

**IF YOU WISH TO LEARN ON YOUR OWN, USING THIS
MANUAL ...**

If you wish to learn on your own, I would suggest the following:

1. Read the book through first to gain an understanding. Then work with the hand sensing and V of Light to get inner permission
2. Then go to the three page diagrams where you can see the hand movements so you can see the movements and go over the movements at least five times.
3. Then go to the diagrams with the words attached. Go through the process by hand transferring from yourself to the state you are in now. Using this state, go through the diagrams, and words using the term “crystalline thought form” for the first root cause.
4. Notice to see if you have any change in feelings. Even while you are learning, you can still accomplish a change in your being.
5. Keep a history.
6. After spending an hour or so experimenting the first day, do at least ten minutes worth a day for a month. In this way, you will ingrain the diagram in your cell memory.
7. After you feel secure about the diagram, then work with the unconscious barrier. You will see many approaches and uses as you go through the book.
8. Do the V of Light to get your inner permission.

It is better to take the class (more than sixteen hours) where you will have others to work with. You will be able to verify the changes that are brought about in both yourself and others. You will go through a training process that will establish the diagram and pathways in your cell memory.

The manual is condensed. Therefore the presentation by the instructor will help to clarify and deepen concepts. One must attend a class in order to be able to do the open book exam and receive a practitioner’s certificate upon successful completion of the exam.

It is possible to learn the system using the manual. Self discipline is necessary and hopefully, you have the discipline to learn this. For some, classes are preferable.

Good luck and blessings

Olga

You will find the following animation extremely useful:

<http://home.ican.net/~vana/lpani298.gif>

For clarification, contact Olga Nickle B. A. at vana@ican.net
or 905-884-9308 <http://home.ican.net/~vana>

For classes and sessions, contact:

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