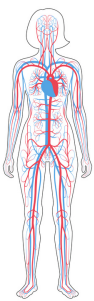


WIZE TRAINING EFFECTIVE VISUALIZATION EXERCISES FOR THE MIND - FOR EVERYONE!

BY BORIS ARANOVICH

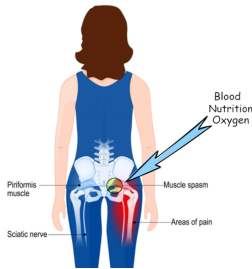


THE ORIGINAL CAUSE TO ALL HEALTH PROBLEMS

Boris Aranovich©

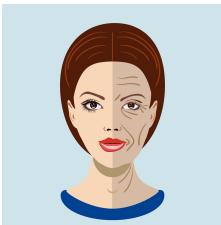
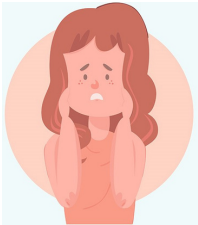
WIZE training are exercises for the mind, they are innovative visualizations that can be very helpful for your health. By creating movement and energy in the body, these exercises are perfect also for both the elderly and people with disabilities. It is a well-known fact that almost all health problems are linked to a poor administration of nutrients and oxygen to the cells and an insufficient removal of waste products, toxins and dead cells. The original cause is often stagnations in the body, contaminated and sluggish blood vessels, a thicker blood, stagnation in the lymphatic system and in the intercellular fluids. That is why people are advised to exercise - to reduce stagnation. And this is important!

But physical movement does not always reach and affect the body deeply enough. The extent of physical movements or exercise a person needs is very individual. If you exercise too much it may weaken your energy or hurt the body. In addition, not everyone has the ability to move their bodies enough, like the elderly, sick or disabled.



For example, a person with chronic inflammation in the hips would need to improve the supply of energy, nutrition and oxygen to the hip joints but is unable to move as much as he or she would need to. Or a disabled person, who cannot walk

Wize training helps everyone to be able to create movement in the body regularly, not only in the body in general, but also in case of actual health problems. Wize training also helps with psycho-emotional disorders, increases the mental capacity and offers concrete exercises to improve your looks. If you want to improve all the areas of the body, you need to improve the flow in the body.



What is Wize training?

Today, we know that all the functions of the body, the internal organs, the systems, the body parts and physical movements are reflected in the brain as neuron connections or neuron networks. The better the function or the movement is, the stronger the connections of the neurons will be. Each Wize training strengthens the connections and makes the function stronger. A person competing in high jump, for example, and is able to jump 1.5 meters, may with regular physical exercise be able to strengthen the corresponding neuron connections and eventually jump higher. However, several studies show that if we can visualize a workout and repeat it every day, the result will be almost as good as if we had done it physically – so the Wize exercises can really increase our ability. Check out some studies here:

<https://pubmed.ncbi.nlm.nih.gov/1597701/>

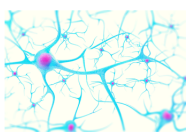
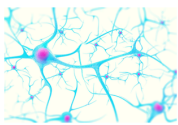
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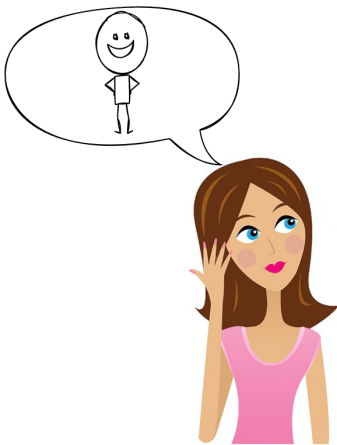
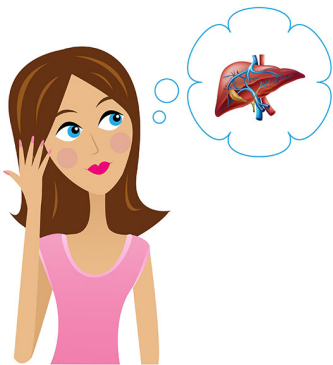


Before and After

In other words, both physical exercise and mental visualization of a workout can activate the same neurons, which make the neuron networks stronger.



By exercising mentally, we can really improve on all of the functions of the body, be it mental abilities, psycho-emotional states, behaviors, etc.



The only question is - how can we make the visualizations efficient, fast and fun?
Based on my long experience with mental work, understanding of what can be achieved with ease and joy along with my knowledge of what not to do, I have developed the Wize method. For a visualization to be effective, it must contain 3 important components: 1. You must be able to stay focused for a longer period of time. 2. You need to be able to visualize details. 3. You must visualize with emotions. The more these properties are developed, the more effective the visualizations and their effect on the body will be.

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1. My method of keeping a longer focus is achieved by simultaneously doing a breathing exercise. Normally, it is difficult for most people to stay focused for a longer time due to uncontrolled thoughts. But if you hold your breath, the body creates more carbon dioxide in the blood, which increases the circulation in the brain and improves the oxygen uptake, which temporarily improves the brain cells' functions. Then the concentration capacity increases significantly. In addition, holding your breath is very beneficial for your body as a whole.



2. To visualize details, we use animations. For example, a physical exercise is shown, and when you look at it, it makes it easier for the brain to visualize. Or if you see how internal organs are massaged, it also becomes easier for the brain to create or strengthen the corresponding neuron connections. Thus, we train 1-2 months with the aid of video animations.

3. To create feelings, we use music in the video animations.



Wize training consists of different exercises which complement each other:

1. Visualize a physical exercise.

Watch physical exercises with music and visualize performing the same exercises with your body. To keep a better and a longer focus, hold your breath for as long as you can. A physical exercise takes 80 seconds. If you feel like doing more, you can repeat the exercise. Just like in a physical exercise, the Wize training activates the same neurons in the brain and produces similar training effects. You might even experience sore muscles in your body afterwards!



2. Visualize pulsations in internal organs, body parts, joints and muscles.

Watch the animations with the music and visualize pulsations in your body. To keep a stronger and longer focus, hold your breath for as long as you can. This exercise takes 2 minutes per organ or body part. The Wize training activates the same neurons in the brain as if the organ or body part was massaged physically. These pulsations improve the circulation in internal organs, tissues and muscles. In this way, the nutrient and oxygen supply increases and also improves the removal of waste products, toxins and dead cells. If you want to increase muscle mass, you need to do the pulses in specific muscle groups regularly, and you may notice an effect within 1-2 months. If you want to improve certain organ functions or detox organs, you need to regularly do Wize training with pulsations, and you will be able to notice the effect within a month.



3. Visualize stretching the spine, the joints and certain body parts.

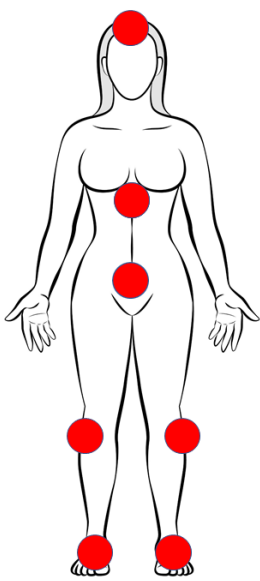
In this way, you can reduce tension and increase the circulation and the energy flow. We know that mental stress creates tension in the body, which leads to stagnations. Watch the animations with the music and visualize stretching body parts just as it is shown in the animation. This takes 40 seconds per body part. In this exercise, you will immediately feel which body parts hold tension, which might feel like a slight pain. To remove the tension completely, regular Wize training is required for 1-3 weeks.



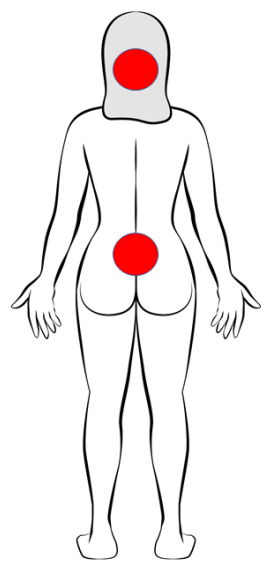
Wize training using your hands. When you hold a hand on any part of your body, you can often feel warmth. This is the energy emission from the hand activating the the blood circulation in the place where your hand is. If you put both hands on different body zones and visualize an energy stream flowing between your hands, you can activate these zones. In Wize training, we focus on the body's active zones, which have a strong influence on the body. With age, the energy often decreases in these zones, and as a result, the various organs associated with these zones may suffer from impaired functions. For example, reduced energy in the solar plexus may impair the functions of the gastrointestinal tract, reduced energy in the head affects brain functions etc.

In Wize training, we activate these 7 important energetic zones:

1. The head
2. The solar plexus
3. The area under the navel
4. The neck
5. The soles of the feet
6. The area of the tailbone
7. The acupuncture point Zsu san li.



Energetic zones



By placing our hands on different zones, we activate the various zones and also increase the flow throughout the entire body. Laying our hands on the different body zones can also reveal a lack of energy in an area. When you hold a hand on a zone and the zone starts to pulsate, it indicates a lack of energy in that zone. If so, work on that body zone for a few days until the pulsations have subsided and the zone feels warm. In Wize training, we use 16 different positions to activate different zones. Wize training is for anyone who needs to activate the flow in the body, as a weak flow in the blood, lymph and the body's fluids leads to health problems and later to diseases. This method is invaluable for disabled and elderly people and for the sick.



Wize training contains various video exercises consisting of combinations of visualizations of physical exercises, pulsation exercises, stretching and laying on hands.

In case of problems with e.g. high blood pressure, we use: a physical exercise (1-2 minutes), 3 pulsation exercises (6 minutes), 2 stretching exercises (1 minute, 20 seconds) and 3 on hands (6 minutes) - all in all amounting to 15 minutes per day. If you want to solve a problem faster, you can repeat the same protocol during the day. Problems with the gastrointestinal tract have other combinations of visualizations, but are basically structured in the same way with a combination of physical exercises, pulsations in certain organs, stretching and laying on hands.



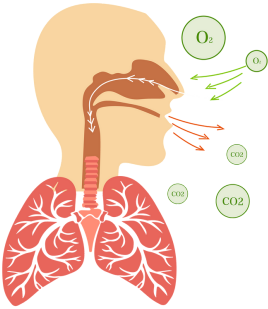
We known that the body has a self-regulating ability. In other words, any abnormalities of the health parameters associated with stress, can be restored by the nervous system and the hormon system. These two systems are controlled by the hypothalamus and the pituitary glands that sit in the brain. The whole body depends on these two brain structures. Over time and as you get older, the blood circulation in the hypothalamus and pituitary area decreases, which impairs the body's regulatory capacity. This means that many of the body's funct-ions are getting weaker. For example, the gastric juice produced by the stomach decreases, the blood's filtering capacity and the digestive functions weaken, etc. By improving the blood circulation in the pitui-tary and hypothalamus area, we can achieve a huge improvement in our health. This work improves the body's regulatory capacity and affects all organs, systems and tissues in the body positively. And we do this with visualization training consisting of two exercises:

The first exercise, laying your hands on the head, increases the energy in the hypothalamus and the pituitary area, which in turn acti-vates the blood circulation there



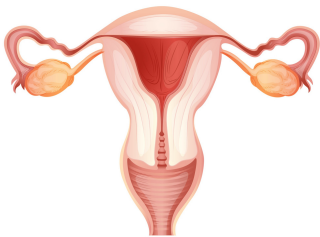
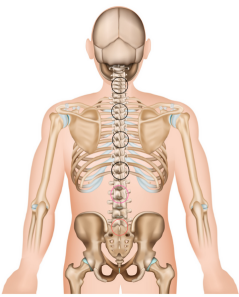
And the second exercise, using men-tal focus and breathing, increases the blood circulation in the same area. Each visualization training for solving various problems such as high blood pressure, overweight, problems with the urinary system and all other symptoms, should include visualization training for this important regulatory area.

These are the exercises you can choose to do:



1.Visualization training to strengthen the respiratory system consists of 5 visualization exercises including a physical exercise, 2 exercises with pulsations, 1 exercise using your hands and 1 stretching exer-cise. These exercises reduce tension in the spinal part connected to the respiratory system and activate the blood- and lymph circulat-ion around the lungs, which improves respiratory functions.

2.Visualization training to improve spinal functions consists of 6 visu-alization exercises including physical exercises, 3 exercises with pulsations, 1 stretching exercise and 1 exercise using your hands. The exercises reduce tension and stagnation and improve the blood circulation along the spine. All these measures improve or restore the functions of the spine.



3. Visualization training to strengthen female health consists of 5 visu-alization exercises including physical exercises, 2 exercises with pulsations and 2 exercises using your hands. The exercises remove stagnations and improve the blood circulation in the parts of the body that are linked to the female organs – the lower part of the spine, the genitals and the active zones on the feet. All these measures strengthen and balance women's health.

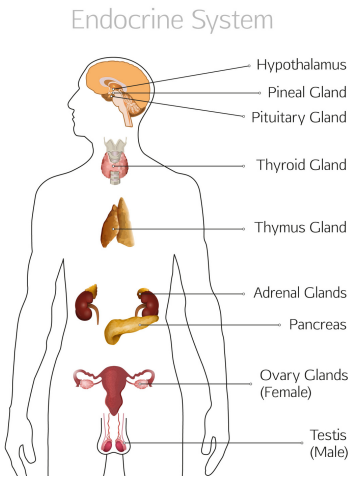
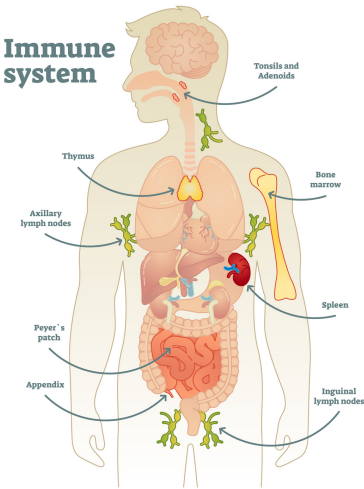
4. Visualization training to normalize blood pressure consists of 6 vi-sualization exercises which remove tension from the body, balance the energy, distribute blood mass and activate the energetic zones linked to blood pressure. All exercises promote a normalization of blood pressure and take a total of 12-15 minutes to perform.





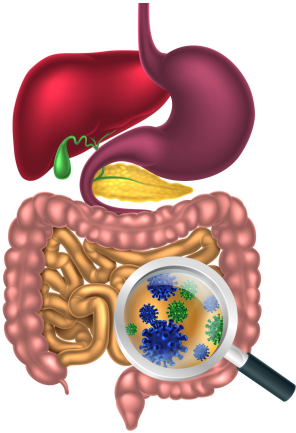
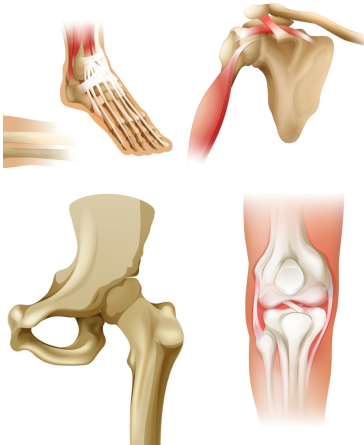
5. Visualization training to lose weight consists of 5 visualization exercises including 2 exercises with physical training, 2 exercises with pulsations and 1 exercise using your hands. The exercises increase the body's ability to burn fat, train the muscles in the abdomen and balance important hormones which affect obesity. All of these measures help the body to lose weight.

6. Visualization training for improvement of the immune system consists of 5 visualization exercises including physical exercises, 2 exercises with pulsations, 2 exercises using your hands. The exercises improve the blood circulation in the body, reduce stagnations, activate the intestinal flora (which is very important for the immune system) and activate the circulation in the brain. These measures strengthen and balance the immune system.



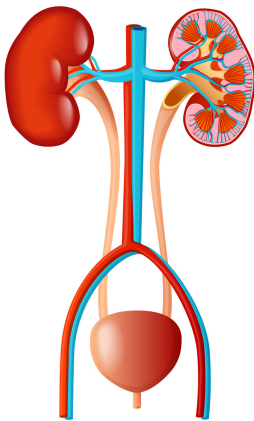
7. Visualization training to balance the hormones consists of 5 visualization exercises including 2 exercises with pulsations, 2 exercises using your hands and 1 stretching exercise. These exercises improve the blood circulation in the glands (reducing stagnation), activate important acupuncture points and activate the circulation in the brain. These measures strengthen and balance the hormones.

8. Visualization exercises for the joints consist of 2 workouts; The first workout is for the hips, knees and ankles and the second is for the shoulders, wrists, elbows and fingers. In both exercises, there are 3 pulsation exercises, 1 physical exercise and 1 exercise using your hands. The exercises reduce tension and improve the blood circulation in the joints and also reduce stagnations. These actions improve or restore the functions of the joints.



9. Visualization training to improve the gastrointestinal tract consists of 6 visualization exercises including physical exercises, 3 exercises with pulsations and 1 exercise using your hands. These exercises reduce tension in the liver and intestines and improve the blood and lymph circulation and also the energy flow in these areas. These measures can greatly improve the functions of the gastrointestinal tract.

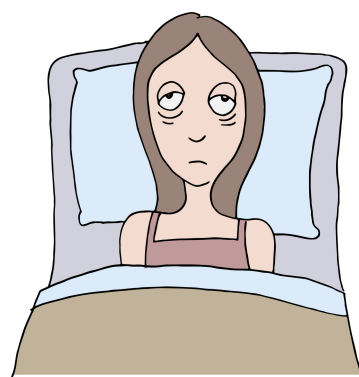
10. Visualization training to improve the urinary system consists of 5 visualization exercises including a physical exercise, 2 exercises with pulsations and 2 exercises using your hands. The exercises remove stagnations and improve the blood circulation in the kidneys and the bladder and also improve the energetic meridians associated with the urinary system. All these measures strengthen and balance the urinary system.





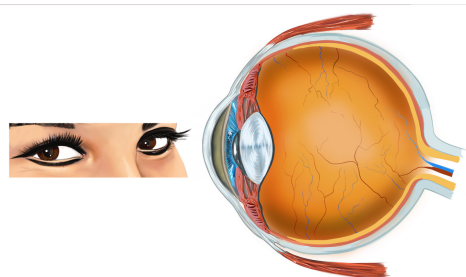
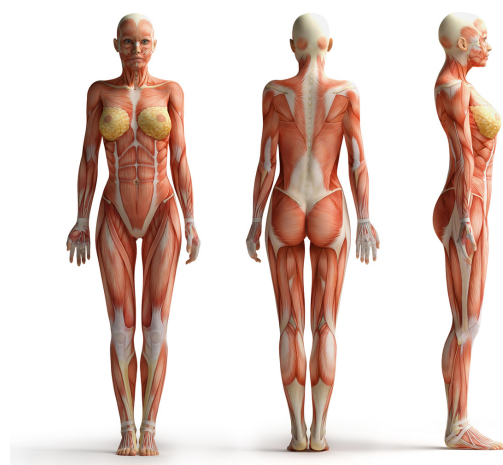
11. Visualization training to strengthen the teeth consists of 5 visualization exercises including 2 exercises with pulsations, 2 exercises using your hands and 1 stretching exercise. These exercises activate the blood circulation in the gums, remove tension from the neck and thus improve circulation in the head including the teeth. This removes stagnations from the gums and strengthens the teeth.

12. Visualization training to get rid of insomnia consists of 5 visualization exercises including a physical exercise, 2 exercises with pulsations, 1 exercise using your hands and 1 stretching exercise. The exercises reduce tension in the body, especially in the face and also balance the nervous system. All of these actions can make your sleep better and deeper.



13. Visualization training for beauty consists of 5 visualization exercises including 2 exercises with pulsations, 2 exercises using your hands and 1 stretching exercise. These exercises activate the blood circulation in the face, including its muscles, connective tissue and skin and will improve the skin's elasticity. At the same time, the flow of energy and blood circulation throughout the spine is improved, thereby increasing the flow to the head, including the face.

14. Visualization training to strengthen muscle mass in the body consists of 6 pulsation exercises for different muscle groups. The exercises increase the blood circulation in these muscle groups and activate the zone in the brain that corresponds to the muscle groups and strengthen the neuron connections there. All this promotes muscle growth and reduces fat.



15. Visualization training to strengthen the eyes consists of 5 visualization exercises including 3 exercises with pulsations, 1 stretching exercise and 1 exercise using your hands. These exercises reduce tension in the upper part of the back and improve the blood circulation in the optical area of the brain. At the same time, the exercises increase the blood circulation in the capillaries of the eyes and reduce stagnation there. All these measures improve or restore the functions of the eyes.

16. Visualization training to improve the body's regulatory functions consists of 3 visualization exercises including 1 stretching exercise using your hands and 1 mental exercise in combination with breathing. All these exercises improve the blood circulation in the hypothalamus and pituitary area, which improves the regulatory functions of the body.

