna. Stick one on the cell phone battery. This will neutralize the negative effects from EMF. (Only make one dot at a time).

Oil: For massage and as an "attunement oil".

Prana Vortex Grid: Make 4 glass pebbles/stones into Prana antennas. When placed in a square/rectangle (at least 1 meter apart) it will create a "vortex" in the middle that has a cleansing effect. This can be used example at the corners of a message table or on the floor. You can also place one at each corner of a bed and leave overnight. It's recommended that the grid is removed when not in use.

Example use for one-side Prana antennas:

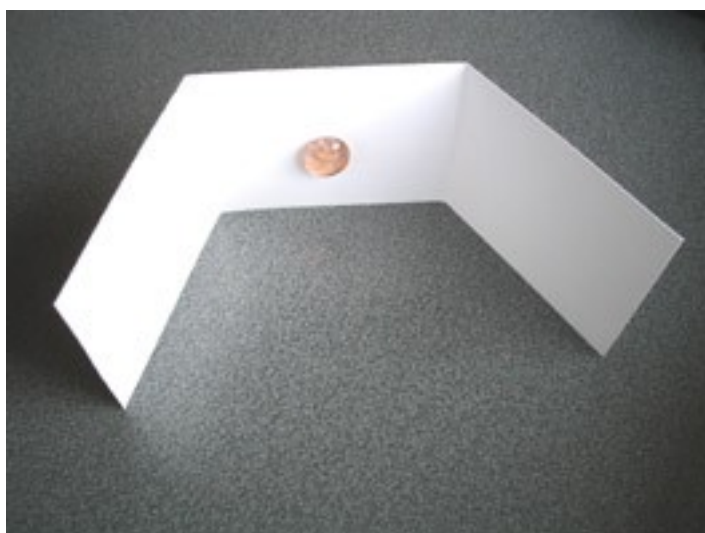
Prana Disc: 1 round cardboard/wood disc (4 inches or 10 centimetres in diameter). You can also use an empty CD-R.

Mark one side, to show where the energy will come out. Make it a one-side Prana antenna. Water and other items can placed on the disc for 2-15 minutes or more. For a positive energized environment, make 2 discs and place them on opposite walls directly facing each other. The energy will then bounce of the disks and fill the whole room.

Example use for one-side laser Prana antennas:

Prana Chakra Glass stone: 7 stones/glass pebbles with at least one flat side. Make 6 one-side laser antennas and 1 one-side antenna. Glue the one-side antenna on a piece of cardboard, like this:





Lie down on the floor/bed and place the 6 stones on the following chakras: Root, Hara, Solar Plexus, Heart, Throat and third eye. Place the seventh near the crown chakra (about 1-2 inches from the crown). Do this for approx. 20 minutes for meditation/relaxation. Singularly they can be placed/taped on blocks or place of concern.

You can also choose to create all the stones as One-side antennas. This way the energy will cover more of the chakra area.

Prana Rod: 1 wooden dowel (ex. 5 inch high and 1 inch thick). Make it a laser antenna so that the Prana will go out of one end (remember to mark this end first). Use as a powerful healing tool.

Other items that you can use as Prana antennas: Jewels, massage oil, vitamins, lotions, sheets, cloth, animal products, paint, candles etc.

Tips: You can make a plaster into a laser antenna.

Create 1 item at a time.

You do not need to place an item on a table. You can example just say "This wall will now become a Prana antenna" etc.

All antennas seems to be permanent and does not energetically "fade".

## Distribution of Prana

If you, as an example, are going to create 2 Prana antennas, you have to create them one at a time. If you create 2 at the same time, both have to share the supplied energy. In this case it would mean that they would only become half as strong as if they were created one at a time. You should also know, that the smaller the material is, the more concentrated the energy will become. Example a sheet will distribute Prana out on a large area, whereas a little stone is very concentrated on a small area. The overall energy will be the same though.

## Healing

Here's an example on how to perform a healing session:

Wear an all round Prana antenna. Also place 2 Prana discs on opposite walls directly facing each other. The energy will then bounce of the disks and fill the whole session room. Do this 10-30 minutes before the actual session.

The person could sit on a chair or preferable laying down on a massage table. Consider a blanket if the person is laying down.

Start the healing session by saying a prayer like this:

*I call in my Angelic guardians and the appropriate Archangels. I ask that we will be protected during this session and that we will receive the guidance we need.*

*I ask that that or those Ascended Masters, Angels and Archangels that is needed in this session will come now and give (name) the healing he/she needs. Thank you!*

The healing will start and if you are sensitive to energy you will most likely feel, that there will be a huge energy lift.

Let the energy run. Relax and observe. Usually you do not need to place your hands on the receiver, but if you feel prompted to do so, then follow that guidance.

Ask your Angelic guardians to tell you when the session is finished. It could be 5, 10, 15 minutes or something else. The way you might feel that the session has ended could be like a sigh and then the feeling of completeness.

Gently tell the receiver that the session is over. It's ok for the receiver to just lay there and absorb the energy. Some will get up fast and others need to “awake” slowly.

Ask what they experienced and also tell them if you noticed anything during the session.

The above example can also be used as a self healing. Follow the same steps. Then sit or lay down and say the prayer.

### How to pass on the Prana attunement

There are many ways to pass on attunements. I have found that the less complicated you do it, the better the result will become. The most important step when performing an attunement is the preparation process. Do not pass on attunements if you feel exhausted or tired. It's better to wait a day than to perform an only “average” attunement.

I recommend using 3 tools for the attunement preparation process. The first is an all round Prana antenna (could be a little stone or glass nugget). Wear this. The second is the Prana disc. Create 2 discs and place them on opposite walls directly facing each other. The energy will then bounce of the disks and fill the whole room (you can take them down again when you have performed the attunement). The third is Prana Oil. You can use any oil, like olive, almond etc. Rub a couple of drops into your hands before you “Relax and recharge”.

I usually rest 5-10 minutes on my couch to recharge. I close my eyes and completely relax.

Here are some examples on passing on attunements:

### “Real life” Attunements

This method could be used for a live class.

1. Relax and recharge. (I recommend rubbing a couple of drops of Prana oil into your hands). When you have rested for probably 5-10 minutes, rise and be fully awake.
2. State mentally or loud once: “Prana attunement for (name)”. If more than one person, continue with each name in the group. The attunement will then start and after around 12-15 minutes, it will stop.

## Via distance/email

This method could be used for a distance attunement, example via email.

I recommend that you do this one-time statement: "Every time I perform an attunement via email, it is "queued" so that the receiver can take it down any time he/she likes."

1. Relax and recharge. (I recommend rubbing 1-2 drops of Prana oil into your hands.) When you have rested for probably 5-10 minutes, rise and be fully awake.

2. State mentally or loud once: "Prana attunement queued for (name)". If more than one email, continue with each.

You should provide the receiver a method to receive the attunement. You could use something like this in your email:

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Receiving the attunement:

1. Sit or lie down in a comfortable position. Mentally say once: "I will now receive the Prana attunement from (insert your name here)." This will start the attunement and it will last for 12-15 minutes.

2. The attunement procedure is done, but I highly recommend that you keep your position for another 10-25 minutes (or more if you like). This will give the increased flow of the energy a chance to more rapidly become distributed and absorbed into your energy system.

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Notice that I recommend that the receiver keep the position for another 10-25 minutes. This is also recommended in live classes, but though never required to have a successful attunement.

The above attunement examples can also be used for other attunement systems.

I hope that this course has inspired you to create Prana tools for yourself and loved ones.

Remember that all the above are only *examples*! Feel free to experiment and have fun creating these wonderful energy tools!

Blessings

Ole