



**APRENDICES DE LA LUZ**  
**EL CHAKRA DE LAS MANOS**

**AUTOMÁTICO**

A hand is shown from the palm side, holding a vibrant, multi-colored flame. The flame starts as a small red and orange base on the palm, then transitions through yellow, green, and blue, ending in a purple and magenta top. The background is solid black, making the hand and the colorful flame stand out prominently.

**Localización: palmas de las manos.**  
**Sin color específica.**

A pair of hands is shown from the wrist down, palms facing up, holding a small white flower with a yellow center and several green leaves. The background is a dark, starry night sky with a subtle purple and blue gradient. The text is centered in the lower half of the image.

**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 chakra overlay. The colors transition from red at the top to purple at the bottom. The background is dark and textured.

**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 shows two hands, silhouetted against a bright, glowing orb of light. The hands are positioned as if holding the orb. The background is a warm, golden-brown color, suggesting a sunset or sunrise. The overall mood is serene and energetic.

**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 pair of hands is shown from the front, palms facing each other, holding a large, glowing blue cloud of particles. The particles are concentrated in the center and become more diffuse towards the edges. The hands are illuminated from the side, creating a strong blue glow. The background is black, making the blue light stand out. The overall effect is that of a contained, energetic field.

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

A photograph of a person's arms raised in a 'V' shape against a bright sun in a clear blue sky. The sun is positioned at the top center, creating a lens flare effect. The person's arms are dark against the light sky. The overall mood is energetic and positive.

**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 human hands, one at the top and one at the bottom, positioned as if they are interacting with a field of energy. The hands are shown from the side, with fingers slightly spread. Between the hands, there is a dense field of small, glowing particles in various colors, including blue, green, yellow, and purple, set against a dark background. The overall effect is that of a magnetic or energetic field being captured or manipulated by the 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 multiple layers of petals, creating a full, rounded shape. The center of the flower is a dark, almost black, circular disk. The background is a solid, deep 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 towards the center, while the hand on the left is reaching from the bottom left towards the center. The fingers are slightly curled, suggesting a gesture of offering or support.

**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 small piece of wood, over a yellow background. The hands are positioned in the lower half of the frame, with the fingers slightly curled around the object. The background is a bright yellow color with a subtle, wavy pattern. The overall image has a soft, slightly blurred quality.

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

A pair of hands is held up, palms facing each other, against a bright, cloudy sky. The sky is filled with large, white, fluffy clouds, and the sun is visible, creating a strong glow and lens flare effect. The hands are positioned in the lower center of the frame, with the fingers slightly spread. The overall scene conveys a sense of hope, positivity, and energy.

**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 photograph showing two hands submerged in shallow, rippling water. The hands are positioned palms up, with fingers spread. The water is clear and reflects light, creating a shimmering effect. The person's skin is fair. On the left hand, a blue beaded bracelet is visible on the wrist, and a small blue ring is on the ring finger. On the right hand, a large, round, purple gemstone ring is on the ring finger. The background consists of the water and some dark, thin branches or twigs.

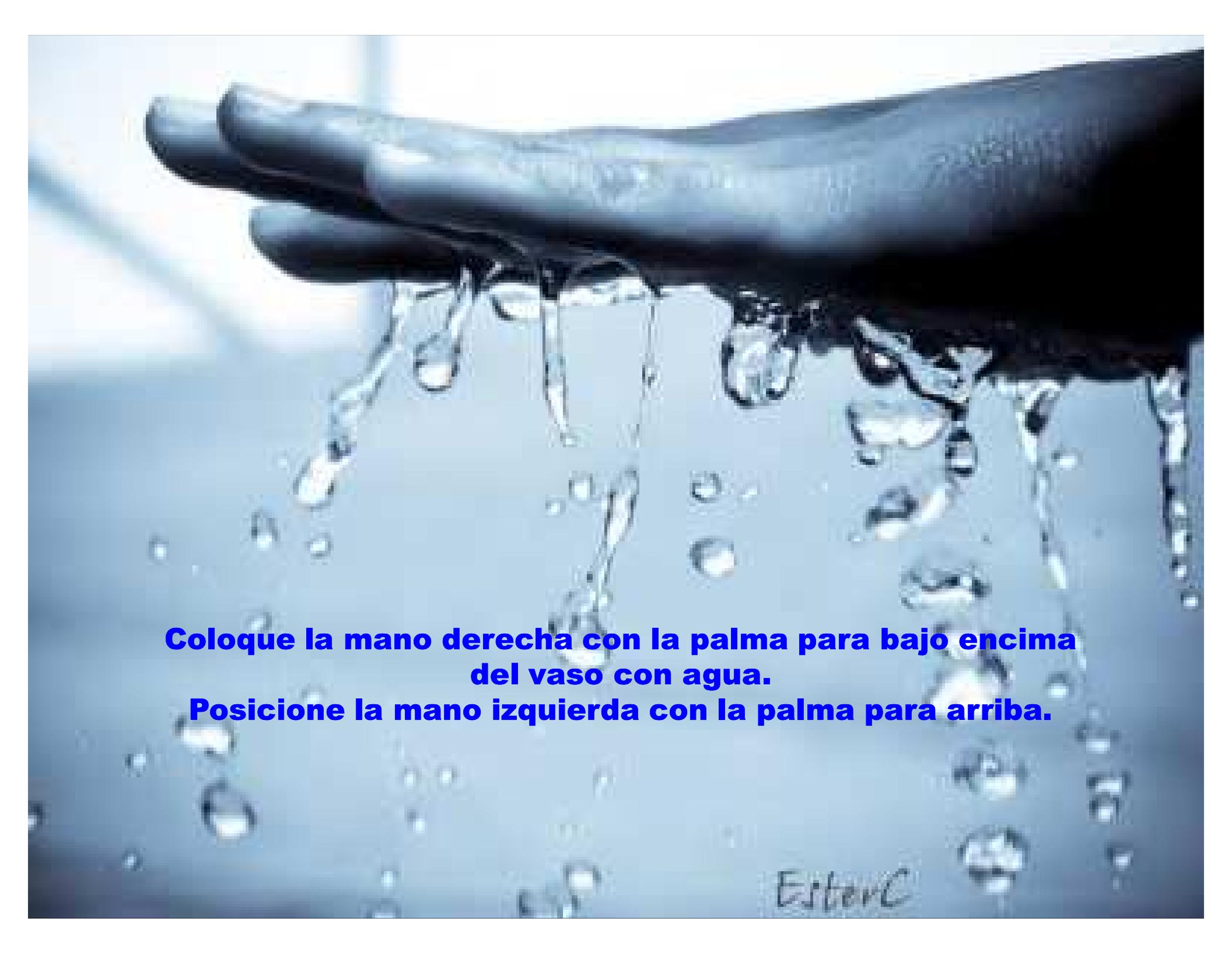
**EJEMPLO DE EJERCICIO CON EL CHAKRA DE LAS MANOS**  
**Energización del agua**

**Llene un vaso con agua.**



A pair of hands, one on the left and one on the right, are shown from the wrist up, holding a glowing, fractal-like pattern of light. The pattern is symmetrical and resembles a complex, organic shape, possibly a stylized 'S' or a similar symbol. The hands are positioned as if they are holding the light, with the fingers slightly curled. The background is dark, making the glowing pattern stand out. The overall image has a spiritual or metaphysical feel.

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

A close-up photograph of a hand with water dripping from it. The hand is positioned with the palm facing downwards, and water is falling from the fingers and palm. The background is a soft, out-of-focus blue and white. The text is overlaid on the lower part of the image.

**Coloque la mano derecha con la palma para bajo encima del vaso con agua.  
Posicione la mano izquierda con la palma para arriba.**

*EstorC*



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

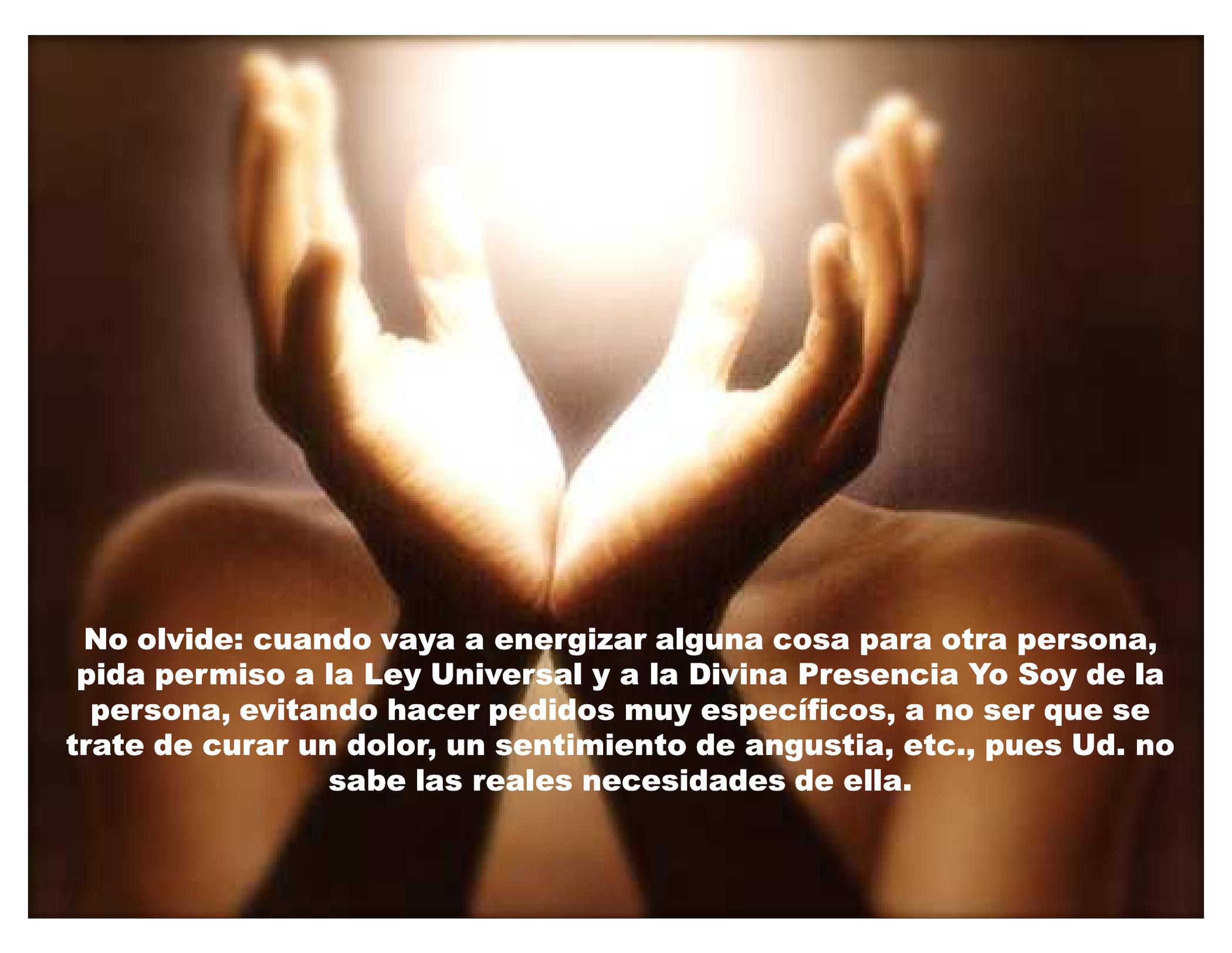


**Mentalice para qué Ud. desea energizar el agua.  
Ejemplo: “Energizo el agua para que me proteja de  
todas las energías mal calificadas”, o “Energizo el  
agua para que me de energía, salud, bienestar, etc”.**

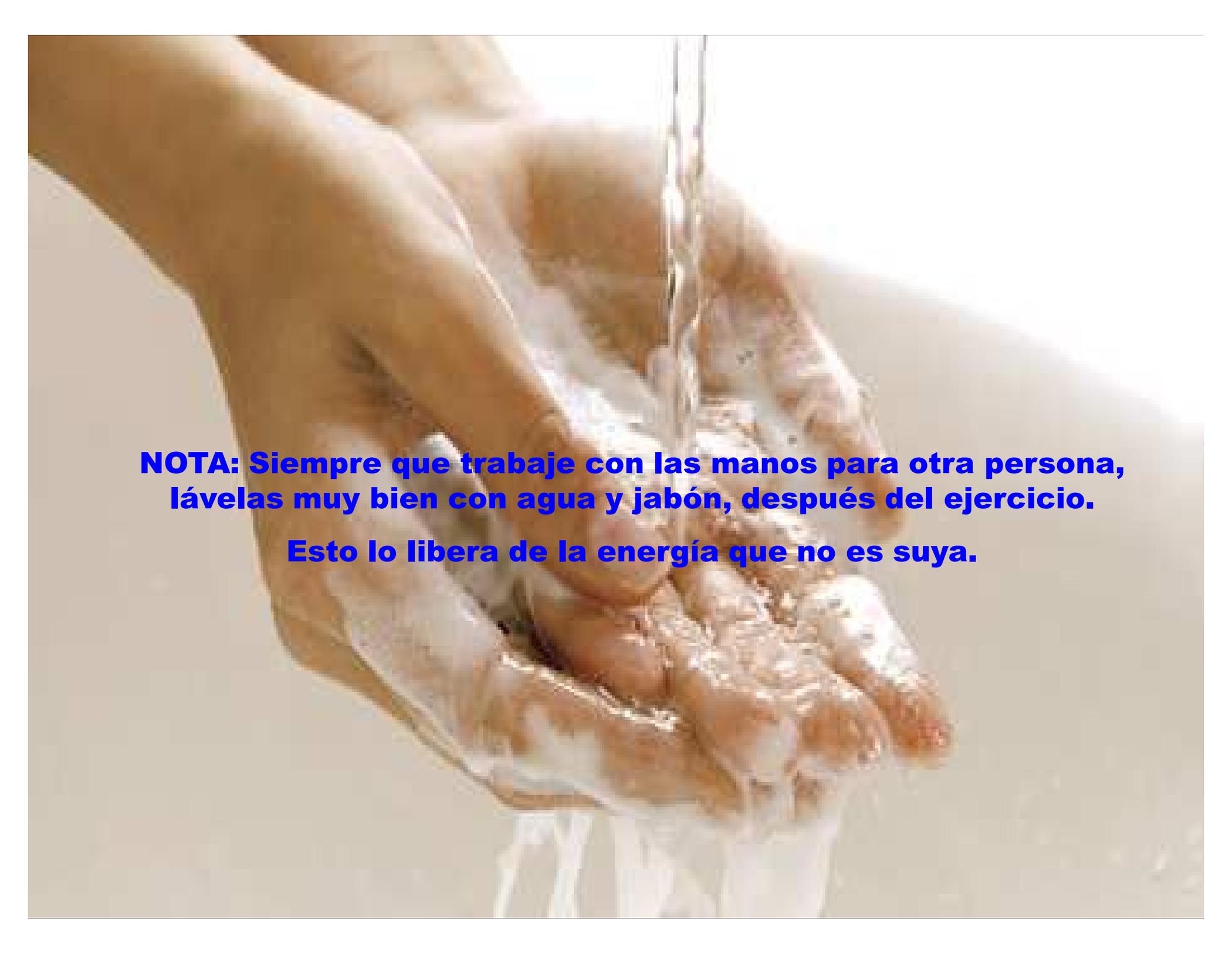
**Permanezca mentalizando y con las manos posicionadas el tiempo que crea necesario. Ud. debe tratar de “sentir” cuando el ejercicio haya terminado...  
Beba el agua.**

The image shows two hands, palms up, holding a glowing, multi-colored pyramid of light. The pyramid is composed of several layers of translucent, overlapping triangles in shades of red, orange, yellow, green, and blue. The light emanates from the center of the pyramid, creating a bright, ethereal glow. The background is a dark, deep purple, which makes the light from the hands and the pyramid stand out prominently. The overall effect is one of energy, focus, and intention.

**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.**

A close-up photograph of two hands, palms up, holding a bright, glowing orb of light. The orb has a complex, crystalline or fractal-like internal structure, radiating from a central point. The hands are positioned symmetrically, with fingers slightly curled. The background is dark, making the light orb stand out prominently. The overall mood is serene and hopeful.

**LUZ, PAZ Y AMOR**



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