



Keys to Healing and Self-Mastery according to the Hathors

Ricardo B Serrano

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A Guide for Emotional and Self-Mastery, Healing and Stress Management The goal of the fourth book Keys to Healing and Self-Mastery according to the Hathors, a supplementary book to Holographic Sound Healing taught at the Meditation and Qigong Mastery book, and the Omkabah Heart Lightbody Activation video, is to build the Ka and offer readers an effective Hathor's emotional mastery technique to manage emotional stress, the main cause of disease, in their daily lives and spiritually awaken when emotional stress is cleared, released and stabilized. Doing this practice will provide a fast, safe way to stabilize your chaotic emotions such anger or fear. Holographic Sound Healing with the Four Sacred Elements is integrated with Ka(Merkaba) Meditation to complement Holographic Lightbody activation, and build the Sahhu or immortal golden lightbody. Dr. Johanna Budwig's Diet for Cancer and Chronic Diseases and Sun gazing are included as adjunct keys to healing.

In summary, the four books Meditation and Qigong Mastery, Return to Oneness with the Tao, Return to Oneness with Spirit, and Keys to Healing and Self-Mastery according to the Hathors form a four-sided basic pyramid foundation, so to speak, of dietary and energy-based psychoneuroimmunolgy or neuroimmunomodulation strategies to effectively heal substance abuse and chronic diseases mainly caused by emotional stress, diet that is high in trans-fatty acids and low in Essential Fatty Acids, and unhealthy lifestyle. These strategies bring the physical, mental, emotional, and spiritual aspects of a person into homeostasis, and at the same time spiritually awaken a person in the process of being in the flow because the individual being is one with universal being.



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