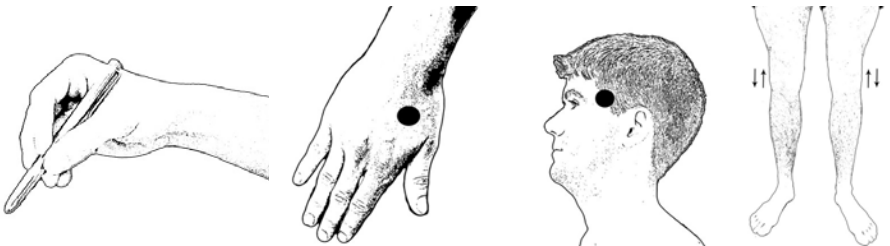


Iyashi Zero Point Energy Wand Techniques Guide Book

How to Use Your Iyashi Wand



Contains over 100 techniques with detailed illustrations



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Tips and Tricks

- This wand guide is designed for full spectrum zero point energy wands like the Iyashi wand. It may or may not work for other zero point energy wands. The BFIT is an integral part of the wand processes in this booklet
- Drink a glass of wand water before wand yourself as it frequently speeds things up as your internal water molecules listen more effectively to the wand energy. If you are wand someone else, get them to drink a glass of wand water.
- The Iyashi wand tends to work faster than medication but in the event you are on narcotic pain killers, it may take a while for the wand to start working for you
- Each of the wand techniques in this booklet may need to be repeated over and over to see a permanent benefit.
- Always end your wand session with the clockwise circling technique to calm and close the energy.

Index

Wanding Techniques

Clockwise Circular Motion
Clockwise Circular Motion With A Dot
Dotting
Circle Dipping
Dipping
Directional Dipping
Rolling
Rubbing
Tip Tapping
Side Brushing
Side Rolling
Stroking
Cross Hatching
Horizontal Zig Zag Cross Hatching
Vertical Zig Zag Cross Hatching
Facelifting
Wanding The Corresponding Opposite
Foot Organ Chart

Health Issues

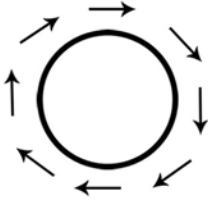
Acne, Boils, Acne Rosacea
Acne Rosacea (see Acne)
ADD, ADHD
ADHD (see ADD)
Anxiety
Arthritis, Inflammatory, Rheumatism
Arthritis, Osteo
Ascites
Asthma
Back Pain
Bell's Palsy
Boils (see Acne)
Brain Fog
Broken Bones
Bruises
Cancer Pain
Carpal Tunnel Syndrome
Chicken Pox (see Herpes)
Cognitive Difficulties
Cirrhosis, Early Onset

Index Cont'd

Cold Sores (see Herpes)
Colds
Colitis, Crohn's Disease, IBS
Constipation
Coughing
Crohn's Disease (see Colitis)
Cutaneous Vasculitis
Cuts and Scrapes, Surgical Wounds
Dermatitis, Eczema, Psoriasis
Diabetes
Digestive Upsets (see Stomach Problems)
Eczema (see Dermatitis)
Energy Boost
Eye Problems
Fatigue
Fat Loss
Fibromyalgia (see Trigger Points)
Fine Lines and Wrinkles
Flu
Fuzzy Thinking (see Brain Fog)
GERD
Gingivitis
Gout
Headaches, Migraine
Heart Pain, Heart Palpitations
Heartburn (see GERD)
Hemorrhoids
Herpes, Shingles, Cold Sores, Chicken Pox
IBS (see Colitis)
High Blood Pressure
Hip Problems
Impotence
Improved Complexion
Insomnia, Sleeping Problems
Iritis
Early Onset Kidney Disease
Knee Problems
Macular Degeneration
Migraines (see Headaches)

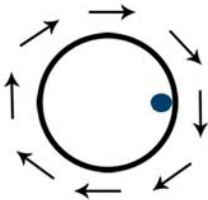
Index Cont'd

Motion Sickness
MS
Muscle Spasms
Muscle Strain
Nausea
Neck Pain
Neuralgia
Neuropathy
Osteoporosis
Pain
Panic Attacks
Plantar Fasciitis
PMS
Post Traumatic Stress Syndrome
Psoriasis (see Dermatitis)
Reversed Polarity
Reynaud's Disease
Rheumatism (see Inflammatory Arthritis)
Rhinitis, Sinusitis
Sciatica
Scoliosis Pain
Shingles (see Herpes)
Shoulder Pain
Sinusitis (see Rhinitis)
Sleeping Problems (see Insomnia)
Sprains
Stomach Problems, Digestive Upsets
Stress
Surgical Wounds (see Cuts and Scrapes)
Swelling
Tinnitus
Trigeminal Neuralgia
Trigger Points
Vertigo
Vomiting
Weight Loss (See Fat Loss)



Clockwise Circular Motion

1. Hold the wand like you are going to write with it and rotate it in a clockwise direction about 1/2 to 1 inch above the skin.

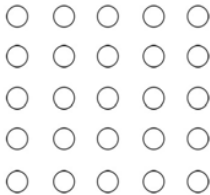


Clockwise Circular Motion with a Dot

1. Hold the wand like you are going to write with it and rotate it in a clockwise direction about 1/2 to 1 inch above the skin.

2. After each rotation, pretend you are dotting an I

inside the circle.



Dotting

1. Hold the wand like you are going to write with it using an in and out motion, towards and away from the skin about 2 inches in and out.



Circle Dipping

1. Hold the wand like you are going to write with it and do three to four circles followed by one to two dips.



Dipping

1. Hold the wand like you are going to write with it and move the wand in and out about 3 inches towards and away from the skin.



Directional Dipping

1. Hold the wand like you are going to write with it and use a swooping motion in the direction of the energy flow.



Rolling

1. Hold the wand like you are going to write with it and hold the wand vertically on the skin.
2. Roll the wand between your thumb and your first finger applying light to medium pressure.



Rubbing

1. Hold the wand like you are going to write with it and hold the wand vertically on the skin.
2. Rub the wand forward and back in short strokes on the skin like you are using an eraser.



Tip Tapping

1. Hold the wand like you are going to write with it and gently tap the wand on the skin around the area that is sore, gradually moving the tapping closer and closer to the center.



Side Brushing

1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Use the side of the wand to gently brush the skin away from you.



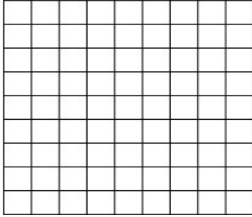
Side Rolling

1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Roll the side of the wand over the skin like a wheel would move on the ground.

Stroking



1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Rest the side of the wand on the skin and pull it in long stokes in the direction of blood flow to the heart.



Cross Hatching

1. Hold the wand like you are going to write with it and pretend you are drawing a tic tac toe board, moving the wand in a series of vertical then horizontal lines.



Zigzag Cross Hatching

1. Hold the wand like you are going to write with it and draw a series of zig zag lines in one direction then the other, both vertically and horizontally.



Facelifting

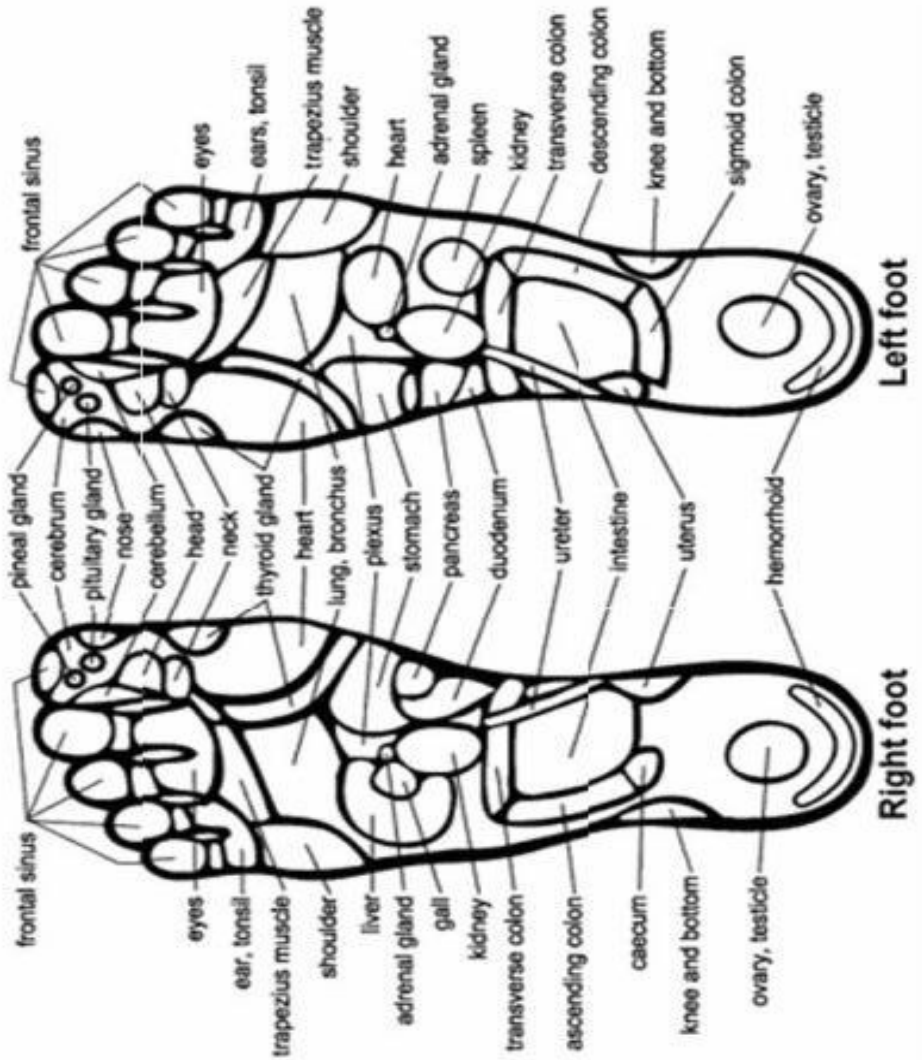
1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Use very light, short upward strokes on the parts of the face and neck from the center outwards.

Wanding the Corresponding Opposite

1. Hold the wand like you are going to write with it and use any of the wanding techniques on the opposite corresponding body part using the chart below as an example.

Left knee/right elbow	Right knee/left elbow
Left ankle/right wrist	Right ankle/left wrist
Left little finger/right little toe	Right little finger/left little toe
Upper spine/lower belly	Upper chest/lower spine
Right shoulder/left hip	Left shoulder/right hip

Foot Wandering Chart



Health Issue

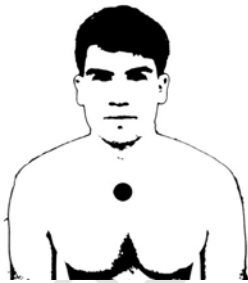
Wanding

Techniques



Acne, Boils, Acne Rosacea

1. Hold the wand like you are going to write with it and use the zig zag crosshatching technique to break up inflammation and swelling.



ADD, ADHD

1. Find the sore spot in the middle of the chest by poking around with your finger. It will be noticeably sore.
2. Hold the wand like you are going to write with it and use a clockwise circling technique to calm and relax the energy.

Anxiety



1. Find the spot on the bottom of the foot that feels hollow just below the bottom of the foot.
2. Hold the wand like you are going to write with it and use the rolling or rubbing technique to massage the spot. Be sure to do both feet.

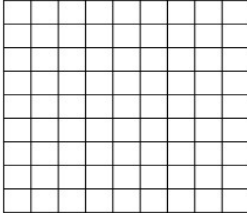


Arthritis, Inflammatory, Rheumatism

1. Hold the wand like you are going to write with it. Use the zig zag cross hatching technique followed by the circling technique to relieve pain and break up inflammation

2. The dipping and circle dipping techniques work

well too.



Arthritis, Osteo

1. Hold the wand like you are going to write with it and do a crosshatching technique of the sore area.

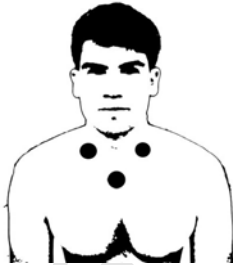
2. You can also wand the corresponding area from the chart near the front of this booklet. Be sure to do both sides of the body.



Ascites

1. Hold the wand like you are going to write with it and do the dipping and dotting techniques all over the abdomen.

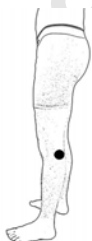
2. You can do the dipping up to 6 inches in and out.



Asthma

1. Find the sore spot in the middle of your chest. Then find two spots just below the collarbone.

2. Hold the wand like you are going to write with it and do any of the wandng techniques.



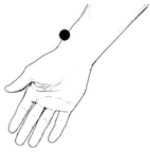
Back Pain

1. Find the sore spot on the inside of either knee.

2. Hold the wand like you are going to write with it and wand the sore spot on the inside of both knees with any of the wandng techniques at the front of this booklet.

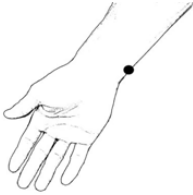
3. Use the foot chart at the front of this booklet to wand the spot where the corresponding organ or body part is.

Bell's Palsy

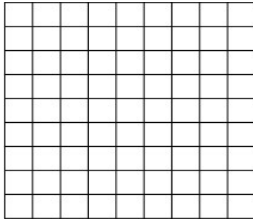


1. Find the sore spot about 2 finger widths above the wrist on the thumb side.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on both wrists.

Brain Fog



1. Find the little bone on the little finger side of the wrist.
2. Hold the wand like you are going to write with it and use any of the techniques listed at the front of this booklet. Make sure you do both wrists.



Broken Bones

1. Hold the wand like you are going to write with it and move the wand over the cast using and of the cross hatching techniques.

Bruises



1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Use the feathering or facelifting technique on the bruise stroking the skin gently in the direction of the blood flow to the heart.

Cancer Pain



1. Find the spot on either side of your voice box.
2. Use any of the wanding techniques to see which ones work best.
3. Use the foot chart at the front of this booklet to wand the spot where the corresponding organ or body part is.

Carpal Tunnel Syndrome



1. Hold the wand like you are going to write with it and use the rolling or rubbing technique.
2. Wrap your fingers around the wand and control the movement with your thumb and first finger.
3. Use the side of the wand on the skin and pull it in long strokes in the direction of blood flow to the heart.

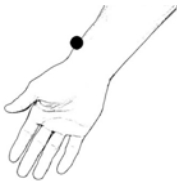
Early Onset Cirrhosis

1. Wrap your fingers around the wand and control the movement with your thumb and first finger.



2. Stroke the side of the wand from the large joint of your big toe up to your ankle towards the direction of the blood flow to your heart.

Cognitive Difficulties



1. Find the sore spot about 2 finger widths above the wrist on the thumb side.
2. Hold the wand like you are going to write with it and rub or roll the tip of the wand over and around the sore spot.

Colds



1. Find the bumps in the skull 2-3 finger widths behind the ear.
2. Hold the wand like you are going to write with it and use any of the wandng techniques listed.

Colic

1. Hold the wand like you are going to write with it and do any of the wandng techniques in the shaded area.

Colitis, Crohn's Disease, IBS



1. Hold the wand like you are going to write with it and use any of the techniques in the center of the crease on the back of both knees

Constipation



1. Find the hollow spot between the finger and thumb bones on the back of your hand.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique of each hand.

Coughing



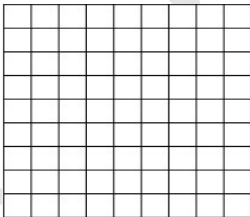
1. Find the sore spot on your right side only about a handwidth below the armpit and just in front of the arm when it is at rest.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on the spot.

Cutaneous Vasculitis



1. Hold the wand like you are going to write with it and use the circle dipping technique over the affected area.

Cuts, Scrapes and Surgical Wounds



1. Hold the wand like you are going to write with it and do any of the cross hatching techniques about 1/2 inch above the skin.

Dermatitis, Eczema, Psoriasis



1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
Use the side of the wand to gently brush the skin away from you.



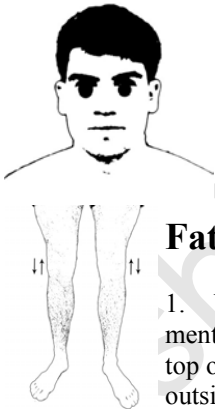
Diabetes

1. Find the sore spots on the inside of the thumbnail near the tip of the thumb, the spot where the thumb joins the wrist and the spot near the outside of the arm at the elbow.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on these spots.



Energy Boost

1. Find the sore spot on your left side only about a hands width below the armpit and just in front of the arm when it is at rest.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on the spot.



Eye Problems

1. Hold the wand like you are going to write with it and do the circle dipping technique all around and in the eye area.

Fatigue

1. Wrap your fingers around the wand and control the movement with your thumb and first finger and rub the skin from the top of the knee to the bottom of the knee back and forth on the outside of the knee.

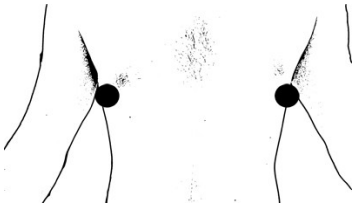


Fat Loss

1. Find the sore spot on your left side only about a handwidth below the armpit and just in front of the arm when it is at rest.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on the spot.

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Fibromyalgia (See also Trigger Points)

1. Find the sore spot on your left and right sides about a handwidth below the armpit and just in front of the arm when it is at rest.
2. Hold the wand like you are going to write with it and use the rubbing or rolling technique on the spot.



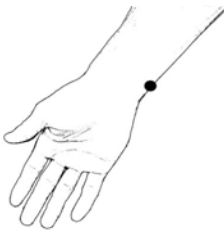
Fine Lines and Wrinkles

1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Use very light, short upward strokes on the parts of the face and neck from the center outwards.



Flu

1. Find the bumps in the skull 2-3 finger widths behind the ear.
2. Hold the wand like you are going to write with it and use any of the wand techniques listed.



Fuzzy Thinking

1. Find the little bone on the little finger side of the wrist.
2. Hold the wand like you are going to write with it and use any of the techniques listed at the front of this booklet. Make sure you do both wrists.



GERD

1. Wrap your fingers around the wand and control the movement with your thumb and first finger and rub the skin from the top of the knee to the bottom of the knee back and forth on the outside of the knee.

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Gingivitis



1. Hold the wand like you are going to write with it and use any of the wanding techniques in the area of the upper and lower jaw.

Gout



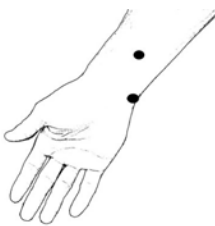
1. Hold the wand like you are going to write with it and use the circle dipping and any of the cross-hatching techniques where the pain and redness is.

Headaches, Migraines



1. Hold the wand like you are going to write with it and use the circle dipping or dotting technique on your temples using clockwise circles with any circling technique.

Heart Pain, Heart Palpitations



1. This is not something to fool around with. This is an emergency technique until you can get medical help.
2. Find sore spots in, around and above your wrist and use the rolling or rubbing technique with medium pressure on them, holding the wand like a pen..

Hemorrhoids



1. Feel around to find the sore spot on the inside of the arm below the elbow and use any of the techniques.
2. Use the foot chart to find the rectum and use a rolling or rubbing technique on the bottom of the foot.



Herpes, Shingles, Cold Sores

1. Find the sore spot in the middle of your chest, hold the wand like a pen and use any of the wand techniques on it.

High Blood Pressure

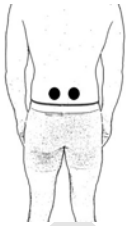


1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Rest the side of the wand on the skin and pull it in long strokes from the large joint of the big toe up to the bone that sticks out on the top of the foot.



Hip Problems

1. Hold the wand like a pen and use the tip tapping, dotting, circle dipping and dipping techniques on the crease in the back center of the knee.
2. Use the foot chart to locate the hips.



Impotence

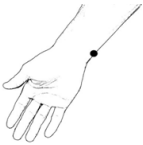
1. Hold the wand with the tip pointing up with your fingers on the underside and your thumb on top.
2. Use any of the rubbing or rolling techniques on either side of the spine where your waistband sits.



Improved Complexion

1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Use the face lifting, side rolling, and side brushing techniques in an upwards brushing motion on the skin surface.

Insomnia, Sleeping Problems



1. Hold the wand like a pen and wand the bump on the inside of the little finger side of the wrist with a rolling or rubbing technique followed by clockwise circles.

Iritis



- Hold the wand like a pen and use any of the cross hatching techniques from the outside of the elbow crease in a 4 inch by 4 inch square to the outside of the forearm.

Early Onset Kidney Disease



1. Find the hollow spot in the center of the foot just below the ball of your foot.
2. Hold the wand like a pen and use a rolling or rubbing technique on this spot.

Knee Problems



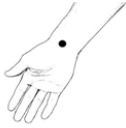
1. Hold the wand like a pen and use any of the wanding techniques on the shaded areas of both knees making sure that you wand both knees the same.

Macular Degeneration



1. Find the spot on the toe side of the bump on top of your foot.
2. Hold the wand like a pen and use any of the rubbing, rolling, cross hatching or side brushing techniques on this spot.

Motion Sickness



1. Find the indentation in the middle of the wrist about 1 1/2 finger widths above the crease.
2. Hold the wand like a pen and use any of the rolling or rubbing techniques on this spot.

Multiple Sclerosis



1. You will need help with this technique if it is being done on you.
2. Wrap your fingers around the wand and control the movement with your thumb and first finger. Use long sweeping motions from the base of the spine to the top of the head.
3. Finish with clockwise circular motions on top of the head.

Muscle Spasms



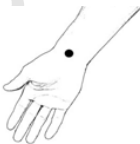
1. Wrap your fingers around the wand and control the movement with your thumb and first finger.
2. Wand a two inch wide strip from the outside of the kneecap to the center of the back of the knee on both legs. using an upward stroking technique.

Muscle Strain



1. Hold the wand like a pen and use the dipping, dotting, tip tapping or any cross hatching techniques on any of the points where muscle strain has occurred

Nausea



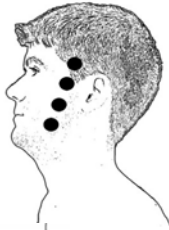
1. Find the indentation in the middle of the wrist about 1 1/2 finger widths above the crease.
2. Hold the wand like a pen and use any of the rolling or rubbing techniques on this spot.

Neck Pain



1. Hold the wand like a pen and use the cross hatching, dotting, circle dipping or directional dipping on the area where it hurts moving from lower to higher on the side or the back of the neck.

Neuralgia



1. Hold the wand like a pen and do a rolling or rubbing technique on the area
2. Wrap your fingers around the wand and control the movement with your thumb and first finger. Use a side brushing or side rolling technique on the shaded area.

Neuropathy



1. Hold the wand like a pen and wand the hip and knee joints and the spot a hands width above the outside of the ankle with any of the circle dipping, dipping, dotting, rolling, rubbing or tip tapping techniques.

Osteoporosis

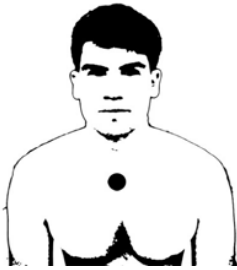


1. Wrap your fingers around the wand and control the movement with your thumb and first finger and use long sweeping motions from the base of the spine to the neck, the wrists to the shoulders and the back of the ankles to the back of the hips.

Pain



1. Find the spot on either side of your voice box.
2. Use any of the wand techniques to see which ones work best.
3. Use the foot chart at the front of this booklet to wand the spot where the corresponding organ or body part is



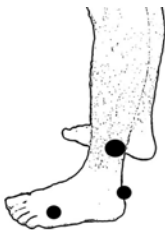
Panic Attacks

1. Hold the wand like a pen and use slow clockwise circles around the spot in the center of your chest.



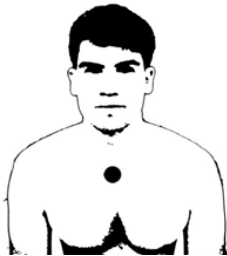
Plantar Fasciitis

1. Hold the wand like a pen and use a dipping, circle dipping or cross hatching technique above the skin from the ball of the foot to the heel.



PMS

1. Hold the wand like a pen and use a rolling or rubbing technique two inches up from the inside ankle bone, another at 11 o'clock just behind the ankle on the left foot and 1 o'clock just behind the right ankle and the final one where the bump of bone is on top of each foot.



Post Traumatic Stress Syndrome

1. Hold the wand like a pen and use slow clockwise circles around the spot in the center of your chest.
2. Then wand the top of the head with the same slow clockwise circles.



Reversed Polarity

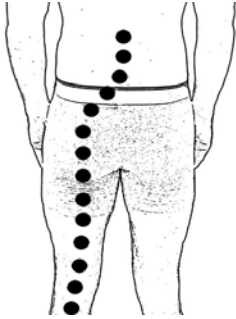
1. Hold the wand like a pen and wand these points for several minutes each in the following order –forehead and tail bone; back of head and pubic bone; tail bone and forehead; pubic bone and back of head; left palm and right sole of foot; right palm and left sole of foot,

left sole of foot and right palm and right sole of foot and left palm.



Reynaud's Disease

1. Hold the wand like a pen and wand the elbows in clockwise circles.



Sciatica

1. Hold the wand so that the rounded tip of the wand can touch your back just below the beltline. When you are wandng sciatica the pain tends to travel so you need to follow the pain with the wand.
2. Use the circle dipping, circle dotting, dotting, tip tapping or directional dipping for relief.



Scoliosis Pain

1. Hold the wand like a pen and wand the top of the head in clockwise circles.



Shoulder Pain

1. Hold the wand like a pen and use a rubbing or rolling technique on the knuckle of the first finger of both hands..



Sprains

1. Hold the wand like a pen and use the dipping, circle dipping, dotting, tip tapping or any cross-hatching technique on the sprain or the corresponding part.



Stomach Problems, Digestive Upsets

1. Hold the wand like a pen and use a circling technique around the knee making sure you are wandng upwards on the inside of the knee.



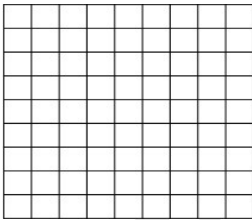
Stress

1. Find a sore spot a hands width beneath the knee cap on the front inside of the knee and use a rubbing or rolling technique on the spot.

Strokes



1. Hold the wand like a pen and use a rolling or rubbing technique where the nose joins the upper lip in the septum.



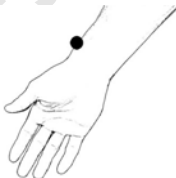
Swelling

1. Hold the wand like a pen and use any of the cross hatching techniques at the site



Tinnitus

1. Hold the wand like a pen and use a rolling or rubbing technique at the waistband on either side of your spine at your back. .



Trigeminal Neuralgia

1. Hold the wand like a pen and use a rolling or rubbing technique two finger widths above the wrist on the thumb



Trigger Points

1. Hold the wand like a pen and lightly roll or rub any of these points of pain until they release.



Vertigo

1. Hold the wand like a pen and use clockwise circles around the top of the head.



Vomiting

1. Hold the wand like a pen and rub or roll the wand on the hollow spot two finger widths about the wrist crease.