INSTRUCTIONS FOR USING THE WANDS OF HORUS

In these instructions we shall describe how to use the Wands of Horus. It also incorporates all the indications for their use to be found elsewhere in the book The Wands of Horus. This will help you to concentrate on the basic nuances regarding the use of the cylinders and to find answers to frequently asked questions.

Before starting the instructions in detail, let us examine the motives that prompted the ancient priests to create the Wands of Horus.

One of the main reasons that caused the astronomer priests to maintain constant observation of the movement of heavenly bodies and the course of cyclical processes was an understanding that a human being’s energy state and, consequently, health depends entirely on planetary and cosmic factors. In learning more about the world and perfecting their psychic abilities, the priests were constantly to a certain degree dependent on their influence. Seeing the Human Being and the Universe as a single whole, the priests saw that a number of disorders occurring in the human organism were the consequence of particular processes taking place in the cosmos, especially in the Sun.

«...There are days when for a sick person the Sun is a source of death. On such days it turns from a life-giver into a bitter enemy, from which a person has nowhere to hide or run. The deadly influence of the Sun reaches a person everywhere, no matter where he is». (A.P. Chizhevsky)

Three and a half millennia ago, the priests knew that there are negative aspects to the influence our Sun has on human beings.

For reasons of a cosmic nature, powerful magnetic storms occur periodically on the Sun. The appearance of a bright flare on the surface of the Sun is accompanied by the discharge into space of an immense quantity of charged particles.

Moving at tremendous speed, a day later the streams of charged particles reach the Earth’s magnetosphere and interacts with it, causing disturbances in it. Sometimes the magnetic storms are so strong that they have unpleasant consequences — from silent radios and telephones to satellites thrown out of orbit and fluctuations in power grids. Apart from this, the influence of the Moon and other planets in the solar system, that manifests itself in the tides, causes geomagnetic disturbances on the Earth and shifts in atmospheric pressure. All these factors have a negative influence on processes taking place within the human organism.

The main electrochemical parameter of the blood (its pH) is proportional to the ratio of positive electrical charges carried by positive hydrogen ions to negative electrical charges carried by negative hydroxyl (OH) ions. If there are as many positive charges as negative, then the blood as a whole is electrically neutral, as charges of opposite sign cancel each other out. A magnetic storm leads to changes in this ratio that inevitably result in the appearance of a number of serious functional disorders in the organism, such as atherosclerosis and vascular diseases.

Modern medical research has confirmed that solar and magnetic storms are one of the main causes for the appearance of cardio-vascular disturbances, circulatory diseases and disruptions in
arterial pressure. These are the most widespread diseases and the death rate from them is highest, accounting for 30–50% of all fatal outcomes.\textsuperscript{130}

The disruptions of the Earth’s electromagnetic field caused by solar and magnetic storms evoke changes in the composition of human blood and an increase in its viscosity. The latter takes place as a result of structural damage to the cell membranes, causing phospholipids to pass from the cells into the blood, which leads to clotting and the appearance of atherosclerotic damage.\textsuperscript{[22]} At the same time the mechanism by which toxic substances of internal and external origin are rendered harmless is disrupted, which leads to further damage and the build-up of waste products in the organism.

With this background, the development of any sort of super capabilities by the priests of Ancient Egypt, and still more so by a modern human being, becomes impossible. The reason is that a person’s circulatory system is a projection of his or her energy system. Therefore our energy capabilities are directly dependent on the state of our vascular system.

As a result of more than twenty years of research, scientists came to the conclusion that the only means of fighting the negative influence of solar and magnetic storms on human health is the production of medical forecasts for unfavorable days. That means that:

1. the day before an unfavorable day we should substantially reduce our calorie intake;
2. taking blood-thinning medication (aspirin, sedatives) 24 hours before the start of the unfavorable days may spare an already sick person from serious complications.

In other words, modern medicine has no effective means of countering this phenomenon.

While the human organism is healthy and the immune system is capable of fighting against the effect of negative factors, using compensatory mechanisms of adaptation, there are no negative shifts in the organism. But if a healthy person is exposed often enough to magnetic storms and other pernicious factors, that creates the conditions for such shifts to occur.

Bearing in mind the inevitability of the influence of cosmic factors and their harmful effect for the stimulation of defensive-adaptive mechanisms and the correction of damage caused to the organism, the Ancient Egyptian priests created special tools.

In contrast to the modern method that calls for the use of medication to thin the blood which, ultimately, has an unfavorable influence on the functions of the immune system, the Ancient Egyptian priests used the Wands of Horus, two cylinders made of copper and zinc filled with quartz or with carbon and ferromagnetic material.

As soon as we pick up the copper and zinc cylinders a potential difference of 0.8 to 1 volt, sometimes more, arises between them. The appearance of a potential difference between the Wands of Horus evokes a natural process of balancing (harmonizing) the ratio of charged particles which improves the fluidity of the blood and has a restorative effect on the circulatory system. This is one of the main reasons why the priests used the Wands of Horus constantly.

It should be stressed that daily work with the Wands of Horus improves the body’s assimilation of calcium. Calcium performs a large number of functions: it is a chemical buffer, constantly maintaining the pH level. Calcium ions increase the contracting capacity of the heart muscle, provide for the normal penetrability of cell membranes, reduce heightened sensitivity to allergens, are involved in the process of blood clotting, acting as a styptic agent, convey stimulation to muscle fibre, inducing contraction, influence mineral exchange and many other processes in the human organism.

As they embody certain principles, the Wands of Horus attune themselves to the holder\textsuperscript{69}, restoring that biorhythm which the organism requires at a particular time of day or night, correcting damage that is occurring or has already occurred. The restoration of the rhythm is brought about through weak electromagnetic oscillations that are created by the crystals of quartz inside each of the cylinders. In the process of work, the Wands of Horus stimulate a person’s nervous, endocrinal and, consequently, immune system, creating the preconditions for improvement. Systematic use of the Wands of Horus leads to an activation of a person’s energy system and that enabled the priest or pharaoh to develop the inner potential of his psychic and energy capabilities.

In the course of studying the ancient technologies it emerged that the metals and fillings from which the Wands of Horus are made interact with a person’s bio-field to generate a field that activates the organism’s defensive functions.

The results of American studies show that the use of field activation reduces the post-operative recovery period by 50–60%. When coupled with the simultaneous use of weak currents, the useful effect of medications is increased by 100–200%. Therefore the use of the Wands of Horus can be recommended for those undergoing an ordinary course of medication therapy.
The weak energy field generated by the Wands of Horus increases the energy of cells:
- The capacity of cells to take in energy increases by 35–40%
- Protein production increases by 70–75%
- Calcium assimilation is improved
- Connective tissues are strengthened
- The healing of bone fractures is accelerated (especially important for the elderly)
- Weak currents improve blood supply to the tissues
- The activity of L-lymphocytes, necessary for the normal self-renewal of tissues and the preservation of high cell-growth potential, is increased by 70%

When beginning to use the Wands of Horus, remember that the copper cylinder should be held in the right hand, the zinc one in the left. This is because the right side of the human body is positively charged, and the left negatively, and also connected with the functions of the left and right hemispheres of the brain (BA-KA flows).  

**N.B.** The cylinders can be used in a sitting or lying position as well as standing.

At the start you should use wands with two types of filling. This is due to the general unpreparedness and unsatisfactory state of the energy system in the majority of people, something reflected in the illnesses that plague us. Therefore in the initial, preparatory phase to improve the general state of the body's energy system and taking into account the most frequently occurring problems, we suggest cylinders with a filling of carbon and ferro-magnetic material and others with a quartz filling. Following Ancient Egyptian tradition we shall refer to the cylinders as “Wands of Horus”. The table below indicates some basic differences that should be considered when selecting the type of wands.

**Table 1**

<table>
<thead>
<tr>
<th>Wands of Horus carbon–ferro-magnetic filling (KONT, BJA)</th>
<th>Wands of Horus quartz filling (Quartz*, Quartz***, CRYSTAL, MONO, MONO-6, MONO-9, MONO-12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Heart pain in cases of stenocardia (pain radiating to the shoulder and upper arm, numbness and heaviness in the arms, pain under the left shoulder-blade)</td>
<td>Heart pain. Ischemic heart disease (breathlessness and a pounding heart on exertion)</td>
</tr>
<tr>
<td>II Hypertension</td>
<td>Low blood-pressure</td>
</tr>
<tr>
<td>1. High blood-pressure</td>
<td>1. Tiredness and exhaustion</td>
</tr>
<tr>
<td>2. Pains in the area of the eyes</td>
<td>2. Dizziness</td>
</tr>
<tr>
<td>3. Nosebleeds</td>
<td></td>
</tr>
<tr>
<td>Ringing in the ears</td>
<td></td>
</tr>
<tr>
<td>III Insomnia</td>
<td>Bronchial asthma (of a nervous character)</td>
</tr>
<tr>
<td>IV Removal of stresses</td>
<td>Removal of nervous tension, stress</td>
</tr>
</tbody>
</table>

Both types of wands are effective for:
- Prevention of atherosclerosis
- Diseases connected with poor circulation (including certain forms of impotence)
- Possible relief in cases of spasms in the alimentary canal; relief in cases of arthritis and back pain (osteochondrosis and radiculitis) without elimination of the causes, as they lie in an incorrect diet.

Both types of wands have a positive influence on blood vessels and the cardio-vascular system, but their effects vary.

The effect of the Wands of Horus KONT is strong and forceful, an impulse capable of getting an established problem moving. Those suffering from low blood pressure should be careful when using this type of wands as they lower blood-pressure. Coupled with low atmospheric pressure use by those with such a condition may lead to a circulatory collapse with all the consequences. On the other hand, for those with high blood-pressure, these wands filled with carbon and ferro-magnetic material may be an invaluable aid.

The Wands of Horus filled with quartz (Quartz, MONO, MONO-6, MONO-9, MONO-12) have other properties. They are very good for guarding against cardio-vascular diseases, nervous depressions and many other illnesses, but may prove inadequate against such conditions in the acute phase.

The Wands of Horus are not a panacea for all illnesses, since their purpose is somewhat different. Nevertheless, it is worth stressing once again that the greater part of our illnesses begin with disharmony between two fundamental flows of energy — the BA and KA or Yin and Yang.

THE USE OF THE WANDS OF HORUS IN PARAPSYCHOLOGY, PSYCHIC PRACTICES AND HEALING

Regular work with the Wands of Horus:

- Stimulates the 6th and 7th energy shells, leading to an expansion of the pranic cocoon around a person possessing special characteristics (Fig. 75)
- Restores the rhythm of the first three energy bodies resulting in a synchronization of the user’s energy structure with that of the Earth; energy channels are activated, their carrying capacity increases as does sensitivity
- Decreases the interhemispheric asymmetry in the rear divisions of brain
- Increases that alpha and beta activity of the cerebral cortex characteristic of the internal “scanning” of thought images
- Restores the biological rhythm s of the body’s organs and systems
- Restores the organism’s overall energy balance
- Encourages the excretion of internal contaminants (in conjunction with sea-salt baths)
- Makes it possible to harmonize one’s inner psycho-emotional state, to balance the nervous system and the work of the internal organs, to improve blood circulation, correct the bio-energy field which is a decisive condition for the development of a mental and parapsychological potentials that open up the way to deep meditative states
- By restoring the user’s overall bio-energy rhythm creates conditions for entering the energy flow which is a decisive condition for the development of parapsychological and psychic abilities (see Appendix 4)
- Stabilizes the energy potential acquired during meditation and practical activities, including those employing natural sources of energy
- Is a powerful means of cancer protection, stabilizing mutation processes associated with the activation of the human energy system (see the section on why the Wands of Horus were created and also Cancer and the Method of Fighting It in the instructions for using the Wands of Horus)
- Restores and enlarges the energy shell through which diagnosis and influence upon a patient takes place.
Through stimulation of the energy system the Wands of Horus cause an increase in the size and density of a user’s aura which makes the process of diagnosis using the hands significantly easier. One of the problems that psychic healers encounter when trying to make a diagnosis relying on the sensitivity of their hands is a lack of thickness and density in the surrounding shell that reflects the state of a person’s organism. The depressed state of the shell may be due to a disruption of the energy balance and energy losses caused by disease and a number of other factors.

Even a brief session with the Wands of Horus improves a patient’s general energy condition, enlarging the energy shell, which makes diagnosis using the hands more successful.

The scientific experiments conducted by K.G. Korotkov, who works in the Centre for Energy-Information Technologies at the St Petersburg State Institute of Precise Mechanics and Optics, using the Kirlian diagnostic method, showed informational clarification of the indicators of disease in people holding the Wands of Horus. In other words, in certain cases the Wands of Horus can significantly increase the accuracy of diagnosis when using the Kirlian method.

This illustration (Fig. 76) clearly shows a breach of the energy shell in the head area. Diagnosis was carried out after a 15-minute session with the wands. This presentation of the pathological area was due to an increase in the size and density of the aura, making disruptions within it easier to spot.

It should be stressed that the effectiveness of a healer’s influence upon a patient is also dependent on the size and density of the aura through which the influence on their condition takes place. A weak, thin aura can be one of the reasons for ineffective influence at the energy level. Thus to make diagnosis and treatment more effective, the healer should encourage a patient to work with the Wands of Horus for 30–40 minutes before a healing session. This will increase the size and density of the patient’s aura.

The Wands of Horus and copper patches are part of a palaeotechnoloy that was also used by the ancient priests to prepare and treat the sick.

Considering the colossal experience of the Ancients, it can stated with assurance that the use of the Wands of Horus and pyramids is of powerful assistance to healers in their work with patients. The pyramid’s structuring and stimulating field and the copper patches will encourage the deeper action of both Wands of Horus and healer on the human organism.

Structured water and the programming of it occupied a special place in the methods of the Ancients.

**A WARNING TO HEALERS AND THOSE ENGAGING IN SELF-CORRECTION**

You should not program (psychically structure) water in a plastic container. The structure of such materials plays a negative role in the process and the use of the water will not have the desired consequences. When structuring (programming) water you should use a glass container.

**THE METHOD OF REMOVING WASTE MATTER FROM THE ORGANISM AND ENERGY SYSTEM**

The chief cause of ageing and the appearance of various kinds of disorders and auto-immune process is the “furring up” of the organism in the broadest sense. Dross, waste products affect not only the physical body, but also the energy body and disruption of bio-rhythms. The absence or weak manifestation of psychic abilities in a given person is due to heavy “furring up” with waste products.
The removal of waste products from the physical body requires of necessity the purging of the large intestine. (This will be discussed in more detail in the section *Strengthening the Immune System*).

Then the removal of excess salts and toxins that have entered the body from the intestine requires an appropriate fruit-and-vegetable diet that should be accompanied by a constant feeling of hunger. But the diet should begin with the purging of the large intestine (the removal of biological dross) as that is the part of the body where the immune system is under most strain as it struggles with toxins entering the organism through this area of the digestive tract. Always remember that the effectiveness and result of a cleaning is tightly bound up with the state of the immune system!

Mild physical exercise, best taken in the fresh air, is an effective complement to the process, encouraging the faster expulsion of waste products and an increase in the energy level of the organism. A visit to the Russian bath or sauna may be included in the regimen, but not more often than once a week. More frequent visits will result in undesirable energy losses.

It is particularly important to note that when fasting (not taking food at all) you should not go to the Russian bath or sauna, take hot baths or cold showers. Such procedures result in significant losses of energy required by the organism during full or partial fasting and lead to a weakening of the immune system. The main, and most frequent, mistake having a negative effect of the health of someone undergoing a course to purge their organism through fasting is to ignore the annual bio-energy cycle with it’s up and down phases. Any radical measures involving serious expenditure of energy taken during a negative phase of the cycle will lead to unjustified energy losses and a drain on the immune system. For that reason, before starting any practical activities, you should calculate your own personal annual bio-energy cycle.

To remove waste products from the organism, you need to work with the Wands of Horus with quartz filling (Quartz, MONO, MONO-6, MONO-9, MONO-12) in conjunction with a sea-salt bath. Dissolve 1½–2 kilograms (3½–4½ lbs) of sea salt in a standard (200-litre) bath with a water temperature of 40–45˚ Celsius (104–113˚ Fahrenheit). The wands should be lowered into the water. Salt baths should be taken every other day for 3–6 months depending on the level of “furring”.

It is not a good idea to combine a visit to the Russian bath or sauna with a slat bath on the same day: that causes greater energy losses. Also when choosing a time for a session with the Wands of Horus in a salt bath we recommend taking into account the activity periods of your energy system (see Appendix 15).

People with consistent high blood pressure who want to remove waste products with the aid of salt baths can use the Wands of Horus KONT. During the first few months, though, we recommend not taking a bath on days of solar and magnetic storms.

**INDICATIONS FOR THE USE OF THE WANDS OF HORUS**

Daily work with the Wands of Horus (*for no less than two hours*) has a beneficial effect in cases of:

- over-agitation and nervous disorders
- problems with arterial pressure
- vegeto-vascular disorders

They also:

- improve the organism’s absorption of calcium which is especially important for sufferers from osteoporosis, osteochondrosis and other problems connected with the depositing of salts
- normalize the functioning of the heart in cases of arrhythmia and neuroses
- improve circulatory processes, with a beneficial effect on blood vessels
- improves the memory and mental abilities
- relieves joint pain in arthritis, arthrosis and gout
- relieves menopausal symptoms
- with systematic use reduce the blood cholesterol level
- activate the process of cell division (Wands of Horus KONT), which is important for the regeneration and rejuvenation of the organism.
The Wands of Horus can be recommended for those suffering from:

- cardio-vascular diseases
- high blood pressure (wands with a carbon and ferromagnetic filling)
- low blood pressure (wands with a quartz filling)
- neurotrophic disorders
- excretory diseases
- ischemic heart disease
- insomnia
- nervous depressions
- bronchial asthma (of a nervous character)
- spasms of the gastrointestinal tract
- the prevention of atherosclerosis
- diseases associated with circulatory problems, including some forms of impotence

And also:

- as a means of countering hangovers.
- as a means of slowing the advance of Parkinson’s disease
- as a means of countering inflammatory processes in lymphadenitis
- as a means of countering stress
- as a means of countering headaches
- as a means of normalizing sleep patterns (Wands of Horus KONT)
- as a means of preventing jet-lag for those whose activities take them frequently from one time zone to another (pilots, sportsmen, tourists, long-distance lorry-drivers, etc.) when resynchronization of the body clock causes lethargy and headaches;

**Most importantly, though, regular use of the Wands of Horus retards autoimmune processes which provides a serious chance in the fight against CANCER and may be used as a means of prolonging life in cases of AIDS.**

**CONTRA-INDICATIONS FOR THE USE OF THE WANDS OF HORUS**

- Schizophrenia and other psychological disorders
- Epilepsy
- Pregnancy (in the last six months)

This last is due to the fact that in the later stages of pregnancy there is another living organism in the mother’s womb that already at that stage of development has its own individuality (individual vibration). The wands attune themselves to a person, to his or her individual frequency. As the individual vibration dictated by the mother’s hypothalamus-hypophysis system differs from that of the developing child, the use of the wands in the last six months of pregnancy may have unpredictable consequences.

**These contra-indications apply to both types of cylinder, but particularly to those filled with carbon and ferro-magnetic material.**
If you do not have pronounced problems with your blood pressure then you can successfully use either type of cylinder, depending on the task you have set yourself.

For most people the best times to work with the cylinders are:

<table>
<thead>
<tr>
<th>Condition/aim</th>
<th>Time</th>
<th>Recommendations and explanations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Stress of various kinds</td>
<td>Any time</td>
<td>If you are suffering from nervous agitation, your organism’s first reaction to the influence of the cylinders will be a desire to sleep. Don not fight this. You should set everything aside and lie down. Your nap will brief, but after you wake you will feel revitalized.</td>
</tr>
<tr>
<td>2 Insomnia</td>
<td>7–10 p.m.</td>
<td>*See footnote</td>
</tr>
<tr>
<td>3 High blood pressure and associated heart pain</td>
<td>11 a.m. – 1 p.m. &amp; 7. – 11 p.m.</td>
<td>In cases of heart pain the cylinders are more effective in the evening.</td>
</tr>
<tr>
<td>4 Ischemic heart disease</td>
<td>11 p.m. – 1 a.m.</td>
<td></td>
</tr>
<tr>
<td>5 Bronchial asthma</td>
<td>9 – 11 p.m.</td>
<td></td>
</tr>
<tr>
<td>6 Low blood pressure</td>
<td>9 – 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>7 As a tonic and on critical days associated with magnetic storms and the like</td>
<td>Those with low blood pressure are better working with the cylinders in the morning. Those with high blood pressure in the evening.</td>
<td>* As they have a beneficial effect on the nervous system Wands of Horus KONT (carbon and ferro-magnetic filling) will always encourage deeper sleep. The Wands of Horus QUARTZ, MONO, MONO-6, MONO-9, MONO-12 while also having a strong anti-stress effect, nonetheless possess one important peculiarity. If you take them in your hands late at night when you already feel like sleeping in a few minutes you will feel wide awake. The Wands of Horus filled with quartz have a positive effect on the nervous system stimulating activeness. This effect produces stabilization of blood pressure in those suffering from low blood pressure. The variety of the Wands of Horus with a coal and ferromagnetic filling are named KONT in honour of Count (Kont) Stefan Walewski who informed humanity of this type of the cylinders back at the beginning of the last century.</td>
</tr>
</tbody>
</table>

TABLE OF THE ACTIVITY OF THE MERIDIANs OVER 24 HOURS

As has already been said, the Wands of Horus can by used at any time of the day or night, whenever you like. They attune themselves to the organism, to the particular energy canal that is open at the time, and work with it. Therefore when choosing the best time to work with the Wands when there is a need to correct or more effectively act upon a disorder in particular organs, it makes sense to take into consideration the periods of maximum and minimum activity of the energy canals (meridians) associated with the specific organs or systems, whose function needs to be improved. For example, if you need to improve the condition of you lungs or bronchial tubes, you should use the Wands of Horus at night time,
taking them to bed, so that they are in your hands from 3 to 5 in the morning. To correct problems with the digestive tract or the urogenital system you should also take the activity periods into account.

Table N3

<table>
<thead>
<tr>
<th>MERIDIAN</th>
<th>ACTIVITY</th>
<th>FUNCTION</th>
<th>FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>max</td>
<td>min</td>
<td>Main</td>
</tr>
<tr>
<td>LUNGS paired yin</td>
<td>3–5 am</td>
<td>3–5 pm</td>
<td>Lungs, trachea, nasopharynx, bronchi</td>
</tr>
<tr>
<td>LARGE INTESTINE paired yin</td>
<td>5–7 am</td>
<td>5–7 pm</td>
<td>digestive tract</td>
</tr>
<tr>
<td>STOMACH paired yang</td>
<td>7–9 am</td>
<td>7–9 pm</td>
<td>Stomach</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Duodenum</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>High blood pressure, headaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Epilepsy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Neuralgia of the trigeminal nerve</td>
</tr>
<tr>
<td>SPLEEN, PANCREAS paired yin</td>
<td>9–11 am</td>
<td>9–11 pm</td>
<td>digestive tract</td>
</tr>
<tr>
<td>HEART paired yin</td>
<td>11 am – 1 pm</td>
<td>11 pm – 1 am</td>
<td>Cardiology</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Neuroses</td>
</tr>
<tr>
<td>SMALL INTESTINE paired yang</td>
<td>1–3 pm</td>
<td>1–3 am</td>
<td>Digestive tract</td>
</tr>
<tr>
<td>BLADDER paired yang</td>
<td>3–5 pm</td>
<td>3–5 am</td>
<td>Urogenital system</td>
</tr>
<tr>
<td>KIDNEYS</td>
<td>5–7 pm</td>
<td>5–7 am</td>
<td>urogenital system</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>kidneys, adrenal glands</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>lungs, skin</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>cardiovascular system</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>central nervous system</td>
</tr>
<tr>
<td>PERICARDIUM paired yin</td>
<td>7–9 pm</td>
<td>7–9 am</td>
<td>Cardiovascular system</td>
</tr>
<tr>
<td>The Triple Warmers (Burners or Heaters) paired yin</td>
<td>9–11 pm</td>
<td>9–11 am</td>
<td>small pelvis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>eye disorders</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>external and middle ear</td>
</tr>
<tr>
<td>GALLBLADDER paired yin</td>
<td>11 pm – 1 am</td>
<td>11 am – 1 pm</td>
<td>gallbladder</td>
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<td></td>
<td></td>
<td></td>
<td>bile ducts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>headache</td>
</tr>
<tr>
<td>LIVER paired yin</td>
<td>1–3 am</td>
<td>1–3 pm</td>
<td>digestive tract</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>liver</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>urogenital system</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>mucus membranes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>neuroses, migraines</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>muscular disorders</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>skin diseases</td>
</tr>
<tr>
<td>BACK CENTRAL</td>
<td>Any time</td>
<td>Any time</td>
<td>central nervous system</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>peripheral nervous system</td>
</tr>
</tbody>
</table>
THE RIGHT WAY TO WORK WITH THE WANDS OF HORUS

To use the Wands of Horus properly and effectively you should remember:

- **the purpose for which they were made:**

  For the pre-dynastic priests and the pharaohs the Wands of Horus were a tool for synchronizing energy shells that was compulsorily used before “initiation” in the period of preparation for “Intercourse with the gods” accomplished by means of the pyramids. *(For more details see the section «What was the aim behind the creation of the «Wands of Horus»?)*

  After cleansing the body of impurities by purging the bowels, fasting and special diets, the pharaoh or priest had to harmonize his inner emotional and psychological state, bring his nervous system and the workings of his internal organs into balance, improve blood circulation and correct his bio-energy field – all this was done with the aid of the Wands of Horus and the energy of the pyramids. Only after that would the pharaoh or priest enter the pyramid and embark upon the ritual of “Initiation” or “consecration”, in which he “died”, made contact with the gods, and was then reborn in a new quality.

- **the sources of the therapeutic effect:**

  The therapeutic effect observed from the use of the Wands of Horus arises from the harmonization of the two main flows of energy (or principles) – BA-KA or Yin-Yang – that form the human energy system and the restoration of bio-energy rhythms and systems as a result of the synchronization of the individual’s energy rhythms with those of the Earth.

  “Because the Wands of Horus initiate deep energy and physiological processes, they manifest a therapeutic effect, making it possible in certain diseases to correct some pathologies and appreciably improve a patient’s health…”

- **the minimal length of a session:**

  Reminding the reader that working with the Wands of Horus for no less than two hours each day is the precondition for their positive effect, we would also stress the need to take into account the phases in the diurnal activity of the human energy system shown in Table 3.

  Two hours a day are the minimum to allow one to expect the declared positive effect and an explanation of the character and causes of the sensations that you experience becomes possible.

  To obtain a deep therapeutic effect you should work systematically with the Wands of Horus on the basis of “the more, the better”. Because one truly fantastic quality that the Wands of Horus possess is that they retard auto-immune processes! Sadly, the vast majority of people do not understand what that can mean for them.

  The truth which the medical profession does not tell people is that if a person’s organism has been struck by disease (especially a serious one) then there can in principle be no question of a complete recovery. If a process has begun, then it has already become a PART of the organism since it has embarked on a reorganization of internal metabolic processes and other mechanisms and reactions...
taking that process into account. The truth, however bitter it might be, is that a complete cure can only be spoken of by those specialists who do not understand the essential nature of what takes place. When examining the imbalances that have arisen and the question of what should be done, at best one can only speak of slowing down that process, or stopping it, but not of a cure. Although in conventional medicine the halting of the process is termed a complete cure.

Let us examine the process taking as our examples osteochondrosis and cancer: if processes of that kind have begun in the organism, they can never be fully cured, for the very reason that cancer is a program written into the DNA of each person and genetic programs, as you guessed, cannot be cured. It can only be a question of slowing or stopping the process!

The course of internal processes accompanying the changes associated with osteochondrosis or cancer really can be slowed to such an extent that a person can die from any other cause, but not from osteochondrosis or cancer. The solution to the problem of longevity will come not through the invention of an “elixir of youth” or the discovery of a formula for rejuvenation, but through the slowing of the aging processes. It is impossible to eliminate death, but it is possible to delay its arrival so far, that the organism will age over many hundreds, perhaps even thousands of years. Therefore the method of retarding auto-immune processes with the aid of the Wands of Horus is a unique and truly celestial gift, given to our ancestors by a very ancient and highly advanced civilization. Awareness of this fact eliminates the question of whether we should use the Wands of Horus and arguments about being too busy to work with the wands. From the moment you realise what the Wands of Horus are and what they can give a person, the answer to the question of whether to use them and how often will be shaped by your personal interest and desire (or lack of it) to be healthy, to resist the factors, internal and external, that destroy us!

- **the defensive reactions of the organism:**

  The human organism is made in such a way that any influence on it through medication or strong energy that exceeds the natural norms for the organism evokes a defensive reaction from the immune system. When we use any medicine, especially a strong one, there is an effect of becoming accustomed to it, but in actual fact this is not a case of “growing accustomed” but the manifestation of a mechanism of a different kind.

  In regulating the highly complex metabolic processes and defending us from the negative aspects of strong-acting substances, the immune system gradually creates certain internal conditions under which the operation of the preparations is weakened (blocked) and thus they become ineffective. For that reason the effect of any strong action will be temporary and superficial.

  Unaware of such mechanisms, people used to the treatment of disease by the administration of drugs may expect the same sort of rapid results from the Wands of Horus as from medical preparations. This is the wrong attitude. Remember any intensive effect that evokes resistance from the organism will not produce a deep and stable result! Many diseases are preceded by prolonged unobtrusive processes that slowly but surely intensify the characteristic changes and so proper treatment involves the gradual correction of the resultant pathologies. The influence should not be strong in order to avoid resistance from the immune system.

  In creating the Wands of Horus the ancients first and foremost took this factor into account. The wands were conceived and created in such a way that the stimulating effect they produce was natural for the organism and thus did not evoke an opposite reaction from the immune system.

  **Exception:**

  Sufferers from serious forms of such disorders as inflammations of internal organs, sclerosis, bad arthritis, polyarthritis, arthrosis or cancer can use a specially prepared tool that has a higher level of magnetic induction. Stronger stimulation can provoke what is known as endocrinal aggression (a powerful activation of the organism’s defensive functions), accompanied by a discharge of hormones into the blood. Endocrinal aggression is a powerful factor in the fight against many diseases, but this approach cannot be used frequently. In three months at the most, the immune system adapts and blocks its operation. Consequently the opportunity to use this factor is lost and can be used again only after another three months or more have elapsed.

  Stimulation of endocrinal aggression by powerful influence is not to be recommended if the patient is worn out by the disease and has a low energy level (after chemotherapy, for example). In the best case fatigue of the immune system will mean that the powerful influence will have no effect, in the worst prolonged (many hours each day) use of this method may lead to the appearance of other disorders.
**Things that influence the effectiveness of the Wands of Horus**

Since the influence of the Wand of Horus affects deep-seated energy processes, their effectiveness is to some extent dependent on the state of the user's nerves and emotions. Each of us has their own individual cycle of changes in this sphere and when the nervous—emotional condition is in a negative phase, the wands will be less effective than might be expected from the analysis of results. The cycle of this factor changes between 4 and 6 times over the 24 hours, but since each individual has their own cycle, it is impossible to construct a single scheme to suit everyone.

Subjectively users can gauge their phase of the cycle from their own mood: if you get up in the morning in a bad state of mind, then the day began with a down phase. Working with the wands in this state will nonetheless give a positive result, but the effect will not be as pronounced as it would given a different state. As a rough guide the down phase can last 2–4 hours, gradually shifting into the stabilization and up phase. This is the reason why the minimum recommended time for a session with the Wand of Horus is two hours – so as to take account of the changing phases of this factor. Naturally with time a user begins to distinguish these states and that helps to choose the correct time for a session, for deeper interaction with the Wand of Horus and a more precise analysis of the results of their influence.

Because the deep influences of the Wand of Horus depend to a certain extent on the state of the nervous system, the following comment should be noted.

The use of large quantities of strong coffee or strong black tea has a negative (stimulating) effect on the nervous system and a person's inner psycho-emotional state. Despite the fact that the Wand of Horus have a general stabilizing (calming) effect on the nervous system, for a deeper and more effective result the consumption of such drinks should be reduced to a minimum. You should particularly avoid drinking them before a session with the wands. Caffeine-free green tea is a preferable alternative to black.

**WHAT IS AUTO-SUGGESTION?**

One of the arguments most often put forward in the debate on the effectiveness of this or that preparation or method of treatment is the factor of auto-suggestion. There are indeed many instances of a certain method giving good results in one case and proving totally ineffective in another. One explanation put forward, especially when discussing non-traditional methods, is the factor of auto-suggestion or what scientists call “the placebo effect”.

What is customarily referred to as “auto-suggestion” is in reality the manifestation of a very important quality that far from everyone can discover in themselves. This is the ability to mentally anticipate a particular effect. This ability is a decisive factor in the development of the parapsychological abilities that will be in demand in the future. There are known cases when yogis have drunk liquids containing a powerful poison, convinced that they will not be harmed, and they excreted the poison naturally without detriment to their health. This is the same thing that often prevents a patient, who mentally resists the administration of some preparation, from obtaining benefit from it. Their organism blocks the effect of the medication. Conversely, if people can consciously or unconsciously block the operation of a preparation, they can also mentally anticipate a benefit, leading to a deep and effective result.

The ability to convince oneself of a positive benefit enables the organism to accept an influence more rapidly and deeply, thus producing a good result. Therefore the auto-suggestive factor should be exploited to the benefit of the patient and not used as a negative argument in debate.

**HOW TO START WORKING WITH THE WAND OF HORUS**

When you take up the Wand of Horus, you should remember everything that has been said above.

From the outset you should try to work regularly with the Wand of Horus. No matter how busy you are, the formula “the more, the better” is the best recommendation for deep correction of the organism's general biological rhythm. Remember that the influence of the Wand of Horus is founded on the influence of “low-intensity factors”.

In view of the general unsatisfactory state of health of the average person, we recommend that when starting work with the Wand of Horus you should not part with them even at night. This will help the organism to correct the energy imbalances, restoration of which depends on certain cosmo-biological factors (cycles). Everything in nature and in the human organism develops cyclically and so the
sensations experienced will be different. Considering this extremely important factor, you should bear in
mind that each phase of practical sessions with the Wand of Horus should last no less than 12 days.

WHICH TYPE OF THE WAND OF HORUS IS PREFERABLE TO BEGIN WITH?

Starting from the understanding that any pathology in the organism begins with a disruption of the
BA-KA or Yin-Yang balance that expresses itself in a disruption of the rhythms in the vibrations of the
energy bodied (channels) and, as a consequence, of the biorhythms of the organs and bodily systems,
we recommend beginning work with the Wand of Horus with quartz filling (QUARTZ, MONO, MONO-6,
MONO-9, MONO-12). With their gentle, natural influence, they make it possible to restore biorhythms
and to harmonize the BA-KA or Yin-Yang balance. Where that balance is upset, working with the KONT
type of wands, filled with coal and ferromagnetic material, may cause unpleasant sensations.

Research revealed many instances when people with a shortage of Yang energy (for example,
women with pronounced lack of sexual satisfaction) using the KONT type of wands, filled with coal and
ferromagnetic material, experienced dizziness, nausea, angina-like constricting chest pain, and
asthmatic symptoms. People who have a Yin-Yang imbalance in either direction should categorically
avoid using the wands of companies producing imitations. The reaction of their organism will be
unpredictable. (For further details see section 19 of Working with the Wands of Horus.)

Please note that if a person has a fairly good overall energy balance they can start working with
the Wands of Horus KONT.

Before starting regular sessions with the Wands of Horus we recommend that you determine the
most pressing problem areas and, after studying the instructions, start to work with wands of the type
best suited to correcting those problems.

If a person is relatively healthy and their aim is to improve their health and energy system and to
develop latent abilities, then the ideal combination will be Wand of Horus with quartz filling (MONO,
MONO-6, MONO-9, MONO-12) and KONT (or BJA) wands, filled with coal and ferromagnetic material.

In very brief summary the different properties of the various Wands of Horus are as follows:
The Wands of Horus with quartz filling, by synchronizing the user’s biorhythms with those of the
Earth, harmonizes the BA-KA (Yin-Yang) balance and restores the biorhythms of the organs and bodily
systems. Therefore, with their tonic effect in mind, wands of this type are recommended for use during
the day and evening.

The Wands of Horus KONT, filled with coal and ferromagnetic material, synchronize a person’s
energy system with the energy flows of the Earth’s core.103 Like the Wand of Horus with quartz filling
they manifest an effective stimulating effect on the nervous, endocrinal and immune systems. They are
set apart by one very important quality. If used at night between 11 pm and 4 am, they act upon the
nervous system to give a deeper sleep and encourage the activation of cell regeneration and renewal
processes – a rejuvenation of the organism. (See appendix 15).

We also recommend the use several days a month of Wands of Horus KONT with magnetic
extensions, since this type of wand is good for staving off sclerosis. When choosing the days on which to
use the wands with magnetic extensions, you should avoid critical days affected by solar and magnetic
storms.

The “pranic cocoon” generated by the Wands of Horus KONT has a powerful impulse effect on
the human organism that is at the same time highly unstable. No matter how long the session with this
type of wand lasts – 48, even 72 hours, the “pranic cocoon” created disperses completely over the next
24 hours. Therefore to maintain the “pranic cocoon” produced by the Wands of Horus KONT, you need
to work every day.

The Wands of Horus with quartz crystal filling generate a “pranic cocoon” that has a gentle, even,
but profound effect on the human organism. The energy cocoon produced by this type of wand is very
stable. If a user works constantly with the Wands of Horus filled with quartz for a week, the “pranic
cocoon” they create will persist for three weeks with a beneficial effect on the whole of the user’s
organism.

In exceptional circumstances, when a person displays a strongly expressed BA-KA (Yin-Yang)
imbalance, they should use cylinders of different size (a large Yin cylinder and a small Yang one, or vice
versa). This will bring about an adjustment after which wands of equal size should be used to achieve
further harmonization.
THE METHOD OF RESTORING THE ENERGY BALANCE OF THE ORGANISM

To achieve complete energy restoration you should use Wands of Horus of the QUARTZ, CRYSTAL or MONO types (MONO-6, MONO-9, MONO-12). The thing to do is to take two weeks holiday and go off to the seaside, the forest or the mountains. The seaside is best.

For 12 days continuously you should work with the wands day and night, not letting go of them. If the wands happen to slip from your hands in your sleep, this is not a disaster. When you wake up, take hold of them again and continue working. In order to avoid the wands slipping from your hands, you can use special straps.

Spend more time “in the bosom of nature”. It is better to do so walking barefoot (the first chakra has a projection on the feet) – this improves the metabolism. Note that you should also bathe in the sea together with the Wands of Horus. On entering the water you should lie in the shallows and relax, letting the wands down into the salty sea water. There are no time limits – the longer, the better. Remember that you should dedicate yourself entirely to relaxation! You should sleep as much as your organism requires, even if it wants sleep at an unaccustomed time. You should listen attentively to what your organism is telling you and respond to its reactions by relaxation during which it will transform incoming energy.

If you keep all these conditions, then in exactly 12 days the organism’s energy balance will be fully restored. No other method of restoring the energy balance known to us today gives such a profound effect as the use of the Wands of Horus and copper patches.

THE USE OF COPPER PATCHES TO STIMULATE THE IMMUNE SYSTEM AND DIRECT THE EFFECT TO PATHOLOGICAL CONDITIONS OF PARTICULAR ORGANS

To intensify the stimulating effect of the Wands of Horus on the immune system and for a deeper corrective effect on the secondary consequences (symptoms) of diseases, as well as on diseases in a latent phase, it is necessary to use the Wands of Horus in conjunction with special copper patches. These copper patches are applied to the appropriate acupuncture points on the body. First, the use of the patches in conjunction with the Wands of Horus enables the vibrations to penetrate deeper and have a more beneficial influence on the organism and its pathology. Secondly, the use of the patches makes it possible to have an effect directed on a particular organ (disorder) or on the immune system as a whole.

In principle, the use of copper patches opens up extensive opportunities for targeted work on pathological conditions of various organs, but, on the other hand, we would like to stress immediately and especially, that such work should only be performed in consultation with a specialist capable of effectively and continuously assessing the condition of whatever organ is the target of the work.

Practice has shown that the majority of acupuncture practitioners and psychic healers lack sufficient knowledge for such work. The whole point is that any deep-reaching influence on the human organism produces certain response reactions. Those reactions may express themselves in certain changes in the location of acupuncture points, and, most significantly, in the appearance of surplus energy in some organ which the specialist should immediately detect and correct. In this context it should be stressed that the Chinese "map" of acupuncture points that is extensively used throughout the world is correct only for a healthy person. The first drawback of this map lies in the fact that it does not take into account the individual peculiarities we all have. There are no two identical people in the whole
world. The second and chief drawback lies in the fact that it does not take into account that the advance of particular diseases (especially serious ones) is accompanied by changes in the locations of acupuncture points and their coincidence with the corresponding nodes in the person’s energy system. It is therefore impossible of course to produce a single map that can take account of all the possible shifts of acupuncture points in all the variations of pathological processes. It follows that working with the map without taking account of the factors just mentioned either produces no result or accelerates the pathological process, moving the disease on to the next phase. And every successive transition to the next phase of the disease will be accompanied by changes in the location of acupuncture points.

Therefore for the effective use of the Wands of Horus in conjunction with copper patches we stress that any person can use this combination independently and unsupervised only in the following cases:

1. GENERAL ENERGY STIMULATION
   (Stimulation of the immune system)

   In this case the patches should be applied to four points:
   - Two Hegu (L14) points on the left and right hands
   - Two Zusanli (St. 36) points on the left and right legs (Fig. 79)
   (For more details see the section “The correct placement of the copper patches”).

   Fig. 79

2. ENERGY IMBALANCE

   Fig. 80
   The patches are applied to the Hegu and Zusanli points on the side where there is insufficient energy. (Fig.80) This produces a evening-out redistribution.

   In all other cases the use of copper patches requires a consultation with and close supervision by a specialist.

   The targeting of diseased organs with the aid of copper patches and the Wands of Horus can produce a good therapeutic effect in cases of a serious dystrophic process, such as diabetes mellitus. Directed stimulation provoking a certain energetic activity can produce a positive result as a result of an energetic impulse stimulating (awakening) the function of the pancreas, as its function turned out to be suppressed due to insulin injections. In this case, however, for a positive result it is vital to monitor the state of the relevant energy canal (organ) as an energy surplus may produce jumps in blood sugar.

   Following what has been said, we should particularly stress the impermissibility of any sort of experiments on the part of acupuncturists or psychic healers lacking the necessary knowledge and experience in this specific field, but hoping perhaps to find a niche for themselves giving practical directions on the use of the Wands of Horus in conjunction with copper patches. There is no general pattern here, and there cannot be one. The approach to each person must be individual be accompanied with a full awareness of responsibility for his or her health.

THE CORRECT PLACEMENT OF THE COPPER PATCHES

Fig. 81. The placement and attachment of copper patches on a Hegu point
In order to place the copper patch correctly on the Hegu point you need to find the painful spot between the thumb and index finger (Photo 1). Put the copper patch on that spot (Photo 2) and stick it in place using ordinary fabric-based sticking plaster (Photo 3).

In order to place the copper patch correctly on the Zusanli point you need to place your palm on your knee as shown in Photo 1. The required point will be under the tip of your ring finger. Then place the copper patch on the painful spot and fix it in place using sticking plaster as shown in Photos 2 and 3. This is a simple, but reliable way of attaching the copper patches. If you have difficulty locating the Zusanli point, we recommend consulting an acupuncture specialist.

Practical experience has shown that ordinary fabric-based sticking plaster is the most reliable and effective means of attaching the patches.

**COPPER PATCHES TO STIMULATE BLOOD CIRCULATION AND ENERGY ACTIVITY AT PARTICULAR PLACES**

For the local enhancement of blood circulation and the stimulation of the energy activity of zones that have projections on the surface of the skin, you should make use of the special copper patches. They are distinctive in having small holes through them that are made to a particular pattern (Fig. 83).

The holes in the copper patches are required because on the surface of the skin there are spiral-shaped energy vortices (funnels). These spiral vortices play a special role in the energy exchange between the skin and the surrounding energy environment. They are an inseparable part of a person’s energy shell and so the character of these vortices plays a special role in the functioning of the organs and bodily systems that have projections on the surface of the skin. As these vortices are something like energy sensors directly connected with the organs and blood system, the presence of openings through which the flows of energy vortices can penetrate permits the increased energy activity of the places (zones), to which they are applied. Such patches are, for example, very effective in the treatment of osteochondrosis and many other disorders arising from circulatory dysfunctions. (See the Osteochondrosis section.)

**DISEASES AND METHODS OF CORRECTING THEM**

**OVER-AGITATION AND NERVOUS DISORDERS**

Providing the patient does not have pronounced problems with their blood pressure, any type of the Wands of Horus can be used for over-agitation and nervous disorders. High blood pressure sufferers should use the Wands of Horus KONT; those with low blood pressure the Wands of Horus QUARTZ. You can work with the Wands of Horus at any time, but take into account your organism’s own biological clock.
To correctly choose the time to work with the wands, you should consult the table of optimal times given earlier. It is best to work with the wands in the bosom of nature, walking by or in natural sources of energy such as water, forests or mountains.

When you are in a forest, we strongly recommend regular interaction with the energy of a birch, maple, ash, alder, willow or lime (linden) in accordance with the table included in the section “The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.”

As has already been said, in summer it is best to walk barefoot with the Wands of Horus, which improved the process of energy exchange and the metabolism. Remember that if you feel drowsy, you should obey that signal from the nervous system and immediately find somewhere to lie down. Your nap will be brief, but very useful. We recommend using the Wands of Horus at night as well. The use of the Wands of Horus KONT will encourage deeper sleep, and also activate the process of cell division and renewal, increasing that indicator!

If the Wands of Horus are used conscientiously every day in a natural setting, then a feeling of energy and nervous balance will begin to appear after twelve days or so.

STRENGTHENING THE IMMUNE SYSTEM

Systematic use of the Wands of Horus strengthens the immune system. The chief advantage of the Wands of Horus lies in the fact that stimulation of the immune system with their aid does not lead to its debilitation, as is observed with the use of medical preparations and also various devices of the DENAS or EDMA type, but on the contrary leads to a strengthening of the immune system! This is the main, fundamental difference between the ancient technology and modern approaches, whose operation is founded on awakening the organism’s defensive reactions, causing endocrinal aggression, leading ultimately to exhaustion of the immune system, which we can observe all around us.

At the start of this very important section in the instructions for the Wands of Horus, we point out that the method for the restoration and strengthening of the immune system consists of several stages, each of which is very closely bound up with the Wands of Horus and requires systematic work with them. It is, after all, a fantastic quality of the wands that they retard auto-immune processes (See the section on The Minimum length of session.)

Every stage and element of the method will be directed towards the restoration and/or strengthening of specific system in the organism, the function of which is most tightly connected with that of the immune system.

At the first stage we shall examine the main factor leading to the debilitation of the immune system. This is important as better knowledge of how our organism functions can help us to avoid errors that lead to permanent energy losses.

The main cause of the organism’s worsening immune status, gradually leading to metabolic disorders, aging and the appearance of a broad spectrum of diseases is the contamination (“furring up”) of the large intestine. Three-quarters of all the elements of the immune system are located in the intestines. We know also that intestinal microflora play the main role in the synthesis of necessary compounds and the excretion of waste products. For many reasons the food that enters the digestive tract cannot be processed completely and it rots in the intestines, contaminating the organism.

As a result of incorrect nutrition, mainly starchy and boiled food devoid of vitamins and minerals (potato, farinaceous foods made with finely ground flour, heavily laced with butter and sugar) jumbled up with protein (meat, processed meat, cheese, eggs, milk), food passing through the large intestine leaves a film of excrement on its walls like fur in a kettle. Collecting in the folds (diverticula) of the large intestine, under conditions of dehydration (up to 95% of the water is extracted in the large intestine) this “fur” forms stones of excrement. As a result rotting and fermentation are taking place in the large intestine. The toxic products of these processes enter the bloodstream together with water and cause a phenomenon known as intestinal auto-intoxication (autotoxaemia). It is on this sector of the front in the fight against contamination that the human immune system expends most of its energy and strength, gradually becoming exhausted. Therefore, the first thing that needs to be done on the way to restoring and improving the immune system is to immediately set about cleansing the large intestine with the aid of enemas, herbal decoctions, moderate and correct nutrition. (See Appendix 16). As this cleansing, which may take a month, proceeds and we rid ourselves of contamination, the energy level of the immune system begins to rise, which immediately brings about an improvement in subjective health, greater capacity for work and vitality. The parallel use of the Wands of Horus and other elements relating
to this method will intensify the functional restoration of the immune system as a result of its interaction with the Earth’s energy flows.

The next important factor for the normal functioning of the immune system is the balance of oxidants and antioxidants in the cells of the body. In this context we should particularly emphasize that we are talking about stimulating the balance. This is the right time to inform you that research into the properties of water placed in different zones of a pyramid have revealed a small, but significant alteration in the pH of the water. Water exposed in the focal zone had a lower pH value, indicating greater acidity. In the lower zone of the pyramid the opposite effect took place. This change in the properties of the water means an increase or decrease in its oxidizing capacity. When the pH dropped (greater acidity), the oxidizing capacity of the water increased; when the pH rose (greater alkalinity) the water acquired antioxidant properties. This explains one of the mechanisms by which prolonged exposure to a pyramid field affects the human organism – within the pyramid field there is a stimulation of the acid-alkali (oxidant-antioxidant) balance that is a highly important factor and condition for the normal healthy functioning of the cells and of the immune system as a whole. This is one more plane in which lies the answer to the question of why the pyramids were built in remote antiquity. (See Appendix 24)

Besides the pyramid, one of the effective ways of stimulating the acid-alkali balance in the organism and, as a result, the entire immune system is taking a 3% solution of hydrogen peroxide (H₂O₂). Since nature has not provided us with herbs, vegetables or fruit that contain what the organism needs to stimulate the oxidant-antioxidant balance at the level of atomic oxygen, the internal use of this solution is justified and, most importantly, efficacious. It is important to take account of the individual peculiarities of the organism and the degree to which the particular person has neglected their health to determine a rational dosage. (See the section The method of using hydrogen peroxide.)

For a deeper general energy stimulation of the organism and the immune system, you should use copper patches applied to the Hegu and Zusanli acupuncture points. (See the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.)

In conjunction with the use of copper patches on the Hegu and Zusanli acupuncture points, for more effective stimulation of the immune system we recommend the use of small perforated patches placed on the feet and on the chest in the region of the thymus gland. Stimulation of these energy projections of the organs of the endocrine system encourages the restoration and activation of the immune system, taking into account the losses of energy in the colonic section of the digestive tract. The systematic use of this complex of measures has a general strengthening effect on the human organism with a consequent overall improvement in the energetic and physical condition, an improvement in circulation and retardation or halting or undesirable processes taking place in the organism. After recuperating its strength, the immune system will set about correcting disorders in the organism with triple force. Many people have noted, for example, that a cold when treated with conventional remedies or with none can last 7–10 days, sometimes more; while for regular users of the Wands of Horus, the process was different, much more severe, but over, as a rule, within a single day and night. In other words, the immune system, having gathered strength, coped with the infection with a single powerful blow in contrast to the sluggish course of the illness caused by a weakened immune system.

The following stage, incorporating a number of important measures aimed at raising the immune system and the user’s inner capacities to a higher level, should be carried out with individual peculiarities in mind. The necessity to consider specific nuances of the particular individual's actual state of health means that the material relating to this stage is extensive and will be published separately in the medical instructions for the use of the Wands of Horus. To obtain these instructions contact us at the addresses indicated.

In completing the description of the main stages that do not require special preparation and are accessible to all, we would add that:

For a more profound restoration of the immune system you should use the Wands of Horus next to natural sources of energy, such as rivers, lakes, the sea, forests and mountains. It is in such settings that the human organism (energy bodies as well as the physical one) best absorbs and transforms natural energy. (See the section The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

Regularly walking outdoors barefoot holding the wands encourages the normalization of the metabolism and a more profound restoration of the functions of the immune system. The stimulating effect of the Wands of Horus will lead to a more intensive absorption of natural and pure energy flows by the human energy system. Such an activation of the energy centers makes it possible to increase your energy potential and bio-energy field.
Experiments conducted over many years to establish the properties of pyramids have shown that the pyramid field has a pronounced immuno-modulating effect on the human organism, enhancing the stimulating and strengthening influence that the Wands of Horus and natural factors have on the immune system. For a better result you should consume foods, juices, water and herbal decoctions that have been exposed in a pyramid. (See Appendix 24.)

CANCER AND METHODS OF FIGHTING IT

While for a healthy person any type of the Wands of Horus is an effective means of cancer prevention, for the cancer-sufferer who has never used the wands there are particular restrictions. Cancer sufferers should use Wands of Horus KONT with magnetic extensions or specially made wands of the KONT type with increased residual magnetic induction.

A distinctive feature of cancer is that it forms its own new energy system and suppresses its entire surroundings, it subordinates everything to the incipient process of reconstruction. One of the reasons for ineffectiveness in the fight against this scourge is the lack of precise conceptions of the causes and mechanisms of the disease. While studying the changes that take place in the organism on a physical level, modern medicine does not examine the processes taking place on the energy plane. Since it views cancer as an anomalous process, medical science is justified in calling it a disease. In our opinion, however, this is not quite correct. Cancer is one of the phases of the genetic program written in the DNA of each person and if cancer appeared as a consequence of a genetic glitch then it is unlikely that the process once begun will be stabilized by the methods employed in contemporary medicine.

Apart from a genetic malfunction, the program may be triggered by heavy stress, injury, irradiation or any number of other objective causes. In these cases cancer can be fought by directing our efforts towards the destabilization of the process.

Let us examine some of the energy mechanisms involved in the process in order to spot possible ways of countering it.

In all cases the start of the process of spontaneous, massive cell division (cancer) is due to the appearance of bilateral and general bio-energetic asymmetry. This is an energy process, accompanied by changes (displacements) in the layout of the energy channels and nodes of the energy system with relation to the acupuncture points (their projections in the physical body). The new energy system that is thus formed and the cancer cells themselves are markedly unstable and this makes it possible to counter the process. It is important to note that if conventional medicine employed a method of correcting this deviation (asymmetry), it would lead to an immediate halting of the formation of a new energy system.

There are two possible approaches to halting the process:

1. Correction of the bilateral and general bio-energetic asymmetry (a return to the original condition);
2. Exerting a destabilizing influence on the energy system newly created by the cancer process.

One of the ways to destabilize the cancer process may be to use devices with a high level of magnetic induction. Strong magnetic fields are capable of inducing a contraction (deformation) of the energy carcass – the matrix of the forming energy system, which will lead to destabilization of the growth of the tumor, as the energy system created by the cancer is unstable. Besides, a high level of magnetism can provoke the defensive functions of the immune system with the discharge of hormones into the blood stream (endocrinal aggression). For that reason, in certain cancers of the internal organs, a positive therapeutic effect may be obtained by destabilizing the growth of the tumor using Wands of Horus KONT and special extensions with a high level of magnetic induction.

It should be stressed that during the therapeutic process, and also after the growth of the tumor has been halted, there may be side effects, such as disruption of the nervous system or mild psychological disorders.

Among the confirmations of the correctness of such an approach are the results of many years of research carried out by the Russian Academy of Medical Science. The researches revealed a connection between oncological disorders and magnetic storms.
A study of the incidence of malignant tumors in Turkmenia throughout a full cycle of solar activity established that in years with low solar activity, the incidence of malignant tumors was higher than in years with high solar activity, while leukocyte (white blood cell) counts were lower. With lower solar activity the amount of leucocytes in peripheral blood diminished. In times of high solar activity the cosmic factors retard the growth of incipient malignant tumors without having an influence on benign growths and pre-cancerous formations. [22]

This result is due to the fact that the changes (increases) in the level of magnetism in a given region of the Earth produced by a magnetic storm act upon the human energy shell causing it to deform (contract) in respect of the physical body, which in turn leads to the destabilization of cancerous processes.

Cancer sufferers should use the Wands of Horus KONT. Additionally the zinc cylinder with its ferromagnetic filling should be itself magnetized to the necessary level or the special magnetic extensions should be attached to its ends. (See Fig. 86)

Further, if the tumour reaches the surface of the body it should be surrounded on all sides with special magnetic sources to produce a local destabilizing effect on the cancer.

Fig. 86

In order to achieve effective destabilization of the cancer it is best to keep hold of the wands throughout the day. The work with the Wands of Horus should follow a definite pattern:

1) You should not use the wands between 11 pm and 4 am, when the process of cell division in the organism is at its most active.

2) People with chronic high blood pressure should make a brief pause in the use of these wands on days that are unfavorable on account of solar and magnetic storms.

3) After working with the wands for at most 2½ months, you should put them aside for a month. This gap is vital to avoid the immune system creating internal conditions that neutralize the effect of the wands.

The influence of the Wands of Horus will be even stronger if you drink water that has been exposed in a pyramid and/or work with the wands in or by a pyramid. The pyramid factor enhances the effect of the wands.

It is CATEGORICALLY forbidden to use Wands that have been used by a cancer sufferer. Before being used by another person, the wands should undergo repeat exposure in a pyramid for a period of 12 days.

This safety measure is necessary as the wands “remember” the vibrations of their user and can retain that memory for a long time.

In the opinion of specialist a “phantom effect” arises at the site of a cancer tumor: when the growth itself is removed a wave matrix remains that then creates a new colony of malignant cells. Therefore to remove the undesirable trace from the Wands of Horus they need to be re-exposed in a pyramid. Regarding the “phantom effect” following the removal of a tumor we recommend exploiting the local destabilizing effect produced by special magnetic sources as well as using Wands of Horus KONT with magnetic extensions.

The pyramid itself and its powerful structuring field could serve as a most effective weapon in the fight against cancer, as has repeatedly been confirmed experimentally. Accumulated experience makes it possible to argue with justification that there is a real opportunity to counter cancer using a properly constructed large-size pyramid. (See the section The aim behind the making of the Wands of Horus.)

ADDITIONAL RECOMMENDATIONS FOR THE USE OF MAGNETIC EXTENSIONS

On those days when magnetic sources are being used, we recommend that you limit your intake of strong tea, strong coffee and spirits. The simultaneous use of wands with magnetic extensions and strong stimulating drinks is undesirable. The stimulating effect of tea, coffee and other tonic beverages will be greatly increased in roughly 50% of patients. This applies particularly to those with heart problems and high blood pressure. Coupled with disorders of the endocrine system (the thyroid, for example) this
effect may even result in nervous over-agitation. The same warning applies to narcotic and hallucinogenic substances.

**PREVENTION OF CERTAIN SERIOUS FORMS OF CANCER IN THE DIGESTIVE TRACT**

As has already been stated, the Ancient Egyptian priests and pharaohs used the Wands of Horus as a means of preventing cancer. Therefore regular use of the wands will give a healthy person a unique chance to avoid this misfortune in the future (See the section *The Apopis Factor*). In this context an additional, highly effective method of preventing certain serious forms of cancer in the digestive tract is the regular intake of a 3% solution of hydrogen peroxide.

It has long since been established that many diseases develop dynamically when the tissues of the body suffer from shortage of oxygen. Notably cancer cells develop only in an anaerobic, oxygenless environment. Therefore if the vulnerable tissues are saturated with oxygen, the chances of contracting cancer are considerably reduced, while the struggle against a process that has already begun will be far more active. The idea of oxygenation lies behind the treatment given for a whole range of diseases: in the blood vessels of the brain, Alzheimer's, cardio-vascular disorders, stenocardia, heart arrhythmia, chronic obstructive bronchitis, emphysema, asthma, flu, herpes, systemic candidiasis, insulin-dependent diabetes, disseminated sclerosis, metastatic cancer, rheumatoid arthritis, Parkinson's disease, migraine and allergy.

In examining the mechanism of cancerous processes in the digestive tract, it should be noted that such cancers are usually associated with the large intestine and the disorders caused by the accumulation of waste products. (See the section *Strengthening the immune system/ Dr I. Mechnikov* in his book *The Study of Human Nature* cites data indicating that of the 1,148 cancer cases he studied, 1,022 arose in the large intestine. The biochemical situation produced in the large intestine by improper nutrition creates an alkaline environment (a disruption of the oxidant-antioxidant balance) that encourages the growth of pathogenic microflora which leads to disruption of the organism's own regime for the production of hydrogen peroxide.

Nature in creating the human being envisaged the mechanism that we call the immune system. Its cells – leucocytes and granulocytes – produce hydrogen peroxide (H₂O₂), an aggressive oxidant that destroys any pathogenic flora, whether fungal, bacterial or viral.

A by-product of this reaction is ozone – a three-atom molecule of oxygen. Without its presence not a single bio-energetic reaction is possible. But with incorrect microflora the large intestine can produce sufficient hydrogen peroxide, particularly as any disease increases the demand for hydrogen peroxide, causing a deficit. Bearing in mind that intestinal microflora play the main role in the synthesis of necessary compounds and the excretion of waste products, the main reasons for the appearance of intestinal cancer become clear.

When examining the mechanism by which the Wands of Horus function, we pointed out that after only five minutes of holding the wands a person's pulse rate increases, blood vessels expand and circulation improves, which in itself enhances oxygen absorption by the body's tissues. But atmospheric oxygen and atomic oxygen are far from one and the same thing, and that atomic oxygen still needs to be delivered to where it is in deficit, e.g. the large intestine.

Sadly nature has not provided us with herbs, vegetables, fruit or any other foodstuffs that contain hydrogen peroxide, the internal use of this 3% solution is justified and, most importantly, efficacious. (See the section *The method of using hydrogen peroxide.*)

Therefore, without going into the detailed chemistry, we should stress the main thing: regular use of the Wands of Horus coupled with regular doses of hydrogen peroxide solution is an effective method of preventing certain serious forms of cancer in the digestive tract and more besides. Hydrogen peroxide is not only an additional source of the oxygen that cells are lacking, but also a sort of cleaner of toxic substances capable of countering any pathogenic flora. Scientific research carried out at the Medical Center attached to Beilo University (USA) involving saturating a cancer tumor with oxygen by injecting H₂O₂ into an artery leading to it produced amazing results.

**THE METHOD OF USING HYDROGEN PEROXIDE**

This method is old and forgotten. Successful experiments with intravenous injections of hydrogen peroxide (H₂O₂) were conducted by Nisten in France as far back as 1811, demonstrating that the best way to saturate the body's tissues with oxygen is precisely by this method, since the body has enough atmospheric oxygen, but not always enough atomic oxygen.
It has been scientifically proved that not a single reaction takes place in the body without hydrogen peroxide being involved, since the $\text{H}_2\text{O}_2$ in the organism interacts directly with the catalysis of the blood and gives off atomic oxygen which is carried around with the blood, saturating the heart muscle and other tissues it reaches directly. Without atomic oxygen there can be no oxidation of food and its processing into substances that the organism can use. We ourselves make the digestive process more difficult: not chewing our food enough, preparing it in barbaric ways, drinking all sorts of things, smoking, using lots of harmful chemicals and so on. All this leads to an excessive requirement for atomic oxygen.

In 1916 a British physician named Stebbing, who continued the work with hydrogen peroxide, injecting it into the veins, stated that: "The intravenous injection of peroxide, if performed correctly, can be used clinically with considerable benefit to patients and has no side-effects."

Since then many doctors have tried to draw the attention of the medical community to this form of treatment, but the development of antibiotics played its negative role. More than 6,000 articles and scientific papers have been written on the therapeutic use of hydrogen peroxide, but, sadly, people's health always comes second when enormous profits are at stake. A rhetorical question: what is it more profitable to sell – cheap $\text{H}_2\text{O}_2$ or very expensive antibiotics, despite the fact that they cause a mass of side-effects and mutations in various bacteria?

Hydrogen peroxide works cleanly in the organism: it floods the tissues with oxygen, oxidizes toxins and fats on the walls of blood vessels, preventing atherosclerosis, while a "oxidant strike" deprives cancer cells, bacteria and viruses of their viability, which is the tremendously powerful function of oxidant detoxification.

In the early 1960s in the USSR's Institute for Medico-Biological Problems, Professor I.P. Neumyvakin, a Doctor of Medical Sciences and State Prize winner, working in the field of medical support for space flight, presented his first dissertation on a similar theme, asserting that "without hydrogen peroxide the human organism, constantly under attack from viruses, microbes and other parasites of different sorts, cannot exist." The body's own chemistry lab is tiny: the leucocytes and granulocytes that surround unwanted intruders produce their own peroxide that then serves as the weapon with which our organism fights various kinds of infection.

In any illness the body's usage of its own peroxide increases and, eventually, this results in a certain deficit. When this occurs, pathogenic flora have a stronger effect on the organism. The process becomes a vicious circle with one illness appearing after another.

Hydrogen peroxide is not, of course, a universal remedy for all ills, but, by destroying all that is pathological, alien, mutating or out of control, it is capable of countering any infections and also of normalizing the oxidation-restoration processes in the organism, which leads to an improvement in the state of all its systems: endocrine, circulatory, digestive, lymphatic, immune and energy.

In today's conditions of life and poor quality nutrition people suffer from a shortage of atomic oxygen. Oxygen is a very powerful cleanser (oxidant). In the blood it oxidizes nitrates, fats and metals. But unfortunately the atmospheric oxygen that we get from the air is a two-edged sword: on the one hand in order to reach the cell it has to first turn into molecular or ionic oxygen; on the other, the more atmospheric oxygen there is in the organism, the more free radicals are formed and with time that can lead to serious problems. Therefore the decisive thing is the balance of these factors in which hydrogen peroxide as a source of atomic oxygen plays a vital part.

Since nature has not provided foodstuffs (fruits or vegetables) containing oxidants, the use of hydrogen peroxide can be justified entirely. It must be stressed, however, that this method must be used without proper cleansing of the large intestine. Otherwise the use of peroxide can produce dizziness and other unpleasant sensations. We should add that regular intake of peroxide is a very effective means of strengthening the immune system, but its use should follow a definite timetable and dosage over a twelve-day cycle (as shown in the table below). Drops of a 3% solution should be added to a tablespoon of water and taken once a day – an hour before eating or three hours after.

Then you should make a break of 5–7 days, repeat the cycle, make another break of 5–7 days, repeat the cycle again, ending with a 5–7-day break. After that you should take peroxide one cycle a month for the rest of your life, but your maximum daily intake should not exceed 20 drops. Otherwise you may get side-effects.

The taking of peroxide should always be accompanied by the use of the Wands of Horus. This is of fundamental importance as the improved circulation stimulated by the wands enables the atomic oxygen to be quickly and effectively delivered to the body's tissues.
**CYCLE AND DOSAGE**

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<tr>
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<td>12</td>
<td>10 drops</td>
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</table>

**Contraindications for the use of hydrogen peroxide**

1. Excessive acidity.
2. Pregnancy.

**PREVENTION AND CORRECTION OF BENIGN GROWTHS**

For the prevention and correction of benign growths you should use the Wands of Horus KONT with magnetic extensions. Since the magnetic extensions have a higher level of residual magnetic induction, work with the wands should follow a definite pattern.

Three times a month (once every ten days) you need to work with the Wands of Horus KONT throughout the whole day, adding the magnetic extensions to the zinc wand that has a core of iron. Your session should last through the hours of daylight and into the early evening.

At the end of this time, some two to three hours before going to bed, you should remove the magnetic extensions. Working with the magnetic extensions in your sleep is not to be recommended due to the strong stimulating (tonic) effect arising from the reaction of the endocrine system. If while working with the Wands of Horus and magnetic extensions you experience a state of inner agitation, you should remove the extensions and return to them ten days later.

If the aim is to correct an existing benign growth, the duration and timing of your work should be chosen using tables 2 and 3, taking into account the periodicity of the activeness of the energy channel associated with the affected organ.

**AIDS AND THE WANDS OF HORUS**

In response to the question of the place of the Wands of Horus in the fight against AIDS it must be stated that attempts to cure an infected person using the wands will not be successful. Their influence is not sufficient to effect a cure.

However, the use of the Wands of Horus, stimulating the endocrine and immune systems, will tend to prolong the life of a sufferer, since the wands significantly retard auto-immune processes. This result is due the fact that the weak low-frequency electromagnetic oscillations induced in the Wands of Horus that are connected with the vibrations of the Earth’s own frequency improve the energy and electrical conductivity of the biological water in the organism and have a stimulating effect on the immune system.

The influence of low frequency fields on the immune system has been proved by a number of independent laboratory studies. Changes in the number of leucocytes and in the level of cell activity were also observed.

The results of the studies into cell activation by means of electromagnetic fields carried out by Robert Becker are presented in his book *Biological Feedback: Healing with the Aid of Signals*. The main emphasis in the work with biological currents of both natural and artificial origin was on strengthening the immune system (research on AIDS patients) and on the fight against cancer. Results of laboratory experiments as far back as 1990 enabled scientists to come very close to understanding the possibility of a person's mind controlling the body by means of electromagnetic fields and thus developing a way of
countering cancer and weakness in the immune system and of solving a host of other problems in medicine.

If a healthy person uses the Wands of Horus regularly in their daily life, stimulating the immune system, they will be less likely to contract HIV. HIV-AIDS is not a danger to someone with a truly powerful energy system.

The effect of the Wands of Horus will be even more pronounced if you consume water exposed in a pyramid or work with the wands next to a pyramid. The pyramid’s structuring field stimulates the immune system and enhances the effect of the wands. (See the section The Wands of Horus Project)

If someone has already contracted HIV-AIDS then daily use of the Wands of Horus, magnetic extensions and copper patches to stimulate the endocrine system will tend to prolong the patient's life. A special role in the stimulation of the endocrine system by means of copper patches will be played by the thymus, to which the patches should be applied according to a special pattern accompanied by simultaneous stimulation of the zones of the endocrine system located on the heels. Narcotics are a serious counter indication for the retardation of the auto-immune process in AIDS sufferers. It is categorically wrong to use the Wands of Horus when taking narcotics. Since the effect of the Wands of Horus is profoundly connected with the unconscious mind, narcotics taken at the same time as using the Wands of Horus can in some circumstances induce destructive processes.

BLOOD PRESSURE DISORDERS

For disorders of arterial blood pressure and headaches caused by high blood pressure, you should use the Wands of Horus KONT. Apart from the galvanic effect that normalizes blood pH and improves circulation, the weak magnetic field that is a property of the Wands of Horus KONT tends to improve the fluidity of the blood.

It has been reliably established that blood is sensitive to magnetism and acquires new properties under the influence of a magnetic field. The rheological effect – that is to say, the increased fluidity of the blood – produced by a magnetic field that was discovered in the early 19th century is due to the presence in the blood of microscopic particles of magnetite. This sheds some light on the secret of how weak electromagnetic fields influence the organism: the presence of magnetite in a cell alters its behaviour, encouraging the transfer of ions across its membrane.

We recommend that during the first few months of working with the Wands of Horus people suffering from chronic high blood pressure briefly interrupt the use of the wands on days of solar and magnetic storms. This is because such unfavorable external conditions activate all the homeostatic (internal balancing) mechanisms in the healthy individual: nervous reactions are adjusted together with the endocrine system and immunological defenses are heightened. The abrupt increase in immunological defensive reactions is due to the discharge of hormones into the blood – endocrinal aggression.

All this important work is carried out at the expense of the immune system, exhausting its potential. Therefore those with a weak immune system suffering from chronic high blood pressure should, at the initial stages of the recuperation of their cardiovascular system and immunological potential, reduce the strain on their immune system by taking a break in their work with the Wands of Horus for the unfavorable period. As work with the wands strengthens your cardiovascular and immune systems, you will find yourself able to use them on unfavorable days as well.

For low blood pressure with the weakness and other symptoms associated with hypotension, you should use the Wands of Horus with quartz filling. They have a tonic effect encouraging an increase in blood pressure.

Regular use of the Wands of Horus adjusts blood pressure to a normal level determined by the organism itself. Systematic use of the Wands of Horus (twelve days or more continuously, throughout the day) induces a gradual reduction of the cholesterol level in the blood.

If you do not suffer from chronic hypertension, in which blood pressure is permanently raised, it may be advisable to begin work with the wands taking into account the recommendations in the section «Which type of the Wand of Horus is preferable to begin with».

To correctly choose the time at which to work with the wands you should consider the organism’s biological clock, consulting the table of the best times to use the Wands of Horus.

To enhance the stimulating effect of the Wands of Horus on the immune system and to improve your general condition when suffering from blood pressure problems, you should use copper patches in accordance with the instructions given in the section «The use of copper patches to stimulate the immune system and direct the effect to pathological conditions of particular organs». 

[...打算继续]
In autumn and spring-summer we recommend using the energy of trees to stabilize and improve arterial pressure. Those suffering from hypertension should use the energy of a poplar. This moderate receiver tree is a good help for high blood pressure. (See Table 4: *The energy and biological rhythms of trees for the correction of the energy and physical state of human beings*).

The Wands of Horus allow the human energy system to better absorb the energy flow of the tree, which effectively stimulates blood pressure to return to the norm determined by the organism itself. To improve the fluid properties of the blood we recommend consumption water exposed in a pyramid or working with the wands next to a pyramid.

The influence of the pyramid itself on those around it may stabilize blood pressure, raising it in hypotensives, lowering it in hypertensives. If you use the wands close to a pyramid this process will be accelerated and intensified.

The most pronounced positive effect from the use of a pyramid is observed in people suffering an exacerbation of the condition. The effect at such times is more significant and obvious. Systematic use of a pyramid has been observed to improve and speed up processes, leading to a stable remission, sometimes to full recovery.

**HEADACHES**

During bad headaches after gripping the wands for 10–15 minutes, the sufferer should hold the ends or sides of the wands to their temples – the copper cylinder to the right temple, the zinc cylinder to the left.

**DISEASES OF THE CARDIOVASCULAR AND CIRCULATORY SYSTEM**

Such diseases are most widespread and are the commonest cause of death. They account for between 30% and 50% of the total of illnesses with a fatal outcome.

Research has shown that the worsening of patients’ conditions is very closely connected with solar and magnetic storms.

Daily work with the Wands of Horus first and foremost encourages the restoration of the pH level of the blood and the correction of problems associated with excessive permeability of cell membranes.

People with a weak vascular system, who have recently suffered such a catastrophic vascular event as an infarction or stroke, should use Wands of Horus with a fine-grain quartz filling. In all other cases you can use wands with larger-sized quartz filling (large-grained QUARTZ, CRYSTAL or MONO).

Regular use of the Wands of Horus improves the general condition of the blood vessels. Additionally moderate consumption of dry wine, especially red, has a strong positive effect on the organism and the vascular system. The results of systematic use of the Wands of Horus will be:

- improved memory and mental abilities due to improved circulation;
- the improved condition of blood vessel walls due to the removal of excess calcium with its negative influence.

If you have a poor (inert) energy system and unstable blood pressure that “jumps” up and down, particularly at the change of life, it is advisable to briefly interrupt your work with the wands on critical days with magnetic storms and sudden strong changes in atmospheric pressure. At the initial stage changing meteorological conditions on such days may cause a certain instability and a subjective worsening of your general condition. Consequently it is best to restrict your work with the wants to ordinary days. As work with the wands strengthens your energy system, you will find yourself able to use them comfortably on unfavorable days as well.

**METHOD OF TREATMENT**

Correction of cardiovascular problems requires daily work with the wands for no less than two hours each day, taking into account the period of maximum activeness of the energy system (See the *Table of the activity of the meridians over 24 hours* and the *Table of the best times to use the Wands of Horus*).

But, bearing in mind the general unsatisfactory state of health presented by the vast bulk of people and their failure to stick to recommendations because they are busy or disorganized, we should stress again that to get results you should work with the Wands of Horus as much as possible, making your principle “the more, the better”. If you didn’t manage to work with the wands during the day, work with them at night, taking them to bed. You can use special straps to make sure that the wands do not slip from your hands (Fig. 78).
Remember that the Wands of Horus attune themselves to a person’s organism quickly, but the organism’s adjustment to the wands is considerably slower. The organism can attune itself faster in the bosom of nature: in the forest, by a river, in the mountains, at the seaside.

Dry red wine, with 10–12% alcohol content (100-150 grams per day), has a beneficial effect on the organism and the vascular system. It is desirable to use the Wands of Horus with QUARTZ fillings for 4–6 hours after drinking the wine, right after any alcoholic dizziness disappears entirely. This method can, to a lesser extent, be used with the Wands of Horus KONT.

We do not, however, recommend using the Wands of Horus with quartz filling in a state of alcoholic intoxication, especially if the drink was more than 20% alcohol by volume. You should wait for the intoxication to pass, before taking up the wands. The Wands of Horus with quartz have a pronounced positive effect on the organism if used for 4–6 hours after the intoxication has passed.

Remember that between 11 am and midday alcohol has a bad effect on the organism, worsening the condition of the skin.

The effect of the Wands of Horus on the vascular system will be even greater if your drinks are exposed in a pyramid. The pyramid’s structuring field enhances the influence of the wands and the drinks, stimulating the immune system. (See Appendix 24)

One of the most important elements in the treatment of the cardiovascular system is the strengthening of the immune system and cleaning the large intestine of contamination. (See the section Strengthening the immune system.) The extent of the negative effect that contamination in the large intestine has on the vascular system can be judged from the experiments conducted by I. Mechnikov, who injected animals with putrid products from the human intestine and obtained pronounced sclerosis of the aorta in them.

For a more pronounced therapeutic effect in the spring-summer-autumn period in conjunction with the use of the Wands of Horus we strongly recommend using the energy of a maple. This species has a gentle, relaxing energy that has a beneficial influence on the human energy system. The Wands of Horus allow the human energy system to better absorb the energy flow of the tree. For more on the method of using the energy of trees see Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.

**SCLEROSIS**

To fight this serious illness you should use the Wands of Horus KONT with magnetic extensions, or specially prepared wands with a higher level of residual magnetic induction.

The Wands of Horus KONT can also be recommended for use by healthy people a few days a month since this type of the wands is good for prevention of sclerosis. When choosing the time at which to work with the Wands of Horus consult the Table of the activity of the meridians over 24 hours and the Table of the best times to use the Wands of Horus.

**METHOD OF TREATMENT**

Correction and correction of sclerosis requires daily work with the wands, taking into account the period of maximum activeness of the energy system (See the Table of the activity of the meridians over 24 hours and the Table of the best times to use the Wands of Horus.)

When starting out with the Wands of Horus sclerosis sufferers are recommended to make a brief pause in the use of these wands on days that are unfavorable on account of solar and magnetic storms. To get results you should work with the Wands of Horus as much as possible, making your principle “the more, the better”. If you didn’t manage to work with the wands during the day, work with them at night, taking them to bed.

Remember that the Wands of Horus attune themselves to a person’s organism quickly, but the organism’s adjustment to the wands is considerably slower. The organism can attune itself faster in the bosom of nature: in the forest, by a river, in the mountains, at the seaside.

Dry red wine, with 10–12% alcohol content, has a beneficial effect on the organism and the vascular system. It is desirable to use the Wands of Horus QUARTZ for 4–6 hours after drinking the wine, until any dizziness disappears entirely. It is also useful to add to your diet garlic and spring (green) onions that have a beneficial effect on the vascular system.
To enhance the effect of the Wands of Horus we recommend regular use of copper patches in accordance with the instructions given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs, and also taking salt baths in accordance with the instructions given in the section Using Salt Baths.

For a more pronounced therapeutic effect in the spring-summer-autumn period in conjunction with the use of the Wands of Horus we strongly recommend using the energy of a maple. This species has a gentle, relaxing energy that has a beneficial influence on the human energy system. The Wands of Horus allow the human energy system to better absorb the energy flow of the tree. For more on the method of using the energy of trees see Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.

The effect of the Wands of Horus on the vascular system will be event greater if your drinks are exposed in a pyramid. The pyramid’s structuring field enhances the influence of the wands and the drinks, stimulating the immune system.

INFLAMMATION OF THE INTERNAL ORGANS

For inflammation of the internal organs you should use Wands of Horus with a higher level of magnetism. It is best to use Wands of Horus KONT with coal and iron filling in conjunction with magnetic extensions or a specially magnetized set of the Wands of Horus. This method is very effective and for that reason may in some cases cause nervous over-agitation. If this happens, you should take a break from the wands and then resume work. The best guide to the length of the break is your internal condition.

ULCERS AND THE DIGESTIVE TRACT

In such case the alleviation of the inflammatory process is more effective if the influence of a pyramid field is included in the treatment. Systematic use of the Wands of Horus and a pyramid can result in stable remission and even a complete cure. For that to happen you need to ensure all the time that all the water, herbal decoctions, fruit, vegetables and medicines prescribed and taken by the patient undergo exposure in a pyramid. They should be placed in the lower third of the pyramid.

As has already been stated, for inflammation of the internal organs it is more effective to use Wands of Horus with a higher level of residual magnetic induction. But you should always bear in mind that such wands are not suitable for those with psychiatric problems, inflammations of the brain and epilepsy. The reaction may be negative (particularly if using imitations of the wands). (See item 19 in the Section When working with the Wands of Horus you should know and remember the following.)

When using the Wands of Horus for ulcers and inflammatory conditions of the digestive tract you should take account of the digestive tract’s active/passive phases as indicated in the table of The Activity of the Meridians over 24 Hours.

The leading role in the preferred method of treating ulcers and disorders of the digestive tract is played by the structuring field of the pyramid. Everything that you consume should have been exposed in a pyramid. Particularly striking results will be observed in people with exacerbated conditions. All medication, whether administered by injection, by suppository or taken by mouth, should also have been exposed in the pyramid.

When using water exposed in a pyramid for the treatment of ulcers and digestive disorders, you should take into account the factor of acidity. Those with excess acidity should use water exposed in the lower third of the pyramid (at the base). Water exposed at that level has a higher pH level (greater alkalinity), making it “living water”. Those with insufficient acidity should drink water that has been exposed in the focal zone of the pyramid (on the upper table), which has a lower pH value (See Appendix 24).

This method and the associated warnings also apply to the treatment of ulcers, gastritis and other digestive disorders in acute condition.

For a more pronounced therapeutic effect in the spring-summer-autumn period in conjunction with the use of the Wands of Horus we strongly recommend using the energy of trees.

For ulcers and digestive disorders the energy of the maple and birch is most beneficial. The Wands of Horus allow the human energy system to better absorb the energy flow of the tree. The aspen, as a “vampire” tree, if used sensibly, can encourage the discharge of diseased energy, the relief of irritation and pain. (See Table 4: The energy and biological rhythms of trees for the correction of the energy and physical state of human beings).
To correctly choose the time at which to work with the wands you should consider your organism’s biological clock (See Appendix 15 and also the tables of The Best Time to Use the Wands of Horus and The Activity of the Meridians over 24 Hours.)

Don’t forget either that the use of copper patches in accordance with the instructions given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs will produce a deeper-going correction of digestive disorders.

ARRHYTHMIA

To restore the heart rhythm and the bio-rhythm of the heart’s energy channel you should use the Wands of Horus KONT. By inducing the Earth’s “respiratory” rhythm in the human user’s energy system, the wands encourage a more effective recovery from this disorder.

Research has recorded several cases in which the restoration of the bio-rhythm of the heart channel and the elimination of the risk of heart attack (myocardial infarction) were accompanied by a stabbing pain in the left shoulder blade, followed by a bruise appearing on the left arm. Immediately after this “stab” the pain stopped. This effect is due to the process of restoring the bio-rhythmic function of the heart channel, the abrupt elimination of the energy surplus at the relevant acupuncture point, and the resulting correction of the dysfunction itself. As time goes on, a disorder of this sort usually leads to an energy surplus at the point of disruption and then to inflammation that ends in an infarction or a vascular catastrophe of another type. The “stab” testifies to the complete elimination of the expectation of a disruption in this part of the energy channel and indicates that there is no longer a risk of myocardial infarction.

Despite the rarity of such occurrences, they do illustrate well the reason why people who have a weak energy system, especially those who have recently suffered a heart attack or stroke, should not begin work with the Wands of Horus KONT or MONO.

People with a weak energy system and those who have recently suffered a serious vascular incident should use Wands of Horus containing quartz of finer consistency for a gentler, deeper influence on the organism (for the correction of the state of the vascular system, the restoration of the bio-rhythms of the energy channels and, as a consequence, the bio-rhythms of the heart).

Beside their restorative influence on the bio-rhythms of the heart, other organs and systems, the Wands of Horus with quartz filling encourage the restoration of the bio-rhythms of the energy channels, stimulating the rhythm of the contractions of the blood vessels.

In 1930 Mr. Laubry established that the heart is not the only thing that moves blood around the body. The heart only has sufficient motive power to push the blood forward through the arteries to the capillary system, while the veins act as a second heart, moving the used blood back through the venous system back to the heart.

An understanding of the importance of the precise rhythmical functioning of the cardio-vascular system acquires particular significance in the light of figures cited in A.S. Zalmanov’s book (in Russian) The Secret Wisdom of the Organism, in which the author indicates that the total length of an adult’s capillaries reaches 10,000 kilometers, with 60 kilometers in the kidneys alone.

With their beneficial influence on the human bio-rhythms the Wands of Horus QUARTZ correct arrhythmia in a broad sense. A vital element in the complex approach to the treatment of arrhythmia is an appropriate diet and a proper regard for the diurnal biological rhythm of the body.

To remove internal contamination and effectively restore bio-energy rhythms, you should use the Wands of Horus in conjunction with salt baths. From spring to autumn you should spend more time in the bosom of nature, in the forest, by a river, in the mountains, at the seaside, which by intensifying absorption of natural energy flows into the human energy system, encourages the restoration of bio-energy rhythms and their synchronization with those of the Earth.

For a more pronounced therapeutic effect in the spring-summer-autumn period in conjunction with the use of the Wands of Horus we strongly recommend using the energy of an ash tree. (See Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

The ash, promoting the reduction of pain in the area of the heart, relieves spasms in stenocardia, to some extent normalizes heart rhythms in arrhythmia, and aids improved circulation in anaemia of the extremities.

Before starting to use the energy of the ash you should work with the Wands of Horus for half an hour. The Wands of Horus allow the human energy system to better absorb the energy flow of the tree.
In Israel medical experiments and subsequent therapeutic practice based on the proven results of the Wands of Horus influencing the human organism have confirmed the great effectiveness and profound beneficial influence of the Wands of Horus on the bio-rhythms and the cardio-vascular system when coupled with dry red wine. (See the section Diseases of the cardiovascular and circulatory system.)

An analysis of the characteristics of the cardiac cycle indicates that that the normal mechanical activity of the heart as a pump moving blood from the veins to the arteries can be linked to the rhythm of the Golden Section. In this regime the consumption of oxygen per unit of work performed by the heart is reduced to a minimum. The delivery of oxygen to the place where it is utilized in the myocardium is accomplished with the minimal expenditure of energy, blood and vascular material. Every link in the cardiac system has its own optimal organization and the Golden Section is the guarantee of its normal, optimized functioning. More widely, the normal functioning of the heart and blood vessels is an extremely important factor in the functioning of the entire organism.

In the light of the above, we should stress the following. By inducing impulses of the planet’s own frequency in the user's nervous and energy system, the Wands of Horus have a specific stimulating effect on the so-called “pacemaker cells”. These cells – the “rhythm-setters” for all vertebrates, from the most primitive lampreys right up to human beings – are located in the area of the heart valves, making up about 5% of all the cells in the organ. The electrical impulses generated by the pacemaker-cell system set the rhythm for heart contractions. Therefore the use of the Wands of Horus bio-stimulator with its beneficial effect on the rhythms of the heart and vascular system can be recommended not just for the sick, but for healthy people too, such as sportsmen who do a lot of running, for whom the rhythmical functioning of the heart and blood vessels plays a decisive role.

Disruption of the heart rhythm and the bio-rhythm of the relevant energy channel can have serious consequences. The appearance and development of high-frequency devices used to stimulate muscle activity, for slimming and other purposes, makes a serious warning appropriate – muscle stimulation, and also the therapeutic or prophylactic use of devices, such as ABGYMNIC, DENSAS, SKENAR, SHIBUSHI, EDMA and many others, leads to a disruption of the rhythms of the energy channels and of the heart rhythm! (See the section Further information on the negative aspects of modern therapeutic and prophylactic technologies.)

**WARNING**

Arrhythmia-sufferers should under no circumstances use imitations of the Wands of Horus, as these have a high level of magnetic induction. In some cases such wands can provoke a sharp disruption of heart rhythm.

**DYSTROPHIES**

If a person is suffering from definite dystrophic processes in their organism, we recommend using the ordinary set of Wands of Horus KONT with magnetic extensions. Such wands are capable of arresting these processing. Wands with a higher level of magnetism are beneficial where an abrupt, fast, powerful influence is required.

Since the magnetic extensions have a higher level of residual magnetic induction, work with the wands should follow a definite pattern.

For twelve days you need to work with the Wands of Horus KONT throughout the whole day, adding the magnetic extensions to the zinc wand that has a core of iron. Your session should last through the hours of daylight and into evening. At the end of this time you should remove the magnetic extensions. Working with the magnetic extensions in your sleep is not to be recommended due to the strong stimulating (tonic) effect arising from the reaction of the endocrine system. If while working with the Wands of Horus and magnetic extensions you experience a state of strong inner agitation, you should remove the extensions and return to them the next day.

The duration and timing of your work should be chosen using tables 2 and 3, taking into account the periodicity of the activeness of the energy channel associated with the affected organ.

After twelve days, you should take a twelve-day break, continuing to work with the Wands of Horus, but without the magnetic extensions, then return to using them again. If your immune system is in good condition then you may continue using the Wands of Horus for more than 12 days at a time.

The Wands of Horus KONT with magnetic extensions are good for prevention of sclerosis, for the initial stages of osteochondrosis, and also at the initial stages of certain types of impotence (but far from all types and not always effective). The approach here needs to be highly individual and there can be no fixed schemes.
It must be remembered, however, that with disorders of a different character, the wands with higher magnetism may produce side effects. There are certain aspects that need to be considered and so, if you are in doubt or have questions, we recommend consulting a specialist via the addresses given in this book.

Despite the blithe assertions of the makers of imitations of the Wands of Horus along the lines of “take them and use them, they help against everything” — in reality that is far from the case.

**ARTHROSIS, ARTHRITIS, POLYARTHRITIS, OSTEOPOROSIS**

Splendid results have been obtained from the use of the Wands of Horus by people suffering from arthrosis, arthritis, polyarthritis and osteoporosis.

Here is Yelena Kuzmina’s testimony:

“Like many people I had problems with my health. In my case it was polyarthritis. My leg swelled up with fluid and I couldn’t walk. A friend advised me to use the Wands of Horus as a treatment. It took two weeks for my condition to improve noticeably. I could put weight on my leg and walk. Besides, the menopausal symptoms that had unfortunately dogged me disappeared. The irritability, hot flushes and insomnia went away and I began to feel much better. Now the Wands of Horus have become an inseparable part of my life.”

For sufferers from arthrosis, arthritis, polyarthritis and osteoporosis the Wands of Horus can be of inestimable help. To fight against these miseries you should use the wands with quartz filling (Wands of Horus KONT if you do not suffer from chronic high blood pressure) in conjunction with salt baths.

The systematic use of the Wands of Horus improves the organism’s absorption of calcium, connective tissues are strengthened and fractures heal more quickly. Weak currents improve blood supply to the tissues. Apart from that improved circulation aids the “leaching” from the problem areas of salts that are then excreted naturally.

Sufferers from particularly severe forms of arthritis, polyarthritis and arthrosis should use Wands of Horus KONT with magnetic extensions or specially prepared wands with a higher level of magnetic induction.

When choosing a time for a salt-bath session with the Wands of Horus it is important that you take into account your organism’s own biological clock. (See the Table of the activity of the meridians over 24 hours and the Table of the best times to use the Wands of Horus.)

**USING SALT BATHS**

Dissolve 1½–2 kilogram’s (3½–4½ lbs) of sea salt in a standard (200-litre) bath with a water temperature of 40–45°Celsius (104–113°Fahrenheit). After the salt is fully dissolved, lie in the bath with your whole body in the water, then take hold of the Wands of Horus and lower them into the water. The session should last 40–60 minutes. You can extend this time, depending upon your subjective feeling.

If the disease is severe, you should perform this procedure every day for two weeks, after which you can start taking baths every other day.

If you are troubled by pains in the joints of the hands, you can do the same thing with a bowl of water large enough to get your hands immersed.

For serious inflammation in the extremities and certain forms of arthritis faster relief is brought by the Wands of Horus KONT with magnetic extensions.

**IMPORTANT!**

People over 45 with not entirely healthy hearts when using the Wands of Horus KONT in salt baths may experience heaviness or mild pain in the area of the heart. This can be avoided by keeping your chest above the level of the water.

This applies only to the Wands of Horus KONT with magnetic extensions and not to the Wands of Horus with quartz fillings, nor to the Wands of Horus KONT without the extensions.
After working with the Wands of Horus in a salt bath, you should rinse them with clean water. Otherwise they will become covered in a thick layer of deposits. If this has happened, the deposits can be removed using a special compound or by polishing with a mild abrasive.

**EXPLANATION**

When you put the Wands of Horus in a salt bath, which is an electrolyte, a potential difference of 1.5 volts or more arises between them. The structure of water plays a special role in the influence of the Wands of Horus on the human organism. Since water is capable of changing its structure under the influence of energy fields, the weak currents of the hypothalamus and hypophysis, entering into resonance with the Wands of Horus lowered into the bath, influence its structure and via the water act upon the organism as a whole through the entire surface of the skin. (See Appendix 2)

Energy waves, structured under the influence of the signals from the hypothalamus and hypophysis, and also from the electromagnetic waves of the planet induced in the wands, affect the water in the bath, endowing it with special qualities.

**MENOPAUSE**

The Wands of Horus are very useful for women going through the change of life. The general tonic, therapeutic effect of the wands alleviates many unpleasant conditions that affect women at the menopause. Bearing in mind that the Wands of Horus have a beneficial influence on the human organism as a whole, we recommending working with them regularly and systematically, using salt baths for a more deep-going correction of the general biological rhythm of the organism. (See the section Using Salt Baths.)

To enhance the effect of the Wands of Horus use the copper patches in accordance with the instructions given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.

When choosing a time to work with the Wands of Horus, copper patches and salt baths, take into account the bio-energy rhythm of your own organism – this will allow you to simultaneously work on other disorders that you may have. Consult the Table of the best times to use the Wands of Horus.

**OSTEOCHONDROSIS**

The cause of osteochondrosis – one of the commonest disorders of the modern age – is a disrupted metabolism, long-term incorrect nutrition, injury, or unfavorable ecological conditions. (See Appendix 33)

One of the initial indicators of the development of osteochondrosis is the temperature of your hands and feet. If your hands and feet are permanently cold, then it suggests that you have osteochondrosis.

It should be stressed that the effectiveness of the Wands of Horus depends to some extent on the temperature of the hands. If your hands remain cold while holding them, then the influence of the wands will be low and so you should warm your hands using warm water.

Systematic use of the Wands of Horus aids the excretion of excess salts. At the same time the organism is better able to absorb calcium.

If you work systematically with the Wands of Horus, after a time the temperature of your hands and feet will improve. They will gradually get warmer, indicating the activation of the energy system (blood circulation) and more intensive disposal of internal biological contamination.

In the initial stages of osteochondrosis good relief is provided by the Wands of Horus KONT with magnetic extensions placed on the zinc wand as shown in the attached instructions (see Fig. 86)

The wands with magnetic extensions improve circulation, stimulating the endocrine system, making it possible to remove excess salts into the blood stream, after which they are excreted naturally.

An addition, highly effective method of treating osteochondrosis that enhances the local blood circulation thus aiding the removal of excess salts, is the use of the Wands of Horus in conjunction with special small copper patches placed along the spine in the problem area. (See the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.)
To enhance circulation in the sacral region of the spine, to relief pain and more effectively remove salts from that area, you should place the copper patches as shown in Fig. 88, Photo 1, attaching them with sticking plaster so that they stay in place for 2–3 weeks.

If salt deposits affect the lumbar region, the copper patches should be placed on that part of the back as shown in Photo 2.

If you are afflicted with heaviness or pains in the arms or in the area of the heart, due to salts building up in the thoracic region of the spine, you should place the copper patches in a similar manner, but higher up in the thoracic region. In cases of cervical osteochondrosis, spasms of the blood vessels serving the brain, or migraines, the appearance of which is as a rule connected with salt deposits in the cervical region of the spine, you should use the Wands of Horus in conjunction with copper patches placed along the edges of the shoulder blades as shown in Photo 3.

In all instances the copper patches are applied to areas and not specific points, so anyone can place them without specialist assistance.

In order to avoid the important small perforations in the patches being blocked by the adhesive of the sticking plaster, we recommend the following simple solution – after positioning the patches on the skin cover them with small squares or disks of paper before attaching them all with plaster.

For more effective relief from osteochondrosis, you should use the Wands of Horus in conjunction with salt baths. (See the section Using salt baths.)

Remember that after each procedure you should remove and rinse the copper patches, otherwise they will become coated through reaction with the salt solution, which may lead to a strong burning sensation on the skin beneath the patches. To avoid this, remove the patches before getting into the bath, or immediately afterwards, and rinse them with clean water before replacing them.

Since osteochondrosis causes to a general worsening of the energy state of the spine, leading to a whole range of serious diseases, the search for effective means of correcting the disorders as or before they appear, should first and foremost include methods aimed at improving the energy state of the spine. This is the key to solving many problems and for that reason in ancient times they devoted particular attention to the state of the spine.

In this part of the book we will not examine in detail the technologies that the ancient priests used to correct and improve the energy state of the spine, since that is a digression from our main theme. We therefore stress the most important aspects.

Osteochondrosis, once it starts, is a process that conventional medicine has no means of curing completely. In a certain sense, osteochondrosis can be viewed as a variation of the auto-immune process. As such it is impossible to stop, just as it is impossible to stop the ageing process. It can, however, be slowed down to such an extent that it will no longer ruin your existence. It is this capacity of the human organism that the ancient priests took into account when they produced tools employing the technologies for retarding auto-immune processes. There follows a description of one such technology.

A highly effective means of correcting osteochondrosis and a trapped sciatic nerve is special insoles that stimulate the energy projections of the first chakra, located on the feet. The brilliant simplicity of the ancient solution lies in the fact that stimulation of the sixth and seventh energy centers (through their projections of the palms by means of the Wands of Horus) and of the first energy centre (with the aid of the insoles), by closing the cycle, increases the energy level of the spine, enhancing blood circulation. This leads to the removal of salts from the problem areas of the spine, reduced pain, and restoration of the bio-rhythms of the spine, which has a positive influence on the health and immune capacity of the entire organism.

Remembering that the appearance of osteochondrosis is connected with metabolic disorders, you should take the opportunity to walk barefoot with the Wands of Horus as much as possible when the weather permits.

Beside this we recommend making use of the astonishing opportunities provided by trees as
sources of pure natural energy. The aspen in particular, if used wisely, aids the discharge of pain energy and brings relief in cases of osteochondrosis and lumbago. (See the section *The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.*)

A very important factor for the speed of recovery from osteochondrosis is a regular eating pattern (see Appendices 15 and 16).

**FRACTURES**

The use of the Wands of Horus encourages the quick knitting of fractured bones. The ability to regenerate and speed up the healing process is to a considerable extent dependent on our body's electromagnetic field and the organism's ability to take up calcium. The potential difference that arises between the wands raises the energy of the cells by weak electric currents. The fields created by the Wands of Horus – let us call them activating fields – act upon the cells of the body awakening the organism’s own healing powers. The treatment of sports injuries, for example, using activating fields reduces recovery times by a third.

In patients with fractures that were healing badly, the surgeon Fritz Lechner inserted electrodes close to the fracture site and passed a weak electric current between them. Experts testified to the astonishing success of Lechner's method.

Calcium is one of the elements that determines the condition of any living organism. In a human being the “calcium content” varies between 1.4% and 2%. The skeleton is the main place where this element accumulates.

The method of treatment calls for daily use of the Wands of Horus taking into account the active periods of the patient’s organism. More painful sensations may be experienced in the area of the fracture. This is due to the greater energy level of the channel produced by restoration of its bio-rhythm, and therefore the increased pain should not be taken as a negative sign. After the bio-rhythm of the channel has been fully restored, the pain will gradually pass. (See Appendix 18)

You should not neglect the use of copper patches in accordance with the indications given in the section *The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.*

When choosing a time to work with the Wands of Horus it is important that you take into account your organism’s own biological clock. Consult the *Table of the best times to use the Wands of Horus.*

The influence of the Wands of Horus will be even stronger if you drink water, herbal decoctions and other liquids that have been exposed in a pyramid and/or work with the wands in or by a pyramid. The structuring field of the pyramid factor enhances the effect of the wands, furthering regenerative processes. Remember that using the Wands of Horus KONT between 11pm and 4 am stimulates the process of regeneration and cell division, rejuvenating the organism, activating this process by a factor of 6–8 times.

**PARKINSON’S DISEASE**

Parkinson’s disease can have an infectious basis or may be a complication of other disorders.

Since practically all existing conventional medical treatments rely on provoking defensive reactions from the immune system, this ultimately leads to its exhaustion. The weakened immune system, further hampered by chronic tiredness that the overwhelming majority of people suffer from to one extent or another, becomes unable to perform its functions. For this reason various negative factors, coupled with solar and magnetic storms, strip the organism of the strength necessary to fight infection or the consequences of other disorders. As a result a person acquires complications like Parkinson’s disease.

As has already been stated repeatedly, the Wands of Horus have a very important property – they stimulate the depressed functions of the endocrine and immune systems, restoring them, and therefore regular use of the wands is a unique method of guarding against such a scourge as Parkinson’s disease. As regards the mechanism by which Parkinson’s progresses, we should single out the following:

Parkinson’s disease damages the endocrine system by affecting the hypothalamus. The hypothalamus contains a special black substance. This liquid is responsible for the smoothness of our movements. Parkinson’s damages this liquid and/or replaces it with something else. As a result the sufferer begins to shake or tremble. Curing this disease is practically impossible by existing means, since its nature goes beyond the understanding of the mechanisms on which current treatments are based. A remission is possible, however. It can be achieved by stimulating the endocrine system, evoking a certain endocrinal aggression. Pursuing a remission involves acting on the patient in the preparatory stage to normalize the endocrinal processes and improve the metabolism. Then, when the
endocrinal situation has been improved, it is possible to examine the possibility of beneficial influence to achieve a stronger remission. In the preparatory phase you should pay attention to nutrition. If the pancreas is still healthy, fasting is a possibility. In any case it is necessary to cleanse the organism and perform a number of other procedures.

In Parkinson’s syndrome the Wands of Horus can be used as a means of slowly the advance of the disease (the auto-immune process). To do this after holding the wands for half an hour, they should be pressed to the sufferer’s temples. The temporal lobes contain the areas of the brain in which cells die off in Parkinson’s disease.

The wands encourage blood circulation and the partial restoration of local circulation in this part of the brain may retard the advance of the disease.

For Parkinson’s it is best to use Wands of Horus with quartz filling in the daytime to stimulate the bio-energetic rhythm of the cells in the temporal lobes, and at night the Wands of Horus KONT. The use of the latter with their coal and ferromagnetic filling at night increases the process of cell division and renewal in the organism.

The influence of the Wands of Horus will be even stronger if you drink water, herbal decoctions and other liquids that have been exposed in a pyramid and/or work with the wands in or by a pyramid. The structuring field of the pyramid factor enhances the effect of the wands, furthering regenerative processes and retarding auto-immune processes. (See Appendix 24 and the section The Wands of Horus project).

To increase the effect we also recommend the use of copper patches in accordance with the indications given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs and salty baths.

When choosing a time to work with the Wands of Horus it is important that you take into account your organism’s own biological clock. Consult the Table of the best times to use the Wands of Horus.

In certain cases the “Atlantean Diadem” may also be of use to retard the processes associated with Parkinson’s syndrome. Before using the diadem for this purpose you should definitely consult a specialist.

THE LIVER

Under the conditions created by magnetic storms, the liver ceases to meet the functional needs of the organism. The main reason for this is the increased permeability of cell membranes and blood vessels, which causes a reduction in the level of endogenic antioxidants in the blood, and also in the number of T-lymphocytes in the peripheral blood, while the quantities of bilirubin, cholesterol and beta-lipoproteins in the bloodstream increase. (See the beginning of the section Medical Instructions for the use of the Wands of Horus.)

In contrast to all other current devices, the use of the Wands of Horus to stimulate bio-energy without imposing alien rhythms on the organism effects the correction of imbalances by natural means, using the organism’s own resources and energeo-informational influence. Therefore daily use of the Wands of Horus will first and foremost encourage the restoration of the acid-alkali balance (pH) of the blood and the correction of deviations triggered by solar and magnetic storms, the increased permeability of cell membranes and the disruption of the mechanism for dealing with internal and external toxins.

It is important to remember that during solar and magnetic storms with their destructive effect on the permeability of cell membranes you should introduce into your diet foodstuffs containing antioxidants that are sources of energy and provide protection from excess radicals for the cells and their membranes. (See Appendix 16.)

We recommend working with the Wands of Horus according to the motto “the more, the better” for profound correction of disruptions in the organism’s bio-energy rhythms. Remember that the influence of the Wand of Horus is founded on the influence of “low-intensity factors”.

To increase the effect you should use copper patches in accordance with the indications given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.

When choosing a time to work with the Wands of Horus it is important that you take into account your organism’s own biological clock. Consult the Table of the best times to use the Wands of Horus.

HEPATITIS
In the method of preventing and correcting the disorders associated with all forms of hepatitis, the main element improving the state of the organism is water structured in a pyramid. Hepatitis sufferers and those who have had the disease should begin to use such water everywhere in their diet all the time and use the Wands of Horus according to the motto “the more, the better”.

Improving the electrical and energy conductivity of biological water (blood) will bolster the organism’s protective functions, retarding the auto-immune processes associated with hepatitis.

In this method of treatment the Wands of Horus play a secondary role. The most important thing is the beneficial effect that structured water has on metabolic processes and the biological activeness of the organism due to the improved conductivity of the energy channels, nerve fibers and other conductive tissues. (See Appendices 18 and 24, and also the section The Wands of Horus project.)

The weak energy and electrical fields created by the Wands of Horus will by raising the energy of the cells also cause a retardation of auto-immune processes. The metals and fillings from which the wads are made interact with the user’s bio-field, generating fields that enhance the protective functions of the organism.

To enhance the effect of the Wands of Horus we recommend regular use of copper patches in accordance with the instructions given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs, and also taking salt baths in accordance with the instructions given in the section Using Salt Baths.

To correctly choose the time at which to work with the wands you should consider your organism’s biological clock (See Appendix 15 and also the tables of The Best Time to Use the Wands of Horus and The Activity of the Meridians over 24 Hours.)

Regular use of the Wands of Horus strengthens the immune system. For a more profound restoration of the immune system you should use the Wands of Horus next to natural sources of energy, such as rivers, lakes, the sea, forests and mountains.

Systematic work with the Wands of Horus with all the factors detailed in this book taken into account will help you to avoid the complications and serious consequences associated with hepatitis.

**WARNING**

We do not recommend hepatitis sufferers to use wands with a high level of magnetic induction. In a number of cases the influence of copper ions on the organism in conjunction with high magnetic induction can have negative consequences. This warning applies to purchasers of imitations such as «The Rods of Power», «Cylinders of the Pharaoh» by V.P.Kovtun, «Egyptian rods» and «Rods Free» (www.egyptianhealingrods.com and www.rods.ru ) of «KOVTUN company», also «Antipifo rods» and «Rods of Hermes», by «Shaping» company from St.Petersburg.

**BLADDER STONES**

For those suffering from stones in the bladder, the Wands of Horus KONT will be more effective than wands with quartz fillings. To correctly choose the time at which to work with the wands you should consult the tables of The Best Time to Use the Wands of Horus and The Activity of the Meridians over 24 Hours.

To get a stronger influence on the organism in this disease, you can use Wands of Horus KONT with magnetic extensions. There is, however, an important warning. Under certain circumstances Wands of Horus KONT may provoke the expulsion of sand and stones. It is desirable for the user to be within easy reach of a medical centre where they can obtain qualified help, if necessary, to relief the associated pain or because of some other process taking place simultaneously.

The therapeutic and regenerative influence of the Wands of Horus will be even stronger if you consume water, herbal decoctions and medication that have been exposed in a pyramid and/or work with the wands in or by a pyramid. We should again stress that the field of the pyramid may also stimulate the expulsion of sand and stones, in rare instances very rapidly, which is undesirable. Therefore the process should be performed under qualified supervision.

**LYMPHADENITIS**
To relief inflammation in lymphadenitis you should use Wands of Horus with quartz filling. After holding the wands in your hands for 30 minutes, you should place them under your armpits (copper on the right, zinc on the left) or in the groin if the focuses of inflammation are there.

The length of a session is not limited. The potential difference and electromagnetic oscillations that arise will have a beneficial influence on the flow of lymph, relieving inflammatory processes (locally).

**DIABETES**

Statistics gathered over the past ten years have shown that in roughly 50% of diabetics, systematic use of the Wands of Horus over the past ten years have shown that in roughly 50% of diabetics, systematic use of the Wands of Horus MONO reduces the blood-sugar level by 3-4 units and stabilizes it. Roughly the same proportion display an improvement in their vision. Rapid changes in blood-sugar levels are possible in users, due as a rule to solar and magnetic storms or abrupt changes in atmospheric conditions.

Non-insulin-dependent diabetics have a serious chance of overcoming this disorder through regular use of the Wands of Horus and special copper patches that should be applied to a particular energy channel for targeted stimulation of the function of the pancreas. If you decide to use this method, we strongly recommend having the assistance of a specialist capable of monitoring moments when excess energy appears.

We should particularly stress the importance of establishing a particular dietary regime and careful monitoring of the quality and properties of what you eat.

In more serious forms of diabetes that have led to the formation of trophic ulcers, you should use special silver patches to improve blood circulation in the affected area. They are placed on the skin around the ulcer or on the area where ulcers might be expected and used in conjunction with the Wands of Horus.

Targeted influence with the aid of silver patches that have certain bactericidal properties, by encouraging the thinning of the blood and enhancing its flow, gives a local improvement in blood circulation in the area of the ulcer, guarding against the development of gangrene. The prophylactic measures with Wands of Horus and silver patches described earlier eliminate the risk of trophic ulcers.

For more information on this method, contact our specialists using the e-mail address healing@wands.ru or the telephone numbers and postal addresses given in this book.

**ISCHAEMIC HEART DISEASE AND STENOCARDIA**

To correct disorders associated with ischemic heart disease and stenocardia, you should use the Wands of Horus with quartz filling. This is a rare instance when sessions with the Wands of Horus should be "rationed" and follow a strict pattern. You should hold the wands for a two-hour period between 11pm and 1am. If for some reason you cannot have a session at that time, then you can work with the wands at another time, but for no more than two hours at one go. (See the Table of the best times to use the Wands of Horus.)

For more effective correction of ischemia and stenocardia in the spring to autumn period we recommend using the energy of an ash tree. (See the section The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

To enhance the effect of the Wands of Horus and correct secondary consequences of the disease, it is useful to make regular use of copper patches in accordance with the instructions given in the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.

**WARNING**

All types of wands sold by companies making imitations of the Wands of Horus have a high level of magnetism. Such wands have a powerful stimulating effect on the endocrine system, which, as a rule, is advertised by the manufacturers as a positive feature of their product. If, however, someone has a serious disorder, use of such imitations can have undesirable consequences. You should know that strongly magnetized wands have a negative influence on the cardio-vascular system and if the user
already has problems in that area, the imitations may cause serious disruptions. Many people have experienced this when using the “Wands of Power”, “Cylinders of the Pharaohs” and other imitation wands. The first sign is usually a racing heartbeat. (See item 19 in the Section When working with the Wands of Horus you should know and remember the following.)

An increased heart rate is not a negative factor as such, and in a range of cases has a positive influence on the organism. But if someone has stenocardia, arrhythmia or progressive ischemia, highly-magnetized imitations are counter indicated. In this case an increased heart rate is an indication of a worsening condition. That is why we recommend that such people use wands with a quartz filling – the effect will be gentler and deeper.

COLDs

Many years’ experience of using the Wands of Horus has shown that they stimulating effect that they have on the immune system produces a deep-running positive effect. This means that continuous regular use of the wands considerably reduces the risk of catching colds. This result is particularly noticeable in children, who practically stop suffering from such illnesses. At the same time, if a child, or an adult, has nevertheless caught a cold, the strengthened immune system copes with the illness far more effectively. While under normal circumstances a cold can last 7–10 days, sometimes even more; in regular users of the Wands of Horus, the organism copes within a day or two. The course of the illness is, naturally, considerably more severe as the immune system bolstered by the Wands of Horus literally crushes the disease with a single powerful blow.

To enhance the stimulating effect of the Wands of Horus on the immune system, we recommend using copper patches in accordance with the method described in this book, and also regularly using the wands in a natural setting, preferably walking barefoot. Whenever possible use the structuring field of a pyramid, as the Wands of Horus, copper patches and pyramid are effective tools of preventative medicine, increasing immunity (See the section Strengthening the immune system.)

ASTHMA

Sufferers from bronchial asthma of a nervous character should use the Wands of Horus with quartz filling. By restoring the rhythms of the user’s second and third energy bodies that contain the matrices for the peripheral and central nervous systems, this type of wand makes them function normally and thus has a profound calming effect on the user’s nervous and emotional state. This factor furthers the relief of asthmatic complications, and regular use of the wands can eliminate the problem altogether. The most favorable time to work with the wands in this case, bearing in mind the diurnal activity of the organism, is between 9 and 11 in the evening.

For a stronger therapeutic effect you should use the Wands of Horus in conjunction with copper patches. (See the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.)

For a more pronounced therapeutic effect in the spring-summer-autumn period in conjunction with the use of the Wands of Horus we strongly recommend using the energy of trees – a birch, alder, maple or lime (linden). (See Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

As with any problem that has its origins in the state of the nervous system, you should first take appropriate measures to stabilize its condition. (See the section Over-agitation and nervous disorders.)

Remember that one of the most effective means of harmonizing one’s inner nervous and emotional state is the technique described in the section The method of restoring the energy balance of the organism and also the use of salt baths as described in the relevant section.

In certain serious forms of asthma, when the effect of the Wands of Horus is not sufficient, we recommend employing the method of “inner vision”.

The method for developing a person’s capacity to influence a pathological process by means of inner vision was widely practised by the priests of Ancient Egypt. In combination with the activating influence of the Wands of Horus, “inner vision” can significantly improve a person’s health, even to the point of a complete cure. (See the material on the Internet site www.wands.ru.)
“In the summer of 2002 I came across a very interesting case. Our attention was drawn to a certain young man, who dreamed of a career in the military and had already done quite a bit to make that dream a reality. But when we became acquainted he was very depressed and introverted. As we talked, it emerged that his mood was caused by doctors having discovered nodal formations in his thyroid lobes that could put a stop to his plans.

“Fortunately I had in my arsenal a set of Wands of Horus KONT with increased magnetic induction. Luckily our patient had sufficient free time and he enthusiastically accepted our proposal. For three-day cycles (36 hours) he worked tirelessly with the Wands of Horus, combining this with listening to the audio course two times (on waking and before going to sleep). Nonetheless we were most surprised when the repeat medical examinations carried out a week later showed that his thyroid had completely recovered its proper structure and functions.”

With their general stimulating effect on the endocrine system, the Wands of Horus encourage the restoration of the functions of the endocrine glands.

You can work with the Wands of Horus at any time, following the motto “the more, the better”. Since one of the factors is disruption of thyroid function is a shortage of iodine in the organism, we recommend in autumn, winter and spring combining the Wands of Horus with salt baths. You should be sure to use sea salt containing a sufficient quantity of iodine. Apart from the general restoration of bio-energy rhythms, the organism will actively take up iodine through the skin improving the iodine balance. (See Using salt baths).

In summer we recommend spending more time on the seashore, where the water and air have a high iodine content, working with the Wands of Horus for as long as possible. (See The method of restoring the energy balance of the organism.)

For a more effective and deep-reaching correction of thyroid disorders you should use the Wands of Horus in conjunction with amber worn on the neck in the area of the thyroid. This can be a necklace or beads of natural amber going around the neck below the larynx. (See Fig. 91)

The structure of the amber against the background of the action of the Wands of Horus has a deep beneficial effect on the thyroid gland. The type of wands should be selected having regard to blood pressure. The main sorts of dysfunction – overactivity and underactivity – are in this instance not a decisive factor in the choice of wand type.

If the effect of wands and amber is not sufficient, in hyperthyroidism we recommend using an appropriate “vampire” tree (aspen, poplar) to discharge the excess energy. To raise energy levels, you should interact with a pine or oak. (See Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

Besides these recommendations you should make sure you have enough iodine in your diet (using sea salt, seaweed, etc.) and also expose in a pyramid the iodine-rich medication prescribed for thyroid patients. (See Appendix 24.)
In serious thyroid problems, particularly chronic ones, it is difficult to attain a stable remission using the Wands of Horus. Such cases call for a whole complex of measures that take into account the individual peculiarities of the particular patient. For an individual analysis and consultation contact us in writing or by phone as shown in this book.

**METABOLIC DISORDERS**

Metabolic dysfunction is one of the most widespread disorders. The causes are varied, from fatigue and nervous stress to incorrect nutrition. Therefore the approach to solving this major problem should be many-sided. We will focus on the most deep-reaching and effective methods of correcting the human metabolism.

The therapeutic complex includes the following:

Against a background of systematic use of the Wands of Horus you should take regular walks (or meditate) barefoot with the wands in the countryside next to natural sources of energy, such as water – a river, lake or the sea, a forest or mountains. We recommend making regular use of the energy of a birch or maple for a minimum of twelve days. (See Table 4 *The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.*)

For deeper stimulation of the organism and the immune system, you should use the Wands of Horus in conjunction with copper patches. (See the section *The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.*)

The next very important and effective means of correcting metabolic disorders is the constant use in your diet of water that has been exposed in a pyramid. Pyramid water with its high electrical conductivity improves the metabolic processes. (See Appendix 24 and the section *The Wands of Horus project.*)

All this, coupled with systematic use of the Wands of Horus, brings about a general strengthening of the immune system and the start of its own more effective struggle with metabolic disruptions. (See the section *Strengthening the immune system.*)

You should also pay strict attention to diet and the timing of meals. (See Appendix 16 on nutrition.)

In some cases of serious metabolic disorder a correction of general bio-energy asymmetry is needed. This can be accomplished in a large-sized pyramid. The pyramid must be correctly constructed, preferably in masonry. Its external and internal dimensions should not only accord with the "Golden Section", but have also special constructional aspects that make it possible to focus energy flow of a particular range to match the energy structure of the human being.

**IMPOTENCE**

When selecting an effective approach to tackling the problems of impotence, you should bear in mind that the main causes of this misfortune are:

- constant nervous stresses
- a general worsening of the state of the spinal column (salt deposits, osteochondrosis) associated as a rule with metabolic problems (See the section *Metabolic disorders.*)

Experience has shown that correction of the condition of the spine (removal of salts) and improvement of blood circulation arising from the increase of the spinal energy level brings about a sharp improvement in sexual function. Strong desires are awoken and some amazing states are experienced. Therefore the most effective treatment for this problem will be the Wands of Horus KONT with magnetic extensions. This type of the wands is good at the initial stages of certain forms of impotence.

An addition and highly effective method of treating impotence in neglected cases are special insoles that stimulate the energy projections of the first chakra (prostate gland) located on the feet. The stimulation of the first energy centre by means of the insoles simultaneously with the Wands of Horus stimulating the 6th and 7th energy centers encourages blood circulation along the spine and a pronounced increase in its energy level. Noticeably greater sensitivity and sexual activeness result.

The general improvement in blood circulation brought about by the Wands of Horus will always further the removal of salts and a more effective uptake of calcium in the organism, which will have an immediate positive effect on the spine. You should not neglect, either, the salt-bath method of activating this process. (See the section *Using salt baths,* but also the warning in the section *Ischemic heart disease and stenocardia.*)
Bear in mind that the state of the spine depends entirely on what, when and how much a person eats. Failure to follow certain rules leads to metabolic disorders and a worsening of the state of the spine. (See the section Metabolic disorders.)

For an effective treatment of the disorders associated with nervous stress you should use Wands of Horus with quartz filling. They have a general strengthening effect on the vascular system and always encourage a deep-going correction of the consequences of nervous stress. By restoring the rhythms of the user’s second and third energy bodies that contain the matrices for the peripheral and central nervous systems, this type of wand makes them function normally and thus has a profound calming effect on the user’s nervous and emotional state. We should especially stress the effectiveness of The method of restoring the energy balance of the organism. (See the section Over-agitation and nervous disorders.)

To enlist the aid of the immune system in the correction of impotence you should make systematic use of copper patches (See the section The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.)

Desiring to help you to experience again the joys of life, we would point out that an astonishingly effective way of stimulating and enhancing sexual function is systematic interaction with the energy of a pine or oak. Any fairly observant person will probably have noted that our mood changes and our feelings become particularly intense in woodland, in the “bosom of nature” generally. This is because in such a setting our energy system absorbs external energy flows more intensely and this immediately causes an increase in sexual activeness. That will always be the case.

It has already been state that the effect of the Wands of Horus on the human organism and energy system is to enhance the absorption of energy flow. Therefore if you systematically use the wands by going to the woods to interact amicably with the energy of an oak or pine – donor trees – the effect will exceed all expectation. (See Table 4 The energy and biological rhythms of trees for the correction of the energy and physical state of human beings.)

One of the most radical methods of restoring and improving the state of the spinal column is correction in a pyramid. There is a special method that in the past was actively used by the Ancient Egyptian priests and, especially, pharaohs, who – as surviving texts tell us – were expected on occasion to display their exceptional sexual prowess before witnesses.

To do so in the course of a 10–12-day fast they went through special procedures in a pyramid.

Experiments have confirmed that activation of the spinal column invokes a powerful boost to the immune system and an unprecedented upsurge of sexual activity that at first may even frighten the person involved. This phenomenon is what gave rise to the phallic symbols of antiquity that are misinterpreted by historians. The same idea is present in ancient figurines and painting of, for example, Osiris with an erect penis of unnatural size. This was the ancients’ way of leaving a warning about the powerful sexual explosion with which far from every man could cope and which at first genuinely frightened the experimental subjects.

For this sort of correction, involving, among other things, the elimination of bilateral and general bio-energetic asymmetry, all you need is a large masonry pyramid. The pyramids that Alexander Golod has created in Russia are unsuitable for two reasons. Firstly because in constructing his pyramids Golod took the Golden Section into account and used it only in the external parts of the structure, while all the internal parameters ignore this extremely important factor.

For comparison we recall the famous pyramids of Giza – their inner chambers have smooth walls strictly adhering to proportions than are no mere chance and everything is attuned to particular waves of a certain frequency.

Inside Golod’s pyramids by contrast there are all sorts of load-bearing elements (particularly in the pyramid on the Riga highway outside Moscow) which inevitably weakens the
pyramid’s internal field. Apart from that the heating of the wood and glazing-unit walls in summer causes them to sag, altering the geometry. Over the past few years the dimensions of Alexander Golod’s pyramids have already changed, becoming distended in places, or acquiring visibly buckled surfaces. Consequently they will not give the expected result.

To achieve correction and the associated improvement in sexual function contact us at the addresses given in this book. For good results of correction big stone pyramid with right proportion as is needed (See www.newpyramids.ru.com).

### DISORDERS AND THE APPROPRIATE TYPE OF THE WANDS OF HORUS FOR CORRECTION AND TREATMENT

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Quartz filling</th>
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<td>Stenocardia</td>
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<td>Arrhythmia</td>
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<td>Nervous depression</td>
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<td>Spasms of the digestive tract</td>
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<tr>
<td>Prevention of atherosclerosis</td>
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<tr>
<td>Disorders associated with poor circulation, including some kinds of impotence</td>
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<td>Condition</td>
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**THINGS YOU SHOULD KNOW AND REMEMBER WHEN WORKING WITH THE WANDS OF HORUS**

The best place to work or meditate with the cylinders is in a natural setting close to natural sources of energy, such as water (a river, lake, the sea or ocean), in a forest or in the mountains.

It is best to stand bare-footed. This improves the energy-exchange and metabolic processes in the organism.

1. The use of the Wands of Horus in combination with hallucinogenic or narcotic substances, or while under the influence of alcohol, is highly undesirable. The results are unpredictable. On the other hand, the Wands of Horus have a positive effect some 4-6 hours after the state of intoxication has passed.

2. It is not recommended to use the Wands of Horus close to a working television,* computer monitor, microwave oven or other devices producing radiation. Using the Wands of Horus activates the body’s energy centers (chakras). On the one hand, in a natural setting the activation of the chakras enables them to absorb the energy flow at a higher intensity, up to 40% of their capacity. On the other hand, you should remember that the opening of the chakras makes it easier for harmful radiation to enter the organism. You should take this factor into account when choosing a time and place to work with the cylinders and plan your day accordingly.

The same applies to people living in zones of higher radioactivity or working in places where there are powerful electric fields. The consequences of working with the Wands of Horus in such places can be highly unpredictable.

*This warning applies to televisions and monitors with a cathode-ray tube. When using the cylinders try to keep at least 5 meters (16 feet) away from such devices. The cylinders can be safely used alongside liquid crystal displays and projection televisions.*

3. Immediately after a session with the wands, those with low blood pressure must bear in mind that when using the Wands of Horus KONT in the run-up to unfavorable days (geomagnetic storms), they should not take on an immoderate amount of work. It is not advisable for them to immediately drive a car or operate machinery due to the likelihood of drowsiness. Such drowsiness is the natural result of the Wands of Horus affecting the nervous system and the wider organism. During the ensuing sleep the organism transforms the energy it has received and when you awake you will feel particularly alert.

A slight feeling of dizziness is possible immediately after a session. In this event, you should, if at all possible, lie down and relax. There is not cause for concern as the feeling soon passes.

4. When working with the Wands of Horus it is desirable to shut your mind off from thoughts that cause you stress. The cylinders activate deep-going processes connected with the mind. To engage in a session while preoccupied with stressful experiences can provoke dizziness.

5. Diabetics should note that working with the Wands of Horus KONT can lead to shifts in blood sugar levels of 2–3 units. This is particularly important for people who have ever been in a diabetic coma and the elderly. Continued work with the Wands of Horus will encourage the stabilization of blood sugar levels.

With regular use of the Wands of Horus of the KONT, CRYSTAL or MONO types (MONO-6, MONO-9, MONO-12), a reduction of blood sugar of 2-4 units has been observed. In 50% of diabetics some improvement of vision takes place. Abrupt shifts in sugar level may take place with sudden changes in the weather or because of an excess of energy due to incorrect use of the copper patches.
(See the section *The use of copper patches to stimulate the immune system and directed action on the disorders of individual organs.*)

6. Those with kidney and gall stones, particularly when the condition is exacerbated, should note that by stimulating the circulation the Wands of Horus may provoke the abrupt expulsion of gravel and stones.

7. Women should not use the cylinders when menstruating.

The Wands of Horus stimulate blood circulation, causing a greater discharge of blood than usual.

Use of the “Wands of Power” or other imitations with a high level of residual magnetism can have other unpleasant consequences.

Studies have been made of such important aspects of female physiology as birth and the menstrual cycle, comparing a large quantity of medical data with disturbances in the magnetic field. It emerged that the timing of the start of a woman’s monthly period can be shifted by the level of the magnetic field. Indirectly this same thing is indicated by the earlier start of bleeding during magnetic storms. [22]

8. During periods of abrupt change in atmospheric pressure, stress or physical overload some unusual conditions may arise when people with energy canals located close to the surface work with the cylinders. Such sensations if they do arise will occur in the first minutes of a session, after which everything normalizes itself.

9. “Electrically charged” people — those who produce mild electrical discharges when they touch other people or objects — may experience a certain sense of over-excitement when working with the cylinders. In this case they should take a cool shower before working with the cylinders or after such feelings arise.

10. Various negative sensations may arise when working with the Wands of Horus if a person has certain blockages of the energy canals and dystrophic decompensation. In this case correction, a diet or cleansing is necessary.

You should pay particular attention to the state of your spine. Since functionally the spine is inseparably connected with the activity of a person’s energy structure, its condition determines not only the state of a whole number of organs and the organism’s life-support system. The state of the spine also determines your sensitivity and receptivity. Osteochondrosis blocks your organism’s energy exchange system. One of the symptoms pointing to this is the temperature of hands and feet. If they are cold that suggests that the main energy column (the spine) is blocked. This is one of the causes of a complete lack of sensations when using the Wands of Horus. Besides, low hand temperature means the cylinders are not warmed sufficiently and do not reach the necessary level of activity. In some instances when working with a psychic healer a person with osteochondrosis may experience acute discomfort. Consequently, we strongly recommend you to pay attention to the state of your spine. After you tackle that problem, you may find the doors to absolutely new states opening up to you. (See Appendix 33)

11. Some unpleasant sensations may arise in people with serious disruptions to bilateral symmetry.

Briefly about bilateral symmetry: In a normal person’s organism the nodes of the energy canals running through the body should precisely coincide with the acupuncture points. Serious diseases such as cancer, Bekhterev’s disease (ankylosing spondylitis), and a number of others cause the nodes to shift away from the acupuncture points. That is not the sole reason for such a shift, however. Other causes can be hidden in a person’s genetic make-up or in the process of developing other health disorders. Therefore in some circumstances bilateral asymmetry requires appropriate correction, which should be performed by a specialist with the aid of a pyramidal corrector no less than 7.3 meters (24 feet) high.

12. During and immediately after a stroke users should pay particular attention to the sensations they experience when working with the Wands of Horus. As has already been stated the cylinders encourage blood circulation.

In those people with a weakened energy system this may cause a sensation of pressure or pain in the problem area. Therefore people with a weak vascular (energy) system and also those who have suffered a serious vascular incident (infarction or stroke) should use Wands of Horus with a fine-grain quartz filling. They have a gentle stimulating effect without inducing unpleasant sensations.

13. People with persistent high blood pressure should start working with the cylinders gradually, paying careful heed to their sensations and remembering that the Wands of Horus KONT have a powerful impulsive effect.

14. In selecting which cylinders to use, remember that you must take your blood pressure into account. The Wands of Horus KONT reduce blood pressure, but it is important to bear in mind that they reduce it to the norm determined by the genetics of the organism itself. Therefore, when deciding
whether your blood pressure is high or low you should not just follow charts. In some people the blood-pressure-meter may show a level lower than the standard norm, but if they have had low blood pressure from childhood their organism has long-since adapted to it and such a level is effectively normal for them.

The same applies to people with higher-than-standard readings. You should be guided by the direction in which sudden shifts of pressure occur. If you have had low blood pressure all your life according to the charts, but at times of change it rises that means that your blood pressure is in fact inclined to soar and not to drop. In which case you should begin working with the Wands of Horus KONT (See the section Which type of the Wands of Horus is it best to start working with).

If you have had high blood pressure all your life according to the charts, but at times of change it falls that means that your blood pressure is in fact inclined to drop. In which case (if such shifts of blood pressure upset you) you should begin working with the Wands of Horus QUARTZ. They encourage a rise in blood pressure to the genetically determined norm.

If you do not have problems with blood pressure, then you can use both types of cylinder, without fear of unpleasant sensations on that score. With a Yin-Yang imbalance you should start work using Wands of Horus with a quartz filling.

15. Irrespective of the filling, the Wands of Horus are a tool for individual use. When held in the hands, participating in the creation of a “pranic cocoon” that corrects processes taking place in the organism, the Wands of Horus remember the frequency dictated by the hypothalamus and hypophysis. That distinctive vibration is like a person’s individual code. The memory process is highly specific. It is this individual vibration interacting with the crystal that makes it (the crystal structure) resonate, setting the rhythm that your organism needs at that given moment. After you put the cylinders aside they will continue to vibrate at your frequency for some time. The persistence of this memory depends on a person’s energy qualities. If a person has an ordinary level of energy potential, the cylinder’s will “remember” his or her individual frequency for a matter of hours. A powerful energy potential can leave a memory that lasts for several months.

In principle it is possible to pass the Wands of Horus to someone else, but we do not recommend using them immediately. They should be left to lie for at least two hours so that the individual frequency set by the first user’s organism has time to dissipate. If you pick up cylinders vibrating with someone else’s frequency then the “pranic cocoon” they create will also vibrate with a “foreign” frequency. To accelerate the process of dissipation, it is best to place the cylinders in cold running water.

16. It should be especially stressed that in order to obtain a deep corrective, therapeutic effect immediately after a session with the Wands of Horus you should, whenever possible, lie down and relax, even better go to sleep. It is during this period of relaxation or sleep that the organism transforms the energy received and when you awake you will feel particularly alert.

17. We do not recommend the use of the Wands of Horus if the organism is already infected, as enhanced blood circulation will further the spread of the infection around the body in the bloodstream.

18. When working with all varieties of the Wands of Horus with the aim of developing and improving your energy structure and psychic capacities it is necessary to take account of your own individual annual cycle of rising and falling energy activity. The best results in self-correction and self-improvement will be achieved only in the ascending period. As for healing, the treatment of patients with serious diseases during the descending period may lead to negative results, including perhaps the loss of energy potential and disease on the part of the healer himself or herself. The loss of energy potential can lead to the appearance of serious health problems and the onset of degenerative processes. During the period of declining energy activity, you should make constant use of the Wands of Horus: by restoring the pH level of the blood they will improve the general energy condition of the organism.

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19. Sadly in the present age of market economics, the constantly growing interest in the Wands of Horus has prompted some to use the knowledge of the ancients to their own benefit and not to that of humanity as a whole. This is reflected not only in the appearance of numerous imitations, such as the «The Rods of Power», «Egyptian rods» and «Rods Free» (www.egyptianhealingrods.com and www.rods.ru) of «KOVTUN company», also «Antipifo rods» and «Rods of Hermes» produced by «KOVTUN company» for «Shaping» company in St.Petersburg, RUSSIA, but also in the attempts to
freely interpret ancient practices bordering on profanation, being made by Vladimir Kovtun (the "Cylinders of the Pharaohs").

Naturally when someone has gone through a course of work with such imitations and not obtained the desired or promised result, he inevitably begins to have doubts, growing into disenchantment (which is worse than anything), and this leads to a discreditation of a whole field that is destined to play a special role in the development of people's consciousness. More serious still, however, are the negative complications that may affect those who use these "tools".

One of the main shortcomings of all the imitations without exception is their high level of residual magnetic induction. In simpler terms they are too highly magnetized.

At the beginning of the section entitled Instructions for the use of the Wands of Horus, we stated that one of the factors with a negative influence on human health that inevitably leads to atherosclerotic disorders is solar and magnetic storms. All the disorders mentioned earlier are triggered by even a slight rise above the natural level of magnetism that for a person living in the middle latitudes of the globe is around 0.47 mT. This is the level to which people are accustomed, attuned or synchronized.

We note for instance that atherosclerotic disorders of the circulatory system occur in many people who go to work in the Far North of Russia, where the natural level of magnetism is around 0.65 mT. It follows that even such a small increase above the accustomed norm can lead to disorders of the vascular system and a whole range of other problems.

All the imitation wands produced by the companies named above have levels of residual magnetic induction in the range from 10–15 mT to 40mT!!! See Appendix 30 where the levels of magnetism in the “Cylinders of the Pharaohs” and the “Rods of Power” are compared. We point out that in form and content the “Cylinders of the Pharaohs”, “Antipifo” and “Egyptian rods” are one and the same thing.

From the data in the appendix, it emerges that the “Cylinders of the Pharaohs” produced by Vladimir Kovtun exceed the norm natural for our organism almost thirty times over! The “Rods of Power” eighty times!

In the instructions provided with the “Cylinders of the Pharaohs”, “Egyptian rods”, “Rods of Hermes” and other imitations you will not find any information about their level of residual magnetic induction. We therefore warn all those who own such rods that regular use of "tools" with such a high level of magnetic induction, especially at times of solar and magnetic storms (which make the triggered disorders worse), is dangerous and leads to:

- increased blood-clot formation;
- atherosclerotic disorders;
- a worsening of eye disorders;
- increased aggregation of thrombocytes
- the appearance of a significant quantity of pathological erythrocyte aggregates

As a result the microcirculation of the blood and the correct functioning of the haemostatic system are disrupted, leading ultimately to capillary hypoxia of the brain (insufficient supply of oxygen).
If such wands fall into the hands of a person who is developing stenocardia, arrhythmia or ischaemia, the imitations accelerate the process, worsening the condition. In certain instances wands with a high level of magnetic induction may cause an abrupt disruption in heart rhythm. This is also borne out by the results of research carried out by the Russian Academy of Medical Science showing that on days with moderate and strong geomagnetic storms disruptions to heart rhythm are more frequent than in the absence of magnetic storms.

Apart from the disorders mentioned earlier, the imitations lead to bilateral and general bio-energetic asymmetry. This disruption is a “time bomb” creating the right conditions for the appearance of a whole number of serious diseases!

In concluding this section we must stress again that the imitations are dangerous to human health. Not one of them embodied the knowledge revealed in this publication. The insights of the ancients made known in this work are embodied only in the Wands of Horus.

This is the hologram that you will find on authentic Wands of Horus (also on its certificate) produced by the International Information Centre for Ufological Research (Fig. 96).

**ADDITIONAL WARNINGS FOR THOSE WHO HAVE BOUGHT AND ARE USING IMITATIONS**

In pointing out the high level of magnetism that is one of the shortcomings of all the imitation wands, we should stress that if the immune system is strong enough, the human organism will created internal conditions that reduce the effect of the wands to zero. In three months at the outside, the influence of these wands will be neutralized by the organism. However, bearing in mind that most people’s immune systems are weakened to a fair degree (as a result of the extensive use of modern methods of treatment that exhaust the immune system, on top of chronic tiredness that causes general immunodeficiency and the inability of the organism to counter newly appearing viruses), the use of imitations with an excess level of magnetic induction inevitably leads to serious problems.

Because of their magnetic level and a number of other negative properties caused by a lack of due knowledge by those making the “Cylinders of the Pharaohs”, “Egyptian rods”, “Rods of Hermes”, “Rods of Power”, “Antipifo”, “Rods-Free” and other imitations, their products:
• have a negative effect on the liver in cases of cirrhosis and serious inflammation of the liver caused by infection;
• have a sharp negative influence cases of even mild psychiatric disorder and inflammation of the brain;
• worsen the condition of those suffering from stenocardia, arrhythmia, ischemia and hepatitis.

Besides which:

• the strong magnetism has a very bad effect on the cardio-vascular system. If a user already has particular defects, they may cause serious disruption, beginning with a racing heartbeat.
• If the organism is infected, then by stimulating blood circulation, such wands will further the rapid spread of the infection around the body with the blood.
• If such "tools" are used for more than 15 minutes a day, 50% of people will experience a worsening of existing disorders (inverse effect).
• These "tools" should not be used in unfavorable weather conditions by those with vascular disorders or inflammation of the bladder. The negative effect of the magnetism will be increased and may lead to a worsening of the condition.
• If in the course of the day you have drunk a large quantity of stimulating brinks, such as strong tea or coffee or spirits, the use of cylinders with a high level of magnetic induction is impermissible. The stimulating effect of such tonic beverages will be sharply increased in about 50% of users, leading to over-agitation. Coupled with disorders of the endocrine system (the thyroid, for example) this effect may even result in a nervous breakdown.
• People over 45 with not entirely healthy hearts when using wands with a high magnetic level in salt baths may experience heaviness or mild pain in the area of the heart. This can be avoided by keeping your chest above the level of the water.
• Beer-lovers should note that or those with bladder, gall-bladder, kidney and liver disorders, the use of cylinders with a high level of magnetic induction after drinking beer is not recommended. One of the reasons is that with a high level of magnetic induction copper has a negative effect on an inflamed liver.

When it produces the Wands of Horus, the International Information Centre for UFOlogical Research guarantees the purchaser that this is the instrument described in the book The Wands of Horus. The Return of the Secrets of Ancient Egypt and that the finest nuances have been taken into consideration in its construction. Our efforts to reproduce precisely this amazing tool and to draw up detailed instructions for the use of the Wands of Horus have been inspired by a profound understanding of the moral and ethical aspects behind which lie the fundamental principle "Do no harm". More than that, in helping people to know themselves and the world about them we are contributing as best we can to the development of a positive mentality in our civilization.

In the process of working, however, we discovered that the commercial possibilities opened up by growing interest in the Wands of Horus had attracted people who were not guided by the same moral and ethical considerations. Imitations appeared claiming to be Wands of Horus. The manufacturers of imitations are not discouraged by the fact that their products will not have the properties described in the book and under certain circumstances may even cause harm to the human organism. We have therefore found it necessary to inform those interested in the Wands of Horus about this fact and to warn them that:

1. We can accept no responsibility for products manufactured by other individuals or companies.

2. The lack of proclaimed properties and possible negative results from the use of wands produced by other companies should not be regarded as discrediting the subject itself. The wands used by the Ancient Egyptian priests and pharaohs are an amazing instrument and we are sure that in a year or two such cylinders will appear in many homes, providing priceless aid in the struggle against disease and strengthening the immune system.

The ancient instrument that we have recreated is an embodiment of knowledge acquired in the process of studying monuments of antiquity, manuscripts and the specific scientific (mathematical)
apparatus that makes it possible to understand the effect of the Wands of Horus. This allows us to state with complete certainty that failure to observe the necessary parameters for the creation of the Wands of Horus and the lack of the necessary knowledge may lead to the most unpredictable results. In the light of this, we decided to provide information about the companies producing imitations.

**Detailed information you can find at:**

New version site -  http://www.wands.ru

Old version site -  [http://www.wands.ru/podelki/attention.html](http://www.wands.ru/podelki/attention.html)

Special site about fakes -  [http://egyptianhealingrods.ru/](http://egyptianhealingrods.ru/)