

Cure Your Cravings

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Supplemental Booklet



HighBridge

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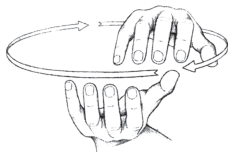
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Week One Exercise 1: Activating Your Hands



Begin with your left hand open, with your fingers spread apart. Imagine that you are holding a ball the size of a cantaloupe in your hand. Put your right hand in the same loose position. Float it above your left hand, with a distance of about two inches between your palms.

Rotate your right hand around the fingers of your left hand in a clockwise motion for about thirty seconds. Maintain the form of your hands, but try not to

make them tight or tense. After thirty seconds, reverse hands, and move your left hand over your right hand again in a clockwise motion for thirty seconds. You will feel your hands becoming activated.

It's important in the beginning to keep your eyes open as you learn each new exercise. The reason for this will become clear in the following sections when I describe the more advanced signal exercises.

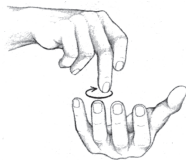
Week Two Exercise 2: The Exit

Remember, before you begin this exercise, repeat the first exercise you learned the previous week.

The second exercise is designed to open the exits of energy that are located at the end of your fingers. Place your right hand in the same position as it was in the first exercise, keeping it open and loose. Extending your left pinkie, move your left hand over your right hand and make small clockwise circles over the pinkie on your right hand. Do this for thirty seconds.

Wipe the fingers of your left hand clean of any residual energy by brushing your left thumb against their pads.

Return your left hand to the same position as before, and rotate the extended pinkie of your left hand, clockwise, around the ring finger of your right hand, again for thirty seconds. Again, cleanse your fingers. Continue doing this for all the fingers of



your right hand. Then, repeat the foregoing exercise, with your left ring finger making the rotations. Continue this exercise, with each finger of your left hand making the circuit of rotation over every finger of your right hand.

Now, turn your hands over, holding them in the same relative position. This time, beginning with your right pinkie, make the clockwise motion over the pinkie of your left hand. Continue doing this so that each finger of your right hand makes the clockwise motion over every finger of the left hand. Do exactly as you did before until you feel the sensation of energy being activated in your hands.

Do this twice a day for one week. I recommend doing the first repetition of these exercises the first thing in the morning.

Week Three Exercise 3: The Cage



Begin by activating your hands and practicing Exercise 2 for several minutes. Remember to keep your eyes open.

With your fingers slightly spread, form your hands into the shape of a U with your thumbs on one side and your fingers on the other. Place your right thumb into the center of the U formed by your left hand and, with a slow up-and-down motion, move your hands past each other. Your hands should be about nine inches in front of you; the flat of your hand must face your sternum.

Then reverse the exercise. Switch hands and repeat the same motion.

Slide the thumb of your left hand through the cage created by the other hand for one minute. Move your hands up and down, gently. Do this at least three times a day for about one minute per hand.



Week Four Exercise 4: The Expanding Balloon

Begin, as you always do, by activating your hands. Then perform all the exercises you've been practicing in the previous weeks.



Place your hands six inches before you, with your palms perpendicular to your face. Your fingers should be slightly spread as if they are holding a small water balloon. With a slow, pulsing motion, imagine that you are feeling the pressure of the water balloon. Slowly move your arms apart while keeping up the pulsing motion. It should feel as though the water balloon is expanding with every pulse. As the balloon gets bigger and bigger, concentrate on feeling the pressure it exerts on your hands. The expanding balloon will soon force your arms completely open.



Now that the balloon feels as if it is at its largest point and your hands are the farthest apart, move the fingers on your right hand a bit as if you were playing the piano. You will feel pressure in the corresponding fingers of your left hand. Do the same with the left hand, moving your fingers as if you were

playing the piano, and you will feel the same cascade of movement in the other hand.

The next step is to compress the water balloon and to imagine feeling it return to its smaller size. As you feel it getting smaller and smaller, move your hands closer and closer together until they return to their original position.

You might feel more sensitivity in your left hand. Don't be surprised. This is true of the majority of people.

Perform this exercise three times a day.

Week Five Sensitized Hands

Spend the fifth week practicing all the exercises you've learned up to this point. Your hands are now sensitive, activated in a way they've never been before. In other words, your hands are now more open. You're now ready to learn how to feel the first signals that your sixth sense will be sending you.

Remember: you must regularly perform all the exercises you have already learned.

Week Six Exercise 5: Learning the Signals



Now that your hands are open and sensitive, the following exercises are designed to show you how to understand the signals that come from different objects.

Begin, as you always do, by activating your hands. Place your left hand over the border of your desk or a table. Slowly pass your hand over the edge of the table or the desk. You'll feel a warmth coming from the object that is absent when you pass your hand over the empty space. The edge will be a clear boundary between the warm air and the cold air.

Remember to keep your eyes open. This is essential.

Why?

It is simple. Understand, you are beginning to create an encyclopedia of signals in your brain. To do this, you must associate what you're feeling with what you are seeing. Soon, with practice, you'll be able to detect these same signals without using your eyes. But for now, keep your eyes open.

This is the first time in your life you will be able to feel something without touching it. Enjoy the moment. You can't touch it; you can't smell it. You can't hear it or taste it. It's your sixth sense. And you are using it for the first time in your life. Congratulations.

Do this exercise three times a day for one week until you are confident that you are detecting the different signals.

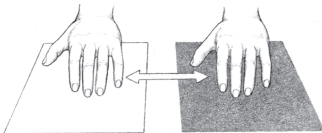
Week Seven Exercise 6: Colors

Begin, as always, by activating your hands, performing all the exercises you've learned up to this point.

Place two pieces of paper—one white, one black—side by side. Place your left hand over the piece of black paper. Concentrate. Focus on the paper with your eyes. Feel the energy coming from the paper. Then, glide your hand over to the piece of

white paper. Focus and feel the difference in the signal.

Remember to keep your eyes open so they can see what your hands are registering. You must look directly at the object as you detect the signals with your newly sensitized hands.



Soon, you'll recognize that the black paper will project a signal that is warmer than the one coming from the white piece of paper.

Do this exercise three times a day. Continue doing it until you are confident you are detecting the dramatically different signals coming from the two different colors.

Once you are confident that you can distinguish between black and white, it's time to try your hand, so to speak, on other colors.

With several different colors of construction paper, perform the same exercise as above.

Remember that you are creating a dictionary of signals in your brain—a dictionary of signals of how different colors feel.

At the end of a week or so, after you have performed these exercises every day, you can give yourself an examination to see if you've learned the signals of each different color. Ask someone to place the pieces of colored paper in a random order. To test, pass your hand over the paper with your eyes closed. Try to determine the color of a piece of paper from its signal alone.

If you're 80% correct, that's great!

You should repeat this library-building exercise with objects of different materials. Instead of colors, use wood, plastic, metal, or whatever. Learn to sense the characteristic energy of each substance.

Now, apply your newfound sensitivity to the forms of objects. Feel the distinct signals coming from a briefcase, a coffee cup, a telephone. Ask yourself, "What is the shape of this object? Where are its edges?" Draw on your database to determine its composition and color. Mentally catalog the sensations these more complicated objects produce. Concentrate on which aspect of the object you are feeling for. Trying to identify shape, color, and composition at the same moment will only confuse you.

I cannot emphasize this enough: Do not close your eyes. I know from instructing physicians in hospital settings that the temptation will be to close them, but remember that to educate yourself, you must see with your eyes what your hands are sensing. Close your eyes only when you want to test yourself. You are making a library of sensations, and you'll need as much information as you can get to assign a meaning to each signal. After all, a card catalog is absolutely useless without the books to back it up!

Soon, you'll find yourself confidently detecting the signals from different materials and forms, opening up the database that is in your mind.

Week Eight Exercise 7: Life Force

You are now ready to try to detect the difference between animate and inanimate objects. For example, try to feel the difference in energy when you pass your hand over freshly cut flowers and ones that are a week old.

Learn how the energy of a live plant feels when compared with that of a dead one. (Most people seem to have a lot of these.) Concentrate and feel the distinct energy of each state.

Now, it's time to sense the difference a healthy plant feels as opposed to one that has been injured. Don't worry. You don't have to cut down a tree to do this. Simply tear the leaf of a plant in half. As you concentrate on its energy, you should be able to discern the unique feel of a damaged life force. If you just bend the branch of a plant or tree, you will be able to sense how that energy feels as well.

It is essential to recognize the sensation of a damaged life force, especially when you begin to think about relieving pain.

Now try to feel the unique radiations produced by an animal. Just hold your hand over your pet. The feelings you receive will be dramatically different than anything you've detected before.

Practice this whenever possible. Catalog how the different parts of the animal feel through your Bio Energy.

There are additional signals you can add to your dictionary of sensations. Moving things, for example. Try this exercise:

Go to the sink, and turn on the water. Circle your relaxed hand, with your fingers spread, around the stream flowing from the faucet, and concentrate on the unique

feeling that movement has.

You must always tell yourself what you are looking to feel. Do you want to identify colors or forms? Animate or inanimate objects? Movement? Damage? You have a big database of Bio Energy sensations, but you must tell your brain into what category to place each sensation. This way, when you want to identify something, you will know where to search.

Exercise 8: Radiating Energy

Activate your hands, as always.

Sitting up straight, rest your forearms on the top of a table or a desk. Move your right hand to the center of your chest, and hold it a few inches in front of your sternum.

This is your center chakra, and it is the point from which you should visualize all of your Bio Energy flowing.

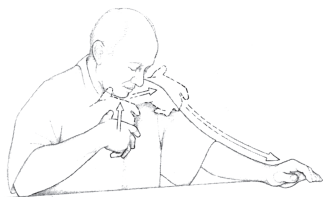
With your eyes open and following the progress of your movements, slowly move your hand up to the base of your neck, over to your left shoulder, and down the top of your left arm. Your hand should remain a few inches above the surface of your body at all times. As you follow this movement with your eyes, imagine that a pulse of energy from your chakra is traveling up to your shoulder, down your arms, and out through your fingers. Visualize this pulse of energy, and push it out through your fingertips.

Practice this until you can actually feel the energy flowing along its path. I promise you; it won't take long.

Once you are certain that you can make the energy flow smoothly, push it along its journey without your hand. Using your eyes alone, visualize the pulse passing from your chakra to your fingertips. Before long, you should be able to do this without much effort.

Now, reverse hands. Using the same steps as before, move Bio Energy from your center chakra to your right fingertips. Do not be surprised if the sensations of power are weaker on this side of your body. That's quite common.

Here comes the fun part. With both hands resting on the table or desktop, push the energy out through the fingertips of *both* hands. Concentrate. Visualize the twin channels of energy you have opened crackling with a strong force. Envision that power streaming out of the gates in your fingers. You are now radiating Bio Energy.



With practice, you will find it easier and easier to project your energy. You won't have to concentrate nearly as hard or sit absolutely still.

You can also experiment with healing minor aches and pains with your Bio Energy.

However, under no circumstances should BioEnergy take the place of a visit to or advice from a trained physician.

I must stress that you view Bio Energy healing as an exploration of your own powers alone. Any troubling pain or condition should be treated by a medical practitioner.

If you have a friend or a loved one with a simple ache, you can tap into your Bio Energy and try to relieve the pain. Without touching the person, hold your hands over or wrap your hands around the spot that hurts. Try to project your energy around the area of the body where you feel the signal for distress. The pain should melt away underneath the power of your energy.

Bio Energy is an essential part of the treatment I offer to those who come to my office in Brookline. You can master the same exercises we used in Moscow, those I still use today both in my practice and when I instruct physicians.

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