

## The preparation made from heated breath

*Read carefully before proceeding to make the preparation. Do not take the bottle out of its plastic wrappings before you are ready to commence making the preparation. The person who will use it generally makes the preparation, though this is not a condition.*

**Purpose:** "The Bottle" is designed for the vortex flux dilution of a person's information contained in one's own breath to the fine-matter (from the materialistic point of view, immaterial) level. The product of the dilution is used exclusively by the same person that provided the breath.

**Philosophy:** On the basis of resonance, the fine-matter information acts positively on the fine-matter (from a materialistic point of view immaterial) organizing principle in man called vital force, prana or chi, which can gradually improve its function.

### What you need:

1. An Autopathic Bottle for gradual flow dilution made of chemically stable borosilicate boiling glass.
2. Ordinary bottled spring water, not sparkling and without high mineral content or artificial additives, in the quantity as recommended by literature about autopathy or by an informed consultant (at a minimum of 1 liter, 1 quart).
3. A gas or spirit burner, gas lamp, as a makeshift also a quality lighter or candle.

### The Procedure:

1. For at least two hours before making the preparation do not eat, drink, or use a mobile phone. Do not have smoked since the previous day. After this, you can proceed with the preparation.
2. If you are making the preparation for someone else you should wear a scarf or a surgical mask across your mouth and nose throughout the entire period of making the preparation, so that no microscopic drops of your own saliva (through talking, sneezing or breathing nearby) contaminate the preparation.
3. Unpack the bottle and take it into your hand so that both pipes jut up diagonally at approximately a 45° angle from the ground, resembling the letter V. Then pour into the funnel a small amount of water that will serve the dilution so that it fills the spherical bulge at the bottom of the bottle (the vortex chamber). The water level should over-reach slightly (0.5 in) into both pipes. Do not touch the inside of the funnel. No other person should be present.
4. After taking a deep breath, put the end of the short tube to one nostril; slant it slightly to prevent escape of air outside of the tube. Close the other nostril and with a slow, long blow make the water in the bottle bubble. Repeat this with the other nostril. Immediately after this, heat up the content of the round bulb by the flame touching it until the water there begins to boil and continue boiling for 30 seconds (only adults can do it). The bottle is made of boiling glassware. Hold the bottle in a folded-up napkin, as it will be hot, and do not aim the tubes towards any person as hot water could spurt out. Place the bottle on the edge of the basin, with the outlet pipe turned towards

the drain. Within half a minute begin pouring into the funnel the amount of water recommended by literature or by a consultant. Do not interrupt the procedure (except when changing bottles). Do not touch the funnel with the bottle, pour from a height of about two inches. Ideally, although it is not a necessity, a stable water level should be formed in the funnel. Overfilling the funnel is not a problem.



5. Immediately after this raise the bottle and through the lower pipe pour the remaining content of the vortex chamber (the spherical bulge at the bottom) or its part on the middle of your forehead and spread with a slight touch of the lower pipe above eyebrows and the stem of the nose (in the area of the sixth chakra). Let the skin dry. The application of fine-matter, high dilutions on the skin was already recommended by the founder of homeopathy S. Hahnemann (Organon of Medicine).
6. The autopathic bottle should never be used at a later time for another person. This would result in the fine-matter vibrations of the two persons being mixed, so-called "cross-contamination", and the preparation would no longer be effective. It is known from the production of homeopathic dilutions, that a memory of the glass exists which is able to retain fine-matter information, even if the previous liquid has been expelled. A new bottle must always be used for another person.
7. **In case of repeated autopathic application for one person, the bottle must be replaced, at the latest, three months after its first use.** After this time the memory of the glass reduces the effect of the application.
8. After using it, place the bottle back into its plastic cover and the box to prevent danger of contamination (impairment of effect) by another person through touching it, or speaking or breathing in near distance.
9. One liter (1 qt) of water produces a dilution of 40 C.
10. A preparation produced this way can gradually tune the non-material, fine-matter organizing system for the long-term, even in case of a single dose. A development following the preparation's use is not necessarily straightforward and is an individual matter according to the person's inner, hidden (karmic) condition. You can draw inspiration from literature – the books *Get Well With Autopathy* and *Autopathy: A Homeopathic Journey to Harmony* by Jiri Cehovsky, which deal in detail with experiences and philosophy associated with this method. It is suitable (but not necessary) to ask the advice of an informed consultant.
11. The influence of the preparation is not a substitute for medical care. It can also be used as a complementary method.