

ENERGY SECRETS

Alla Svirinskaya

**ENERGY
SECRETS**

THE ULTIMATE
WELL-BEING PLAN

Dedication

To my parents, Galina and Roman,
with my deepest love and admiration.

First published and distributed in the United Kingdom by:

Hay House UK Ltd, 292B Kensal Rd, London W10 5BE. Tel.: (44) 20 8962 1230; Fax: (44) 20 8962 1239. www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House, Inc., PO Box 5100, Carlsbad, CA 92018-5100. Tel.: (1) 760 431 7695 or (800) 654 5126; Fax: (1) 760 431 6948 or (800) 650 5115.
www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015. Tel.: (61) 2 9669 4299; Fax: (61) 2 9669 4144. www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty), Ltd, PO Box 990, Witkoppen 2068. Tel./Fax: (27) 11 467 8904. www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2, Vasant Kunj, New Delhi – 110 070. Tel.: (91) 11 4176 1620; Fax: (91) 11 4176 1630.
www.hayhouse.co.in

Distributed in Canada by:

Raincoast, 9050 Shaughnessy St, Vancouver, BC V6P 6E5. Tel.: (1) 604 323 7100; Fax: (1) 604 323 2600

Copyright © Alla Svirinskaya, 2005, 2010

The moral rights of the authors have been asserted.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

The authors of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional and spiritual wellbeing. In the event you use any of the information in this book for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions.

A catalogue record for this book is available from the British Library.

ISBN 978-1-8485-0206-2

Printed and bound in Great Britain by TJ International, Padstow, Cornwall.

Contents

Foreword by Sarah, Duchess of York	<i>ix</i>
Acknowledgements	<i>xi</i>
My Story	1
Introduction	9
 Part I Understanding Energy	
1 The Importance of Energy	21
2 Our Many Bodies: The Anatomy and Contents of the Aura	27
3 The Chakras and Meridians: Energy Centres and Pathways of the Aura	35
 Part II Home Energy Secrets	
4 Physical Cleansing of the Home	49
5 Energy Cleansing of the Home	53
6 Electromagnetic Fields in Your Home	63
 Part III Secret Tools for Successful Detox	
7 Hydrotherapy: The Power of Hot and Cold	69
8 The Cleansing Power of Clay	81
9 Russian Chanting Technique (<i>Zagovor</i>)	87

Part IV	The Detox Secrets: Deep Cleansing Programmes for Total Health	
10	Preparation for the Programme	93
11	Colon Cleansing Programme	107
12	Liver Cleansing Programme	121
13	Kidney Cleansing Programme	131
Part V	Secrets of Emotional and Mental Energy	
14	Negative Emotions in Our Astral Body	139
15	Cleansing our Astral Body	147
16	Working with the Chakras	159
17	Cleansing the Mental Body	179
Part VI	People Secrets	
18	Energy Exchange Between People	201
19	Protection	219
20	Energy Preservation	227
Part VII	Traditional Russian Healing Secrets	
21	Healing with Water	233
22	The Power of Salt and Eggs	241
23	Mirror Meditations	249
Part VIII	Rejuvenation Secrets	
24	The Rejuvenation Diet	257
25	Further Secrets of the Rejuvenation Diet	265
26	Super-foods and Supplements	275
27	Ice and Cold for Energy	285
	Conclusion	297
	Appendix: Two Tunings	301
	Further Reading	313
	Resources	315
	Index	319

Foreword



I offered to write this foreword to Alla Svirinskaya's book because I would like to support her exceptional healing work. I hope to draw attention to both her knowledge and the extraordinary Russian heritage of healing into which she was born.

I believe that Alla was one of the first people to make these traditions available to the West. I hope that her ideas and techniques will be very useful to all those people who are seeking better health and a greater sense of well-being.

Alla has been a tremendous help in guiding me in all aspects of my physical and emotional well-being. Whenever I go to see her, she recharges my energy and enables me to cope with the many challenges and demands of my busy life. She offers me sound practical advice that I'm sure would make sense to anyone who is struggling to find time to focus on their health in the midst of a hectic lifestyle.

I have always found Alla to be a very positive and inspiring person. I hope that this book will be helpful for all those people who might not have the opportunity to work with her directly.

I have no doubt that Alla is a remarkable practitioner and I consider myself very fortunate to know her.

Sarah, Duchess of York

Acknowledgements

To my dear mum: I am blessed to have you in my life. It is an honour to be your daughter and your student. Everything I am is thanks to you. Your hands and heart are extraordinary in their readiness to help and channel love to all around you.

To my dear dad: thank you for our special bond. The humour and the laughter we share are my life's healer. I admire you for always keeping true to yourself and never compromising your integrity.

To my lovely sister Ritochka: thank you simply for just being you. You are my little lovely ray of sunshine.

And of course, to my sweet angel, my daughter Raphaela: thank you for being so patient and quiet, while I was writing this book. I hope that one day you will share my passion for healing. I love you more than I thought it possible to love someone. You made me a better person and a better healer. Thank you for coming into my world.

Also a huge thank you to each member of my family and my relatives: you have all brought so much light into my soul.

I am very fortunate to have met some special people in my life, who I also would like to acknowledge and send them all my love.

To my dear friend, Sarah, a big thank you for your support and encouragement. I am grateful and honoured.

To my lovely Russian friends, Nina Koroleva, Lena Ayzenberg and Irina Rudneva, for our friendship, fun and great memories. I miss you, girls! To Kati Stclair for always being there for me, for your

uniqueness, wisdom and love. To Andrew Wilson for being a very special person in my life. To Rita Roberts for your care and warmth. I will always be grateful to all the people who believed in me, gave me support and showed me great kindness at the beginning of my western journey. I remember all of you.

A huge thank you to my agent Jonny Pegg for your generosity with your time, support and for being on the same wavelength with me.

To everybody at Hay House, thank you for being my book's guardian angels. I am so impressed with your style of work and your unique blend of spirituality, integrity and pragmatism.

To Dennis Engel and his team for their wonderful creative energy and for setting up my website.

To Jane Alexander for all your input.

To Olivia Lichtenstein, I can't thank you enough for helping me to bring this book into the world. I greatly value your constant support of my healing practice.

I also would like to express my gratitude and respect to the generations of Russian healers whose techniques I am proud to include in my book. I am sorry if some of your names were not handed down to me together with your teachings, but I am sure they live in a different form through your work. I am humbled to be able to carry and pass on your knowledge.

And finally, a big thank you to Life for lining up such an interesting journey for me!

My Story

I was born and raised in the 1970s in Moscow during the time of communist Russia. So I grew up in a country that was very pro-materialistic and anti-religion, in fact anti-anything remotely metaphysical.

My family is a curious mix of the scientific and the alternative. My mother used to be a chemotherapist, working with cancer patients, but she is also a healer. Before his retirement, my father was a scientist, with a PhD in engineering. I have a sister who is eleven years older than me, who is also a healer – she lives in Serbia.

Healing has been a part of my family for many generations, at least five generations that we can count. It always seems to come through the female side and, over the generations, we have used different variations of healing. I didn't know my grandmother but she apparently used a lot of herbs and also the special kind of Russian chanting we call *zagovor*. My mother's healing is different, relying on an awareness of the aura, the chakras and so forth. Everything I learned was passed on to me by my mother and by my older sister.

At the time I was growing up, the idea of practising healing openly was quite inconceivable. My mother would have loved to have been able to come out openly and work at her clinic as a healer but it was totally impossible. However, in a strange way, this worked to my benefit. Patients my mother met in the clinic who were interested in alternatives would have to come to our home for their healing. So, as

a very little girl, I had the chance to observe all that was happening. I watched the way my mother treated, the way she interacted with the patients – healing was around me at all the time.

From a very young age I started asking questions. “Mama, why do I have these sensations in my hands?” “Mama, why am I sensing things this way?” My mother knew, of course, but she didn’t want to push me into healing. She wanted to watch for my natural talent, she wanted to see it tested in some way and she wanted to guide me. So she started by letting me watch and experience the way she worked. She explained about auras and chakras and I learned about them along with my alphabet!

Then, as I grew, she would invite me to feel energy in her patients. She would show me how different frequencies would indicate the way a person’s energy was flowing. So healthy organs would resonate at certain frequencies, while illness would change the wavelength of the vibrations. As a little girl I had to memorise all those frequencies and how they felt in the body. My mother would be working with a patient and she would say, “Alla, come here and go above this stomach with your hand. Remember these sensations in your hand. This is what a healthy stomach should feel like.” Then she would call me into another patient who would have a tumour or some other problem and ask me what I sensed in my hand. She would then say: “You must remember this. This is what a disease feels like.” I read the vibrations of the body with my fingers, just as a blind person reads in Braille. It’s literally just like a code. Because I was trained like that, I can recognise those frequency signatures on my own patients.

I was also taught from a very early age about how you have to look after yourself. How, if you want to stay a pure channel for energy, you have to look after your physical health. My mother and sister both regularly fasted. They taught me early on how to look after my colon, how to look after my liver and kidneys. I learned how to look after myself on all levels.

I grew up in a very open house. It was impossible at that time for people to meet and talk about healing or spiritual matters in public. So a lot of amazing healers and parapsychologists would come to our house. Our kitchen would be full of people drinking tea, eating, and talking. They would share their ideas and their experiences. It was so precious to me to be in middle of it, such an honour to meet these people and to absorb their knowledge. We had no chance to read spiritual books because they were banned, so information was passed around secretly, on pieces of paper. It was good for my development as a spiritual person to be surrounded by people like that. I think in a way it gave me a lot of strength; it taught me how to stay true to your path, even when it is difficult.

At that time spiritual teaching was against the law in Russia. Everything was kept hush-hush and passed down quietly. So my training as a healer and my learning about esoteric knowledge had to be secret, undercover if you like.

I followed my mother into medicine and went to medical school in Moscow. It was during the time of *perestroika*, yet at first there was still huge resistance to the concept of healing and any form of alternative or complementary medicine. However, it did slowly start to change. People were so disillusioned with communism. Suddenly all their idols had vanished. People become lost and so started to turn to God and their more spiritual side to find comfort. At last the old Russian tradition of healing re-emerged. That allowed me to study more openly, at other schools of healing, and I travelled a lot while I was doing my medical degree. As part of this I was able to go to the Open University for Complementary Medicine, based in Sri Lanka, to study acupuncture. I combined this alternative training with my orthodox studies. In my heart I always knew I would follow my healing path.

The fall of the communist party made it possible for my mother and myself to practise healing openly for the first time. So my

mother left the clinic she had worked in and, alongside other healer colleagues, set up one of the first centres for healing in Moscow. It was around that time that I decided to terminate my medical training.

However, my years at medical school were incredibly useful as they gave me a good background in traditional orthodox medicine, its understanding of the body and also what is available from orthodox medicine to treat illnesses. I think it gives me a more balanced outlook on people's problems.

I do send my patients to orthodox doctors when I think this would be the most appropriate solution. I also often refer patients to other practitioners of complementary medicine if I feel that would be helpful. It's a holistic approach. I believe in teamwork between all kinds of medicine – be it orthodox, nutritional, psychotherapy or healing.

I first came to Britain in the early 1990s. It was very difficult at that time to build a practice as a healer in the United Kingdom. Even though other forms of natural therapy, such as osteopathy, were becoming accepted, everybody was far more doubtful about healing. People would make sceptical comments about my abilities as a healer or about "energy" in general. The only way I could respond was to suggest they should learn about my subject first, and then form an opinion. It seems wrong to me to reject something purely on the basis of preconceived ideas.

The first centre that opened its doors to me was The Life Centre. Its founder (and former owner) Louise White had initially been cautious about employing a healer; however, her vision and open-mindedness allowed me to introduce her to the power of healing. She was able to see the huge benefits of energy balancing and, ten years on, she still regularly pops in to see me. I am also pleased to say that soon she will be a fellow healer too, as she is currently training with the National Federation of Spiritual Healers.

Although, in the United Kingdom, people were allowed to study esoteric things legally, they were still conditioned not to accept it. So, even though healing was allowed in a political sense, they were unwilling to open up their minds because of their preconceptions about healing. For me it was a familiar situation. Again, I think my early experiences helped me. I was inspired and encouraged by all those people in Russia who had kept their beliefs in spite of such opposition. They helped me to stay strong.

When I started out, people would come to me in secret; they wouldn't even tell their partners. Journalists who wanted to write about my healing work found their editors were scared about what their advertisers would say and about the thought of floods of sceptical letters. I already had a busy practice, due to word of mouth recommendation, when the first media recognition came from *Harpers & Queen* magazine, which decided to run a story about my work, inspired by the impact my healing had had on people. They gave me the first public support. I asked their editor Fiona Macpherson if she was not concerned about negative outbursts but she simply replied: "Healing is real and the results are very tangible. People must know about it." I always will be grateful to her and also to the lovely journalist Kate Bernard for standing by my side and for helping me to change people's perceptions of myself and my healing work. Now I run my own healing practice in London. I prefer to work on my own, in a quiet low-key way.

I am aware that I have been blessed with a wonderful gift. I also have a very pragmatic side, which I get from my father. He's a very down-to-earth man but at the same time he honours and supports our healing gifts. My family are not religious. Nowadays, in Russia the majority of healing practices are linked to religion so you have to pray, you have to be baptised, you have to be confirmed. We have never been like that. But, although we are not religious, we are very much spiritual people. My healing, however, does not come from any religious belief.

How do I heal? I channel pure, received energy. I don't treat people with my own energy. That is really important to understand. It's not *my* energy. If you use your own energy not only are you killing yourself to help others (by losing your own vital energy) but also you run the risk of giving them your "stuff" along with the healing. You're not really helping them, as it simply isn't pure energy. My training taught me how to connect with a higher source of energy and channel it through me.

My style of healing now is very different from the way I healed in the early 1990s. It is something that constantly evolves. As you develop as a healer you develop your own signature. When I started out I was like my mother in the way I worked. But now, although my healing is still based on the foundation of what I learned from my mother and sister, it is very much my own style. We have all developed our own techniques but we share our successes. My sister will write or call to tell me about something that worked wonderfully for her, and my mother still gives me advice. It's an exciting process.

When I heal my patients it's not a purely passive process. They have to play a part too; they have to take responsibility for themselves, their bodies, and their emotions. Healing is also learning about boundaries, about protection: not just how to protect yourself (although that is vital) but also how to respect other people's space. This is what I teach to my patients. I also make it clear that the key for healing is to be aware of moderation in all things: how you eat, how you communicate with people, how you spend your energy, how you spend your time. You mustn't overdo it. I teach people to recognise their own limitations and those of other people.

My mother taught me that there is no end to how much you can master yourself. Through her, I learned that life is very much a creative process: you should never stop learning; you should constantly be doing new things. It's about being in control and having a constant desire to master yourself still further. That is when you feel like a true creator.

The idea for this book came when I was pregnant with my child. I took one year's leave from my practice because the kind of healing I use is incompatible with pregnancy. I used some of my extra time to give talks, explaining about energy and the way it affects us. People kept asking if I had written, or was going to write, a book. They wanted to know more about my culture, our traditions and our healing. Also, I became aware there is so little known in the West about the Russian tradition of healing. You can go to Western bookshops and find hundreds of books on yoga and ayurveda, yet there is none on the Eastern European tradition of healing. I felt very strongly that that was a pity and it should be corrected. In Russia we have amazing healers who are so well known for their techniques at home, who help to change the lives of thousands of Russians, and yet their guidance is not known to the wider world.

So in this book I have made an attempt to share some of their techniques, to help Western people.

The second reason was that, while I was not practising, there were still many of my patients who needed guidance. I devised programmes for them to follow on their own, at home. Based on my experience as a healer I knew exactly which recipes would work and which wouldn't. The results, I'm pleased to say, were wonderful. I have a very straight-forward approach, even when I deal with energy and meta-physical matters and people responded very well to my down-to-earth methods.

My aim with this book is to share with you my knowledge, my secrets and insights. In the past this was available only to my patients; now I would like to make this knowledge more widely known and used in the hope it will touch as many people as possible. Think of it as a form of distant healing.