



Keys to Healing and Self-Mastery
according to the Hathors
by Ricardo B Serrano, R.Ac.

“Bright but hidden, the Self dwells in the heart.”



**A Guide for Emotional and Self-Mastery,
Healing and Stress Management**

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Ricardo B Serrano, R.Ac.

Ricardo B. Serrano, R.Ac., a registered acupuncturist, author of *Meditation and Qigong Mastery* book with Omkabah Heart Lightbody Activation, *Serpent of Light Omkabah*, and *Maitreya (Shiva) Shen Gong Procedure* videos and other related meditation and healing books, Qi-healer and certified Qigong teacher/ founder of Maitreya (Shiva) Shen Gong and integrative Enlightenment Qigong. He has been trained by Pan Gu Shengong Master Ou Wen Wei, Wuji Qigong Master Michael Winn, Sheng Zhen Qigong Master Li Jun Feng, Master Pranic Healer Choa Kok Sui, Zhan Zhuang Qigong Master Richard Mooney, Merkaba Master Alton Kamadon, Qi Dao Master Lama Somananda Tantrapa, Toltec Master don Miguel Ruiz, and his other meditation, Qigong, herbal, nutrition and acupuncture teachers.

He has been practicing herbology, Qi-healing (Qigong with acupuncture) for over 30 years. He specializes in stress and pain management, cancer and chronic diseases, and alcohol and drug rehabilitation through natural healing alternative modalities such as counselling, meditation, nutrition, exercise, holographic sound healing, Qigong, Qi-healing, EFT, acupuncture, herbology, acupressure.

He continues to educate his clients and everyone worldwide through his meditation and Qigong workshops, downloadable ebooks, and holistic websites at holisticwebs.com, qiwithoutborders.org, qigonghealer.com, freedomhealthrecovery.com, qigongmastery.ca, acutcmdetox.com. His books are: *Meditation and Qigong Mastery*, *Return to Oneness with the Tao*, *Return to Oneness with Spirit through Pan Gu Shen Gong*, and *Keys to Healing and Self-Mastery according to the Hathors*.

The reality of this whole universe is God consciousness. It is filled with God consciousness. This world is nothing but the blissful energy of the all-pervading consciousness of God. God and the individual are one, to realize this is the essence and goal of meditation and Qigong.

Whatever the diagnosis of your disease, you do not have to expect the worst. For every problem, there are solutions. You hold the keys to healing.