

## The preparation made from breath

*Read carefully before making the preparation. Do not take the bottle out of its plastic wrappings before you are ready to start making the preparation. The preparation is made by the person who will use it, though this is not a condition.*

**The purpose:** "The Bottle" is designed for the vortex flux dilution of a person's information contained in one's own breath to the fine-matter (from the materialistic point of view, immaterial) level. The product of the dilution is used exclusively by the same person that provided the breath.

**The philosophy:** On the basis of resonance, the fine-matter information acts positively on the spiritual fine-matter (from a materialistic point of view immaterial) organizing principle in man called vital force, prana or chi.

### What you need:

- An Autopathy Bottle made of borosilicate glass.
- Ordinary bottled spring water, not sparkling and without high mineral content or artificial additives, or pure distilled water, in the quantity as recommended by literature about autopathy or by a consultant (at a minimum of 1 litre, 1 quart).

### The Procedure:

1. For at least one hour before making the preparation do not eat, drink, or use a mobile phone.
2. If you are making the preparation for someone else you should wear a scarf or a surgical mask over your mouth and nose throughout the entire period of making the preparation, so that no microscopic drops of your own saliva (through talking, sneezing or breathing nearby) contaminate the preparation.
3. Unpack the bottle and take it into your hand so that both pipes point diagonally upwards at approximately a 45° angle from the ground, in the form of the letter V. Then pour into the funnel a small amount of water that will serve the dilution so that it fills the spherical bulge at the bottom of the bottle (the vortex chamber). The water level should overreach slightly (1,5 cm, 0,6 in) into both pipes. Do not touch the inside of the funnel.
4. After taking a deep breath, put the end of the short tube to one nostril, slanting it slightly to prevent escape of air outside of the tube. Close the other nostril and with a slow, long blow make the water in the bottle bubble. Repeat this with the other nostril. Immediately after that, place the bottle on the edge of the basin (or hold it there with your hand) with the outlet pipe

turned towards the drain. The small amount of water left in the round vortex chamber is carrying the information.

5. Without delay pour into the funnel the amount of water recommended by literature or a consultant. Pour from a height of about 5 cm, 2 in. The water should form most of the time a surface in the funnel, except during the change of the bottles with water. Overflowing the funnel is not a problem.
6. Immediately after that, raise the bottle and, through the lower pipe, pour the remaining content or its part (a few drops suffice) of the vortex chamber (the round bulge at the bottom) on the middle of your forehead and spread, with a slight touch of the lower pipe, above eyebrows and the stem of the nose in area of the sixth chakra. Let the skin dry. The Autopathy Bottle should never be used at a later time for another person. This would result in the fine-matter spiritual vibrations of the two persons being mixed and the preparation would no longer be effective. There exists a memory of glass, which is able to retain fine-matter information even if the previous liquid has been expelled. A new bottle must always be used for another person.
7. **Due to the memory of the glass a bottle in regular autopathic use must be replaced three months from its first use at the latest.** Otherwise it loses its effect.
8. Immediately after use, return the bottle to its plastic cover and the box to prevent any contamination by another person - through being touched or speaking or breathing in close distance.
9. One liter (1 qt.) of water produces a dilution of 40 C.
10. It is helpful (but not necessary) to ask the advice of an informed consultant. The development following the preparation's use is not necessarily straightforward and is an individual matter according to the person's inner, hidden, karmic condition. You can draw inspiration from the books on autopathy by Jiri Cehovsky, which deal in detail with experiences and philosophy associated with this method.
11. The use of the preparation is not a substitute for medical care.



Other methods of autopathic preparation in the Autopathy Bottle are described at [www.autopathy.info/autopathic-bottle](http://www.autopathy.info/autopathic-bottle)

Alternativa s. r. o., Zbraslavské nám. 461, 156 00 Prague 516, Czech Republic, EU  
e-mail: [info@alternativa.cz](mailto:info@alternativa.cz), [www.autopathy.info](http://www.autopathy.info)

The *Autopathy Bottle* is protected as R C D.  
It is not intended to diagnose, treat, mitigate, cure or prevent any disease.