

## **I.R.E.C.A. – Method**

The I.R.E.C.A method is available to us as a very simple but efficient technique, which helps us to harmonise the functioning of the energy centres, thus allowing us to regain the full potential and balance of our energetic condition.

This leads to visible and detectable positive changes in our mental, physical and emotional wellbeing.

All living formations including the human organism are connected to the infinite source of energy which creates our universe. We absorb this energy by breathing and eating. In all ancient cultures and traditions we can find evidence of the idea that we as human beings also participate in the circulation of energy via the delicate organs known as the energy centres.

These centres are locations in our body which are like gateways consisting of an entrance and exit. They are tools capable of being developed for the production and conversion of our inner and outer realities.

The integrity of these centres influences the quality of our relationship to the outer world as well as the physical organs and physiological functions connected to them. The harmonious functioning of the energy centres is often compromised by our daily lifestyle, leading to

physical, emotional and mental imbalance. This gives rise to symptoms such as headaches, blood pressure problems, sleeplessness, a weak immune system and difficulties with concentration, as well as mood swings and above all our capability to live and lead our life with responsibility and consciousness.

### **What does the technique consist of?**

The application takes only a few minutes. The facilitator of I.R.E.C.A. acts during this time as a "channel" and applies energy to the energy centres, which then restores them to their original balance. After the first few applications we experience an increase in life energy, strengthened physical and mental capacity, greater resistance to stress as well as the eventual disappearance of physical, mental and emotional troubles. Experience shows that with regular use of this technique five minutes can be enough to gain relief from most unpleasant symptoms.

### **How is the technique applied?**

The facilitator makes him/herself available as a "bridge" between cosmic energy and the internal energy of the person receiving the application. The facilitator doesn't use his/her own energy but acts as a conscious "channel" for the transmission of energy.

### **Who uses the technique?**

All those who have gained knowledge and practice by participating in I.R.E.C.A. courses

are authorised to use this technique. The courses are organised by Life Quality Project International, which is an association concerned with the improvement of our well-being and of those who surround us.

Some of the facilitators decide to invest a little of their free time to offer this service to all those who wish to receive it. This means that only good will is necessary, no specialisation is required nor do we offer a form of therapy. Because of its rebalancing nature this technique can be used on a daily basis as a natural support for our energy centres. This technique is not intended to replace any necessary medical diagnoses or treatments, but is recommended as an effective support during serious illnesses. I.R.E.C.A. is always free of any harmful side effects.

### **How much does it cost?**

All applications are free of charge. Energy belongs to ALL and cannot be owned.

### **Who can learn this technique?**

Everybody. All of us have the capacity to make ourselves available for the transmission of energy. But this capacity needs to be activated correctly.

Today many of the practicing facilitators are working as professionals in the health sector (doctors, psychologists, therapists, psycho-therapists, etc), but the majority of

practitioners are people who are simply interested in improving the quality of their own and others' lives.

### **I.R.E.C.A. Courses**

are organised worldwide by Life Quality Project International, a non profit organisation with its headquarters based in Rome, Italy.

Courses are designed in 4 levels.

Level 1/2 (16 hours, 1 weekend)

Level 3/4 (8 hours, 1 weekend)

On request Level 1/2 can also be organised as evening classes.

### **Costs**

Level 1/2: £160

Level 3/4: £180

Booking of both courses and full payment:

Level 1 – 4: £310

### **Who are the Facilitators of the I.R.E.C.A. technique?**

The I.R.E.C.A. institute (Istituto di Ricerca sull'Energia Cosmica Applicata) is training facilitators of all different nationalities, who offer courses worldwide and are in constant dialogue to exchange experiences and information to develop the method further.

### **Life Quality Project International**

All courses are organised by Life Quality Project International. The organisation is aiming to develop and distribute techniques which can improve and increase the quality

and intensity of our entire life, e.g. the government of Argentina has honoured LQP International for its high social value, brought about by activities with inmates of many prisons and people living at the outskirts of society.

### **Free applications of energy and courses in the UK**

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More information about all courses and activities can be found at:

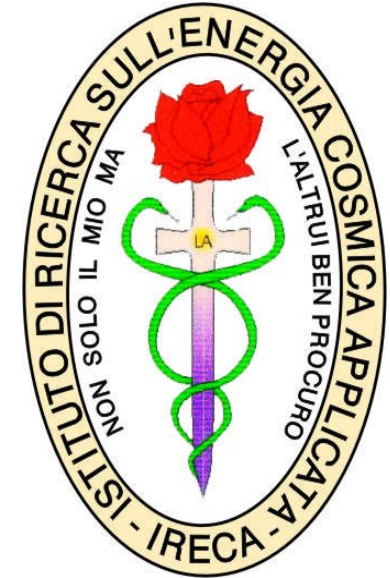
<http://www.lqp.org.uk>

<http://www.lifeqp.it>

<http://www.lqp-usa.com>



Life Quality Project International



## **I.R.E.C.A.**

### **Free applications of energy**

*...a technique to support our health,  
well-being and ability to lead  
a conscious life*