

## “Energy Cleanse” Technique

*(Excerpt from the "COSMODIC User Manual" © by Dr. Irina Kossovskaja, 2013)*

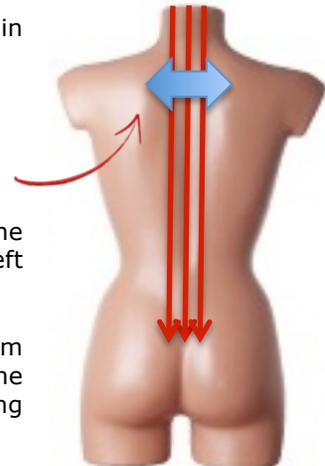
There are many situations in the practice of a holistic healer when the body is stuck in unhealthy energetic patterns – or a recent encounter created a major disturbance in the energy flow in the body.

What you need in these circumstances is a short but powerful shock to the regulative systems of the body in order to put them in a temporary state of energetic chaos, after which the system will restore itself to a more coherent, healthier order. In a way, it is a systemic **“reboot”** 😊

In SCENAR therapy, this is achieved by simultaneously influencing three channels of energy flow and a lot of important nervous structures on the back (the three pathways in the 3P6P Protocol) on as high energy settings of a SCENAR device as a client can stand.

If you plan this technique for yourself, you will need to find an assistant for that, since the procedure is done on the back and is not intended to be pleasant.

- Set your device on a pretty high energy level (barely tolerable, in fact).
- Position your device right under the hairline on the back perpendicular to the spine and crossing the central and, hopefully, both paravertebral lines.
- If your electrodes are too small to cross all three lines (like on the C-DOVE or the DOVE scenar), do the central line first, then left and right paravertebral lines.
- Start moving the device down VERY slowly all the way from hairline down to the coccyx without detaching the device from the skin. Repeat it along the left side of the spine – and then along the right side, if necessary (all the way down SLOOWLY).
- Repeat the process 3-7 times, depending on the level of incoherence and the level of tolerance of your client. No need to look for asymmetries; this is not your objective.
- The procedure is considered successful, if you have red patches appear in every part of the spine: cervical, thoracic, lumbar, and sacral.



**NOTE:** It is normal for a client during this procedure to scream and curse a technician – the more scream the better the effect. Just keep going without detaching the device from the skin.