



NEWSLETTER

OCTOBER 2025

Dear Living-Light Community,

I hope you're all sensing the **powerful energy** rising across our planet right now. We've been waiting a long time for this moment. Everything is beginning to **shift**, in our world and beyond, for the highest **good of Humanity**. Keep raising your vibration. As you align with your true self, the rest of the planet will follow. We are in the **Age of Aquarius**, the dawn of the **Golden Age**. There's no turning back. We're all on this journey together.

I've just released a video on how to **feel energy between your hands**. Many of you have been asking for this and the feedback so far has been incredibly positive!

The difference between **Pure Telekinesis** and **Magnetic Telekinesis**, a demonstrative video.

What does it feel like when you are a **healer**?
My story into discovering that my hands can heal others.

What is the **flower of life**? How can we relate to this sacred geometry? Many people know the symbol but do not understand it, beyond its beauty, its significance is mindblowing.





FEELING ENERGY BETWEEN YOUR PALMS FOR THE FIRST TIME

FEELING ENERGY

Even though it may seem complex, feeling energy between the palms of your hands is actually quite simple and there's a shortcut to help you tune in quickly.

Over the years, I taught myself how to become more sensitive with my palms. I've also studied the work of incredible masters, like John Chang, who could generate a powerful electric Qi field between their hands.

It took me a couple of years before I could clearly feel that “energy ball” between my palms. But through consistent practice — and learning from others — I eventually discovered a much faster way for anyone to experience it.

This technique is inspired by various masters. One of my main teachers is Sifu Jones from www.chienergyheals.com. Sifu taught us that we are bio-electric beings, and that rubbing our hands together or hovering them over our skin — especially near nerve-dense areas — increases sensitivity.

I practiced this method for years and we were also using a thermometer and ice packs to train our hands to emit a more healing white Qi at a controlled specific temperature — around 34.5°C — which Sifu referred to as the optimal healing range.

Our hands warm up quickly when we bring focused attention to them. Using a thermometer helped us monitor the exact temperature, while the sensation of the ice pack trained us to stay within the optimal temperature range.

With this video, you'll be able to feel the pressure and magnetic pulse between your palms — intensely — in under 30 seconds.

A friend called Paul messaged me the day after trying the technique to ask, “How do I turn off my hands?” He had activated his hand chakras — known as Lao Gong in Traditional Chinese Medicine — and couldn't close them again.

Once they're open, your hands naturally seek out healing, either for yourself or others.

Why not give it a try now?

Choose an area of your body that needs more energy, follow the video, and then hover your hands over that area for 5 minutes. You may feel tingling, warmth, or even goosebumps.

[CLICK ON THE VIDEO LINK HERE](#)



PURE TELEKINESIS VS MAGNETIC TELEKINESIS

WHAT IS THE DIFFERENCE?

In my August newsletter, I shared a video where I demonstrated magnetic telekinesis under a glass bell. Today, I'm sharing a follow-up — a new video using the same technique, but this time without the glass bell.

What you'll notice is how strongly the energy field from my hands interacts with the foil — it almost appears sticky, drawn to the energy in a tangible way.

To help you better understand and practice telekinesis (TK), I want to clarify the difference between Pure TK and Magnetic TK.

With Pure TK, you rely entirely on your third eye — no physical movement, just focused mental projection to influence the object. This path is typically slower to develop and demands deep concentration. For instance, when I first began, it took me about 40 minutes of intense focus to get even the slightest movement. After three months of consistent practice, I was able to achieve movement in around 10 to 15 minutes.

That phase also came with frequent headaches. In contrast, I've found Magnetic TK more accessible — and quicker to see results. It uses the energetic field around your hands to affect light objects, like foil or paper, with more immediate feedback. That's why I've chosen to focus more on this approach in my practice and teaching.

[CLICK ON THE VIDEO LINK HERE](#)



READ THE DESCRIPTION FOR INSTRUCTIONS

Which method should you choose?

I recommend starting with your own direct experience.

Begin by following my Magnetic TK protocol, as shared in my August Newsletter. See how quickly you can get the object to spin — but avoid using a glass bell at first. Let your energy interact freely with the object to build sensitivity.

Once you've explored Magnetic TK, try practicing Pure Telekinesis (Pure TK). Here's a step-by-step technique to help you get started:

Pure TK Protocol

1. Become the object – Study it closely. Memorize its texture, weight, sound, and physical details. Imagine how it feels to be the object.
2. Shift your gaze – Look around the object, not directly at it. Choose a focus point nearby while allowing your peripheral awareness to connect with the object subtly.
3. Visualize in detail – In your mind, reconstruct the object with complete accuracy — as if you were viewing yourself from the object's perspective.
4. Merge perspectives – Now become the object in your imagination. Envision yourself spinning, while observing from the object's point of view.
5. Daily practice – Spend at least 45 minutes per day for 7 days. Consistency is key to building the energetic link and observing movement.
6. Record your sessions – Film yourself during practice to track your progress over time and spot subtle changes you may not notice in the moment.

The pathway of a healer....

By Emmanuel

I never knew my hands could heal...

It all started with my ex-partner, who often suffered from headaches and menstrual pain. One day, she had terrible stomach cramps and asked me to place my hand on her abdomen. She said she felt a wave of warmth spreading through her body — and it made her feel better.

That moment marked the beginning of my discovery: my hands were powerful when I held the intention to heal. From that point on, whether it was period pain, migraines, bruises, or even burns, she would ask me to place my hands on the affected area, and every time, it helped :) I believe the years of energy work I had been practicing were finally taking effect. With more practice came more power, and a heightened sensitivity.

In the video below, you'll see me using the standing protocol taught by Master Dennis Wang. It's a simple, yet powerful method to connect with another person's energy field, move pathogenic Qi from their body, and observe and unblock energetic blockages.

While it may look otherworldly — especially when patients enter a kind of trance — it's an incredibly effective technique.

Since June this year, I've performed dozens of healings and received incredible feedback. One of the most remarkable experiences happened while treating a woman in her mid-50s who had breast cancer. I had been invited by a dear friend to offer her a session. Around 20 minutes into the treatment, my entire body appeared green — as if my eyes could no longer see the normal pigmentation of my skin. It lasted for a few minutes. I thought I was hallucinating. She felt amazing after the treatment.

Later, my teacher explained that this may have been the energy of nature itself assisting during the treatment.

I truly believe that when we walk the path of energy healing — remembering that we are all beings of light — we open ourselves to incredible discoveries... the kind we were never taught in school, but perhaps were always meant to find.

Another incredible healing story...

A few years ago, I bought my car from a local mechanic. This past July, I decided to stop by and pay him a courtesy visit.

When he opened the door, I was taken aback. He had to tilt his chin high just to see me with one barely open eye — the other was completely shut. It was heartbreaking to see him like that, especially knowing how vital eyesight is for both quality of life and his work as a mechanic.

Without hesitation, I offered him a healing session — of course, free of charge.

In just 20 minutes, both of his eyes had started to open. It wasn't perfect yet, but the improvement was visible and immediate. The next day, he called me to thank me. Not only could he see clearly with both eyes, but he also told me he had just experienced one of the best nights of sleep he'd had in years.

[CLICK ON THE VIDEO LINK HERE](#)



Moments like this remind me how powerful this work can be — and how much healing is possible when compassion meets energy.

WHAT IS THE FLOWER OF LIFE?

Why the Flower of Life?

You may have noticed that my company's logo is the Flower of Life — a symbol that holds deep meaning for me. Why did I choose it?

Many years ago, I was introduced to the work of **Drunvalo Melchizedek**, particularly his book *The Ancient Secret of the Flower of Life*. His teachings completely transformed the way I perceive reality.

What fascinated me most was the idea that **before anything material becomes visible, it first exists as energy** — as a geometric pattern vibrating in the unseen. The Flower of Life, also known as the Seed of Life, lies at the core of this energetic blueprint. It is said **to be the origin of everything**: every atom, molecule, biological form, and structure in the universe.

This sacred geometry contains all five **Platonic solids** — the building blocks of all matter — and is found mirrored in everything that exists, from galaxies to cells.

I chose this symbol for my logo as an act of **reverence** — for this profound understanding that reshaped the way I see the world and our connection to it.

A Simple Experiment You Can Try at Home:

- Print or draw the Flower of Life symbol.
- Place it under a glass of clean water for 5 to 10 minutes.
- Then take a sip and notice the difference

Many people report that the water tastes smoother, rounder, or even more vibrant.

This suggests that the symbol may help restructure and energize the molecular field of the water

It's a subtle yet powerful reminder that energy is everywhere, and symbols like the Flower of Life are more than art — they are keys to remembering who we truly are.



A Universal Symbol:

The Flower of Life isn't bound by culture or religion. It has been **discovered** etched into **ancient sites** all across the globe — from the Osirion Temple in Abydos, **Egypt**, to the Forbidden City in **China**, from sacred geometry in **India** to pre-Columbian sites in **South America** and stone carvings in **Africa**.

Its global presence is a reminder that **ancient civilizations** may have understood something that modern science is only beginning to rediscover.

The Technology of the Future?

I genuinely believe that the technologies of the future will harness the power of sacred geometry — and the Flower of Life will be key. Through its form, we may learn how to **create matter** from antimatter or energy, accessing a **universal blueprint** that governs the manifestation of all things.

See you all next month!

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