

Tough Times Stress You Out? Enroll in...

Omar's School of Energy Work!



This is a free school! Won't cost you a dime ... just some time.

The reason we have tough times is ... we get out of balance with nature.

Omar's School of Energy Work grew out of my personal tough times!

My hard times "qualifications" include:

- Sued for \$70 million.
- Enormous health challenges 30 years ago, in my early 40's.
- Frustrated over and over as I sought to get ahead financially.

Personal conclusion: There's something hugely more important in life than being well off financially! It's to...

- Be Healthy!
- Be Happy!
- Help Others Be Healthy and Happy!!!

Tough times build character! Tough times stress us out until we figure out that we unconsciously create our problems in two ways:

1. **We get out of harmony with nature. Nature sends us "wake-up" calls. You know... Economic crisis, bad health, illness, death, severe storms, war, conflict ... adversities like that. Nature implores us to get back in balance with the natural order of things!**
2. **Our wake-up calls are accompanied by energies that we recognize as feelings – and we usually don't like them. They're feelings of weakness, sadness, fear, anger, and pain! We usually don't like feelings associated with our wake-up calls so we resist them and get really locked up! Dysfunction sets in. It's "sink or swim" time. We can choose whether to learn, adapt and change to natural ways. Get healthier and stronger! Or... We may choose not to learn, give up, get weaker and pass over (die).**

The wake-up calls keep coming. We have lessons to learn! All relate to one theme: Get Back in Balance With Nature! Learn Natural Ways!!!

The purpose of...

Omar's School of Energy Work

Is to help you...

1. **Get Back in Balance With Nature!**
2. **Learn Effective Ways to Take Responsibility for Your Health and Wellness!**
3. **Acquire Skills to Enrich the Quality of Your Life Beyond What You Think Possible!**

On with your first class! Here's how to get started:

1. **Print one document at a time.**
2. **Spend at least five minutes a day practicing something you find.**
3. **Watch school programs on TV. Practice! You'll learn how to find the TV programs in the first article.**
4. **Notice how your energy level starts to improve! Any improvements you seek in life must begin with a... Higher Energy Level!**
5. **Assess your life in three, six, nine, and 12 months as you continue to go to school and practice the skills for as little as five minutes a day! As you reap positive returns, you may want to practice longer.**
6. **Let us know what happens!**
eMail omar@omarstouch.com
Call 608 658 6718.
We CARE about YOU!!!

One day, you'll know you're ready to share what you discover on the website and TV programs with your family, friends, neighbors, and associates. Maybe they'll want to get involved. (Or maybe they won't.) Your job is to tell them how you feel and what you're doing to "make it happen" and not bug them.

When you have an associated health- and life-support group of 10, 15, 20 people or more, you may want to have a hands-on workshop and sessions. I enjoy traveling from coast-to-coast to teach and share...

Amazing Things with Amazing People!

Now... On to the Documents! ENJOY!!

[Introduction!](#)

[Focus on Parents](#)

Doc #

1. [Breath of Unconditional Love](#)
2. [Activate Your Vagus Nerve](#)
3. [Enhance the Breath of Unconditional Love](#)
4. [What About Chakras](#)
5. [Enhance the Breath of Unconditional Love Even More!](#)

6. [Effective Energy Makes Anything Possible: Weaving Micro Techniques to Change Big-Picture Macro Objectives](#)
7. [Activate Lymphatic Flow: Your Key to Health and Immunity](#)
8. [The Happiness Factor!](#)
9. [A Short Course on Meridians](#)
10. [Activate the Sciatic Nerves](#)
11. [Invoke Higher Power](#)
12. [Work with Angels](#)
13. [Recharge Your Key Meridians – II](#)
14. [Shift Your Consciousness with Emotional Releasing](#)
15. [Turbo Charge Your Energy](#)