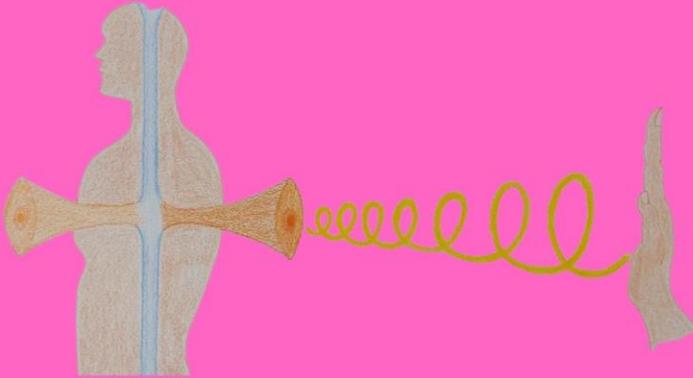


Empty The Attic Of Emotionality For Children



Adults & Children
Can Team Up

Rev. Mike Wanner

Empty The Attic Of Emotionality For Children

Adults & Children Can Team Up
With Parental Approval

Rev. Mike Wanner

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Empty the Attic Of Emotionality Series

Publisher
Reverend Mike Wanner
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Free Kindles



“Healing Presents” Tab
(Cancer Days 1-5, 11-15, 21-25 at Healing Presents Tab)
<http://www.AngelRaphaelSpeaks.com>
Option “Prison Presents” Tab

Disclaimer

I, the author, am not involved with clinical care. Still, I have talked to and comforted many people in many intense situations during decades of pre-hospital ambulance care and transportation and more than fifteen years of Hospital Pastoral Care. I am sharing what is coming to me to spread understanding and trigger conversations that can be helpful. It may be that the discussion needs finessing, and I invite your wisdom into the mix.

The intensity of support needed by those challenged by situations can vary greatly. The individuals may have personal inclinations that influence the process and whether anyone can partner with them in healing.

My guidance has suggested that we can do a lot to soothe the challenges for everybody when well or ill. I detail my views, which are not the expert positions of a Family Member, Clinician or technician or social worker, Medical Practitioner, Psychologist, Psychiatrist, or another expert who might be helpful here. Collaborations of multiple skill sets could be needed to optimize the results from efforts.

The goal here is to accept and appreciate options while relaxing into the receptivity of other peoples' views and allowing oneself to avoid the inclination to dominate while replacing it with a preference to embrace what is shared. Evaluate the position of the one who said it and see how their perspectives align with good so everybody can be accepted and find favor in each other's contribution.

Concept

The Unfolding of Overwhelming Emotions

Deep Within Children of All Ages and those emotionally overwhelmed is an Energy Center seldom accessed by Healers.

It is not accessible from the typical Seven Chakras where most energy healers work. It is not available from the front of the body; it's on the flip side.

This Book is about my work with this Chakra.

May all who read this be blessed with hope, personal peace, and the willingness to learn a little, trust a lot, and begin a new journey of personal Authority, AND SO IT IS!!!!

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1 - Adults & Children Can Team Up

Parent/Child Teams

Teacher/Child Teams

Older Brothers/Sisters & Child Teams

Grandparents / Child Teams

This Book follows the thinking of the two earlier books in this Series, and I refer those interested in more details to those books; there are free links in this Book's addendum.

My books are informational but not official teaching texts for the work I recommend.

Please get in touch with local librarians and ask them to add the essential books on Pranic Healing;

- 1: ***Miracles through Pranic Healing*** by Master Choa Kok Sui
2. ***Your Hands Can Heal You*** by Stephen Co & Eric B. Robins, M.D. with John Merryman. You might also consider donating one.

2 - Right Info & Study & Practice

The referenced books have the official techniques which can be learned there and applied by those who have studied the material well enough.

The steps are not complicated, and they are best used with deliberate positive expectations

The **Miracles Through Pranic Healing Book** says, “Studying and practicing sections 1-11 will take one to two hours. The Pranic treatment will take about 20 minutes to one hour.”

About Qualifications, the Book says, “Any healthy person with an average intelligence, an average ability to concentrate, an open but discriminating mind, and a certain degree of persistence can learn Pranic Healing in a relatively short period.” Please take the time and keep it simple. Please do not rush it, or you could miss the necessary connectivity strength.

The second Book, *Your Hands Can Heal You* by Stephen Co & Eric B. Robins, M.D. with John Merryman, explained their process. “We started with the basic Pranic Healing Curriculum taught in Pranic Healing workshops and refocused it more specifically on self-healing. We added a number of new exercises and techniques never before seen in print or revealed outside Grandmaster Choa’s classes. Then we enhanced the material with several powerful, complimentary energy medicine practices from other disciplines. The result is *Your Hands Can Heal You*.”

The image on the cover of this Book shows the Back Heart Chakra, the target area for cleaning. The texts cover the steps to help another person or yourself with Pranic healing.

A vital part of the process is invoking Spiritual Connection in alignment with your beliefs.

You will learn to:

1. Invoke to Connect on High
2. Clean by General Sweeping
3. Clean by Local Sweeping
4. Energize The Space Cleaned
5. Project Blue Prana to Stabilize the Space Cleaned and Energized
6. Disconnect when the session is finished.
7. Offer Thanks

Touching People is not Necessary

You can Visualize the Person who wants Your Help

Picture them in miniature, a foot and a half high and floating in front of you. See yourself working on the miniature version of them/yourself. You can turn the image back and forth to continue working on different areas.

3 - What Is A Chakra?

Chakras are energy centers within everybody. When energy flows the way nature intended, the physical body functions work best, and wellness is experienced.

When flow is restricted, pain can be experienced, and wellness can be lost. It is essential that chakras be taken care of so the body is healthy and works optimally.

The seven major chakras are pictured on the next page, and all of them are very important. Many other chakras help various parts of the body to be healthy.

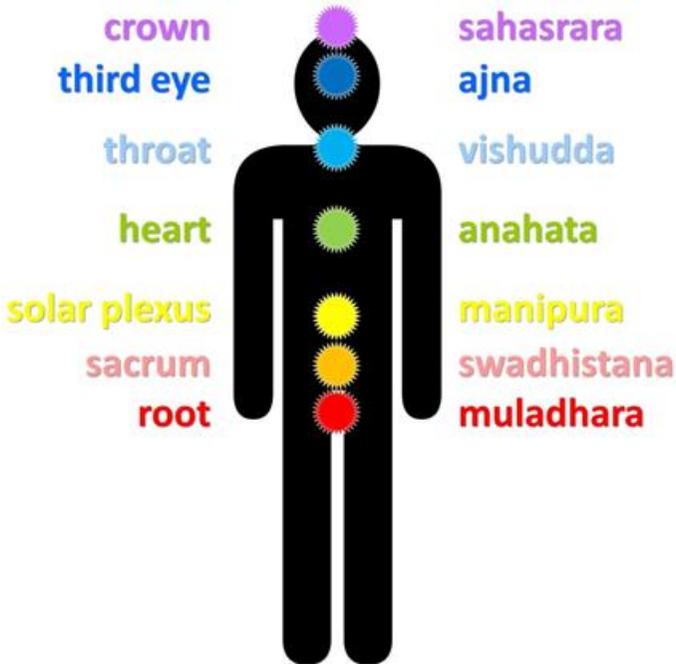
This Book is about a lesser-known chakra, which is vital in helping us process emotionality. The name is the back heart chakra, and it is located directly behind the Front heart chakra shown on the next page.

On the cover of this Book, you see a funnel-like image on the front of the body, which is the Front Heart Chakra. Behind that, you see a second funnel-like image on the back of the body, which is the Back Heart Chakra.

The funnel in the front stays clear as energy coming out is distributed broadly. The funnel in the back can get congested with residue from energetic experiences, creating problems that need to be cleaned.

4 - Chakra Locations

Seven Major Chakras



Back Heart Chakra



Behind Heart Chakra

5 - Why Clean The Back Heart Chakra?

The children in each family and the child inside each adult may have been influenced by words that a person said in a state of stress.

The intensity of the emotionality we hear or feel can startle us and anchor a bit of it in our awareness and energy fields. That may not always be helpful to our seeking a peaceful and tranquil life.

Life can be tough to deal with when things are going well. It can be terrible to deal with when one little thing changes.

Little things can make a big difference. We can avoid many complex problems when we pay attention to troubling emotions.

Remember the straw that broke the camel's back? Cleaning up straws can help avoid complications and helps keep peace in relationships.



Dealing with emotionality prevents little things from causing significant problems in our lives.

The cooperative associations in our society have expectations for how one behaves in a proper community. Social standards, at times, can have situations where the rules are less clear, and that can have many developmental twists.

These experiences can cause more emotional baggage that helps to add clutter to the back heart chakra.

6 - Who Can Clean the Back Heart Chakra?

Cleaning the Back Heart Chakra is not something that anybody can do unless they have training. I learned about “cleansing” in Pranic Healing classes and have taken many.

Pranic Healing is an exact process that has many levels to it. It is a systematic, incremental, and inclusive system that promotes wellness in every aspect of one’s being.

It is energetically comprehensive and subtle. There is diligence to the craft, and it promotes deep healing at the Physical, Emotional, Mental, and Spiritual levels of the lifestyle of its practitioners and their clients.

The natural order and flow of Pranic Healing have come through a multi-cultural, multi-national process of evolution, bringing it great strength and depth. Learning the whole system can take years, and I am still studying.

At my level, I can do cleaning (cleansing) of Back Heart Chakras and have been entirely impressed by the power of cleaning this one Chakra.

Pranic Healing teaches about the preciseness of the process. If you are interested in Do It Yourself Pranic Healing, please check out the books I mentioned in Chapter 2, which might help but could be less helpful than a professional session.

If you are interested in finding a professional Pranic Healer to work on you or those you love, review my free *Pranic Healing In Bucks County and Philadelphia* Primer at <http://PranicHealing.xyz>. Also, try googling Pranic Healing or Meditation on Twin Hearts in your city.

7 - Heart Healing & Chakra Cleaning

Please consider the back Heart Chakra as the Attic of Emotionality. When stuffed with old emotional residue, the Feng Shui of the Heart Chakra can be energetically congested, and the flow from the back Heart to the front Heart Chakra and Heart constricted.

While the heart chakra has one name, there are two distinct functionalities. The front heart chakra controls and energizes the Heart and the thymus gland, the defense system against infections.

The Back Heart Chakra also controls and energizes the Heart and thymus, but it also does the lungs. Energizing the Heart is done through the Back Heart Chakra without causing the physical Heart to be congested.

Negative emotions can have detrimental effects on the physical Heart over time, so storing old emotional baggage is not energetically hygienic. Those under emotional stress could cleanse the Chakra, eliminate overwhelm, and revitalize their emotional peace.

I did not realize it until this Book, but the back heart chakra cleaning for me anchored the significance of the Pranic Healing Cleansing process that intrigued me. The cleansing process was unique from all other healing and spiritual energy systems I learned.

8 - Characteristics of the Heart Chakras

Location - Chest Area

Sanskrit Name - Anahata

Name - Heart Chakra

Colors - Green/Pink

Source of - Love and connection

Element - Air

Lesson - Self-acceptance

Rights & Responsibilities - To Love and Be Loved.

Represents - Unconditional Love, Compassion, Altruism, evolution, acceptance of divine guidance and grace, renewal, and growth

Gemstone - Rose Quartz

Crystals - Rose Quartz & Aventurine

Essential oil – Ylang Ylang

Gland – Thymus

Body systems adjacent - Lungs, Heart, arms, hands, respiration.

9 - Affirmations for the Heart Chakra

Choose or create ones that resonate with you:

I deeply and completely love and accept myself.

I am adequate to that which is expected of me.

I love who I am.

I am willing to love everything about myself.

I trust in love.

I have forgiven myself.

I forgive those who need forgiveness for any reason.

I acknowledge my value.

I am pure and innocent.

Love is the purpose of my life.

Love is everywhere and I both give and receive.

I open myself to the healing powers of love.

I follow the path of the Heart.

The healing power of God's love will heal all my needs.

I Am The Only Authority In My Life!¹

¹ *Instant Healing* – Dr. S. Shumsky

10 - My plan

1. Encourage the availability of essential books to be added to libraries everywhere.
2. Introduce The Concept of Cleaning the Back Heart Chakra for Acceleration of the healing of children.
3. Introduce The Concept of Cleaning the Back Heart Chakra for the confidence and peace of children.
4. Share this PDF freely without cost at <http://PranicHealing.xyz>.
5. I would also encourage Teachers to encourage students to create images of students doing back heart chakra cleaning.
6. Add an Appendix to this Book about Super Brain Yoga so students can be introduced to something that may help them catch up educationally.

11 - Thank You



For
Considering
These
Ideas

12 - Don't Worry Ever



Ever

It Does Not Help
Prayer Still Does!

Resource: <http://Create-A-Prayer.com>

13 - Reverend Mike Wanner

Rev. Mike Wanner started his spiritual and ministerial studies with Reiki in 1993 and studied seven styles of Reiki in the U.S., Japan, Canada, Denmark, and Australia. He is certified to teach.

He became certified to teach Integrated Energy Therapy® in 1999 and co-taught the first IET® class of the new Millennium. Mike began dowsing in 2001.

Ordained as an Interfaith Minister of the Circle of Miracles Ministry and a Metaphysical Minister of the International Metaphysical Ministry, Rev. Mike practices and teaches spiritual energy therapies in the Philadelphia Area and online.

Rev. Mike holds ministerial degrees from the University of Metaphysics and the University of Sedona. He is a Pastoral Care Associate at Jefferson - Frankford Hospital. He taught at the National Academy of Massage Therapy and Health Sciences and The Center for Human Integration.

For twelve years, Rev. Mike was a faculty member of the Medical Mission Sister's Center for Human Integration's School of Integrated Body/Mind Therapies in Fox Chase, Philadelphia, PA.

For a complete Biography, please visit

<http://ReverendMikeWanner.com/Bio>

Addendum - Pranic Healing Primer Series



The Series is available free at <http://PranicHealing.xyz>

Read All Online or Download Free

Also Available on Kindle & Amazon

A Meditation Can Help Heal The World

Pranic Healing Primer For Cancer Patients

Pranic Healing In Bucks County and Philadelphia

Pranic Healing For Essential Workers

Pranic Healing Primer For Those Temporarily Incarcerated

Pranic Healing Primer For Those Temporarily Impoverished

Pranic Healing Primer For Veterans

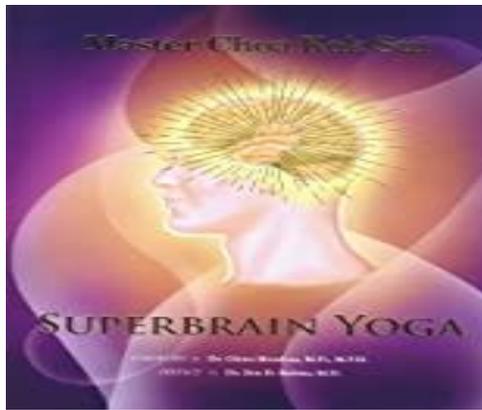
Addendum - SUPERBRAIN YOGA

[Chapter 14 of Empty The Attic Emotionality for Everybody]

SUPERBRAIN YOGA

The Developer of Pranic Healing Master Choa Kok Sui created a program to help children & adults learn more efficiently.

SUPERBRAIN YOGA improves both memory & understanding. Find out more in this Book or via videos.



Please consider viewing the videos below on YouTube.com

Public School Teacher - Kim Siar

<https://www.youtube.com/watch?v=qF8qnZM9IRY>

Stephen Co: SuperBrain Yoga and Pranic Healing - 1 of 2

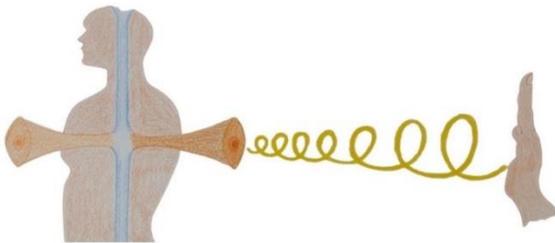
<https://www.youtube.com/watch?v=68F9ZWBCaMY>

Stephen Co: SuperBrain Yoga and Pranic Healing - 2 of

[2https://www.youtube.com/watch?v=lk4pQy_dWrw](https://www.youtube.com/watch?v=lk4pQy_dWrw)

Addendum - First Book of This Series

Empty The Attic of Emotionality For Veterans



Back Heart Chakra Cleaning

Rev. Mike Wanner

Download Free At
<https://pranichealing.xyz/empty-the-attic-of-emotionality-for-veterans-2>

Addendum - Second Book In The Series

**Empty The Attic
Of Emotionality
For Everybody**



Back Heart
Chakra Cleaning

Rev. Mike Wanner

Download Free At
<https://pranichealing.xyz/empty-the-attic-of-emotionality-for-everybody/>

A Library Project for Your Town?

An essential part of the proposal in this Book is the availability of books for the Adult/Child Team. The libraries could likely be pivotal to the success of the spread of this idea.

I checked the library collections in the city where I grew up - Philadelphia and the county I now live in – Bucks County, PA. Each of those library systems only had one copy in the whole system of Pranic Healing Text.

Citizens are invited to check the systems in the towns where they live and consult with the librarians about them adding one to their collection or allowing the citizen to donate one.

Also, please consider sharing the story with your local schools, teachers, school boards, and community leaders.

Copies of this Book can be downloaded on the Website <http://pranichealing.xyz> at the second position on the “everybody” tab menu.

Helping Children Now
Can Help The Country Reclaim Peace.

Peace Can Stimulate Joy.
Joy Heals Hearts, Minds, and Communities!

Other Children's Books by Rev. Mike

Children Have Healing Energy: It Can Be Shared

Free Download at <https://pranichealing.xyz/chhe/>

CHILDREN HAVE
HEALING ENERGY



IT CAN BE SHARED

REVEREND
MIKE WANNER

Puppies Are Different From People

Free Download at <https://pranichealing.xyz/padfp/>

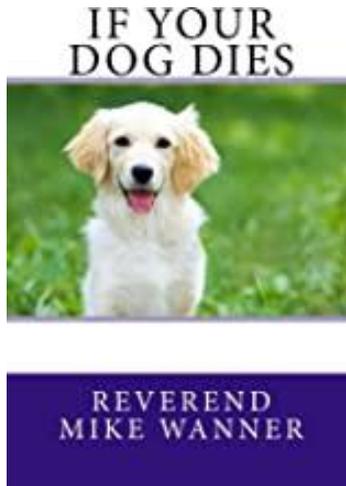
PUPPIES ARE
DIFFERENT
FROM PEOPLE



REVEREND
MIKE WANNER

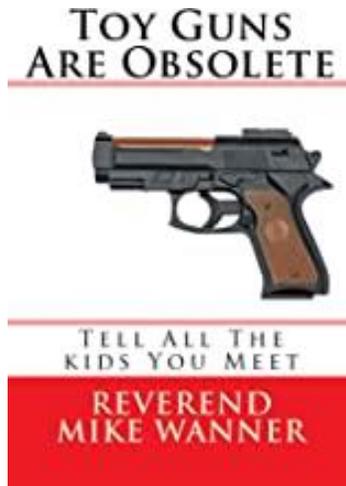
If Your Dog Dies

Free Download at <https://pranichealing.xyz/iydd/>



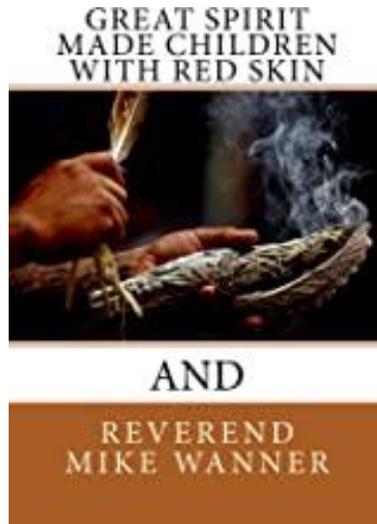
Toy Guns Are Obsolete: Tell All The Kids You Meet

Free Download at <https://pranichealing.xyz/tgao/>



Great Spirit Made Children With Red Skin: AND

Download Free at <https://pranichealing.xyz/gsmcwrw/>



God Made Children Red, Yellow, Brown, Black & White: Greet Each Child With Kindness

Download Free at <https://pranichealing.xyz/gmcrbbw/>

