

## Self Healing - in Sport or Play

Let's face it, anyone who does anything strenuous - be it work, sport or play - can feel out of balance or pain from time to time. Be it injury, strain or mere blockages that prevent us from getting past a particular milestone, such things can be frustrating, especially if they refuse to budge or go away.

As one who regularly gets out and "makes like an athlete", I've come to understand at least some of the buzz involved in exercise and increasing one's fitness as far as possible. So too I increasingly understand not only how blockages can arise but also how to move them through. Yes, there are many professionals out there who can assist in your hour of need, but did you know you can do it too?

### ***What we're really talking about is the ability to channel energy***

Athletes, irrespective of path or whether it's at professional or amateur level, all seem to rely on one key variable - their ability to channel energy through their body with focus, commitment and consistency, in such a way as to reach peak performance and hold it over time. So too, self-healing practices are all about the ability to focus and channel energy through Self. As such, athletes and sports people are already very good - relative to non-sports people - at channelling self-healing energy.

As a psychic and energy worker, I practice in healing and self-healing and often wonder whether many sports people are aware of the simple techniques that are available. And do they use them themselves? Sometimes healing techniques can seem the domain of experts, when in fact they're mere extensions of creative visualisation techniques that many athletes and sports people already use. Both personal experience and in dealing with my own clients, I know these processes can help with injuries, blockages and sprains of all sorts, if not removing them completely then helping the healing occur faster. If only people knew....

This article aims to inform sportspeople at all levels and raise community awareness of self-healing - not as a replacement for treatments already available but as a complement. Healing techniques are just another part of the toolkit, just like diet, the right amount of sleep and fluid. Each has a role in the final performance, yes?.

These techniques are easy, cheap and portable, making them practical and readily available for you to use as you need. The "key" - if there is one - is focus and discipline, although I doubt whether this is much of an issue to anyone who trains regularly, whatever the goal.

### ***Self-healing - clearing blockages from the energy channel that is your body***

From a psychic/energy work perspective, the objective in self-healing is simple - to clear any blockage you have, in any part of the energy container that is your body, so as to move forward more easily, lighter and clearer than you did before.

Energy work uses channelling and visualisation techniques to remove blockages. It's based on 'the theory' that we're here as souls to experience and be certain things this life. To do this, we occupy a human body. As souls, we have more knowledge and information than we, as humans, are aware of and, through various ways, we can access this information to gain the insights and direction that we need from time to time to move forward more effectively.

As such, the body can be compared to a vegemite jar: clean and clear when we're born yet progressively filled with "stuff" as we grow - issues, fears, controls, belief systems, anything that restricts us from being our Self comfortably, all the time. The older we get, the more "stuff" can collect. So too, the more sludge we'll need to clear out when we start the Self healing process. If we let it go for too long, we can get aches and pains, stiffness, injuries, slippages, sickness and the like. At this time, on the energy level, there's a need to clean the "stuff" out. And you can choose to do this in a number of ways, be it via traditional and/or alternate treatments.

In energy work, we use universal energy to clear out 'the jar' from time to time - either productively or as we need (after injury or sprain, for example). On a psychic and energy level, our ability to clear a blockage is as big as our ability to relax and let go, let the universal energies that be take over for a moment, for us to receive the healing we need.

Knowing this, everyone has the ability to use these energies as they need. They're not the domain of a select few nor are they only channelled by 'experts'. The key is to learn the process - as with any other skill - and apply it as directed.

### ***Healing is not just on the Physical***

We all know that healing occurs not only on the physical level.

Some say there are four levels of healing in any situation - physical, mental, emotional and spiritual/intuitive. Which level we start the healing at depends on the situation at hand and the way that we process life in general. Many of our issues are dealt with on the physical - dealing with people, bumping into 'things', communicating, etc. As we resolve these issues, change and healing echo out to the other levels as well.

Now through psychic/energy work, creative visualisation and the like, we can choose to resolve issues or blockages using the spiritual level as the first point of focus. This can actually be more effective than other levels because we don't have to bump into other people and their issues to get to the core. Instead, we can sit a while and breathe, waiting for the energy to show us what's happening and how to resolve it. Again, this is not a better way, it's just another way. Change still echoes out to the physical/people level but starting at the energy level can help you move through things a little faster, making this worth your consideration as a result.

It's important to note however that "healing" is not synonymous for "cured". Healing occurs on many levels and takes place regardless of whether an ailment is cured. Indeed, 'cures' can take years, if not lifetimes. Issues can be many layers deep and take a number of healings over the lifetime of the soul. But that's not to say that healing has *not* been occurring over that time. That's not to say that miracles *can't* happen, it's just not correct to parallel "healing" with "cure". So be honest with your Self when it comes to acknowledging your expectations should your blockage/issue require more than one "go". It will shift when it shifts, until then, do what you can with it and enjoy.

### ***The Process Itself***

There are oodles of ways to Self-heal. Those to be discussed here include:

- body shifting/focussing
- energy work itself
  - chakra system
  - ball joints & the skeletal system
  - others

- relax & let go
- allow the energy in to you
- "no control"
- "anxiety"
- "neediness"
- accepting your condition

### ***The Guidelines***

In using energy to heal Self, it's important that you connect to the right information & energy source and that you know how to hold your connection. Yes, there are "not so good" energies that you could inadvertently hook up with but these are easily avoidable if you follow these guidelines. If you've heard the expressions "getting grounded", "being too open", "too sensitive" and the like then you'll understand why these guidelines are important.

Whenever you start using healing energy, you automatically "open up". Put another way, your energy system and aura opens up to the outside energy world. As you open up, you need to make sure you access the "right" energies: ones that will help you and not muck you about.

After you've finished, you need to close your system off so that you're not "too open" and get buffeted about by the "wrong" energies - energies that can sap your energies and misdirect you. Obviously ones to avoid! If you have concerns here or want to know more about such 'technicalities', feel free to call. The main thing is that you follow these guidelines so as to minimise any potential for negative experiences.

### **Before/As You Open Up**

As you start, access the "right" energies by observing the following points:

- *Always start with white light*

This is most important. White light helps you clear past astral and telepathic planes to the spiritual level, the level of your higher Self and universal guidance. White light cleans off surface tensions, thoughts, worries, fears - anything that you do not actually have to process - and disconnects you from surface energies around you.

White light connects you to the 'right' source of energy and information, and it disconnects you from those that are 'wrong'. Be advised: ghosts, telepathy and will power are very real on the energy level and can influence if you don't direct your focus to the highest and purest source when you open up. This is nothing to fear here, just something to be aware of, as knowing and adhering to this rule of thumb is enough to get you clear. By highest and purest I do not mean the top of a hierarchy: I mean the highest of integrity and the purest of thoughts. You don't need to know what energy level that is (i.e. God, angels, guides, etc) if you don't want to. Indeed, sometimes it's best not to know.

Should you decide to test the theory above, be advised that getting clear is as easy as focussing on white light until it's all you see and feel, and all "mind swings" have stopped. Always with Self healing, use your breath. If you don't use your breath (in through the nose for four or five and out through the mouth for four or five), you won't get past your head. If you don't get out of your head and stop controlling the process, the energies can't do their work.

When you call in white light, see it as a shower, waterfall, bath - something fluid with a flow that's greater than you and beyond your control. Imagine it to be the best shower you've ever had, relaxing and cleaning you as it goes, with no effort on your part. And use your breath! Feel the energy wash off all the surface tensions and grime of it's own accord, with no need to for you to do a thing. It knows where to go and what to do, and it does it, completely.

Always see the energy coming from above, not below. This helps you past astral and telepathic planes, as mentioned above.

As you go through the exercise, keep connected to the white light. Bring it in whenever you or the energy flow starts to waver. Don't start your healing exercise until you've cleaned off completely - front, back, left, right, top and bottom. All over the outside of you and through you as well: from the core of you to the edge of your reality, as you know it to be – i.e. completely.

- *Use your Breath*

The breath is all important in release work. It helps you connect to the energy, build the energy and let go of stuckness.

Use your breath slowly and completely, breathing down to your stomach if not lower (i.e. as low as you can go without pushing - even past your feet).

Don't use breath or push too hard. Slow, gentle and thorough breaths are the key, not forced ones. Again, you're working with an energy that has its own intelligence. You don't need to tell it where to go or what to do; simply breathe in and let it do the work.

When you breathe, inhale through your nose for the count of four or five and out through your mouth for four or five. This helps clear the mind and get it out of the way, helping you let go of control and head "stuff" as you release.

If you catch yourself using only the nose or mouth to breathe, remind yourself that it's "in through the mouth and out through the nose" and move back to this. Having said this, there will be times when you'll need to change your breathing. Do so as your guidance dictates but always return to the original breath work before stopping.

When you catch yourself taking shallow breaths or not breathing at all, use your discipline and focus to move back into the breath. We stop breathing deeply when we are moving towards fear or blockage and it's simply our way of defending on the energy level. But it's also our way of holding on to the stuckness and not moving through it. You may need to be in that shallow breath for a while, but eventually you will need to move past the stuckness. Only your focus and commitment to breath work will help you do this.

- *Relax and Let Go*

When you start your self healing, as you call in the white light, you may find your head keeps getting in the way: it's hard to focus or the energy keeps wavering in and out.

If this happens, simply focus on your breath and see or feel whatever white light you can. Focus only on the white light you are experiencing and forget the fact that the rest of you has yet to see/feel it too. Breathe and tell yourself to relax and let go; let the universe and its energies take over and take control of the exercise. Do this for as long as you need to refocus.

Having a mind means that we all, at times, need to get our head out of the way, no matter how practiced we are at meditating and the like. So just keep going and don't be deterred if you fall asleep, wander off, etc.

To let go, you can also see a pair of fists in every cell of your body. As the white light comes in, see them open and unfold, letting go of everything they're holding, including things you're not aware of. Do this again and again until you and your body start to relax - again and again and again.

- *Blue Light*

After you've relaxed and cleaned/cleared off with white light, see blue light come in. This energy is very objective and very good at delineating what and who is around you at any particular time, as well as what they're wanting. It helps to clean off connections with other people and other times. It's very effective in showing you any people or spirit that you've connected to of late.

As with white light, call in the blue light and let it show you what's around. It'll show you people you know and others you don't, as well as highlighting energy cords that exist between you and others. These cords are just neediness/ expectations that you and other people have of each other. As you see these cords, pull them from yourself and the other person, and throw them away. Keep pulling/cutting until you're free of them all. They can be all over your body - inside and outside - and there can be many or few. Whatever you see is real and whatever you want to do with them (cutting, pulling, whatever), you do.

As with white light, you'll notice yourself getting clearer and lighter as you do this exercise. Your body will already be relaxing and releasing its blockages. You might feel this in your joints, organs, muscles - all over. These steps in themselves are enough to give you a great healing, especially if you're willing to let the energy do what it needs to. If you're focussed and let go of the controls, then you'll get a healing regardless of additional techniques. Just go with the flow, as they say!

### After the Healing Exercise

Just as you should use white light when you open up, you need to send the energies back and close off when you finish.

- *Closing Off*

"Closing off" is simply making sure that the energy you've been using leaves your body and energy field and goes back to where it came from. That way, you close off from outside sources and re-establish your own energy boundaries/resilience to outside influence. This involves closing off your chakras - making sure all your energy valves are sealed off from outside influences. This helps ensure that you're not drained of energy or "too open/sensitive"/vulnerable. So just as you open chakras as buds when you start the exercise (described below), see them snap shut, front and back, when you end the exercise. Once you've closed your chakras, see a gold energy come down over you, sealing you off from the outside world. This is the gold kundalini, the energy of your higher self, which keeps you tapped in to your guidance and your path.

- *Make sure you're grounded*

Just as you seal off from the outside, also - before/as you start sealing - give your fingers and toes a wiggle until you feel yourself in your hands and feet again. If you still feel floaty after this, stop for a moment and inhale whilst silently articulating "So" for the length of the breath. As you exhale, say silently, for the length of the breath, "Hum". This will help you ground again. Keep going until you're feeling completely grounded - you'll know when you get there.

## ***Some Self-Healing Exercises***

### **1. Body Shifting**

Body shifting, or focussing, is the process of focussing either on a body part or an issue, and following the tensions in the body that arise as a result, until they stop. You then go into the tension/feeling, into the core, where you'll find the underlying issue/blockage and release it accordingly.

This technique is described by Eugene T. Gendlin in his book "Focusing" and is worth reading.

#### ***a) Focussing on a body area***

In this case, focus/concentrate on a particular area of the body that has an ache, pain, injury or stuckness. Breathe, bring in the white light and, if you want, the blue light. Keep focus on the part of your body that you want to deal with. Allow the feeling in that area to build until it's the focus of your entire attention.

As you focus on the area, the feelings within and around it will change. It may move around the body a bit. Follow it around and remember to focus on each part until it evolves. Eventually, the feeling will stop moving. Keep focusing on that area and move into the feeling. You may experience this as moving into pain, sludge or stuckness. You may also need to take a deep breath and close your eyes to do it. Whatever you do, the objective is to move into the stuckness to release it. It's the only way.

As soon as you're in the middle, you'll feel it start to melt. You may feel emotional and even begin crying. This is a good sign - it's only by feeling and acknowledging emotions that we actually move through it. Tears are common in this release work: if you start crying, you're heading in the right direction. As soon as you start to release, the issue itself releases. You may feel your body actually "shift" as organs and other body parts relax and release the stuckness. You may feel what I call "black slime" - almost like lava - move through your legs and your arms out to the universe. This is a good sign - it's the stuckness moving out. Use your breath to let it go, stand back and watch it move out. You may feel nauseous and/or need to change to shallow breaths for a while - if you feel the urge, do it. After a while, the tears and sludge disappear and your breath will return to normal. You've ended the exercise and are ready to close off (refer above). You'll know when you've finished: just sit and breathe until then.

#### ***b) Focusing on a Particular Issue***

Another way to body shift is to sit and focus your attention on an issue you've been dealing with of late. Again, white light first and blue light if you want. Focus on the issue and use your breath until that issue is all you see and feel. As you do this, your body will start to tighten in particular areas. Focus on the issue until the tension is solid and familiar enough to move into.

Once it's there, move into the feeling as described in (a) above, using the focusing technique until you release.

### **2. Energy Work**

There are various energy systems in the body that you may already be aware of and work with. All are worth knowing about and using if you're experiencing stuckness on any level. Having said this, it's usually a case of being aware of them and then allowing the energy to work you, using whatever part of the energy grid that is your body that it needs to. If you focus your attention on what you want to move or resolve and breathe in the white light, it'll actually do the rest of the work for you. Your challenge is to get out of the way and stay there - oh yes, and to receive!

### *a) The Chakra System*

Possibly the best known, the chakra system comprises a series of energy vortices both at the front and back of the body. Each chakra has both a face (often described as a flower (or lotus) and a root system that extends right back and up into the spinal system, helping to balance the energies that feed and fuel the physical body every day.

Attention is often given to the first seven chakras only, those that extend from the groin (1st/root/base chakra) to the head (7th/crown chakra). Working these alone will provide your body with a healing and a level of clarity that's worth experiencing and there are numerous books and tapes that teach you how to do this. Alternatively, go to an energy worker/spiritual healer.

There are however more than seven chakras - five more major ones and then a series of twenty-odd minor ones. Each has a different function and provides different benefits. It's up to you whether you go that far. I advise you to seek the guidance of a spiritual healer or a good author (Cindy Dale, CW Leadbeater, Barbara-Ann Brennan, etc) in about learning them, so as to avoid the pitfalls of not understanding.

Just as with any other energy system, working the chakras alone will get you a degree of clarity and lightness in your body that you may not have felt before, so it's worth doing despite your individual belief systems.

When working your chakras, always start at the crown chakra and work downwards to the base. This advice may conflict with that of other sources, but it's a proven way of getting you past astral/spirit and telepathic levels to the highest and purest of sources, faster perhaps than if you started at the bottom. This is especially the case for those who are naturally sensitive. It also gets the head out of the way faster, for some reason.

When you work your chakras, see them open to the white light like flower buds to the sun at dawn. As they open, the white light goes in and cleans them off, ridding them of all the dust and grime that's built up on and between the petals and stems. When the surface has been cleaned off, see the white light spiral down the vortex of the chakra root, back up into the spinal system. As it connects to the spinal system, see the white light begin to energise and activate the nerve connections in that area. As you see this, you will actually begin to feel your body activate, energise and clear, yet again.

Open, clean and activate one chakra at a time, moving from the crown chakra downwards as you go. If you wish, clean out the back of each chakra as you go. It's not essential to do this every time, but every so often you should do all the chakras completely. Again, let the energy drive and you'll soon be "told" what to do.

Once you've cleaned all the chakras, top to bottom, allow the energy to build, clear and activate you system and then close off. seeing each chakra snap shut like a bud and retract back into the physical and etheric bodies.

### *b) The Ball Joints & Skeletal System*

Lesser known, the ball joints in your body form an amazing energy grid that gives you yet another level of clarity and release if you use it.

I can best describe this system using the analogy of a sewerage system: the ball joints are where "stuff" collects and builds until it seeps along the pipelines that are your bones, ligaments and tendons into the ocean that is your musculature and organs. As such, working the ball joints can facilitate rather significant healing and release on all levels. Aches and pains of all sorts can be dealt with at this level.

Again, start with white light and blue light until you're completely relaxed, front to back, left to right. See the white light enter the top of your head through the crown chakra. For this reason, it's often worth cleaning the chakras before you start with the ball joints. You don't have to, but it can be worthwhile.

See the white light enter the top of the skull and move through the bones to the ball joints in your jaw. See it go in and clean these out, sandblasting and removing all of the grey, dust and grime that's built up over the years. Keep focussed on these two joints until the energy's balanced on both sides and they're beautifully clean and clear. Feel all the muscles, sinuses and organs relax and release as you do this. It's amazing.

Having cleaned out the jaw joints, move down via the skeletal structure (i.e. through the bones) and do the same with the shoulders, elbows, wrists and every knuckle and ball joint in the hands, until the white light blasts out the top of each finger of its own volition. At this stage, you'll probably see/feel black sludge start to move down your arms and out of your hands in to the universe as the top half of your body relaxes and releases more "stuff". This is when you're really releasing. Your stomach may churn a bit when this happens. If so, use your breath to help it pass.

Feel the white light move down the spinal column, through the ribs and sternum to the hip joints. Again, let the white light flush these out. Be aware, the hips are the bottom of 'the fruit bowl' that is your torso, where a lot of the "stuff" collects and sits. Work the hip joints until they're clear. You may observe movements in the hip floor and pelvic bowl as it relaxes and realigns to a new position.

Then see the white light move down your legs to the knees, ankles - blasting each joint as you go - and then along each bone in the foot to the tips of the heel and the toes, where it explodes out the top of its own volition. Again, don't be surprised if you feel/see black sludge move through your legs and out your feet to the universe. And again, just use your breath to help it move and let it out.

As you do this exercise, you'll continually feel relaxation and release within your body. Just breathe and let go. Obviously if you have an existing ailment, it's worth consulting your physician about the exercises above and even seeking the help of an energy worker/spiritual healer, at least for the first time.

Once you've gone through all of the ball joints, you've completed the exercise. From here, you can either just lie/sit there for a while and let the energy continue to clear and energise you or you can close off, seeing the energy leave your body and your chakras close, as explained above.

### *c) Other Energy Systems*

There are a couple of other energy systems around the body that are worth knowing about. Certainly there are more than the two mentioned below but I've found these areas the most useful to date. As with the above, open up with white light and follow it with blue, to be really clear before you begin the exercise itself.

### The Meridians

Once clear and clean, see the white light move from the top of your head down through the meridians in your body, taking all the dust and grime as it slowly goes down each meridian in the body. You don't actually have to know the location of the meridians: you just imagine a plastic strip screen (like those ones that hang above doors down to the floor) and see the white light filling the top, horizontal strip before it starts to move down each of the vertical strips, one by one or altogether.



I find this exercise really beneficial after I've completed exercises (a) and (b) above, but sometimes I'll use it in isolation of the chakra and skeletal systems.

Use the white light until you've reached your feet and the very extremity of your aura. Then close off (described above).

### The Head

The head is a system in itself, as are (of course) the ears, hands and feet. Again, I usually use this exercise in conjunction with chakras and ball joints, but you don't have to.

Washing off first with white light and see the white light go into the head at the point of the crown chakra and let it move around the head - through the bones, sinuses, brain, organs and around them. Let it move around your head and neck as it wants to. As you go, see the white light clearing all build-up around the head. Again, let the energy do the work for you: just sit back and feel. Watch what unfolds and come to understand what's been weighing you down.

The other way to do it is to peel your head like a grape. See yourself or the universe tearing the outer layer of the head off, like a snake shedding skin when it's time for a fresh start. Peel the surface gently or rip it; peel it slowly or fast. Do whatever you feel you want to do and keep peeling until you feel it's all done.

As you do either of these two exercises, the rest of your body also releases - amazingly so - far more than I thought when I started learning about this part of the energy grid. It's an exercise well worth using - with the guidelines above, of course.

### 3. Relax and Let Go

In any of the above or just when you're using white and blue light, you can simply repeat over and over again the statement "I relax and let go" as your awareness moves around the body. This, in itself, provides significant relaxation and release of built up tensions and pains.

You can simply open with white and/or blue light and allow it to move around the body, stopping as it needs to. As you discover areas of tension, simply say to yourself "I relax and let go".

You can extend the phrase to "I relax and let go, I let go and let {God, the universe, whoever/whatever is the source in your belief system} take control of the perfect healing for me". You can also cut this to the old faithful "I relax and let go, I let go and let God", if you want. Use the right phrase for you.

You can also see yourself moving out of the driver's seat of your life and over to the passenger seat, letting the universe take the steering wheel for a while. As you use the white light, see yourself taking your hands off the wheel and let go of it completely. As you do this, your body will just continue to relax and let go, as will every other level of your being.

### 4. Allow the Energy In to You

Another exercise is to allow the energy to come to you. After the white light and/or blue light, sense the God energy all around you at the very periphery of your aura. Become familiar with it until it starts to 'notice' and merge with you, then move back into the centre of your being allowing the God energy to come with you. As it comes back, let it move around your being and heal you. Let it wrap itself all around you, as much as you want. Just sit back and watch, closing off when you feel the exercise has finished.

### 5. The "Anxiety" Approach

When you're in tense or nervous situations, be it before/after the fact, you can simply cast your awareness to the word "Anxiety" and breathe. As you do this - either with or without white light - your body will relax and release and you will too. As you repeat the word, slowly and gently to yourself, the anxiety will show itself for what it is and you'll come to know the real reason for your tensions. Just keep doing this until the tension has gone, and then move on.

### 6. The "Neediness" Approach

As with the "Anxiety" approach above, you can use the word "Neediness" to discover why situations are becoming tense or negative for you. Follow the same steps as those above (in (5)) and the same benefits will ensue.

### 7. Accept your Condition

As with anything, some of your stuckness may well be because you are trying to deny what's there and push through it. Sometimes you actually need to "sit in it" and feel the stuckness and pain that's there. So, if you're not moving fast enough it may be that you need to sit still for a moment, get into the feeling of why you're there and what you're really thinking, feeling and/or worrying about down deep.

Again, the "trick" here is to clean off with white light and/or blue light, then sit with the feeling of being where you are. Accept it, after all you're there. Accept it to the point of getting to know it, to the point of coming to understand what it really is. By doing this you've automatically moved into release and started the process. Well done. Just keep breathing until it all moves and then close off.

### ***In sum - Remember, You're Here for Today too!***

So then, there are many ways to heal yourself on the energy level - not only in sport but in all areas of life. Whether it be for athletic performance, career issues, personal, relationship or otherwise, the techniques above can offer much relief, release and clarity in dealing with your stuckness and moving beyond it.

Certainly you're advised to tie these approaches in with any existing ailments and treatments you have, if only to understand both benefits and risks before you start. At the end of the day, these techniques are complimentary to your existing healing treatments/practices and can be used anywhere, any time you need them.

Certainly if you need help, get it. There are many spiritual healers and energy workers around Australia who are practiced at the above and can help you through your healing. If you don't know where to start, contact your local Spiritualist Centre as they can direct you to the right healer and/or development group for you, in no time. Alternatively, follow your intuition and let it guide you to the "right" place and person.

And lastly, remember to BE. Despite all our desires to better and improve our Selves and our lot in life, the most important thing to remember is that you are here today. So honour it. Be thankful for what you are, how you are and where you've come from, for it's all of this that'll get you to tomorrow as you intuitively know you want and need to be. Give thanks to the energies that guide and heal you and they'll connect to you more for future use as you need.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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