

Prana 5 – contact-free application to chakras in the downward and upward directions

Read carefully before producing the preparation.

Do not take the bottle out of its plastic wrappings before you are ready to commence making the preparation.

The preparation is usually produced by the person who will use it, although this is not a condition.

The Purpose: The bottle is used for vortex dilution of subtle information present in the seventh chakra. The product of the dilution is to be used exclusively by the person who has provided the information.

The Philosophy: On basis of fine-matter resonance, the product of the dilution process acts positively on the fine-matter (from the materialistic point of view immaterial) spiritual organizing principle in man called “the vital force”, “chi”, or “prana”, which can gradually improve its function.

What you need:

1. An Autopathic Bottle made of chemically stable borosilicate glass.
2. Ordinary bottled spring water (**not sparkling and without high mineral content and without artificial additives**) in a quantity (at minimum 1 liter) as recommended by a consultant or by literature about autopathy.

The Procedure:

1. For two hours before commencing do not use your cell phone, do not have any cosmetic creams on your face. Regardless of whether you make the preparation for yourself or for someone else, always put on a scarf or surgical mask over your nose and mouth before you unwrap the Autopathic Bottle. No other person is to be present.
2. Unwrap the bottle and fill the spherical space near its bottom to about one third with water. Do not touch the in-side of the funnel.
3. Hold the bottle just under the funnel, so that the sphere with the water above the top of your head, approximately along the spinal axis, so that the round vortex chamber is placed about 15 – 25 cm above your head. The bottle might be slightly tilted to prevent water from leaking. The arm with the bottle is slightly bent. There is no need to measure anything, all is approximate and based on estimation. In this position we have our seventh chakra, which is not a point, but which occupies some space.
4. Initially, rotate the bottle slightly and move it up and down, then rest it in the middle, approximately for two minutes.
5. Into the bottle placed on the side of hand basin or held in hand, pour the amount of water recommended (depending on your level of vitality) by literature or by your consultant. The water from the bottle flows into the basin. Ideally (but not necessarily) the water in the funnel forms level, but overflowing causes no harm. Pour the water from the height of about 5 cm.
6. **a)** After the dilution had been prepared, bring the bottle with the rest of the water, tilted back so that the water cannot run out, back to the head, to the area of the 7th chakra, and leave it there approximately one minute, it can be slightly moved up and down. **b)** Then we point the end of the outflow tube to the area between the eyebrows, in a distance of approx. 1-2 cm from the skin, but do not touch it (it is not a mistake if this happens), and can slightly move it, holding

approx. 30 seconds. **c)** Then we hold for the same time in the same distance against the throat chakra (Adam’s apple, the middle of the throat), then heart (middle of the chest, between the breasts), then solar plexus (2 cm above the navel), then sexual chakra (at the end of the body, opposite the sexual organs). Then we hold the tilted bottle (with water in it) in the area between the legs in the axis of the body near the crutch, where the first chakra is based, directed downwards. **d)** Then we hold the bottle again against



each of the chakras, in the upward direction, till the 6th chakra. This ends the application. Chakras are spatial formations, emanating from the body, their space is not exactly defined. In a repeated application it is effective to use at the beginning the point a) (the application starts here with the 7th chakra), and to leave it out in the subsequent applications, or to use it only occasionally (e.g. in the case of an increase of potency), so that the application usually begins with the 6th chakra.

7. For any future use, put the bottle back into its plastic wrapper without sealing it, and into the box, which you close and put away.
8. Take off the mask that covered your nose and mouth.
9. 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.
10. 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.
11. Bottles, which are no longer in use, should not be kept but be disposed of in separated waste.
12. One liter water produces a dilution of 40 C.
13. A dilution produced this way can gradually tune the non-material, fine-matter organizing system for longer time, even in the case of a single dose.
14. It is beneficial (but not necessary) to ask the advice of an experienced consultant. The development following the preparation’s use may not be 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.
15. The effect of an autopathic dilution prepared according to the above instructions is not a substitute for medical care. It can also be used as a complementary method.

Alternativa s. r. o., Zbraslavske nam. 461, 156 00 Prague 516, Czech Republic, EU
e-mail: info@alternativa.cz, www.autopathy.info

The „Autopathic Bottle“ is protected as R C D.

It is not intended to diagnose, treat, mitigate, cure or prevent any disease.

Fine-matter information can positively influence a fine-matter organizing principle.