



Electro-
Magnetic
Manipulation:

How to manage
your own energy
without a healer
& only this
short training!

A FREE E-GUIDE

Brought to you by:

Michael R Hackett

&

Jera-Laguz Wellness

“Where Ancient Wisdom
Meets Modern Healing” TM

©Michael R Hackett 11/2023

ALL RIGHTS RESERVED

Table of Contents

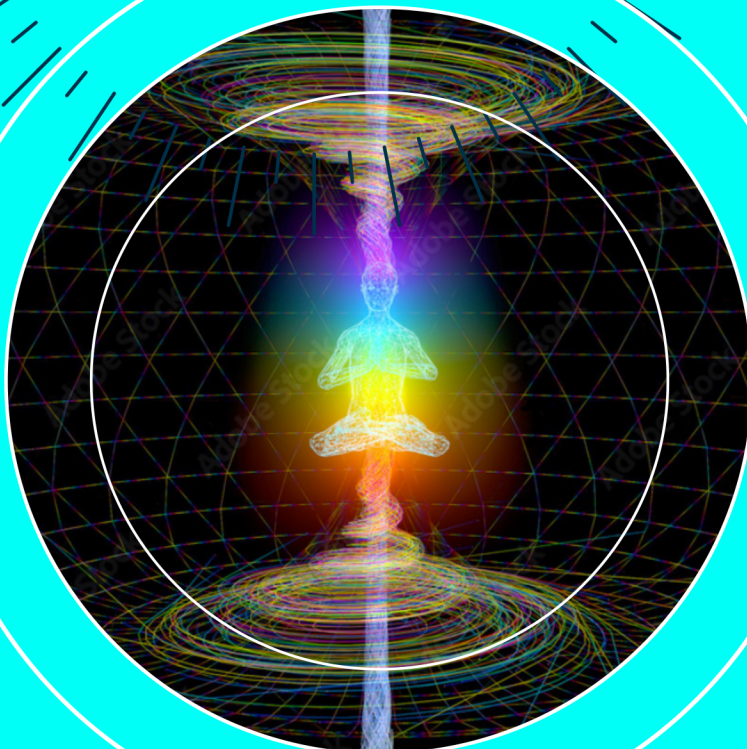
Introduction

01: Understanding the Polarities

02: How to know where to PULL from
& where to DELIVER to

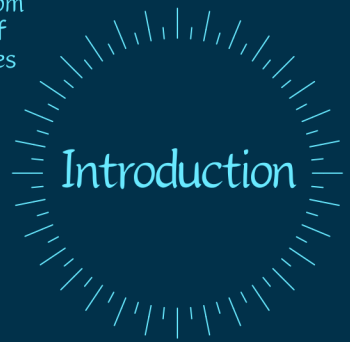
03: Examples with Photos

04: Resources & Bonuses



This work is a compilation of my own findings from testing and trial and error when I first learned of these nuances to the magnetic fields of our bodies and our ability to manipulate pain just through Touch.

Which makes so much sense, because, is it not our natural instinct to place our hands over the point of pain when we injure ourselves or suffer a headache?! Well, now you now how to do it **EFFECTIVELY** to yield actual results, including calming the Mind from anxiety and the Heart from overwhelming emotional levels!



The science portion of this guide is based off the studies done by Mr. H. Durville that were published in the “Journale du Magnetisme” in January of 1886.

Mr. Durville was able to map out the polarities of the human body, including the variances across the front to back sides and left to right sides, and how the hands affect these fields across the opposite polarities to their respective sides.

Through much practice and trial-and-error testing, I have taken what I learned from Mr. Durville's own testing and found a way to utilize the knowledge to help a person be able to balance their own energies!

No activations or attunements are needed! No formal training or understanding outside of what I will teach you here is needed either!

***Please note, this will not *heal* or *cure* anything! It will “simply” help you to shift and transfer energy from one chakra to another to better balance yourself with the levels you have. In the Bonus Variation Technique, it will help you to alleviate pain symptoms, but again, **IT WILL NOT CURE THE SOURCE OF THE PAIN!**

So, while this technique will allow you to subvert around blockages for a better balance **AND ELIMINATE PAIN SYMPTOMS**, this effect will only be temporary. You will still need to find proper healing for those blockages or the source of the pain.

Still, it is a great start for you to know this skill as there is much usefulness to improve your life through it! And should you choose to continue your training with “Reiki Unleashed”™ (Coming in Q1 2024), this guide will give you a good head start into some of the concepts taught there!

I look forward to hearing the stories of how this has helped you!

~Michael R Hackett

Chapter



+ / -

Understanding the
Polarities

Let's talk about the subtleties around the magnetic fields the human body generates and how we can manipulate them on our own to transfer energy through the body via electro-magnetic currents!



This technique will help you to:

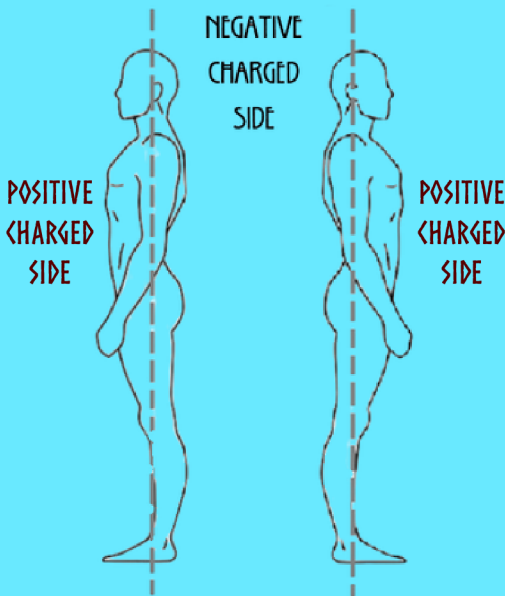
- Identify your own imbalances logically
- Temporarily subvert blockages to balance your own energy
- Consciously transfer energy between Chakras

This technique will *not*:

- Solve underlying root issues to your imbalances
- Cure or Heal anything in particular

SIDE VIEWS

The Positives and the Negatives



Our bodies generate magnetic fields, with our Primary positive pole aligned to our Soul star chakra above our head and the primary negative pole aligned to the earth star chakra below our feet.

Subtle variances also exist across the front and back sides of our body.

The front side has a positive tendency and the back side has a negative tendency.

**Note:

It's important to note that when I speak of positive and negative here, we are speaking scientifically in regards to the electro-chemical law in relation to acids and alkalis, and *not* spiritually or thought mentality. This NOT Positive/Negative in their terms of GOOD or BAD. It is Positive and Negative in terms of FORCES OF ATTRACTION: Push and Pull!

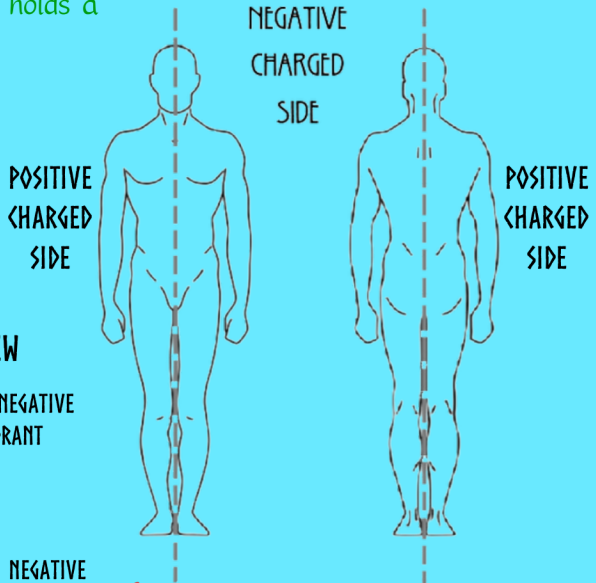
Other subtle variances occur along the left and right halves of our bodies.

4

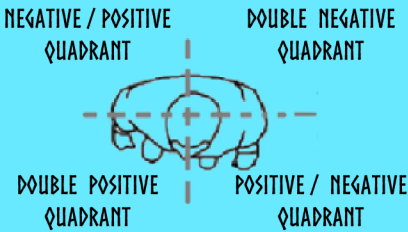
The left half holds a subtle negative tendency and the right half holds a subtle positive tendency.

This all plays into how we can manipulate and transfer energy through our energetic body via the positive and negative terminals in our hands.

FRONT / BACK VIEW



OVERHEAD QUADRANT VIEW



The Terminals in our Hands

It's no coincidence that when we feel a pain in our bodies, our natural instinct is to place a hand or both over the area! Now you will learn how to maximize this NATURALLY intuitive behavior to it's highest potential!

How we may manipulate these magnetic fields we generate is via electro-magnetic currents we create when we close a "circuit" in our bodies through the terminals in the palms and fingertips of our hands.

These are lesser chakra points used for energy transference and channeling. Knowing these subtleties in our magnetic fields can help even an experienced energy healer do greater work, but you don't need to be certified or experienced to do this for yourself! You only need the basic understanding of it that I am teaching you here!

As mentioned, on the side-to-side subtleties, the left side is Negative and the right side is Positive. In terms of closing the circuit this means the left hand will draw the energy from where it is placed and the right hand will deliver it to where it is placed.

Pretty straight-forward, but for the subtle variance of front-to-back also plays into this. But for the most part, this just means our left hand that is drawing the energy is placed on the front, RIGHT half of the body area. and the right hand giving the energy goes to the back, LEFT half of the body- The spots that are most NATURALLY and COMFORTABLY able to be reached by those hands! Coincidence OR Divine Design?

I WILL LET YOU DECIDE FOR YOURSELF.

This nuance to positioning will only change in the bonus variation techniques at the very end!

Chapter

02



How to Know
Where to PULL From &
Where to DELIVER To

Let's Begin!

The only understanding of the chakra system that you need for this technique is basic:

- where each chakra is and
- what they govern & affect in us

The placements are the easiest From top to bottom as depicted to the right are:

The Root Chakra is at the very base of the spine within the pelvic region. it governs our senses of safety, groundedness & security.

The Sacral Chakra is above the root. along the spine by our internal reproductive organs. it governs our emotional stability, creativity and sexual pleasure/drive.

The Solar plexus Chakra is along the spine, just above the navel and AT the BOTTOM OF THE rib cage. It is the seat of our personal power and governs confidence, inner strength, resilience, willpower and ambition.

The heart Chakra is at the center of our being, along the spine just behind the physical heart. it governs our relationships– our connections to ourselves and with others– in all aspects not only romance. BUT ALSO friendships, & business partnerships.

The throat Chakra is at the back of the throat along the spine. It governs our communication skills, our honesty, sincerity and how well we communicate with those around us.

The third eye Chakra resides with the pineal gland inside our brain, behind the center of the forehead. it connects us with other realms and governs our intuition– that sense of knowing something without understanding how you know it, and our psychic abilities.

The crown Chakra is at the very top of our head. it connects us with spirit/source, the divine flow and love. it governs our wisdom, reasoning and our ability to understand things.

POSITIVE
CHARGED
SIDE

NEGATIVE
CHARGED
SIDE



Crown
Third Eye
Throat
Heart
Solar Plexus
Sacral
Root



The Logic Checklist

7

So how do you know where to pull your energy from and where to send it to without formal training?

The answer to that is through a simple logic checklist of questions and answers! Now that you know the basics of the Chakra system, the following Questions will help guide you to where you have imbalances of too little or too much activity in your chakras!

- **Hyperactive areas you want to pull from**
- **Underactive areas you want to push to!**

It's important to know that a "no" response does not necessarily relate the opposite, it could SIMPLY mean the Chakra is balanced/OK. Choose your logic by a "yes" answer and use BOTH sides of the logic!
AND REMEMBER, HONESTY IS IMPORTANT. BE HONEST WITH YOURSELF WHEN ASKING THESE QUESTIONS!

Hyperactive
 Responses are **yes** to these questions:

Questions

Under-Active
 Responses are **yes** to these questions:

Are you feeling...

There are no questions for a Hyperactive crown as there is no such thing. The crown is either dormant, balanced or under-active.

Are you feeling...

- ... misunderstood?
- ... inexperienced or unknowledgeable?
- ... ignorant or unaware?

Third Eye

- ... mentally Distracted?
- ... cloudy minded/judgement?
- ... overly focused on the spiritual or paranormal?



- ... unseen?
- ... disconnected from spirit?
- ... mentally weary?

Throat

- ... Loud or boisterous?
- ... Deceitful & dishonest?



- ... unheard?
- ... shy or meek/quiet?

Heart

- ... invasive of boundaries?
- ... a need to put others before yourself?



- ... unloved?
- ... out of touch?
- ... lonely?

Solar Plexus

- ... Aggressive or short-tempered?
- ... Uncaring of others?
- ... A strong desire to control things or people?



- ... Unsure/uncertain?
- ... helpless?
- ... small and incapable?

Sacral

- ... Over-dependent of others?
- ... addicted to anything?
- ... emotionally unstable?



- ... overwhelmed?
- ... depressed?

Root

- ... Fearful or anxious?
- ... listless and heavy?



- ... ungrounded?
- ... insecure or unsafe?

Chapter



Examples

With Photos

Hand Placement Examples

YOU ALWAYS WANT YOUR HAND TO BE JUST OFF-CENTER .
THE SIMPLEST WAY TO KNOW IS USING YOUR WRIST AS A
GUIDE.

- On the front side, your LEFT wrist should align with your Belly Button!.
- On the back side, your RIGHT wrist should align with your spine!
- Once your hands are in the proper places:
 - Close your eyes,
 - BREATHE SLOW AND DEEP
 - VISUALIZE DRAWING THE ENERGY THROUGH THE LEFT HAND
 - FLOWING IT UP THE LEFT ARM
 - ACROSS YOUR HEART CENTER WHERE IT GETS PURIFIED
 - THROUGH THE RIGHT ARM
 - AND OUT THE RIGHT HAND.

In this example:

Transferring energy from Heart Chakra to the Sacral Chakra.

This is good if you find yourself with a Hyperactive Heart and Underactive Sacral which is common for someone suffering from Depression.



In this Example:

Transferring energy from the Sacral Chakra to the Crown Chakra.

This is good if you find yourself with a Hyperactive Sacral and an Underactive Crown, which usually happens when we get into “heated” and overly emotional arguments. Losing Reason to Emotion. This will help to pull that state back into balance.



There are 44 different ways to use this technique to transfer your own energy around the body: 42 ways to pull from Chakra to another, but only 2 specific ways to boost the Heart Chakra on your own!

You may have been wondering: How do we give our energy to our Heart Chakra if we cannot place our hand at the back of the Heart?

If you have not already figured this out– I AM ABOUT TO BLOW YOUR MIND A LITTLE!

First, it is simple to know and understand that you can not push your own Energy to the Heart Chakra from another Chakra. Only someone else can make that kind of energy shift for you!

This is because our Heart Chakra *is* our *true* Center, and our Hearts are designed to *GIVE* NOT *TAKE*! So our bodies are designed that we *give* from the Heart to somewhere else, but not to *take* from somewhere else to give to the Heart.

But I just said there are two ways you CAN boost your own Heart Chakra! **HERE ARE THE ONLY TWO WAYS YOU CAN “CLOSE THE CIRCUIT” TO *GIVE* TO YOUR OWN HEART CHAKRA AND BOOST IT’S ENERGY FLOW...**

GRATITUDE

SELF-LOVE



You may have heard some talk about the power of Gratitude and the importance of Self-Love. They are rising topics of interest these days for good reason!

Having come this far through the guide, you can now understand from a more scientific viewpoint WHY this is so! Gratitude and hug to yourself for Self-Love are the only two ways you can boost your own Heart Chakra!

Gratitude closes the circuit HAND-TO-HAND via the left/right polarity variances. By connecting the terminals in our hands, palm-to-palm, we create a "feedback loop" that boosts the Heart Chakra through the practice of Gratitude!

A Self-hug, with your right hand at the left armpit and the left hand at the right armpit also closes the circuit via the left/right polarity variances and generates a different kind of feedback loop,

The feedback loop created through Gratitude is a circular loop, passing directly from the right hand to the left, through the left arm, through the Heart Chakra, to the right arm and back around and around.

The feedback loop generated by the Self-hug is a vortex loop that spirals. The left hand draws from the open region of the ribs at the armpit, it travels through the left, through the Heart center, through the right arm, and back into the Heart Center a second time from the right hand passing it into the left side armpit!

But what does this actually mean for you?

While both are powerful means to boost the Heart Chakra, it proves, scientifically, that Self-Love is **MORE** vital and powerful! Because through this method you are passing your energy through the Heart Chakra ***twice*** with each loop!!!

Modern Society tries to push on us that taking care of the Self is Selfish. But in truth it's necessary, critically so even, to our future! If we can't take care of ourselves, how can we take care of anyone or anything else?

But the more we take care of ourselves, the greater and more capable we are for others when needed and called upon. Find balance in this and your life will explode with abundance in all things!



Now, I've already spoken about how this technique won't cure anything for you. But if you put it into regular, daily practice: Physically doing this technique while being grateful and performing acts of Self-Love, you **DO** boost the Heart Chakra and you can boost it **PHENOMENALLY**, and continue to shift that energy elsewhere. Eventually (after at least 21 days of this in a row), you ***WILL*** start to heal yourself!

Because this technique is the scientific approach to a more powerful form of the level one teachings of modern Reiki!

Reiki is an amazing ability that we all can learn and access! And you don't need an activation or an attunement from anyone to learn and develop this skill! That is a secret truth I have exposed in an article on my LinkedIn page and you can read more about it there:

[THE #1 SECRET OF THE HOLISTIC HEALING INDUSTRY FINALLY REVEALED!!!](#)

With that in mind, and my goal to completely revolutionize the Holistic Healing Industry: both what it means to heal and BE healed, primarily through greater education to the masses, I am creating a program to teach Reiki ON A WHOLE NEW LEVEL!

Coming in Q1 of 2024 (By the end of March) is my program "REIKI UNLEASHED"™. This program will teach you *EVERYTHING* you need or want to know about Reiki! All levels in one and teach the things that most people don't even know, but *SHOULD* know! THE FULLEST, MOST COMPREHENSIVE VERSION OF REIKI YOU WILL EVER FIND, ALL ON A STUDENT'S BUDGET!

WHY? Because *EVERYONE* deserves to be healed and whole! And everyone deserves to know the truth! And everyone deserves an equal opportunity to grow and expand their horizons! "REIKI UNLEASHED"™ & I will help you get there!

"VIVA LA REVOLUCION!"



Follow and Connect with me on LinkedIn as "Reiki Unleashed"™ will be announced there first when released!!!

[HTTPS://www.Linkedin.com/in/MRHackett78](https://www.Linkedin.com/in/MRHackett78)

Chapter



Bonuses
& Resources

Bonus Variation Technique

Using an INCOMPLETE Circuit to Ground OUT Pain

Now that you know how to close a circuit to transfer your own energy within you, you can learn how to use an incomplete circuit to ground out pain from your body.

For this variation, the ONLY difference IS we PRIMARILY work along the left and right side tendencies of the positive & negative polarities. Meaning, if your pain is on the right side, you hold your left hand over the area, but if it is on the left side you will hold your right hand over it.

And in the Visualization, you are drawing out the harmful energy of your pain and pushing it out through your other hand into the Earth or an object.

The Earth itself is PREFERABLE because there is NO limitation to how much pain you can ground out and there no need to cleanse afterwards. The Earth will naturally cleanse your energies for you! But if you cannot be outside in nature to do this, you may place your other hand to an object. One made of natural products—like a table made of wood or a staff or branch will be best as they will have a larger capacity to hold your energy before needing to be cleansed!

If you are grounding out to an object, do remember to cleanse it afterwards so that it is not retaining your energies and may be used again.

Objects NOT living AND directly connected to the Earth itself have a limitation on how much negative/harmful energy they can retain. At a certain point, it simply will not hold anymore until you cleanse it. Additionally, you do not want that pain-filled energy just lying around the house attached to an object!

DO **NOT** USE LIVING, POTTED PLANTS OR TREES FOR THIS!

They are **NOT** directly connected to the Earth and your negative/painful energy WILL HARM a living, potted plant or tree IRREPERABLY!!! Plants and trees are living beings, inflicting your pain and suffering on them is bad mojo! And while you may find relief in the moment, Karma will come back and bite you in the butt for it later!

ONLY plants or trees that are outside AND directly rooted to the Earth itself *would* be OK. Because their roots will allow them to pass your energy through to the Earth for cleansing. BUT if you are already outside, then just use the Earth itself!

USING A LARGE, DEAD BRANCH TO GROUND OUT PAIN FROM THE FOREHEAD AND A KNEE



Yes, you can ground out in this fashion to a crystal as well, but you **MUST** certainly cleanse that crystal afterwards!

How long to ground out your pain will vary depending on its severity and whether you are grounding out to nature or an object– objects can take longer, or reach a “limit of reception” and need cleansing to be used again. The more extreme your pain is, the more preferable it is to do this outside in Nature, or the more larger an object you will want to use.

A dining room table is great for a severe migraine, but will still take some time to wind down the pain, and will need cleansing afterwards. We'll get into the differences with headaches next, and how to cleanse after that.

GROUNDING OUT PAIN FROM A SHOULDER AND THE RIBS TO A COUNTER TOP.



The Difference with Headaches

This technique is phenomenal for headaches, but it is important to be mindful of the polarities and which type of headache are you trying to ground out! Also, many headache types will require working one side at a time in increments to get the job done. So there needs to be a little bit of patience involved as well.

GROUNDING OUT A HEADACHE TO A DEAD
BRANCH, ONE SIDE AT A TIME



Headaches come in a variety of forms: migraines, frontal, sinus, etc. For this technique, in most cases we are working left/right variance, but your type of headache might dictate a need for front to back variance if it is in the forehead region or the sinuses.

In these instances you would always use the left hand on the place of pain.

In the case of a headache in the temples/sides of the head, we will use the left/right side variance and switch hands as appropriate.

Should the pain be on both sides, work one side at a time, then switch hands/sides every 90 seconds or so until you feel better.

What ****NOT**** to Do!

There is a very important element when it comes to dealing with pain and using this technique: What **NOT** to do! We spoke about how it is our natural inclination to place our hands over the injury and the place of hurt.

It's important to always follow the guidelines we have gone over so far and remember that we must **ALWAYS** touch **OPPOSITE** to **OPPOSITE** in Polarity!

Because when we touch **LIKE** Polarity to **LIKE** Polarity, we are **PUSHING BACK**, **REFLECTING** and **ESCALATING** the pain instead of easing it!

**HAVE YOU EVER DONE THIS WHEN YOU HAD A HEADACHE?
WITH NO RELIEF? IT ONLY GOT WORSE?
NOW YOU UNDERSTAND WHY!!!**



If you do not have access to the Earth or a suitable object to ground out the pain of a headache, you may find **some minor relief** by crossing your arms and placing your opposite polarities together via the left/right variance functionality as pictured below.



How to Cleanse an Object

There are many ways to cleanse an object of negative energy. As there are 4 primary elements of the Earth, there are 4 categories of cleansing:

1. **Smoke Cleansing (Element of Air)**
2. **Salt Cleansing (Element of Earth)**
3. **Washing Cleansing (Element of Water)**
4. **Burning/Searing Cleansing (Element of Fire)**

Not all of these methods are suitable for all types of objects, but that is why we have multiple options!

1. Smoke Cleansing (Element of Air)

Cleansing with smoke is the one style that will work for any type object. The most common method taught today is to use Sage or Palo Santo. The only downside to this is in the rampant increase of popularity of this method of cleansing, Sage and Palo Santo have become endangered and are not as abundant around the Earth as they used to be!

If you are going to cleanse with Sage, be responsible in choosing Sage cultivated by responsible parties that are using sustainable methods of growth and harvesting!

Additionally, Sage is not the only plant you can burn to cleanse with it's smoke! Lavender and Mugwort are more common and equally useful for cleansing an object via smoke.

2. Salt Cleansing (Element of Earth)

Cleansing with salt is also useful and this can be dry or mixed with water for a more potent effect. It is most recommended for smaller objects when doing a dry cleanse. Mixing with water would be for a wet cleanse of a large object such as a table.

To cleanse your small object, place a small layer of salt into a bowl or cup, place your object on top of the salt and then cover the object in salt.

Depending on the size of the object and how much energy you poured into it, it will need to sit in the salt overnight to a couple of days.

When you remove your object from the salt, toss the salt to the Earth, being sure to spread it out thinly across a wide area- too much of this negative imbued salt concentrated in one spot can hurt the grass/soil even worse than just plain salt!

You may also do this method exactly the same way with freshly dug up dirt from the Earth as well!

3. Washing Cleansing (Element of Water)

Cleansing with water is useful for very large objects. You may mix your water with salt, lemon, essential oils and other things for fragrance and increased potency if you wish. Scrub your object thoroughly with a sponge or scrub pad and then wipe dry. When done, dump your water out to the Earth, NOT down a drain!

Water Cleansing is NOT suitable for a lot of object types when it comes to cleansing Crystals or certain Metals and more! Please be certain the object you are going to cleanse with a water solution is safe to do so and will not rust or deteriorate from contact with water!

When in doubt- DO NOT WATER CLEANSE!

WARNING

4. Burning/Searing Cleansing (Element of Fire)

Cleansing with fire is last on this list because it is suitable to very **FEW** objects and you really should only be doing it if you know what you are doing!

So why would I even bother to tell you about it? Because I am big on honesty and education and I want you to know these things as they are **IMPORTANT!**

Cleansing with Fire is **DANGEROUS!** Many objects can catch fire and be burned and ruined- **including yourself!** If you do not know what you are doing or are not comfortable cleansing with fire, then please do not do it! There are **NO** objects that can ***only*** be cleansed by Fire, so pick an easier, more comfortable method!

To cleanse with fire, you will need a fire large enough to completely encompass at least a portion of your object. You will pass your object through the flame, slowly, rotating it if possible, until you have cleared the whole object through the flame.

Again, I want to reiterate how dangerous this can be! If you do this method, it is best done with smaller objects and small flames such as from a pillar candle- something you can easily control. And please take proper precaution wearing fireproof or fire-retardant gloves/clothing!

Resources



I am most active on LinkedIn, posting educational content daily, Monday through Friday. Sometimes that content gets cross-posted to the other platforms, but not always!



www.JeraLaguz.ord is my hub on the WWW... Updated at least every other week with links to my Social Media events. It's primary purpose is the gateway to my Hagalaz Healing™ Journey program and future growth expansion of the business. It is an ever-growing resource hub to explore!



My YouTube channel does not have much yet. But as I grow and expand the business, there will be special video content posted exclusively there!



Facebook is where I started and where I do most of my Live videos. There is a lot of great content to dive through as well as more personable posts to get to know through!



Instagram is my least active platform for now.

Fehu-Wunjo • Dagaz my friends!
Stay Blessed!



~Michael R Hackett