

Contents ‘A Journey into the Human Core’

Acknowledgements

My Story of Understanding the Human Core

Part IA Journey into The Human Core

The Energy

Vital Sensation

Reactions

Understanding of Health and Disease

Difference between Homoeopathy and Allopathy

Coping Up

The Law of Vibration

Change in Vibration Causes Change in Manifestation

Classification of Various Vibrational Patterns

In depth study of various Forms and Patterns of Energy

The Journey from Form to Formlessness

Expression of Forms of Energy at 3 different areas of Human Being

Part II Practical Illustrations of the Journey

- “Someone is holding my stomach, pulling it apart and twisting in a harsh way...”
- “I need a push from behind...”
- “Someone is a victim and somebody is victimizing...”
- “My back is tearing me apart...”

Few Quotes by Stalwarts

Bibliography