

## WHAT DO YOU MEAN BY TIBETAN HEALING?

Tibetan healing is a particular way to balance the energy of our subtle body. To contact these flows of energy Tibetan healers take a special pulse: The Tibetan Intuitive Pulse (T.I.P), which I explain during my workshop. Tibetan healing is different from Tibetan medicine. It is a much faster and simple way that you can use as self-healing or for healing others. You just need to know the details of the process.

## WHAT DO YOU EXPERIENCE WITH IT?

Doing Tibetan healing allows you to feel the flow of energy of your two basics polarities as Moon and Sun create different vibrations. These vibrations are actually an alternating vibration which expresses the play of these two polarities and as a result creates a subtle and secret pulsation. You can experience this particular pulsation when you use the T.I.P. So when I use it myself ,as I wrote in my book : “The perception of this subtle pulsation is the key of the T.I.P”. In contact with this double movement inside the pulse you can assess and balance the energy of your chakras, you really feel “the beat of your body-mind” at the tip of your fingers like the movement of a pendulum. I call this subtle pulsation “ the beat of the Mind”, an alternative pulsation which reveals the dual nature of any vibration. It exists by itself naturally in balance .

## HOW DO I YOU USE TIBETAN HEALING IN MY DAILY LIFE?

The T.I.P. which is the key point of Tibetan healing can be used in many different ways: for example, in the morning while still in your bed, you can use it to check the balance of your chakras or you can be focused on any other area in your body to adjust a simple painful spot in order to release your suffering. You can even talk to your subconscious simply by using this T.I.P. In that case, just ask one-answer question, simply giving the possibility of a choice and you will always have the answer. And I am sure that you will discover much more when you will master this magic T.I.P!