

Dear Real Life Legends Club Member,

I am honored to be interviewed in your magazine. I am delighted to introduce Power Healing to you.

Power Healing is Soul Mind Body Medicine™. This revolutionary medicine emphasizes *soul over matter* plus *mind over matter*. The essence of Power Healing and Soul Mind Body Medicine is the power of Pure Love Healing. Love will melt any blockage.

My mission is to empower people to heal themselves and others. Power Healing is a breakthrough self healing system that empowers people to heal themselves and to heal others. Power Healing states that sickness is caused by energy and spiritual blockages. To remove these blockages is to heal. It teaches Four Power Healing Techniques which are soul power, mind power, sound power, and body power. These techniques are simple, practical, effective and life transforming.

You can learn more Power Healing wisdom in The Theory of Power Healing and The Four Power Techniques. I wish you to benefit immediately and am providing you with Power Healing for Ten Common Conditions. Practice these techniques often to heal yourself or others at the soul, mind, heart and body level. I hope you benefit from this teaching and practice.

As a Divine Channel, I am able to transmit Zhi Gang Soul Software. Zhi Gang Sha Soul Software is a Divine healing blessing that I transmit directly to recipients from the Divine. Once a software is downloaded to you, it is a permanent Divine tool that serves your healing continuously. After receiving the transmission, however, recipients need to practice Zhi Gang Sha Soul Software *daily* to receive the greatest benefit. As a Real Life Legends Club Member, it would be my honor to give you a Zhi Gang Sha Soul Software for an organ or organ system as a gift to help your healing at the soul, mind, heart and body levels.

I invite you to join me every Tuesday and Thursday for the Free Remote Healing teleconference from 5:30pm-6:30pm (PT). In this love offering from my heart, I offer healing blessings for any condition you or your loved ones may be suffering from – in the physical, emotional, mental or spiritual bodies. I often also ask my personally trained healers, to whom I, as a divine channel, have transmitted divine healing capabilities, to offer healing.

To register for the Free Remote Healing and to learn more about my programs or teachings, please visit my website www.drsha.com. If you are interested in my books, CDs or other learning materials, please visit my online store at www.drshastore.com.

With love and blessing,

Master Sha Zhi Gang Sha

Theory of Power Healing

Power Healing introduces a breakthrough theory, the Message, Energy and Matter Theory™, to explain the causes of illness and how to heal them.

Matter is inside the cells. Energy is outside the cells. Cells constantly vibrate, contracting and expanding. When cells contract, matter inside the cells transforms to energy outside the cells. When cells expand, energy outside the cells transforms to matter inside the cells. If the transformation between the matter inside the cells and the energy outside the cells remains in relative balance, you are healthy.

Any factor such as bacteria, viruses, trauma and stress in Western medicine and emotions such as anger, sadness and fear in traditional Chinese medicine can affect normal cellular vibration. The balance between the matter inside the cells and the energy outside the cells will be upset. This is when illness occurs.

Matter and energy are carriers of message. Message is soul or spirit. Soul can directly influence the transformation between the matter inside the cells and the energy outside the cells. That is why soul can heal.

Prayer is a message for healing that works directly at the cellular level to balance the transformation between matter inside the cells and energy outside the cells. Prayer is one kind of soul healing. Sending unconditional love is another kind of soul healing. Chanting mantras is yet another kind of soul healing. The Message, Energy and Matter Theory™ explains how soul healing works.

According to the Message, Energy and Matter Theory™, there are three causes of illness:

1. Matter Issues – These can be categorized as too much matter or not enough matter inside the cells. For example, people with cancer or inflammation have too much matter inside the cells. People with chronic fatigue do not have enough matter inside the cells.

2. Energy Issues – Power Healing states that energy blockages result in either too much energy or not enough energy around the cells. 85-90% of illnesses fall into the category of too much energy; for example, pain, inflammation, cysts, tumors and cancers. The remaining 10-15% of illnesses fall into the category of not enough energy; for example, Parkinson's, Alzheimer's, atrophies and other degenerative illnesses.

3. Message Issues – Message is soul. Power Healing states that spiritual blockages cause illness. What does this mean? A spiritual blockage is a karma issue. Karma arises from mistakes people have made in past and present lifetimes.

Power Healing gives you four practical techniques to balance the transformation between matter inside the cells and energy outside the cells, and to clear spiritual blockages. These four techniques are Body Power, Sound Power, Mind Power and Soul Power. The Four Power Techniques are simple, practical, effective, profound and life-transforming.

Four Power Techniques

Power Healing introduces Four Power Techniques™: Soul Power, Mind Power, Sound Power and Body Power. These techniques are simple, practical, effective, profound and life-transforming.

SOUL POWER

Soul Power is soul over matter. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called "Say Hello healing." Love and forgiveness are the key elements for spiritual healing. Love melts any blockage. Forgiveness brings peace and healing.

Power Healing is a breakthrough healing system, which forms the foundation for Soul Mind Body Medicine™. This revolutionary medicine emphasizes soul over matter plus mind over matter. Its secret for healing is to heal the soul first and then healing of the mind and body follows.

MIND POWER

Mind Power is mind over matter. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal.

SOUND POWER

Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Mandarin Chinese and ancient healing mantras.

BODY POWER

Body Power is the use of special hand positions for healing. One unique Body Power technique is called One Hand Near, One Hand Far. The Near Hand points towards the area of illness and is held 4" to 7" away from it. The Far Hand is placed 12" to 20" away from the lower abdomen. This technique moves energy from the area of illness to the lower abdomen, which contains the body's storehouse of energy.

Applying one technique is powerful. Applying the Four Power Techniques™ simultaneously is much more powerful. Use them to restore your physical, emotional, mental and spiritual health as quickly as possible.

Power Healing For the 10 Very Common Conditions

Power Healing introduces Four Power Techniques™: *Soul Power*, *Mind Power*, *Sound Power* and *Body Power*. Practice these self-healing techniques in any comfortable position, sitting or standing. They are simple, practical, effective and life-transforming.

Headache

In the Power Healing system, pain is an energy blockage in the painful area. Use the Four Power Techniques™ to self-heal a headache.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the head to heal itself, "Dear soul, mind and body of my head, I love you. You have the power to heal yourself. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For a headache, visualize or imagine bright golden light flowing from the painful area of the head to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For a headache, chant "ee-joe," the Chinese pronunciation for the numbers 1 and 9. Repeat "ee-joe" continuously. The sound "ee" (1) stimulates cellular vibration in the head. The sound "joe" (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For a headache, hold the Near Hand 4" to 7" away and slightly above the painful area of the head, with fingers pointing toward the head. Place the Far Hand 15" to 20" away with palm facing the lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the head to the lower abdomen, which contains the body's storehouse of energy, releasing the energy blockage and relieving the headache. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Common Cold

In the Power Healing system, the common cold is an energy blockage in the front of the chest. Use the Four Power Techniques™ to self-heal the common cold.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the lungs to heal itself, “Dear soul, mind and body of my lungs and bronchial tubes, I love you. You have the power to heal yourselves. Do a good job. Thank you.”

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For a cold, visualize or imagine bright white light radiating in the chest.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For a common cold, chant “ar.” The sound “ar” stimulates cellular vibration in the chest.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For a common cold, hold the Near Hand 4” to 7” away from the center of your chest, palm facing above nipple level. Place the Far Hand 15” to 20” away from and facing the side of your chest, above nipple level.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Alternate your Near Hand and Far Hand to treat the other lung. Energy will begin to flow properly in the lungs, releasing the energy blockage and clearing the cold and a stuffy or runny nose at the same time. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Lower Back Pain

In the Power Healing system, pain is an energy blockage in the painful area. Use the Four Power Techniques™ to self-heal a backache.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the back to heal itself, "Dear soul, mind and body of my back, I love you. You have the power to heal yourself. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For back pain, visualize or imagine bright golden light flowing from the painful area of the back to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For lower back pain, chant "joe," the Chinese pronunciation for the number 9. Repeat "joe" continuously. The sound "joe" stimulates cellular vibration in the lower back and lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For lower back pain, point the fingers of the Near Hand toward the painful area of the back, about 4" to 7" away. Place the Far Hand 15" to 20" away with palm facing the lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the back to the lower abdomen, which contains the body's storehouse of energy, releasing the energy blockage and relieving the backache. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Depression

In the Power Healing system, depression is an energy blockage in the heart chakra. Use the Four Power Techniques™ to self-heal depression.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the heart chakra to heal itself, "Dear soul, mind and body of my heart chakra, I love you. You have the power to heal yourself. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For anxiety, visualize or imagine bright golden light flowing from the Message Center to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For depression, chant "sahn-joe," the Chinese pronunciation for the numbers 3 and 9. Repeat "sahn-joe" continuously. The sound "sahn" (3) stimulates cellular vibration in the chest. The sound "joe" (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For anxiety, point the fingers of the Near Hand toward the middle of the chest, 4" to 7" away at nipple level. Place the Far Hand 15" to 20" away with the palm facing the lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the Message Center to the lower abdomen, which contains the body's storehouse of energy, releasing the energy blockage and lifting depression. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Anxiety

In the Power Healing system, anxiety is an energy blockage in the Message Center (an energy center located in the middle of the chest). Use the Four Power Techniques™ to self-heal anxiety.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the Message Center to heal itself, "Dear soul, mind and body of my Message Center, I love you. You have the power to heal yourself. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For anxiety, visualize or imagine bright golden light flowing from the Message Center to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For anxiety, chant "sahn-joe," the Chinese pronunciation for the numbers 3 and 9. Repeat "sahn-joe" continuously. The sound "sahn" (3) stimulates cellular vibration in the lungs and chest. The sound "joe" (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For anxiety, point the fingers of the Near Hand toward the middle of the chest, 4" to 7" away at nipple level. Place the Far Hand 15" to 20" away with the palm facing the lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the Message Center to the lower abdomen, which contains the body's storehouse of energy, releasing the energy blockage and clearing anxiety. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Menstrual Cramps

In the Power Healing system, menstrual cramps are an energy blockage in the painful area. Use the Four Power Techniques™ to self-heal menstrual cramps.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the cramps to heal itself, "Dear soul, mind and body of my cramps, I love you. You have the power to heal yourself. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For back pain, visualize or imagine bright golden light flowing from the painful area to the kidney.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For menstrual cramps, chant "joe," the Chinese pronunciation for the number 9. Repeat "joe" continuously. The sound "joe" stimulates cellular vibration in the lower back and lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For menstrual cramps, point the fingers of the Near Hand toward the painful area, about 4" to 7" away. Place the Far Hand 15" to 20" away with palm facing a kidney.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the cramping area to the kidneys, nourishing the kidneys and releasing the energy blockage. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Carpal Tunnel Syndrome

In the Power Healing system, carpal tunnel syndrome is an energy blockage in the wrist. Use the Four Power Techniques™ to self-heal carpal tunnel syndrome.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the wrist to heal itself, “Dear soul, mind and body of my wrist, I love you. You have the power to heal yourself. Do a good job. Thank you.”

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For carpal tunnel syndrome, visualize or imagine bright golden light flowing from the painful area in the wrist to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For carpal tunnel syndrome, chant “shi-ee-joe,” the Chinese pronunciation for the numbers 11 and 9. Repeat “shi-ee-joe” continuously. The sound “shi-ee” (11) stimulates cellular vibration in the wrist. The sound “joe” (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. For carpal tunnel syndrome, point the fingers of the other hand toward the painful wrist, 4” to 7” away.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the wrist to the lower abdomen, which contains the body’s storehouse of energy, releasing the energy blockage and clearing the carpal tunnel syndrome. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Breast Cancer

In the Power Healing system, breast cancer is due to an energy blockage causing energy to accumulate in the area of the tumor(s). Use the Four Power Techniques™ to self-heal breast cancer.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the souls of the cancer cells to heal themselves, “Dear soul, mind and body of my cancer cells, I love you. You have the power to heal yourselves. Turn back into normal cells. Do a good job. Thank you.”

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For breast cancer, visualize or imagine bright golden light flowing from the tumor(s) to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For breast cancer, chant “sahn-joe,” the Chinese pronunciation for the numbers 3 and 9. Repeat “sahn-joe” continuously. The sound “sahn” (3) stimulates cellular vibration in the chest and breast. The sound “joe” (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. One unique Body Power technique is called *One Hand Near, One Hand Far*. It is used to move energy and to clear energy blockages. For breast cancer, point the fingers of the Near Hand toward the area of the tumor(s), 4” to 7” away. Place the Far Hand 15” to 20” away with palm facing the lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow from the breast to the lower abdomen, which contains the body’s storehouse of energy, releasing the energy blockage in the breast. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Stress Management

In the Power Healing system, stress is due to an energy blockage in the head. Use the Four Power Techniques™ to self-heal stress.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the soul of the head to heal itself, “Dear soul, mind and body of my head, I love you. You have the power to heal yourself. Do a good job. Thank you.”

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For stress, visualize or imagine bright golden light flowing down from the head, through the chest and stomach to the lower abdomen.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For stress, chant “ee-sahn-woo-joe,” the Chinese pronunciation for the numbers 1, 3, 5 and 9. Repeat “ee-sahn-woo-joe” continuously. The sound “ee” (1) stimulates cellular vibration in the head. The sound “sahn” (9) stimulates cellular vibration in the lungs and chest. The sound “woo” (5) stimulates cellular vibration in the stomach. The sound “joe” (9) stimulates cellular vibration in the lower abdomen.

Body Power: Body Power is the use of special hand positions for healing. For stress, point the fingers of one hand toward head, 4” to 7” away. Then, together with the above Sound Power and Mind Power techniques, move your hand down the front of your body until it points toward your lower abdomen.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for three to five minutes, three to five times a day, as long as the condition persists. Energy will flow down from the head, through the chest and stomach to the lower abdomen, which contains the body’s storehouse of energy, releasing the energy blockage in the head and relieving stress. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Menopause

In the Power Healing system, menopause is due to an energy imbalance in the kidneys. Use the Four Power Techniques™ to self-heal and reduce the symptoms of menopause.

Soul Power: Soul Power is *soul over matter*. Soul Power requests the souls of the body, organs and cells to heal themselves. Give love and forgiveness to the sick organs and cells. This is called *Say Hello Healing™*. Request the souls of the kidneys to heal themselves. "Dear soul, mind and body of my kidneys, I love you. You have the power to build yourselves. Do a good job. Thank you."

Mind Power: Mind Power is *mind over matter*. It uses creative visualization. The mind has creativity, intelligence and capabilities to heal. For menopause, visualize or imagine the hot golden sun melting snow off the peaks of a snow-covered mountain above your tailbone. See and feel the scorching sunlight totally melting the snow. The water trickles down to form a lake that sends water up to nourish the kidneys.

Sound Power: Sound Power is mantras, which are special vibrational sounds to stimulate cell expansion and contraction. They include number sounds in Chinese and ancient healing mantras. For menopause, chant "joe," the Chinese pronunciation for the number 9. Repeat "joe" continuously. The sound "joe" stimulates cellular vibration in the kidneys.

Body Power: Body Power is the use of special hand positions for healing. Body Power is used to build energy and to clear energy blockages. For symptoms associated with menopause, place both hands behind the back. Use the right hand to tightly grasp the thumb of the left hand. Close the fingers of the left hand over the fist made by the right hand. This hand position is known as the Yin/Yang Palm. Place the Yin/Yang Palm on your back, over a kidney.

Applying one technique is powerful. Applying all four techniques together is much more powerful. Apply the Four Power Techniques™ simultaneously for at least fifteen minutes at a time, twice a day, alternating kidneys. Practice even longer if possible. Energy will build in the kidneys, alleviating the symptoms of menopause. Power Healing can be used as a complement to any other healing modality. Restore your health as quickly as possible.

Power Healing for Ten Common Conditions is available as a DVD with special blessings from Dr. Sha included in it. You can purchase it at:

http://drshastore.com/catalog/product_info.php?cPath=30_41&products_id=219