

# 健康养生

健康养生是用宇宙的能量來强化人的身体能量。

简单的说，就是启发人们运用简单的方法，来吸取宇宙无穷的电磁能，与自己体内的电磁能交流，进而强化人体体能。

人体能经强化後，可以疏通气血经脉，让身体得到全方位的调理，进而改善体质、减少疾病入侵，提昇免疫系统，让自己的生命力强盛。

学习者可以经由自己的双手，来帮助週邊的人与自己，减轻或消除病痛，增进身体健康。

由於是将宇宙能与人体能两者合而为一，这种方法原称「宇宙人体电学」，简称「人电学」。

人电学是教导人们如何吸取宇宙能，来充实本身的磁场，以达到养生和健保的目的。

## Health Enhancement

**Health enhancement is using the Universal Energy to improve our own body's energy.**

It is a simple health care technique for the human body to harmonize the internal body's energy with the "received" Universal Energy.

The energy from the Universe will enter the body through the opened chakras to unblock the body's energy channels. Once the channels are balanced, the body's vitality will be restored. The Universal Energy circulating in the human body will help to improve the body's immune system by preventing or defending possible disease invasions. Thus the vitality of the body will be enhanced through renewal of healthy cells. The Universal Energy can improve the health of another person through the hands of the trained practitioner.

This technique is therefore known as Universal Body Energy or "Ren Dian Xue" (RDX).

