



APRENDICES DE LA LUZ
EL CHAKRA DE LAS MANOS



Localización: palmas de las manos.
Sin color específica.



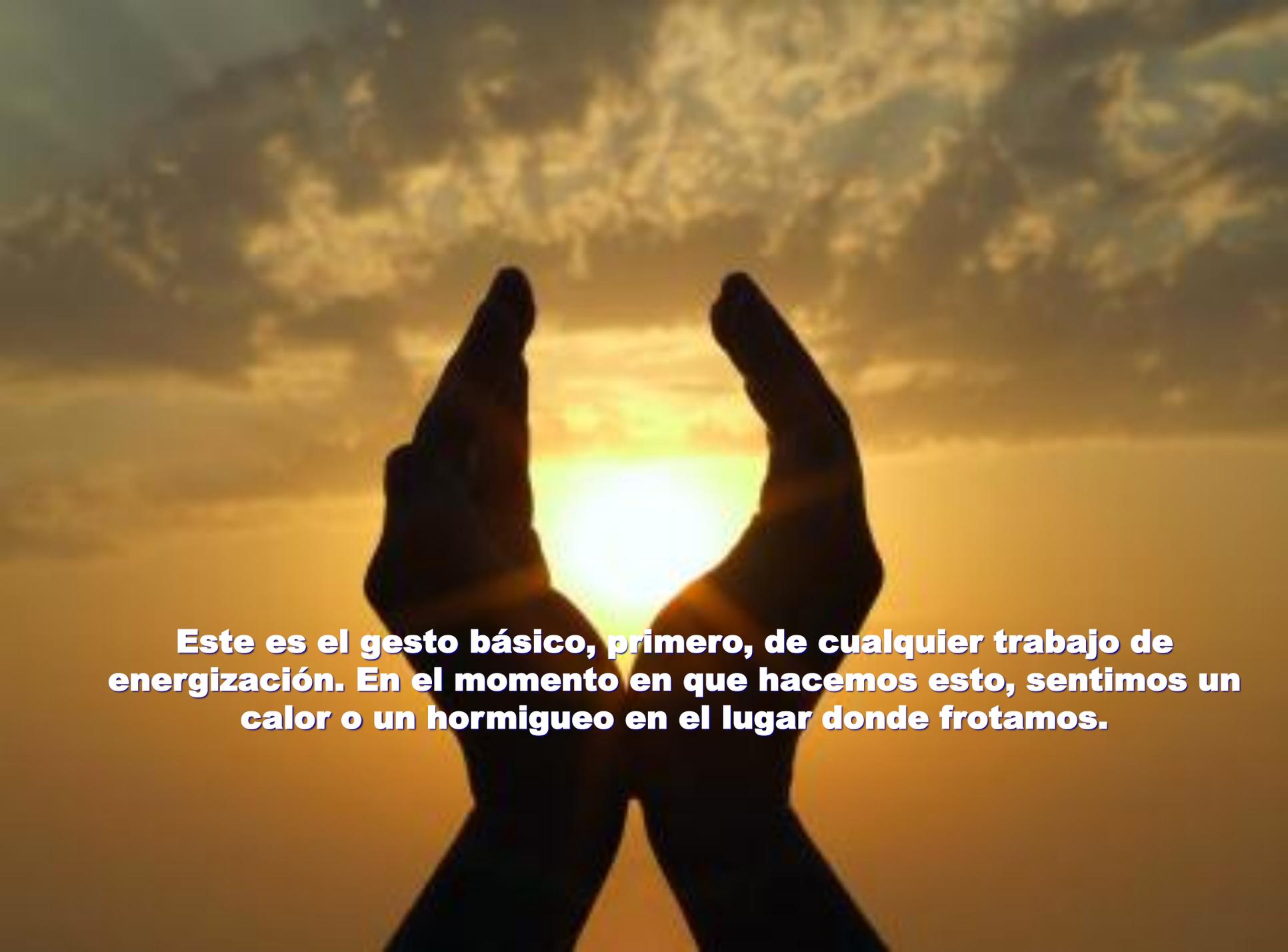
**Este chakra tiene un papel a parte.
Tiene la misma característica del cristal
blanco: acciona o desactiva energía.**

A close-up photograph of two hands held palm up, with a vibrant rainbow-colored glow emanating from the palms. The glow transitions from red at the top to purple at the bottom, resembling a spectrum. The background is a dark, textured surface.

El chakra de las manos es un vehículo directo a través del cual las Fuerzas Cósmicas operan. Interferimos apenas para intuir y accionar la orden que debe ser dada en cada caso.



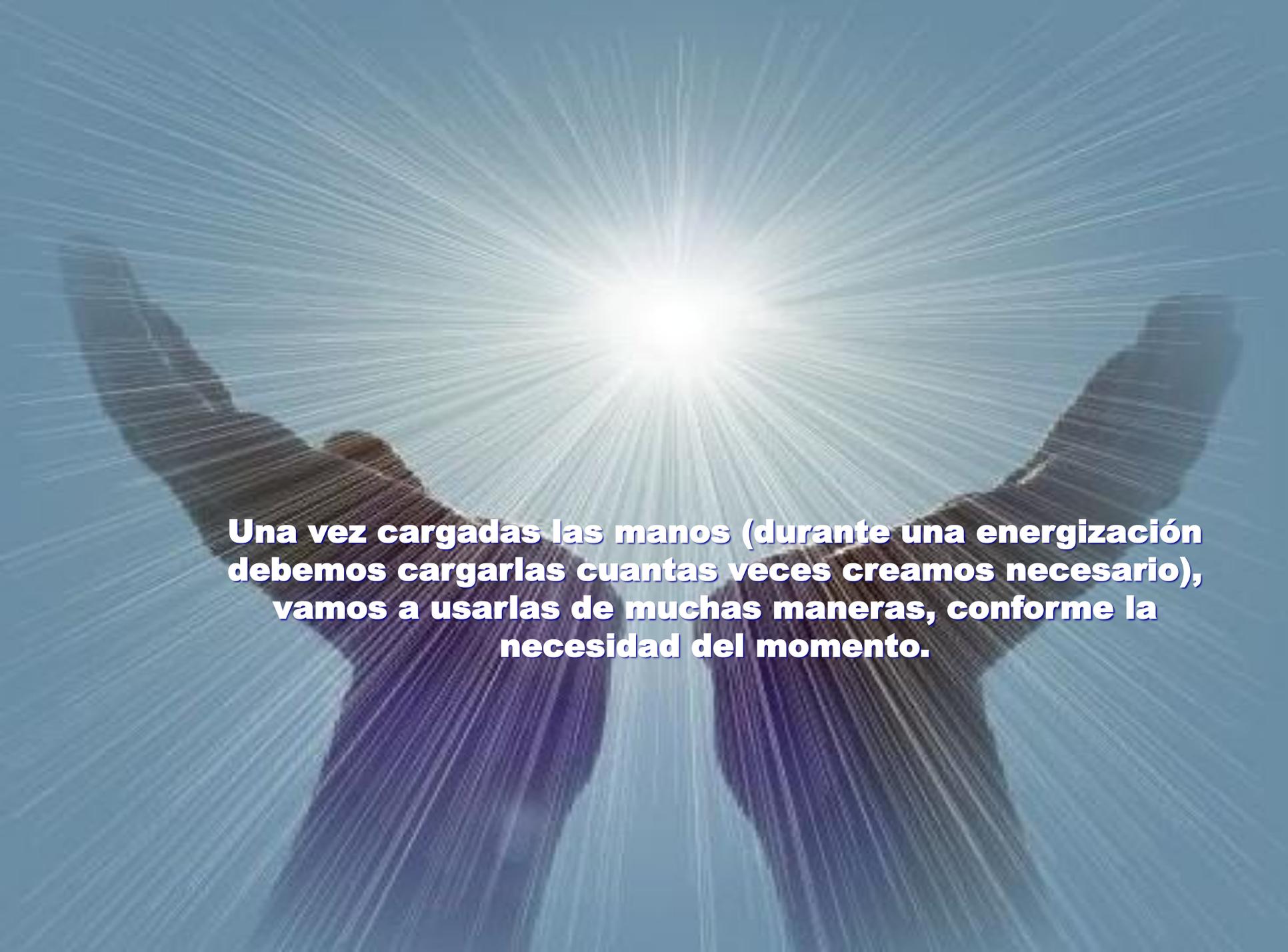
Para cargar este chakra con la energía cósmica, basta frotar las palmas de las manos una en la otra.

The image features a pair of hands in silhouette, positioned as if holding a glowing orb. The background is a warm, golden sunset sky with scattered clouds. The sun is partially obscured by the hands, creating a bright, circular glow. The overall mood is serene and spiritual.

Este es el gesto básico, primero, de cualquier trabajo de energización. En el momento en que hacemos esto, sentimos un calor o un hormigueo en el lugar donde frotamos.

A hand is shown holding a glowing blue particle beam. The beam is composed of many small, bright blue particles that are being captured and transformed into a single, larger, glowing blue wave-like structure. The background is dark, making the blue light stand out. The text is overlaid on the lower part of the image.

Esto significa que captamos las partículas de energía del aire, aglutinándolas y transformándolas en una onda, como un rayo laser.

A pair of hands is shown from the wrist up, raised in a wide, open gesture. The hands are positioned symmetrically, with fingers spread. The background is a bright, glowing sunburst effect against a light blue sky, with rays of light radiating from a central point. The overall image conveys a sense of energy, power, and positivity.

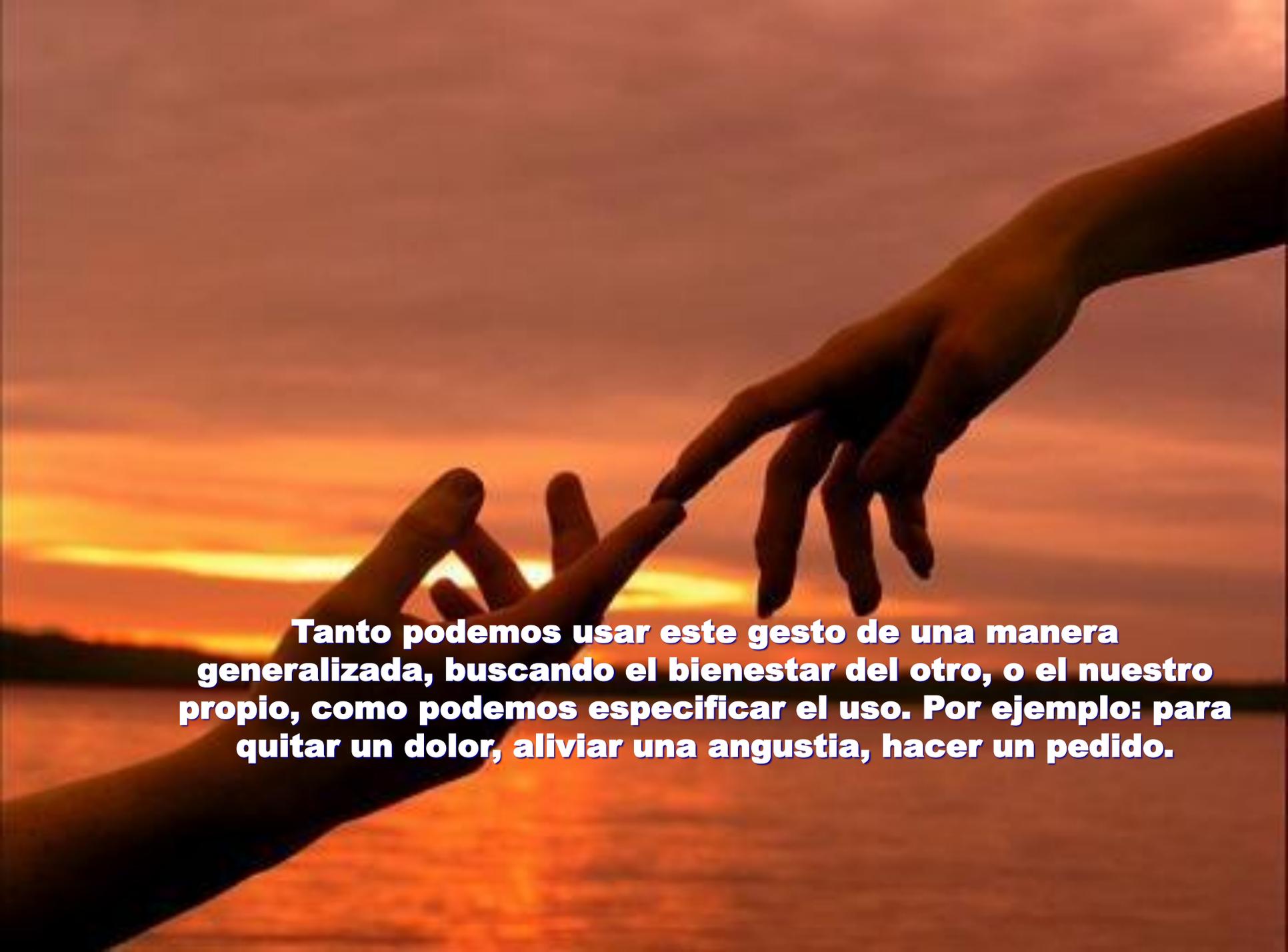
Una vez cargadas las manos (durante una energización debemos cargarlas cuantas veces creamos necesario), vamos a usarlas de muchas maneras, conforme la necesidad del momento.

The image shows two hands, one above the other, in a gesture of energy transfer or healing. The hands are positioned as if they are about to pass over each other. The background is dark with a field of small, bright, multi-colored stars, suggesting a cosmic or energetic theme. The text is centered between the two hands.

El pase magnético o masaje energético puede ser aplicado en las mas variadas situaciones: podemos pasar las manos a lo largo y encima del cuerpo de una persona, para captar sus circuitos bloqueados y desbloquearlos.

A close-up photograph of a hand holding a vibrant purple flower. The hand is positioned palm-up, with the fingers slightly curled around the base of the flower. The flower has several long, pointed petals and a dark, textured center. The background is solid black, which makes the purple of the flower and the skin tones of the hand stand out. The lighting is soft, highlighting the texture of the petals and the skin.

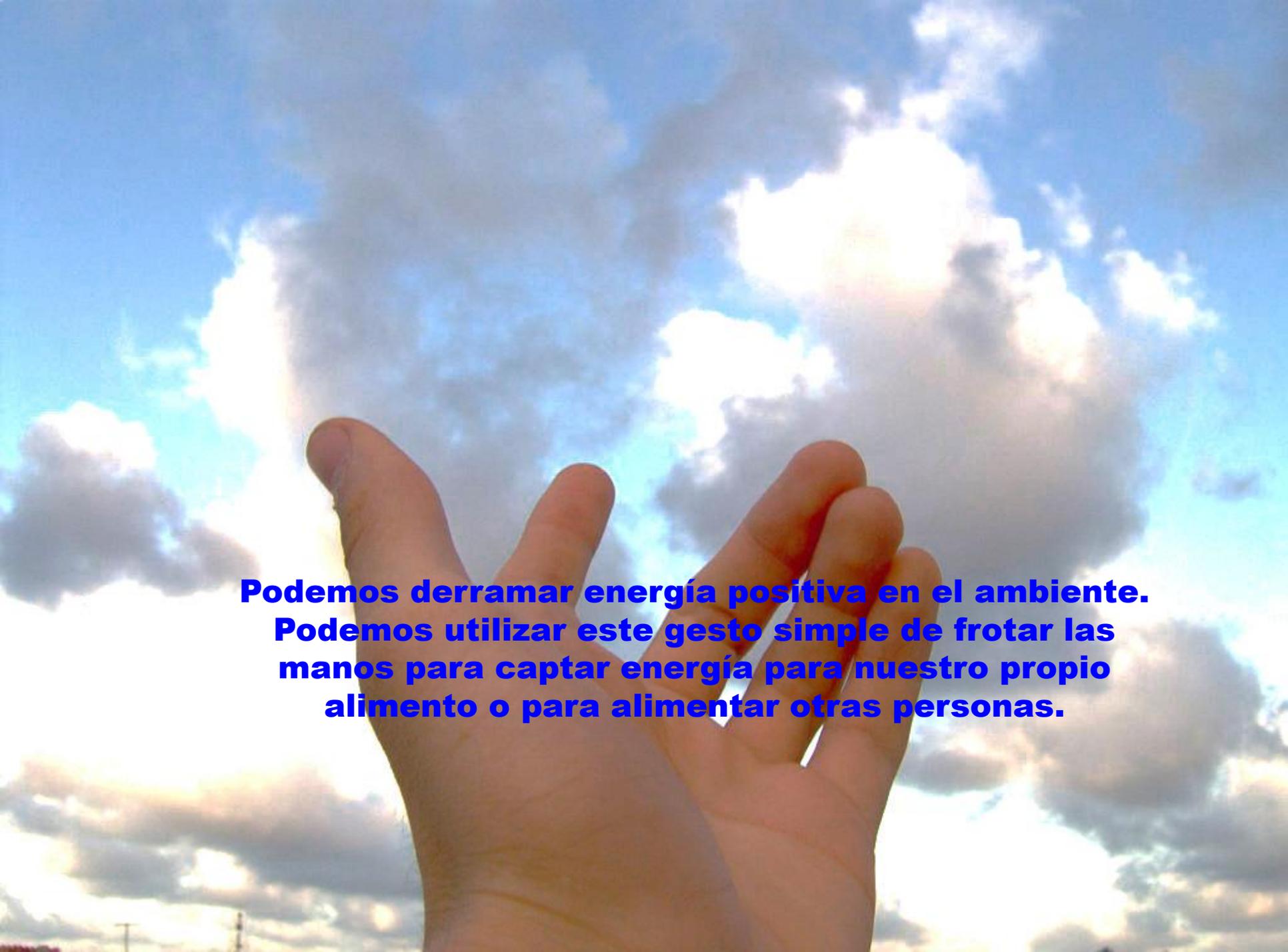
Podemos cargar las manos y poner una energía de activación o desactivación, pidiendo, por ejemplo, el color verde sobre alguien que esté con fiebre.

A photograph showing two hands reaching towards each other against a sunset background. The hands are silhouetted against the bright orange and yellow light of the setting sun. The hand on the right is reaching from the top right, and the hand on the left is reaching from the bottom left. The fingers are slightly curled, and the hands are positioned as if about to grasp each other. The background is a soft, hazy sky with a bright horizon line.

Tanto podemos usar este gesto de una manera generalizada, buscando el bienestar del otro, o el nuestro propio, como podemos especificar el uso. Por ejemplo: para quitar un dolor, aliviar una angustia, hacer un pedido.

A pair of hands is shown holding a small, dark, textured object, possibly a seed or a piece of wood, against a background of a woven basket and a yellow fabric. The hands are positioned in the center of the frame, with the fingers gently gripping the object. The background consists of a woven basket with a yellow and brown pattern, and a yellow fabric with a subtle pattern. The overall scene is brightly lit, with a warm, golden-yellow color palette.

En este caso, basta acoplar al gesto de energización una orden mental, cualquiera, la que parezca mas indicada. Vendrá intuitivamente.

A close-up photograph of a human hand reaching upwards, palm facing up, against a bright blue sky filled with large, white, fluffy clouds. The sun is visible through the clouds, creating a strong backlighting effect. The hand is positioned in the lower center of the frame, with fingers slightly spread. The overall mood is one of hope, aspiration, and reaching for something higher.

**Podemos derramar energía positiva en el ambiente.
Podemos utilizar este gesto simple de frotar las
manos para captar energía para nuestro propio
alimento o para alimentar otras personas.**

A close-up photograph of two hands submerged in shallow, rippling water. The hands are positioned palms up, with fingers slightly spread. The water is clear and shows some ripples and reflections. The person's skin is fair. On the left hand, there is a blue ring on the ring finger and a blue and white beaded bracelet on the wrist. On the right hand, there is a ring with a purple stone on the ring finger. The text "EJEMPLO DE EJERCICIO CON EL CHAKRA DE LAS MANOS" and "Energización del agua" is overlaid in white, bold, sans-serif font in the center of the image.

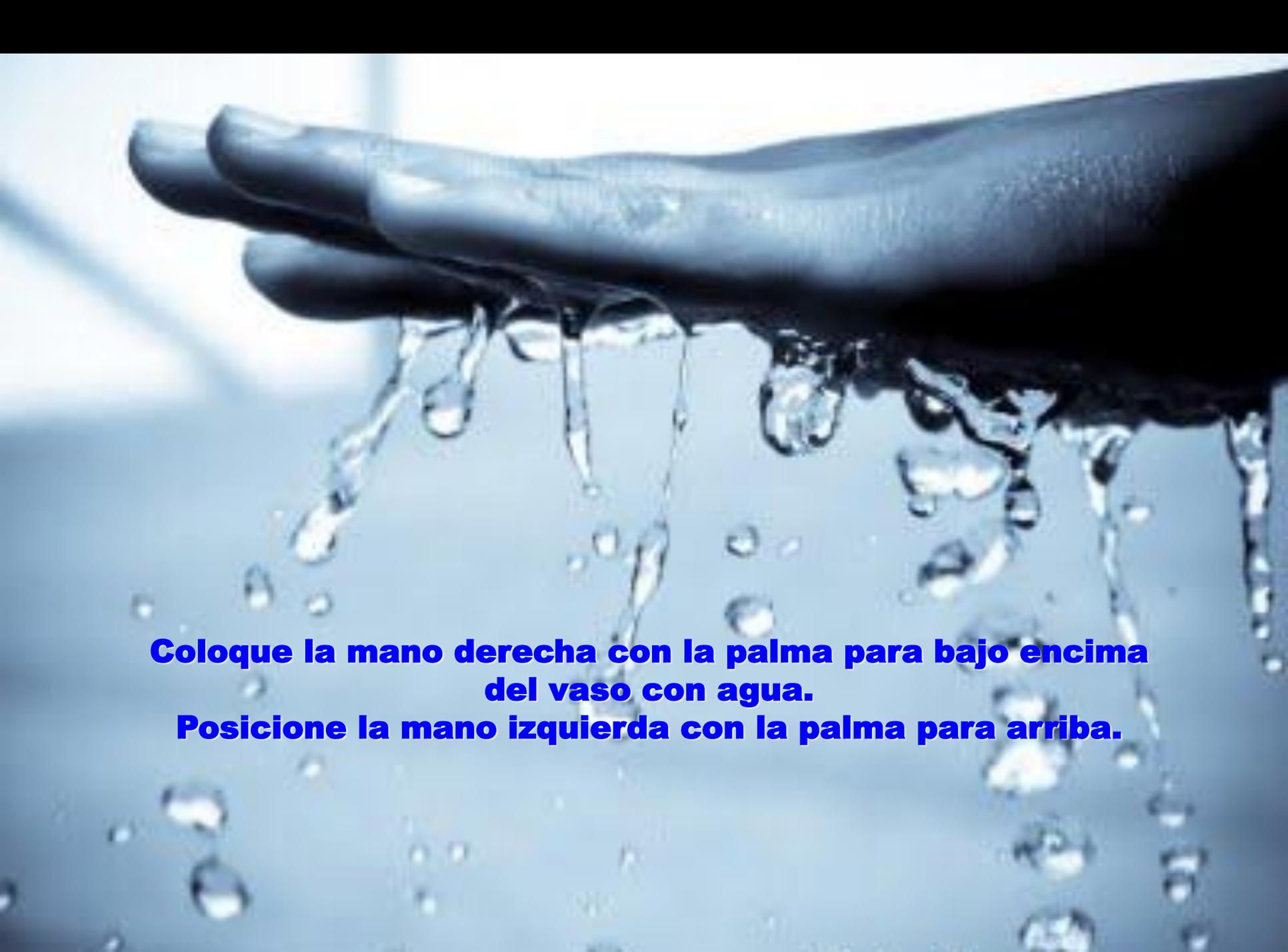
EJEMPLO DE EJERCICIO CON EL CHAKRA DE LAS MANOS
Energización del agua

Llene un vaso con agua.



A pair of hands, wearing a dark blue long-sleeved shirt, are shown from the wrist up, cupped together. The hands are holding a glowing, ethereal light pattern that resembles a complex, fractal-like mandala or a series of concentric, wavy lines. The light is a mix of white, grey, and blue tones, creating a shimmering, textured effect. The background is solid black, which makes the glowing light stand out prominently. There are a few small, bright, star-like sparkles scattered around the light pattern, particularly near the top and bottom center. The overall composition is centered and symmetrical, suggesting a sense of balance and harmony.

**Frote las palmas de las manos.
Conéctese a la Fuente.**

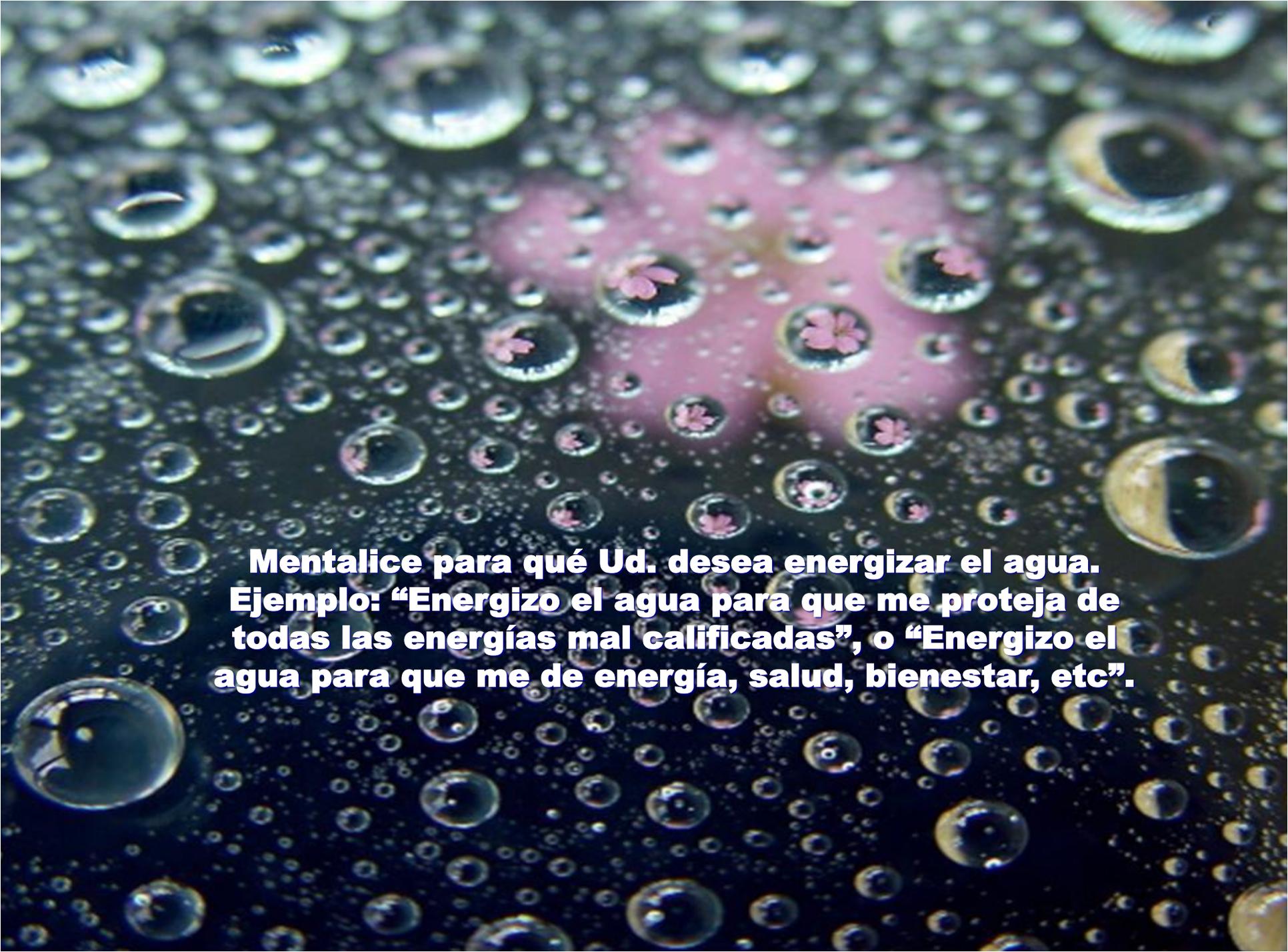


Coloque la mano derecha con la palma para bajo encima del vaso con agua.

Posicione la mano izquierda con la palma para arriba.



La mano izquierda “atrae” la energía y la derecha la transmite al agua.



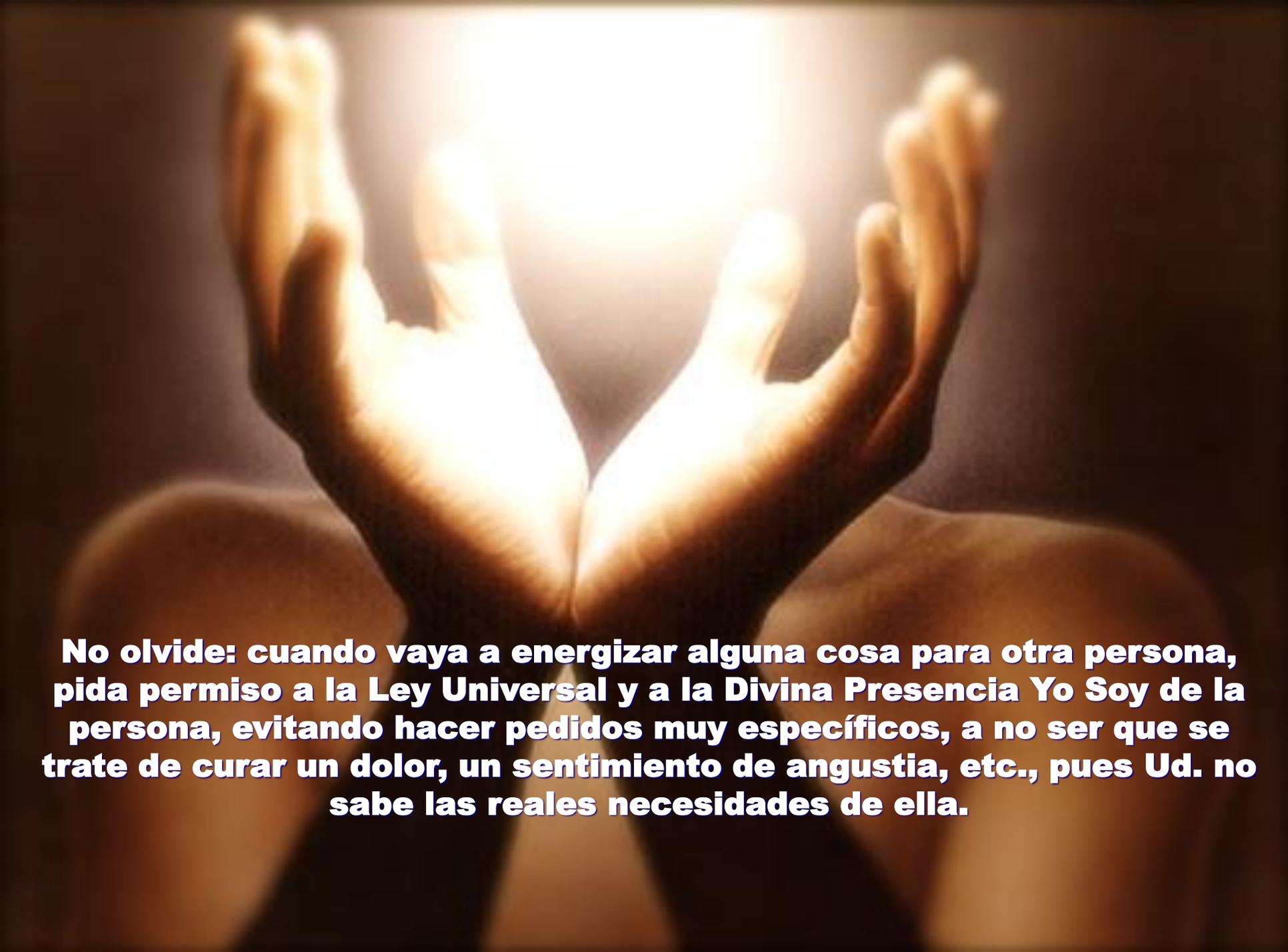
**Mentalice para qué Ud. desea energizar el agua.
Ejemplo: “Energizo el agua para que me proteja de
todas las energías mal calificadas”, o “Energizo el
agua para que me de energía, salud, bienestar, etc”.**

The image features two hands, one on the left and one on the right, positioned to form a heart shape. The hands are silhouetted against a very bright, glowing sun that creates a lens flare effect. The background is a soft, hazy blue sky. The overall mood is warm and positive.

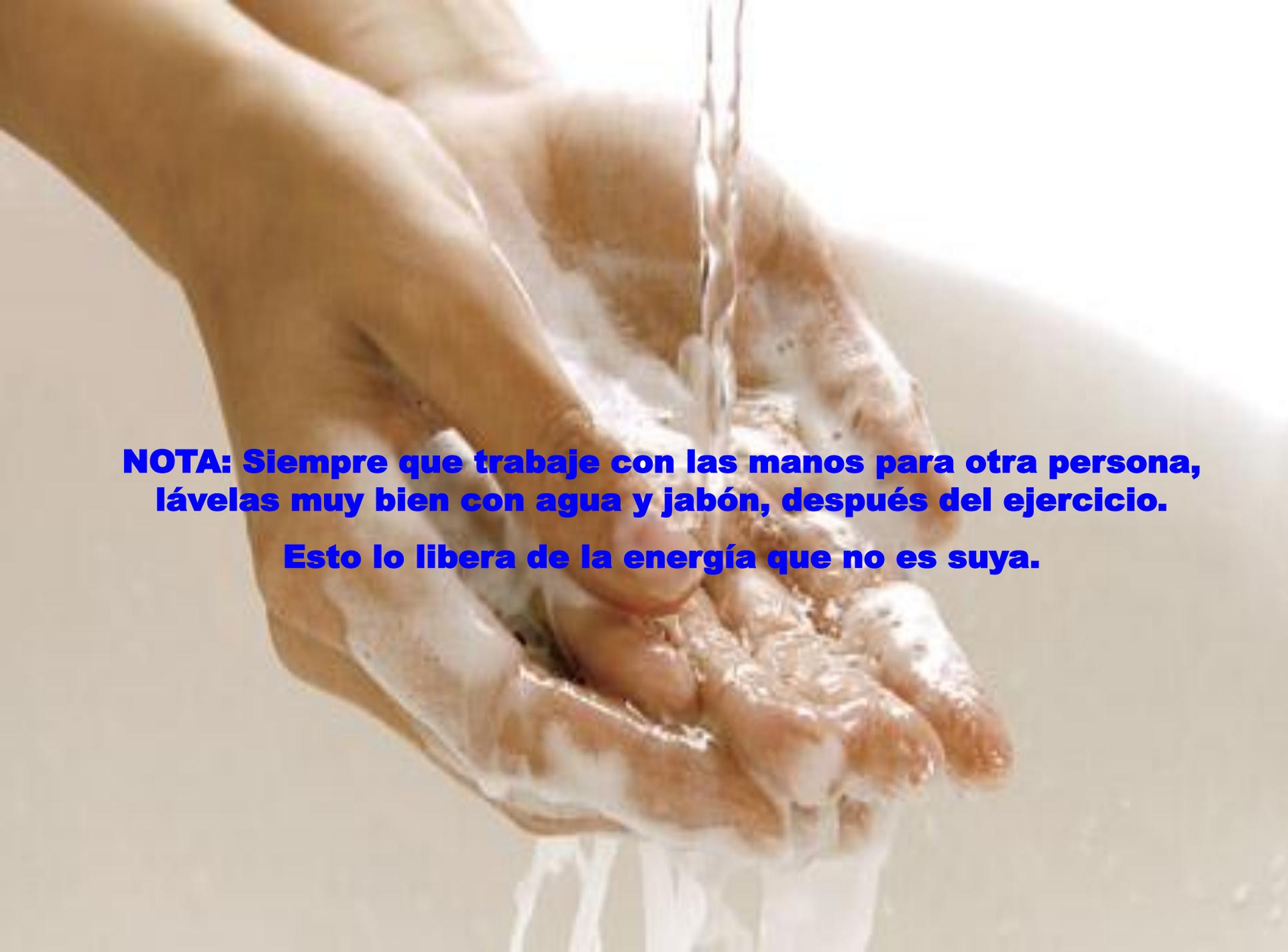
**Permanezca mentalizando y con las manos posicionadas
el tiempo que crea necesario. Ud. debe tratar de “sentir”
cuando el ejercicio haya terminado...
Beba el agua.**

The image features two hands, palms up, holding a glowing, multi-colored pyramid of light. The pyramid is composed of several layers of triangular shapes in various colors, including red, orange, yellow, green, and blue. The hands are positioned in the lower half of the frame, and the pyramid is centered above them. The background is a dark, deep purple. The overall effect is one of energy and light.

Usando el mismo proceso, podemos energizar lo que deseemos: comida, ropa, perfume, etc.



No olvide: cuando vaya a energizar alguna cosa para otra persona, pida permiso a la Ley Universal y a la Divina Presencia Yo Soy de la persona, evitando hacer pedidos muy específicos, a no ser que se trate de curar un dolor, un sentimiento de angustia, etc., pues Ud. no sabe las reales necesidades de ella.



NOTA: Siempre que trabaje con las manos para otra persona, lávelas muy bien con agua y jabón, después del ejercicio.

Esto lo libera de la energía que no es suya.



LUZ, PAZ Y AMOR



Aprendizes da Luz
Música: Serenite