

Healing With Universal Energy

A close-up photograph of two hands held up, palms facing each other, in a gesture of healing or energy. The hands are positioned in the center of the frame, with fingers slightly spread. The background is a soft, out-of-focus light with a bokeh effect, suggesting a bright, airy atmosphere. The lighting is warm and natural, highlighting the texture of the skin.

When I rang the doorbell, I was a bit nervous. I was going to interview someone whose work I didn't understand. What is a life coach, anyway? But when Ondrej appeared, all my fears were gone. In front of me stood a very charismatic man, whose face was shining with energy and humor.
BETH GREEN (USA)

Ondrej, what was your first job?

At first I worked for big companies like Alcatel and Nokia. In a very short time I became a country manager. I earned¹ good money and I drove a company car. But I was under pressure and had a lot of stress. After a few years I was burned out². It was time to change my life.

What led to the change?

It was a long process. But there was one interesting moment. Once I traveled to London. One night at my hotel, the ceiling³ fell on my head. It almost killed me. The name of the hotel was Wake Up. So maybe I became awake⁴ that night.



Name: Ondrej Suchopar
From: Prague, CR
Age: 39
Job: life coach

What do you do now?

I am a coach, a healer⁵, a guide to health. I help people get the health, relationships⁶ and happiness they desire⁷. I use universal energy to heal. However, I can't do miracles. If you need surgery, you should see a doctor.

How did you come to this job?

I was always interested in the energy we can use. It's fascinating that you can hold your hands out to someone and help them. But I never thought I had this gift.

Who helped you believe in your power?

When I was young, my aunt, who lived in India, told me, "Andrew, you are a naughty boy now, but when you are about 33 years old, you will heal people." At that time I didn't believe it.

Was she right?

Yes, she was. Once I had a dream that my future career was connected with the sun. I thought I would

work with solar energy, maybe in photovoltaics. But I was wrong. Now I heal people with universal source⁸ energy that comes from the sun.

How did you learn these skills?

I learnt many things and techniques in India. I went on a lot of courses and seminars. I also had to learn to use my intuition more and stop being too rational.

What do you like about your job?

I love the freedom. I feel my work is meaningful. I am fulfilled. Plus I don't do administrative things and I don't have to plan ahead⁹. It's great.



Where do you work?

I work in my house in Prague. There is a special room where I meet clients. I talk to them, clear out and activate their *chakras* and give them the universal healing energy from my hands. But I can also work with people via Skype or over the phone. I work with each client repeatedly to fix his or her problem.

How does the energy help?

The energy I give people helps their bodies recover¹⁰. It's a self-healing process. I helped a girl who twisted her ankle. After I gave her energy for ten minutes, she could walk again.

Where do you get the energy?

It's everywhere around us. I just try to be in harmony with universal energy. Then I can send it via my hands to the other person. I can also get it from water or trees.

Walking outside or taking a hot bath helps me as well. And I like good food.

What are your working hours?

I work from 10am to 6pm. It's a long day, so a good start is important. It's very important for everyone.

What do you recommend for a good morning?

It's good to get up at the same time every day. When you wake up, don't fall asleep again. It's not good for your energy during the day.

What do you do after that?

I stretch my body with sun salutations. I walk my dogs and meditate. I have fruit and green tea for breakfast. Then I am ready to meet my clients.



DO WHAT YOU
LOVE.



And what is your recipe for a healthy, happy life?

Love yourself. Don't hurt others. If you can, stop being stressed. And when you're thinking about a career, choose something you really enjoy. Just do what you love.

VOCABULARY

- ¹ to earn [ə:n] – vydělávat
- ² to burn out [bə:n aut] – vyhořet
- ³ ceiling ['si:lɪŋ] – strop
- ⁴ awake [ə'weɪk] – probuzený
- ⁵ healer ['hi:lə] – léčitel
- ⁶ relationship [rɪ'leɪʃnʃɪp] – vztah
- ⁷ to desire [dɪ'zɑɪə] – přát si
- ⁸ source [sɔ:s] – zdroj, zdrojový
- ⁹ ahead [ə'hed] – dopředu
- ¹⁰ to recover [rɪ'kʌvə] – zotavit se, uzdravit se

Do you need more energy? Visit Ondrej Suchopar at www.dotekzivota.cz.