

## Table of Contents

What is Re Hu Tek?	6	Re Hu Tek State Expansion	
How is Re Hu Tek Different?	7	and Cloning Techniques	42
A Brief History of Re Hu Tek	9	Working with the Aura.	43
What do the Words Re Hu Tek		Energy Invisibility and	
Represent?	14	Expanded Visibility	43
Re Hu Tek 1st Degree		Aura Expansion and	
gives you tools to...	16	Contraction Exercise	44
Re Hu Tek Presuppositions	17	Mudras	45
All is Energy (Vibration)	19	Breathing—Fire Breath	
Using Your Own Energy Reserves		and Carbon Burning Breath	49
versus a “Channeled” Energy	21	Hatha Yoga and Tai Chi	
Re Hu Tek™ and Reiki Differences	22	with Re Hu Tek	50
The Attunement (Initiation) Process	23	The Brain/Mind	51
Accessing Re Hu Tek	25	Brainwaves	51
Disconnecting from Re Hu Tek	26	Re Hu Tek and Brainwave States	52
Sensitivity to Subtle Energies	27	Re Hu Tek and Meditation	54
Getting in Touch with Your Body	27	Meditation Techniques	61
Increasing the Flow & Modulating	29	An Introduction to Dowsing	65
About the Breath and Re Hu Tek	29	Pendulum Dowsing	65
The Re Hu Tek Breath Technique	29	Re Hu Tek and Sound	71
Sound Technique Exercise	30	Sound Research	75
Using the Mind to Shape		How the Voice works	77
Re Hu Tek Energy	30	Introduction to Sound Techniques	79
Beaming the Re Hu Tek energy	31	Chakra Sounds	80
Creating a Re Hu Tek Energy Ball	32	Vowel Sounds	81
Creating Geometric Shapes	33	Combinations Vowel Sounds	84
Yantras (geometric symbols)	34	Other Sounds	84
The Re Hu Tek 1st Degree		Healing Power of Laughter	85
Power Yantra	34	OM (AUM)	85.
Power Yantra Uses	35	Sound Makers & Instruments	86
Building Energy in the Body	37	Affirmations	87
Visual-Kinesthetic Experience	37	Advanced Sound Work	88
Running Energy Exercise	38	Sound Scanning	88
Running Energy Shapes Exercise	38	Tongues	89
Running and Tracking Energy		Harmonic Toning	89
Exercise—Outside the Body	39	Spontaneous Melodies	91
Laying on of Hands Exercise	39	Sacred Languages and Mantra	92
The Tan Tien	40	Power Languages	93
The Re Hu Tek State	41	Japa Mala	93

Gayatri Mantra	94	Crystal Grid	117
Other Sanskrit Mantras and Bijas	95	Wearing Crystals and Stones	118
Spiritual Awakening Mantra	96	Kundalini	119
Re Hu Tek for Energy Healing	97	Controlling Sensitive Chakras	120
Hands for Healing	97	Karma	122
Hands for Clearing	97	Karmic Blocks, Baggage and Cords	122
Toning for Healing	98	Keys to Identify Karmic Patterns	124
Body Awareness for Healing	98	Identifying Karma	124
Visualizations for Healing	98	The Oversoul	127
Re Hu Tek and Your Diet	99	Oversoul Karma Removal	
Re Hu Tek with Other		Technique	127
Healing Modalities	99	Numerical Value Karma Technique	128
Clearing and Protecting Your		Mantra Karmic Removal Technique	130
Personal Energy Space	100	Cutting Karmic Ties and Cords	130
Matter and Energy Memory	100	Higher Self, Guides, and Angels	132
Susceptibility to Thought Forms	100	Trickster Guides and False Guides	132
Clearing and Protection Techniques	102	Connecting with Guides and Angels	133
Power Yantra Clearing Technique	102	Psychic Skills	135
Cobalt Blue and Gold		Developing Psychic Ability	136
Protection Technique	108	True from False Signals	136
Cobalt Blue and Gold Energy		Opening Visual, Auditory,	
Panels Technique	109	Kinesthetic (VAK) Psychic Channels	137
Energy Filter Yantra	110	Expanding Awareness Exercise	137
Clearing Aura with Sound	111	Visual, Auditory, Kinesthetic—VAK	143
Clearing with a Vortex	111	Balancing VAK Exercise	143
Cobalt Bubble Expansion Clearing	111	Creativity	146
Sound Smudging	112	Manifesting	146
Smoke Smudging	112	Manifesting Techniques	148
Clearing Food and Drink	112	Manifesting Generator to send	
Clearing Objects	112	Re Hu Tek to Yourself	149
Re Hu Tek on Plants	113	When What You are Doing	
Earthbound Spirit Attachments		is not Working.	149
and What to do About Them.	113	In Conclusion	151
Identifying a Spirit Attachment	114	Sources for further research	152
Signs of a Spirit Attachment:	114	The Re Hu Tek Yantras	157-63
Clearing Spirit Attachments	115		
Crystals and Stones for Our			
Living Space	116		
Clearing, Programming,			
Placement, and Grid	116		