

Instructions and Guidelines for Intentional Therapy

Due to the many requests for distant healing, Alex Orbito together with a small group of people from different countries decided to dedicate time and effort to send energy with health intention to those who registered their request. The set time will be *Wednesdays at 21.30 CET (Central European Time)*. Each session will last approximately 20 minutes.

We ask the participants cooperation, in taking time to rest and meditate and to be open and receptive, specifically on this day and time. The participants own intention is of the utmost importance, to believe in his/her own recuperation and power to re-create his/her own reality and bring health back into their life. Jointly this group will be sending powerful seeds of health in the form of energy to those who requested, which by nature, can only grow on fertile and receptive grounds, requiring constant nurture and care to grow.

This means that the registrant is an active participant and the central figure in regaining his/her health by starting to think, speak and act healthy. This part can only be done by each participant, by looking objectively and lovingly at his/her attitude and lifestyle and by having the sincerity and courage to change whatever he/she feel is not coherent in his/her life.

Recommendations:

- 1) meditate regularly (few times per week)
- 2) take time to rest and sleep (avoid stress)
- 3) do things you love and enjoy
- 4) don't miss any opportunity to laugh, a day without laughter is a day not lived (scientifically proven to improve your immune system)
- 5) spend time in nature
- 6) love yourself and visualize/feel yourself healthy
- 7) believe in your own healing power